Phone 604-718-8201
E-mail killarneyseniorscentre@vancouver.ca
Website http://www.killarneycentre.ca

# KILLARNEY SENIORS CENTRE

# December 2026

Jointly operated by the Killarney Community Centre Society and the Vancouver Board of Parks and Recreation Killarney Seniors Centre is situated on the unceded, ancestral territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) nations.

**We want to hear from you!**
**Reach out to us if you have any questions or ideas for the E-newsletter.**
**killarneyseniorscentre@vancouver.ca**



KILLARNEY COMMUNITY CENTRE SOCIETY

VANCOUVER BOARD OF PARKS AND RECREATION

# EAT, CHAT, THRIVE
## LUNCH PROGRAM 55+

### REGISTRATION & MENU SCHEDULE

| Month | Menu | Registration |
|---|---|---|
| December | Nov 20 | Nov 24 |
| January | Dec 18 | Dec 22 |
| February | Jan 22 | Jan 26 |

**REGISTRATION DAYS**

Online & In-person: 9:00am

Telephone: 12:00pm

Dine in: 60 spots held for online,
10 spots held for in person/phone registration
on the day of registration.



**The cost of lunch is $9.05 + GST**

# DECEMBER 2026
## 長者中心十二月餐單

**EAT, CHAT, THRIVE**
**LUNCH PROGRAM 55+**

| Take Out 外賣 | Dine In 堂食 | | | |
|---|---|---|---|---|
| 10:45 | 11:30 | TUE 星期二 | 1 | Quiche with bacon, blue cheese & mushroom, winter greens & fruits salad. 芝士蘑菇煙肉焗乳蛋派，冬季雜菜生菓沙律。 |
| 10:45 | 11:30 | THU 星期四 | 3 | Closed for Holiday Luncheon. 餐房將用作舉行聖誕火雞午餐。 |
| 10:45 | 11:30 | FRI 星期五 | 4 | Closed for Holiday Luncheon. 餐房將用作舉行聖誕火雞午餐。 |
| 10:45 | 11:30 | MON 星期一 | 7 | Grilled Shrimps salad with mixed greens, veggies & honey/dill dressing, garlic bread 煎蝦雜菜沙律，香草蜜汁醬，蒜蓉包。 |
| 10:45 | 11:30 | TUE 星期二 | 8 | Housemade chicken Cordon Bleu (stuffed with ham & Swiss cheese) potato, vegetables. 自制火腿芝士釀雞胸，薯仔，菜。 |
| 10:45 | 11:30 | THU 星期四 | 10 | Asian-style pork chop with fresh tomato & onion sauce, rice, vegetables. 中式豬扒，鮮茄洋蔥汁， 飯，菜。 |
| 10:45 | 11:30 | FRI 星期五 | 11 | Japanese- style Teriyaki chicken breast, baked Sushi rice, vegetables. 日式照燒雞胸，焗壽司飯，菜。 |
| 10:45 | 11:30 | MON 星期一 | 14 | Beef Liver or Turkey cutlet with gravy, bacon & onions, mixed rice and grains, vegetables. 烤焗牛肝或吉列火雞扒，醬汁，煙肉，洋蔥，麥米飯，菜。 |
| 10:45 | 11:30 | TUE 星期二 | 15 | French Canadian Tourtiere (holiday pork, beef, lamb & mushroom pie) winter salad. 法式加拿大焗派（選用碎豬肉牛肉羊肉蘑菇等）冬節沙律。 |
| 10:45 | 11:30 | THU 星期四 | 17 | Baked Hakefish filet with Thai-style sweet & savoury sauce, rice, vegetables. 泰式香料醬焗白魚魚柳，飯，雜菓沙律。 |
| 10:45 | 11:30 | FRI 星期五 | 18 | Winterfest - Special Chinese-style honey BBQ pork ribs, chow mein, vegetables. 慶祝冬至 - 烤焗中式蜜汁燒排骨，炒麵，菜。 |



**The Seniors Lunch Program will be closed for the holidays and will reopen on January 4, 2027 (Mon).**
**長者午餐服務將於假日期間暫停，並於2027年1月4日（星期一）重新開放。**

# EAT, CHAT, THRIVE
## LUNCH PROGRAM 55+

## MONDAY - TUESDAY - THURSDAY - FRIDAY

**TAKE OUT**
(Max 40 Lunches)

- Pick up at **10:45am**.
- Max 2 orders per customer.
- Includes entrée, dessert, & juice.

Pre-registration required

**DINE IN**
(Max 90 Lunches)



- Payment taken as early as 11:15am.
- Serving lunch will begin at **11:30am**.
- Max 2 orders per receipt per lunch.
- Includes entrée, dessert, & coffee, tea OR juice.
- Patrons will be invited to line up for lunch in order of their assigned number, which is based on the check-in time at the Seniors Reception desk. Kindly wait until your number is called by staff before lining up.
- Please DO NOT reserve seats in the dining hall for others.
- There is a seat for each person who is reserved.

Pre-registration required

**DROP IN**
(20 Guaranteed)

- 20 first-come, first-served spots are available after **11:45am**.
- Payment will be taken after 11:45am.
- Please DO NOT reserve spots in line for others.
- Drop Ins must use seating in the Seniors Lounge.
- 1 drop in order per customer (In-person only).
- Should there be excess food, more drop-in meals may be available for purchase.
- If you have already purchased a meal, please wait until **12:15pm** before inquiring for a second meal.

### Program Details & Refund Policy

- 10 lunch pass visits = $90.50 + GST  I  1 lunch = $9.05 + GST
- Use KEYWORD "Killarney Eats" when registering online.
- Refunds for lunch reservations are available until 5:00pm on the day before the scheduled lunch. Requests made after the deadline will not be eligible for refund.

**Nov 24**

REGISTER NOW >

BY PHONE
604-718-8201
(begins at 12pm)

IN PERSON
6260 Killarney Street,
Vancouver, BC

ONLINE
http://www.vanrec.ca

KILLARNEY COMMUNITY CENTRE SOCIETY

VANCOUVER BOARD OF PARKS AND RECREATION

*All 10 visit lunch passes prior to March 2020 will be honoured.*

# WORKSHOP SPOTLIGHT DECEMBER 2026

## Live Well, Leave Well: Retirement & Legacy Planning (CN #630152 / EN #630154)

Your home can support your retirement and protect your family's future. Join our free workshop with a Licensed Mortgage Broker and Notary Public to explore home equity solutions, wills, estate planning, and more.

**Saturday, Dec 5**
**Cantonese | 1:00PM-2:30PM**
**English | 2:30PM-4:00PM**
**CC Room 202**

## Memory & Aging (#623724)

How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented.

**Tuesday, Dec 8**
**1:30PM-3:00PM**
**CC Room 202**

## Golden Beats (#629639)

Led by Killarney's talented volunteer band, the RockiTeers, enjoy a lively mix of rock 'n' roll, pop, Chinese tunes and dance favourites inspired by requests from their fans!

**Wednesday, Dec 9 & 23**
**1:30PM-3:00PM**
**Seniors MPR 151/152**

## Fall Seniors Social Program - Holdiay Decor Making (#630712)

Create your own holiday decorations using simple materials. No experience or skills required. Just come, have fun, and take home a handmade decoration to brighten up your holiday season!

**Wednesday, Dec 16**
**10:30AM-12:00PM**
**Seniors Lounge**

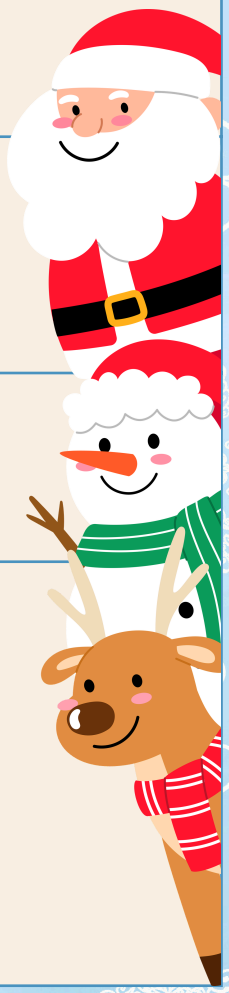
# SENIOR'S SPECIAL EVENT
# DECEMBER 2026






# SENIORS RESOURCES

| Support Services | |
|---|---|
| HandyDART Information (multilingual) | 604-575-6600, option 1 (Trip Booking)<br>604-953-3680 (Transit Customer Care) |
| SPARC BC Parking Permit Program for people with disabilities (English, Cantonese, Mandarin, Hindi) | 604-718-7744 |
| South Vancouver - Information and Referral Services For Older Adults | 604-324-6212 |
| BC 211 (information about health & human services, Multilingual) | 211 |
| City of Vancouver Leisure Access Program (English, Cantonese, Mandarin, Punjabi, Vietnamese, Spanish) | 3-1-1 |
| BC Hydro | 1-800-224-9376 |
| South Vancouver - Better at Home Program (Transportation, Light Yard Work, Grocery Shopping, Frozen Meals, Light Housekeeping (waitlist capped), Friendly Visiting (Walking, Companions & Social Calls) Light Home Maintenance | 604 324 6212 |



# SENIORS RESOURCES

| Counselling and Support Services | |
|---|---|
| Alzheimer Society of BC | 604-681-6530<br>1-800-936-6033 (English)<br>1-833-674-5007 (Chinese)<br>1-833-674-5003 (Punjabi) |
| Seniors First BC (Seniors Abuse Info Line, Multilingual) | 604-688-1927 |
| Canadian Cancer Society | 604-872-440 |
| Canadian Diabetes Association | 604-732-133 |
| South Vancouver Family and Friend Caregiver Supports Program (English, Chinese and Punjabi) | 604-324-6212 |
| Grandparents Raising Grandchildren Support Line | 604-558-4740 |
| Family Respite Centre<br>(For registration and assessment, please call the intake line at 604-263-7377) | 604-327-952 |



# KILLARNEY SENIORS CENTRE INFORMATION

The Killarney Seniors Centre Monthly E-Newsletter & Program Information features our promotions, special events, programs, services, community initiatives and more!

Email us at killarneyseniorscentre@vancouver.ca
if you don't want to miss out on our monthly E-Newsletter.

We won't share your information with any other organizations and you can unsubscribe at any time. By signing up, you consent to receiving electronic communications.

## LAST LAUGH




Have questions? Please call Killarney Community Centre at 604-718-8201.
For additional information on Killarney Seniors Programs & Activities, Visit our website:
http://www.killarneycentre.ca or www.vanrec.ca