

# SPRING 2012



## GREYPOWER GAZETTE

PUBLISHED BY THE KILLARNEY COMMUNITY CENTRE SENIORS ASSOCIATION

### *What's New!...*

#### **"A WORD FROM THE SENIORS PROGRAMMER"**

To our valued Seniors,

As spring approaches, I always love to reflect on the past and gain a new perspective for the upcoming year. Over the past year I have made many new friends and enjoyed every minute of working at the Killarney Community Centre. By getting out and meeting most of you I have had the opportunity to find out what makes each of you unique and have found the passion within you to bring the programming opportunities at Killarney to a new level. I hope you enjoy the new Spring Programs that Roy and myself have arranged and look forward to more feedback to increase accessibility and inclusion for all. As I have stated before... my door is always open to each of you, even though it is shut and locked... just knock, I'll be there!

Sincerely,  
Michelle Stebnicki, Programmer  
604-718-8208  
michelle.stebnicki@vancouver.ca

#### **WALKING CLUB**

Come and enjoy walks in some of the lower mainland's most scenic areas. All walks take place at various sites in the lower mainland and will be guided by Simon Yan.

|                       |     |                |
|-----------------------|-----|----------------|
| Apr 3-Apr 17          | Tue | 9:00am-12:30pm |
| May 8-May 29          | Tue | 9:00am-12:30pm |
| Jun 5-Jun 12          | Tue | 9:00am-12:30pm |
| Apr 26, May 3, Jun 21 | Thu | 9:00am-12:30pm |

\$72/12 walks

Space Permitting-Drop-in fees: Members: \$7.25/1 walk,  
Non Member: \$7.75/1 walk

#### **SENIOR ONLY COMPUTER LAB DROP-IN TIME**

The computer lab is open for FREE drop-in to seniors 55 yrs+. Search the web, check your e-mail, play on-line games or search for resource information.

Computer Lab

Mon 10:00am-12:00pm, Tue 1:00-3:00pm, Thu 10:00am-2:00pm  
FREE with Killarney Seniors Membership.

*CHECK OUT OUR FEATURE  
"SENIOR HUB SPECIAL EVENT": PAGE 15*

## KILLARNEY COMMUNITY CENTRE

RECREATION CENTRE, POOL, & RINK 6260 KILLARNEY STREET, VANCOUVER, BC, V5S 2X7  
WEBSITE: [www.killarneycentre.ca](http://www.killarneycentre.ca) PHONE: 604-718-8200 FAX: 604-718-8219



## KILLARNEY COMMUNITY CENTRE SENIORS ASSOCIATION

The Killarney Community Centre Seniors Association (KCCSA) is an officially registered BC Society. Its purpose is to develop, promote and provide programs, activities, services and community special events for older adults at Killarney Community Centre in conjunction with the Killarney Community Centre Society and the Vancouver Park Board. The Board of Directors meet the second Tuesday of the month (except summer months). Anyone who is a Seniors Association member is welcome to attend as a guest.

### BOARD OF DIRECTORS FOR 2011-2012

|                                |               |
|--------------------------------|---------------|
| <i>PRESIDENT</i>               | John Pawluk   |
| <i>VICE-PRESIDENT</i>          | Art Lum       |
| <i>TREASURER-SECRETARY</i>     | Alma Pasker   |
| <i>CHINESE SENIORS REP.</i>    | Henry Leung   |
| <i>BALLROOM DANCE REP.</i>     | Winnie Lai    |
| <i>LUK TUNG KUEN REP.</i>      | Pat Louie     |
| <i>HAPPY GANG BINGO REP.</i>   | Bessie Tratch |
| <i>SOCIAL BRIDGE CLUB REP.</i> | Elsie Jensen  |
| <i>EVERYGREEN TAI CHI REP.</i> | Margaret Lum  |

*DIRECTORS AT LARGE:* Elena Chang, Sue Chow, Kathy Horvath, Jennie Lowe, Alfred Tse Angela Yeung

### MEMBERSHIP INFORMATION

A valid Killarney Community Centre Society membership is required to participate in any programs or services offered by Killarney Community Centre and the Seniors Association. Anyone 55 years of age and over who has a valid membership is a member of the KCCSA which means you have voting rights at our Annual General Meeting.

#### MEMBERSHIP FEES:

Seniors (65 yrs+) \$3.00, Adults (19-64 yrs+) \$4.00

### FRONT OFFICE HOURS

The front office schedule is in effect April 1 - June 30, 2012 and is subject to change without notice. We are open from 1:00-5:00pm on Statutory Holidays. Holiday hours will be in effect on Apr 6, 9 & May 21.

|                    |                 |
|--------------------|-----------------|
| Monday to Thursday | 8:45am - 9:30pm |
| Friday             | 8:45am - 8:30pm |
| Saturday & Sunday  | 8:45am - 5:00pm |

### OTHER FACILITIES & SERVICES AT KILLARNEY COMMUNITY CENTRE

The KCCSA Greypower Gazette newsletter highlights only some of the facilities and services offered at Killarney Community Centre for Seniors. Here's a list of what else can be found at Killarney Community Centre:

- A full **FITNESS CENTRE** with cardio machines, weights and fitness attendants to help with personal fitness plans or general fitness questions.
- An **ICE RINK** for your skating needs
- A **LEISURE SWIMMING POOL** that has been retrofitted and is now new and better than ever!
- A public **COMPUTER LAB** that offers drop-in times and instructional courses as well as seniors only time.
- Adult **COURSES** such as Instructional Yoga, Pilates, and Belly Dancing.

For detailed information on what programs and services are available at Killarney Community Centre, please pick up a copy of the Spring 2012 Killarney Community Centre Program Guide at the centre.

### REGISTRATION GUIDELINES FOR SENIORS BUS TRIPS AND SPECIAL EVENTS

- Registration **MUST** be done in person. Phone registration is only accepted if authorized by the Seniors Programmer. All registration is on-going until the programs or bus trips are **FULL**.
- Bus trips and special events are subsidized by the Killarney Seniors Association, and age verification is mandatory. Please have ID ready when registering.
- Availability in most bus trips and special events is limited so you may only register for yourself and one other person.
- Persons under 55 years cannot register for a bus trip until two weeks prior to the actual date of the trip. Prices for people under 55 years are **NOT** subsidized.
- If the program you want is full, please remember to put your name on the **WAITING LIST**. If someone cancels, you will be called and asked to register. On occasion, we do open new programs and bus trips if the waiting list shows sufficient demand.
- If you are unable to attend a bus trip, please request a refund 5 days before the start date so that we can sell your spot to another person. With less than 5 days notice, participants will not receive a refund unless a medical note is presented to KCC Front Desk.
- Boarding of the bus will commence at the front of the Community Centre and by order of registration.
- All bus trips are subject to change or cancellation. Some trips are weather dependent.
- **Perfume wearing is not permitted on bus trips.**

Registration guidelines and procedures differ for regular community centre programs. Please see the full Killarney Community Centre Program Guide for other procedures.

## SERVICES OFFERED THROUGH OUR AFFILIATED GROUPS & CLUBS

The below Seniors Clubs and Groups are affiliated with the KCCSA but operate independently. Their activities and services are targeted towards improving the quality of life for the seniors in our community. All groups meet on an on-going basis and all group members **MUST** have a KCCSA membership. Some additional fees and membership charges may apply for some groups. Each group plans their own special events: potlucks, celebrations, bus trips and more. Every Group sends a representative to sit on the KCCSA Board of Directors.

For the meeting schedules of each group, please see the WEEKLY SENIORS PROGRAMS SCHEDULE on page 6 & 7

### KILLARNEY CHINESE SENIORS GROUP

The goal of this group is to enrich the lifestyle of Chinese Seniors through social activities, community integration and understanding. Sessions are in Cantonese.

Thu 10:45am to 12:45pm

### KILLARNEY LUK TUNG KUEN ASSOCIATION

Luk Tung Kuen is a set of health exercises which consist of 36 forms. Our group is dedicated to healthy lifestyles through physical fitness and social activities.

No Session Apr 6, Apr 9, May 21

Mon-Fri 6:30am to 8:30am; Sat, Sun 7:30 to 8:45am

### STROKE RECOVERY & PREVENTION CLUB

This is a therapeutic recreation program designed to help people recovering from a stroke.

Instructor: Stroke Association of BC

Tue 9:30-12:30pm

### KILLARNEY SENIORS BALLROOM DANCE GROUP

This group aims to improve dance skills for seniors while emphasizing health and social well-being. Lessons on Sundays for group members.

No Session Apr 6, Apr 9, May 21

Mon-Fri 6:30am - 8:30am; Sat & Sun 7:30am-8:45am

### EVERGREEN TAI CHI CLUB

Meet every morning for exercise and to promote the practice of Tai Chi as a part of daily living to improve health.

No sessions Apr 6, Apr 9, May 21

Mon, Wed, Fri 6:30am to 8:45am - Margaret Lum

Tue, Thu 6:30am to 8:45am - Master Chen

\$15/3 months for 1 practice/week

### SENIORS SOCIAL BRIDGE CLUB

Come out and enjoy an afternoon of bridge; the emphasis is on fun! Tea is sometimes provided. Prior knowledge of Bridge is required.

Thu 1:00 to 4:00pm

### HAPPY GANG BINGO GROUP

This group of seniors meet to play bingo. Bingo cards are 25 cents each. All proceeds from card sales are divided and paid out to game winners. Bring your own snacks for the break. Meet new friends and have fun!

Tue 1:00 to 3:30pm

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## SENIORS COLUMN

### SUBMITTED BY ALMA BATTERSBY

March is the month for the wearing of the green... April you need an umbrella (like most other months this year). May is for Mother's Day and May Day and all the flowers of spring. Let's hope we have a good one. We deserve it.

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### WE NEED A FEW CHUCKLES

1. A transvestite is a guy who eats, drinks and likes to be MARY.
2. Forget Health Food! At our age we need all the preservatives we can get.
3. Have your wild oats turned into prunes and All Bran?
4. Raising children was not meant to be easy. Didn't it state with labour?
5. After a while... always wearing a halo makes your head ache.

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### COOKING FOR ONE OR MAYBE TWO

1. SPUD BUDDLES: Bake a good sized potato. Split in half and scoop out some of the potato. Brown lean ground beef and add taco or chili seasoning. Dice fresh tomatoes. Fill shells with meat, tomatoes and rest of potato. Add grated cheese. Return to oven for a few minutes. Add no fat sour cream later if desired. (You can make one or many. It is tasty and easy).
2. "BANGERS EGGSTRA SPECIAL": Brown sausages (If you boil them for a little while before it gets rid of all the fat). beat eggs until fluffy and. Add 1/3 tsp. baking powder and s and p. Panfry until fluffy. Add sausages and flip over. This is an easy meal for brunch when served with a small salad.

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### DID YOU KNOW???

The saying "Knock on wood" to invoke good luck is an ancient pagan ritual of asking the powerful Tree Gods for help.

Honey is the only food that never spoils? It has been found in ancient tombs and is still edible.

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MAY THE SEASON OF SPRING BRING YOU ALL JOY  
AND HAPPINESS!!!!



社區服務部

Community Services Department

## S.U.C.C.E.S.S. Killarney Community Seniors Group

### 中僑奇蘭尼社區耆英會

#### 2012 April to June Program Schedule

#### 二零一二年四月至六月份活動表

|              |           |                |  |
|--------------|-----------|----------------|--|
| <b>April</b> | <b>6</b>  | <b>休會一週</b>    | <b>Holiday, No Activities</b>          |
| <b>四月</b>    | <b>13</b> | <b>長者防詐騙講座</b> | <b>Seniors Fraud and Scam Workshop</b> |
|              | <b>20</b> | <b>回春保健操</b>   | <b>Fitness Exercise</b>                |
|              | <b>27</b> | <b>齊來動腦筋</b>   | <b>Brain Trainer (Sudoku)</b>          |
| <b>May</b>   | <b>4</b>  | <b>旅遊經驗分享</b>  | <b>Traveling Experience Sharing</b>    |
| <b>五月</b>    | <b>11</b> | <b>長者防跌倒講座</b> | <b>Fall Prevention Workshop</b>        |
|              | <b>18</b> | <b>回春保健操</b>   | <b>Fitness Exercise</b>                |
|              | <b>25</b> | <b>齊來動腦筋</b>   | <b>Brain Trainer (Sudoku)</b>          |
| <b>June</b>  | <b>1</b>  | <b>會員生日會</b>   | <b>Member Birthday Party</b>           |
| <b>六月</b>    | <b>8</b>  | <b>針織興趣小組</b>  | <b>Knitting Interest Group</b>         |
|              | <b>15</b> | <b>回春保健操</b>   | <b>Fitness Exercise</b>                |
|              | <b>22</b> | <b>好歌齊歡唱</b>   | <b>Music Sing-a-long</b>               |
|              | <b>29</b> | <b>齊來動腦筋</b>   | <b>Brain Trainer (Sudoku)</b>          |

#### Remarks 備註：

- Activities will always start with an hour long English class  
每週活動第一個小時為英文學習班
- Participants are encouraged to become a member of S.U.C.C.E.S.S.  
本活動鼓勵參加者成為中僑會員，以示對中僑活動的支持與幫助
- Program may be changed without notice  
節目如有更改，恕不另行通知

Time : Every Friday morning from 9:00am to 11:00am

時間 逢星期五上午九時至十一時

Location : Killarney Community Centre, Room 201 (6260 Killarney Street)

地點: 奇蘭尼社區中心 201 室 (近東 49 街)

Enquiry : Please call Morris Tang at 604-408-7274 Ext. 1083

查詢 請致電 604-408-7274 內線 1083 與鄧永曦(Morris)聯絡



The City of Vancouver has contributed funding to this project.

本計畫獲得溫哥華市政府資助

2012 年樣式



中僑互助會  
S.U.C.C.E.S.S.

社區服務部

Community Services Department

## 中僑奇蘭尼國語耆英會 報名須知

1. 歡迎 55 歲或以上、說國語/普通話、居住於溫哥華、並有興趣認識新朋友、瞭解社區資源及參與社區的長者參加。
2. 凡欲加入本會，須申請中僑會員證，並向中僑職員辦理加入耆英會手續。會員費一經繳付後，恕不退款。
3. 除免費資訊講座外，參加者需支付活動費、影印及材料費，每季加幣 \$2。
4. 參加者須填寫登記表，並提供姓名、出生日期、居住地址和緊急聯絡人名字及電話號碼。
5. 會員須每年辦理中僑奇蘭尼國語耆英會及奇蘭尼社區中心會續期，即使放棄亦將無法退費。
6. 所有費用一經繳付後，恕不退款。
7. 基於消防安全條例，活動房間祇能容納最多三十人。

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**Time 時間：** Every Friday mornings from 9 am to 11 am  
逢星期五上午九時至十一時

**Location 地點：** Room 201, Killarney Community Centre  
奇蘭尼社區中心( 201 室)   
(6260 Killarney Street 夾東 49 街)

**Enquiry 查詢：** Please call Morris Tang at 604-408-7274 Ext. 1083  
請致電 604-408-7274 內線 1083 與鄧永曦聯絡

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2012 年樣式

# GREYPOWER GAZETTE: WEEKLY SENIORS PROGRAM CALENDAR

## MONDAY

|   |               |
|---|---------------|
| Luk Tung Kuen Association   | 6:30-8:30am   |
| Ballroom Dance  | 6:30-8:30am   |
| Evergreen Tai Chi   | 6:30-8:45am   |
| Line Dancing<br>Fees: \$4.25/member hr. drop-in OR \$31/10 classes              | 9:00-12:00pm  |
| Seniors Billiards   | 9:00-12:00pm  |
| Mandarin/Cantonese Choir<br>Fees: \$5/member hr. drop-in OR \$40/10 visits card | 10:00-11:30am |
| Computer Lab Drop-in  | 10:00-12:00pm |
| Convivial Gathering<br>Fees: \$3/member hr. drop-in OR \$6.95/6 visits card     | 12:15-2:15pm  |
| Beginner/Intermediate Badminton<br>Fee: \$46.75/ 11 classes                     | 2:45-4:15pm   |
| Badminton Court Rentals<br>Fees: \$11/hour/court                                | 8:30-9:30pm   |

## TUESDAY

|  |               |
|--|---------------|
| Luk Tung Kuen Association                                | 6:30-8:30am   |
| Ballroom Dance Group                                     | 6:30-8:30am   |
| Evergreen Tai Chi Club                                   | 6:30-8:45am   |
| Chair Yoga<br>Fee: \$56/6 classes                        | 9:30-10:30am  |
| Stroke Recovery Club                                     | 9:30-12:30pm  |
| Beginner/Intermediate Badminton<br>Fees: \$51/12 classes | 11:00-12:30pm |
| Computer Lab Drop-in                                     | 1:00-3:00pm   |
| "Happy Gang" Bingo                                       | 1:00-3:30pm   |

## TUESDAY (CONT'D)

|  |             |
|--|-------------|
| Yuan Ji Dance<br>Fees: \$17.65 for 3 months (Apr-Jun)        | 1:45-3:45pm |
| Social Dancing<br>Fees: \$3/drop-in or \$11.75/10 visit card | 2:00-4:00pm |
| Painting with Acrylics<br>Fees: \$82/6 classes               | 7:00-9:00pm |

## WEDNESDAY

|   |              |
|---|--------------|
| Luk Tung Kuen Association   | 6:30-8:30am  |
| Ballroom Dance Group  | 6:30-8:30am  |
| Evergreen Tai Chi Club  | 6:30-8:45am  |
| Sewing Club   | 9:00-12:00pm |
| Intermediate Badminton<br>Fees: \$29.25/13 classes  | 9:00-12:30pm |
| Yuan Ji Dance<br>Fees: \$17.65 for 3 months (Apr-Jun)   | 1:00-3:00pm  |
| Karaoke Club<br>Fees: \$3.00/drop-in or \$13.50/10 visit card   | 1:15-4:30pm  |
| Table Tennis Drop-in<br>Fees: \$3.50 drop-in OR \$29.50/10 visits card  | 7:00-10:00pm |
| Computer courses: All participants Under 55yrs cannot register until two weeks prior to the course start date. All courses are taught in English. For more detailed information on courses, please refer to the centre brochure, page 29. |              |
| Basics Computer Class<br>Fees: \$40/55yrs+/6 classes  | 9:30-11:30am |
| Maintaining a Healthy Computer<br>Fees: \$9/55yrs+/per 1 classes  | 12:00-1:00pm |
| Introduction to the Internet<br>Fees: \$9/55yrs+/per 1 classes  | 12:00-1:00pm |

**PROGRAMS ARE FREE UNLESS OTHERWISE NOTED  
REFER TO THE FALL RECREATION GUIDE FOR DATES & DETAILS  
ON ALL THE ABOVE PROGRAMS!**

# GREYPOWER GAZETTE: WEEKLY SENIORS PROGRAM CALENDAR

## WEDNESDAY (CONT'D)

|  |              |
|--|--------------|
| Genealogy<br>Fees: \$9/55yrs+/per 1 classes                        | 12:00-1:00pm |
| Organize Your Computer<br>Fees: \$18/55yrs+/per 1 classes          | 1:30-3:30pm  |
| Introduction to Digital Imaging<br>Fees: \$18/55yrs+/per 1 classes | 1:30-3:30pm  |
| Learn to use PICASA<br>Fees: \$18/55yrs+/per 1 classes             | 1:30-3:30pm  |

## THURSDAY

|  |               |
|--|---------------|
| Luk Tung Kuen Association  | 6:30-8:30am   |
| Ballroom Dance Group   | 6:30-8:30am   |
| Evergreen Tai Chi Club   | 6:30-8:45am   |
| Beginner/Intermediate Badminton<br>Fees: \$51/12 classes                                   | 9:00-10:30am  |
| Chair Yoga<br>Fee: \$56/6 classes  | 9:30-10:30am  |
| Computer Lab Drop-in   | 10:00-2:00pm  |
| Chinese Seniors Group  | 10:45-12:45pm |
| International Ballroom Dancing<br>Fees \$28.50/6 classes, \$5.50/drop-in, space permitting | 11:00-12:15pm |
| Table Tennis Drop-in<br>Fees: \$3.50 drop-in OR \$29.50/10 visits card                     | 12:00-3:00pm  |
| Social Bridge Club   | 1:00-4:00pm   |
| Social Dancing<br>Fees: \$3/drop-in or \$11.75/10 visit card                               | 1:00-4:00pm   |
| Computer Essentials<br>Fee: \$30/7 classes   | 7:00-8:00pm   |
| Laptop Course<br>Fee: \$21.25/7 classes  | 7:45-8:45pm   |

## FRIDAY

|  |              |
|--|--------------|
| Luk Tung Kuen Association  | 6:30-8:30am  |
| Ballroom Dance Group   | 6:30-8:30am  |
| Evergreen Tai Chi Club   | 6:30-8:45am  |
| Mandarin Speaking Seniors Group  | 9:00-11:00am |
| Seniors Billiards  | 9:00-12:00pm |
| Friday Art Club  | 9:00-1:00pm  |
| Practice Tai Chi Drop-in<br>Fees: \$3/drop-in or \$13.50/10 visit card | 10:45-1:10pm |
| Arthritis Self Management Program<br>Fees: \$28/6 classes              | 11:00-1:00pm |
| Intermediate Badminton<br>Fees: \$24.75/11 classes                     | 11:00-2:00pm |
| Social Dancing<br>Fees: \$3/drop-in or \$11.75/10 visit card           | 1:30-4:00pm  |

## SATURDAY

|  |              |
|--|--------------|
| Luk Tung Kuen Association                                    | 7:30-8:45am  |
| Ballroom Dance Group   | 7:30-8:45am  |
| Intro to Photo Editing NEW!<br>Fees: \$60/55yrs+/5 classes   | 9:30-11:30am |
| Social Dancing<br>Fees: \$3/drop-in or \$11.75/10 visit card | 3:00-5:00pm  |
| Social Media NEW!<br>Fees: \$45/5 classes                    | 12:00-1:30pm |

## SUNDAY

|  |             |
|--|-------------|
| Luk Tung Kuen Association  | 7:30-8:45am |
| Ballroom Dance Group   | 7:30-8:45am |
| Table Tennis Drop-in<br>Fees: \$3.50 drop-in OR \$29.50/10 visits card | 1:45-4:45pm |



## CHRONIC PAIN MANAGEMENT

The Arthritis Society is offering a free, two-hour workshop, to help people learn a variety of techniques to be used as a part of a chronic pain management strategy. Based on the proven Arthritis Self-management Program, this workshop provides participants with information and approaches that enable participants to take an active role in managing the pain of arthritis. Space is limited. Registration is required; this workshop is FREE with a KCC membership.

Room 203-Arthritis Society

Apr 20 Fri 11:00am-1:00pm Free

## FIRST TIME HOME BUYERS / SELLERS WORKSHOP

You have been researching and reading articles about buying and selling homes, but you still feel like you are missing something. You are not alone, many people often feel overwhelmed or unsure about the process. Patrick Weeks will walk you through a step by step systematic approach that will help simplify the process. He will provide you with an information package and the tools necessary to understand what's involved on both sides of the process. Learn about: Costs, HST & budgeting, Mortgage Options, Resource lists (lawyers, home inspectors, contractors), Closing & Conveyance costs, What to expect from the listing realtor, Understanding the Comparative Market Analysis, 8 common mistakes home buyers make, Questions & Answers session. Muffins, coffee & refreshments will be served. Registration is required.

Room 211 – Patrick Weeks, RE/MAX:

Patrick Weeks Personal Real Estate Corporation

Buyer: May 10 Thu 7:00pm-8:30pm Free

Seller: May 17 Thu 7:00pm-8:30pm Free

FREE with Killarney Membership

## INVESTING AT RETIREMENT

Whether you're retiring now or in a few years, make sure you're on track to live the retirement of your dreams. No matter where you are, armed with this simple, yet powerful retirement information, you can learn how to avoid the mistakes so many others make. Registration is required; this workshop is FREE with a KCC membership.

Room 202 - Alice Garrod, MBA Hon

Jun 6 Wed 7:00pm-10:00pm Free

## PREVENTING CAREGIVER BURNOUT WORKSHOP

Are you ready? As Canada's healthcare system continues to adapt to a rapidly aging population, the effects being felt by family caregivers will be significant when it comes to the emotional, physical and financial consequences of taking care of an aging loved one, a family member or close friend. Join us to hear how you can best prepare yourself to navigate the healthcare system or to select a home care agency to help support your needs. Learn how to effectively communicate as a caregiver when addressing areas that involve changes to one's lifestyle or daily routine - various caregiver scenario's will be provided. All participants receive a new and practical guide on 'Being a Family Caregiver' highlighting essential tips and effective tools on how caregivers can avoid burnout. For more information, visit [wecare.ca](http://wecare.ca) or contact Vicki Salter at [vicki\\_salter@wecare.ca](mailto:vicki_salter@wecare.ca) or call 604-264-9003. Registration is required.

Room 203 – Vicki Salter, We Care Health Services LP

Apr 27 Fri 11:00am-12:00pm Free

FREE with Killarney Membership

## TRAVEL SMART PRESENTATIONS FOR SENIORS

Do you want to learn more about your public transportation system? Come out for a presentation to learn about the safety and security features of the system, how to plan your trip, what makes our system accessible and much more. Registration required.

Room 203 – Julie Potter, Translink

Acting Access Transit Manager

May 2 Wed 11:00am-12:00pm Free

FREE with Killarney Membership

## COV HOME ENERGY LOAN PROGRAM PRESENTATION

The City partnered with Vancity to provide low interest loans to Vancouver homeowners (single-family and duplex) for energy efficiency renovations. We will show you how you can take advantage of this program. During the session we'll explain how homeowners can:

- Find out how energy efficient your home currently is and how much more efficient it can be
- Get unbiased and professional advice on what you can do to save energy and reduce utility costs
- Apply for up to \$16,000 in low interest loans to improve your house's insulation, weatherization, water and air heating.
- Access up to \$4700 in grants from the provincial LiveSmart BC program and up to \$4600 in grants from the federal ecoENERGY program.

The target audience for the workshops is Vancouver owners of single-family homes or duplexes, although all are welcome to attend. This session includes a 35-minute presentation followed by a Q&A session. Registration required.

Room 203 - Javier Landaeta, COV

Home Energy Loan Program Coordinator

May 23 Wed 7:00pm-8:00pm Free



## SENIORS BUS TRIPS + SPECIAL EVENTS

REGISTRATION FOR SENIORS BUS TRIPS & SPECIAL EVENTS BEGINS  
WEDNESDAY, MARCH 21 AT 9:30AM FOR 55 YRS +

*Numbered pre-registration forms are REQUIRED  
and will be given out starting at 8:30am at the front desk.  
Note: Registration for all Senior's Programs except Bus Trips &  
Special Events begins Sunday, March 18 at 9:00am*

### REGISTRATION GUIDELINES & PROCEDURES

- Participants must complete and sign a waiver of liability form
- Registration MUST be done in person. Phone registration will only be accepted if authorized by the Seniors Programmer. All registration is ongoing until the programs are FULL.
- Bus trips and special events are subsidized by the Killarney Seniors Association, and age verification is mandatory. Please have your ID ready when registering.
- Space on most bus trips and at special events is limited, so please register early for yourself and one other person.
- Persons under 55 years of age cannot register for a bus trip until two weeks prior to the actual date of the trip.
- Prices for people under 55 years are NOT subsidized.
- If the program you want is full, please remember to put your name on the WAITING LIST. If someone cancels, you will be called and asked to register. On occasion, we do open new programs and bus trips if there is sufficient demand.
- If unable to attend a bus trip, please request your refund 5 days before the trip so that we can fill your spot. With less than 5 days notice, participants will not receive a refund unless a medical note is presented to KCC Front Desk.

### A COUPLE OF THINGS TO KNOW ABOUT BUS TRIPS!

The benefit of community bus trips is that you don't have to drive, you don't have to pay for parking, group discounts on admission costs and friends to enjoy the day with! All bus trips, unless otherwise specified, are taken on the Killarney Centre's 24-seater bus. For all bus trips, please arrive 15 minutes early. The time shown in the program description is the time that the bus will leave Killarney Centre. Please meet at the existing front entrance at time of departure. Lunch is not provided on any bus trips unless specified in the program description. All bus trips load in the order of registration. Perfume wearing is not permitted on bus trips.

**ALL BUS TRIPS ARE SUBJECT TO CHANGE OR CANCELLATION.  
SOME TRIPS ARE WEATHER DEPENDENT..**

## MARCH

### BRING IT TOGETHER SPRING MULTICULTURAL FAIR

The South Vancouver Seniors Hub will be hosting this colorful Multicultural Fair. There will be entertainment, inter - active and static displays with dialogue to connect you with different cultural practices. Everyone will have the opportunity to exchange knowledge between yourself and the presenters, the performers, and other participants. This event will be held at Champlain Heights Community Centre. Please register at Killarney CC if you need transportation to the event.

Mar 29 Thu 11:00am-3:00pm FREE

## APRIL

### AFTERNOON LUNCH GATHERINGS

#### FOOD FROM AROUND THE WORLD

Interested in meeting new friends, socializing with old ones and exploring foods from other cultures? Register and come out to the "Afternoon Lunch Gatherings."

Room 203

Apr 25 Wed 12:00-1:30pm Taiwanese

May 30 Wed 12:00-1:30pm Chinese

Jun 27 Wed 12:00-1:30pm Mongolian

\$6/55 yrs+/per session

This event is for seniors 55yrs+ only.

### VANCOUVER POLICE MUSEUM & AND BUFFET AT THE RIVER ROCK CASINO

Indulge yourself in the history of the Vancouver Police. On the guided tour we will be introduced to many exhibits including police artifacts, firearms collection, rare and confiscated weapons, classic Vancouver Police vehicles, Coroner's Forensic Exhibit and how to inspect counterfeit currency. Following the tour we will be having lunch at the River Rock Casino Buffet which is included in the price. You will also have time to try your luck at the Casino. Please note that the Vancouver Police Museum is not wheelchair accessible. This trip is guided by Simon Yan.

Apr 6 Fri 9:00am-4:30pm

\$32.50/55yrs+, \$41/under 55yrs

### METRO VANCOUVER FRUIT WINE TOUR

Join us for a fun filled day enjoying wine at various wineries throughout Metro Vancouver. This year we will focus on wineries that specialize in Fruit wines. Along with wines, most of the wineries will have an abundance of jams and other goodies for purchase. The wineries we will be visiting include, Sanduz, Westham Island, Wellbrook and The Fort Wine Company. A stop for lunch at the Old Spaghetti Factory is included in the tour to ensure no one gets too tipsy. This trip is guided by Simon Yan.

Apr 12 Thu 10:30am-5:00pm

\$45/55yrs+, \$56/under 55yrs



### HARRISON MILLS, FRASER VALLEY TULIP FESTIVAL AND HARRISON HOT SPRINGS

Come and spend the day exploring one of the most fascinating historic sites in BC, the Kilby Historic Site located on the shore of Harrison Mills. This trip will bring you back in time and experience life back in the 1920's. The site consists of a general store from 1906, a post office, a hotel and remnants of the once working mill town. We will be having lunch at the historic site which will be included. After visiting Kilby Historic Site, we will be heading over to the Tulips of the Valley site where you can enjoy 40 acres of bloom and up to 20 different varieties of tulips. Our last destination will be Harrison Hot Springs where you will have time to stroll the boardwalk. This trip is guided by Simon Yan.

Apr 20 Fri 9:00am-6:00pm  
\$36.50/55yrs+, \$46/under 55yrs

### VANCOUVER'S WINTER FARMERS MARKET AT NAT BAILEY STADIUM

The Winter Farmers Market is about people who love fresh food at festive gatherings. With the initial goal in 1995 to create the fun and value of weekly Farmers Markets in urban settings, the Markets have become Vancouver plazas of fun, discovery, and connecting. The weekly Markets create healthy food networks that sustain our land, our community, and our homes.

Apr 28 Sat 10:00am-2:00pm  
\$5/55yrs+, \$7.50/under 55yrs

### FORT LANGLEY AND BC FARM & MACHINERY MUSEUM

Fort Langley is the exact location where, a century and a half ago, a huge fur trade organization called the Hudson's Bay Company established a small post to trade with the First Nations of the West Coast. The enterprise grew, evolved, and influenced history, leading to the creation of the colony of British Columbia. After visiting Fort Langley we will have lunch (not included) in town and then visit the BC Farm and Machinery Museum with an abundance of artifacts such as the famous BC high-cut plow, Steam engines and Tractors, Dairy Equipment and much more. This trip is guided by Simon Yan.

Apr 30 Mon 9:00am-4:00pm  
\$26.50/55yrs+, \$31.00/under 55yrs

## MAY

### BC AVIATION MUSEUM AND CFB ESQUIMALT NAVAL & MILITARY MUSEUM

The BC Aviation Museum has many interesting aircraft, engines, pictures, models and artifacts. The Museum Society is dedicated to preserving aircraft and aviation artifacts and while we are visiting we can also view the gift shop, Memorial Room and of course the Aircraft and Artifact Collection. Following our visit to the Museum, we will stop into Victoria Harbour for a quick bite to eat (not included), before we head over to the CFB Esquimalt Naval & Military Museum. The museum's goal is to collect, preserve, interpret and display the history and heritage of the naval presence on Canada's West Coast and of the military on Southern Vancouver Island. There are numerous displays and exhibits for us to enjoy. This trip is guided by Simon Yan.

May 7 Mon 7:45am-7:30pm  
\$30/55yrs+, \$37/under 55yrs

### MAYNE ISLAND

Rolling orchards and warm rockstrewn beaches abound on Mayne Island, a rustic 21-Square Km island in the Southern Gulf Islands. We will be visiting Miner's Bay, Active Pass, Georgina Point Lighthouse and the Japanese Garden. This friendly island midway between the lower mainland of BC and Vancouver Island is small enough for a day trip, but pretty enough for a lifetime. This trip is guided by Simon Yan. (Lunch not included)

May 31 Thu 8:30am-7:30pm  
\$40/65yrs+, \$52/55yrs+, \$65/under 55yrs  
*Participants 65 yrs+ must bring their BC Gold Card to show at the toll booth of the ferry. Those who do not bring a card will have to pay an additional \$13.75 each way.*

## JUNE

### ROYAL BC MUSEUM (QUEEN ELIZABETH II DIAMOND JUBILEE AND DINOSAUR EXHIBITION), VICTORIA HARBOUR

Celebrate the Diamond Jubilee of Queen Elizabeth II with this limited engagement exhibition at the Royal BC Museum. The special exhibit will have nearly 100 portraits on display taken by the royal photographer Cecil Beaton, which chronicles Elizabeth in her roles as princess, monarch and mother. The Museum will also have a special exhibit on Dinosaurs: Ancient Fossils, New Discoveries. This exhibit will explore how paleontologists today use modern technologies, along with new discoveries and ideas, to investigate and reinterpret puzzling dinosaur mysteries. After visiting the museum, one will have time to re-discover Victoria Harbour at their leisure. This trip is guided by Simon Yan.

Trip 1: Jun 7 Thu 7:45am-7:30pm  
Trip 2: Jun 18 Mon 7:45am-7:30pm  
\$47/65yrs+, \$58.50/55yrs+, \$73/under 55yrs

**SENIORS WEEK****JUNE 2ND-8TH**

Keep your eyes open for a list of Seniors Week activities to be posted around the centre and at [www.killarneycentre.ca](http://www.killarneycentre.ca)

**COMMUNITY ART SHOW**

Our Community Art show features bold and exciting work from today's great artists that live right here in our neighbourhood. Bringing together all ages from our community, the show creates a vibrant atmosphere that examines the past and present art pieces designed and created by our community members. Art pieces will be displayed in our lobby during the week of June 2-7. Stop by on Friday and "Meet & Greet" your neighbourhood influential visionaries.

Room 205

Jun 8 Fri

Preschoolers 2:00-3:00pm

Children/Youth 3:30-4:30pm

Adults/Seniors 5:00-6:30pm

**BRIDAL FALLS, OTHELLO TUNNELS, HELL'S GATE**

Enjoy a wonderful day viewing the sites around the Fraser Canyon. We will be stopping at bridal falls, the historic Othello tunnels and the infamous Hell's Gate. One will be fascinated to see how the railway was able to pass through the rocky gorges and make its way into Vancouver. We will enjoy a walk through the hand constructed tunnels for the railway and experience the power of the rapids as we take the tram at Hell's gate. Expect a full day of excitement and revisit one of B.C.'s main attractions. Lunch will not be included in the trip but there will be a restaurant/café at Hell's gate. This trip is guided by Simon Yan.

Jun 15 Fri 7:00am-5:45pm

\$34.50/55yrs+, \$43/under 55yrs


**2012 SHARE THE EXCITEMENT**
**VANCOUVER WHITECAPS SOCCER MATCH**

Share the excitement! Come join us and cheer on our MLS Vancouver Whitecaps on June 16, when they play against the Colorado Rapids in the newly renovated BC Place. Your ticket is included in the fee (saving over individual match price).

Jun 16 Sat 3:00pm-7:00pm

\$28.50/55yrs+, \$35.50/under 55yrs

*This trip is opened to adults and seniors. Please register before Fri Jun 1. No refund after Fri Jun 1.*

**SHARED PROGRAMS WITH  
CHAMPLAIN HEIGHTS COMMUNITY CENTRE****TEA TENT @ EVERETT CROWLEY PARK EARTH DAY CELEBRATION**

It's time to reflect about the beauty of our planet we call home. Join the Killarney Youth Green Team at Everett Crowley Park as they set out to celebrate Earth Day. Sit in our Tea Tent and enjoy the live entertainment, while learning basic actions to a few green ideas and investments to our Planet. Learn how to reduce energy costs within your household or take a guided walk and or tour and Together... we can mobilize the earth for a sustainable future!

Everett Crowley Park-Youth Green Team

Apr 21 Sat 11:00am-3:00pm FREE

**CIRQUE DU SO LAME (GIGGLE DAM THEATRE IN PORT COQUITLAM)**

Join the clowns of the Dam for a pie in the face musical comedy show. Be amazed at the beauty and grace of the 'Cirque De So Lame' and watch in amazement as the Giggle Dam shares life from the inside out of one of the world's oldest and most legendary forms of entertainment... The Circus! Dinner is included with the show.

May 27 Sun 3:15pm-10:15pm

\$51.50/55yrs+, \$64.50/under 55yrs

*Please register before Fri May 11. No refund after Fri May 11.**Bus leaves Killarney CC at 3:15pm and returns at 10:15pm.**Bus leaves Champlain CC at 3:30pm and returns at 10:00pm***CELEBRATE SENIOR'S WEEK IN YOUR NEIGHBOURHOOD**

Join us for an afternoon of entertainment, food and activities as we celebrate the seniors in our community. Call the centre for more specific details.

Jun 6 Wed 12:00-3:00pm \$5.00/1 day

**COLOUR ME MINE CERAMIC ART EXPLORATION**

Join us as we travel to Newport Village, Port Moody to a paint-it-yourself ceramics studio where you can select from a wide range of ceramic pieces, design and paint it however you like then leave it for glazing and firing. Your masterpieces will be ready for your collection at the Community Centres on June 22nd.

Bus-StebnickiWard

Jun 13 Wed 10:00am-3:30pm \$16/1 day

*Bus leaves Killarney CC at 10:00am and returns at 3:45pm.**Bus leaves Champlain CC at 10:15am and returns at 3:30pm.***GEO CACHING @ CENTRAL PARK**

Did you know that there are over 1,642,011 active geo caches and over 5 million geo cachers worldwide? Geocaching is a treasure hunting game where you use a GPS to hide and seek containers with other participants in the activity. Help us search Central Park and find the Geo Cache treasurers.

Outdoors-Stebnicki/Ward

Jun 29 Fri 9:00-12:00pm FREE

*Bus leaves Killarney CC at 9:00am and returns at 12:00pm.**Bus leaves Champlain CC at 9:15am and returns at 11:45am.*

# April 2012

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--------|--|--|---|--|---|--|
| 1      | 2<br>Hip Health & Mobility Trailer Open House<br>11:45am-12:45pm | 3<br>Hip Health & Mobility Trailer Open House<br>11:45am-12:45pm | 4   | 5  | 6<br>New West Police Museum & River Rock Buffet<br>9:00am-4:30pm<br><br>Easter Friday Center Hours<br>1-5pm                   | 7  |
| 8      | 9<br>Easter Monday Center Hours<br>1-5pm                         | 10<br>Seniors Association Meeting<br>9:00am                      | 11<br>How Money Works Workshop<br>7:00-10:00pm              | 12<br>Metro Vancouver Fruit Wine Tour<br>10:30am-5:00pm<br><br>Evening Poling<br>6:30-7:30pm | 13<br>Pole Walking Clinic<br>9:30-10:30am   | 14   |
| 15     | 16   | 17   | 18  | 19<br>* Apr 20 Pole Walking Clinic<br>9:30-10:30am   | 20<br>Chronic Pain Management Workshop<br>11:00am-1:00pm<br><br>Harrison Mills, Fraser Valley Tulip Festival<br>9:00am-6:00pm | 21<br>Tea Tent @ Everett Crowley Park Earth Day Celebration<br>11:00am-3:00pm  |
| 22     | 23   | 24   | 25<br>Afternoon Lunch Gathering (Taiwanese)<br>12:00-1:30pm | 26   | 27<br>Preventing Caregiver Burnout Workshop<br>11:00am-12:00pm  | 28<br>Vancouver's Winter Farmers Market @ Nat Bailey Stadium<br>10:00am-2:00pm |
| 29     | 30<br>Fort Langley & BC Farm & Machinery<br>9:00am-4:00pm        |  |   |  |   |  |

# May 2012

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--|--|--|---|---|--|----------|
|  |  | 1  | 2<br>Travel Smart<br>Presentations for<br>Seniors<br>11:00-12:00pm      | 3   | 4<br>White Rock<br>Poling & Fish n'<br>Chips<br>9:00am-12:30pm | 5        |
| 6  | 7<br>BC Aviation<br>Museum & CFB<br>Esquimalt Navel<br>& Military<br>Museum<br>7:45am-7:30pm | 8<br>Seniors<br>Association<br>Meeting<br>9:00am | 9   | 10<br>Evening Poling<br>6:30-7:30pm<br><br>First Time Home<br>Buyers<br>Workshop<br>7:00-8:30pm | 11   | 12       |
| 13   | 14   | 15   | 16  | 17<br>First Time Home<br>Sellers Workshop<br>7:00-8:30pm  | 18   | 19       |
| 20   | 21<br>Victoria Day<br>Center Hours<br>1-5pm  | 22   | 23<br>COV Home<br>Energy Loan<br>Program<br>Presentation<br>7:00-8:00pm | 24  | 25   | 26       |
| 27<br>Cirque Du So<br>Lame Dinner<br>Theater<br>3:15pm-10:15pm | 28   | 29   | 30<br>Afternoon Lunch<br>Gathering<br>(Chinese)<br>12:00-1:30pm         | 31<br>Mayne Island<br>8:30am-7:30pm   |  |          |

# June 2012

| Sunday | Monday  | Tuesday                                  | Wednesday   | Thursday   | Friday   | Saturday   |
|--------|---|--|---|--|--|--|
|        |   |  |   |  | 1  | 2  |
| 3      | 4   | 5  | 6<br>Celebrate Seniors Week in your Neighbourhood @ Champlain CC 12:00-3:00pm<br>Investing at Retirement 7:00-10:00pm | 7<br>Royal BC Museum Queen Elizabeth II Diamond Jubilee & Dinosaur Exhibition Victoria Harbour 7:45am-7:30pm | 8<br>Community Art Show 5:00-6:30pm                            | 9  |
| 10     | 11  | 12<br>Seniors Association Meeting 9:00am | 13<br>Colour Me Mine Ceramic Art Exploration 10:00am-3:30pm   | 14<br>Evening Poling 6:30-7:30pm   | 15<br>Bridal Falls, Othello Tunnels, Hell's Gate 7:00am-5:45pm | 16<br>Vancouver Whitecaps Soccer Match 3:00-7:00pm |
| 17     | 18<br>Royal BC Museum Queen Elizabeth II Diamond Jubilee & Dinosaur Exhibition Victoria Harbour 7:45am-7:30pm | 19                                       | 20  | 21   | 22   | 23   |
| 24     | 25  | 26                                       | 27<br>Afternoon Lunch Gathering (Mongolian) 12:00-1:30pm  | 28   | 29<br>Geo Caching @ Central Park 9:00am-12:00pm                | 30   |



## SENIORS HUB PRESENTS

### PERFORMANCES BY:

- Bollywood Bhangra
- Chinese Classical Dancers
- Philippino Folk Dancers
- Polynesian Dancers
- Zumba
- Bellydancers

### ALSO:

- Multicultural Button Making
- Card Making
- Canadian Story Telling
- Tea Lounge & Treats

*Much Much More...*

Parking is limited! Contact us or BC Transit for travel options.



# BRING IT TOGETHER A MULTICULTURAL SPRING FAIR

**THU MARCH 29TH, 2012 11:00AM-3:00PM  
CHAMPLAIN HEIGHTS CC: 3350 MAQUINNA DR, VAN.**

The South Vancouver Seniors Hub will be hosting this colourful Multicultural Fair. There will be entertainment, interactive and static displays with dialogue to connect you with different cultural practices. Everyone will have the opportunity to exchange knowledge between yourself, the presenters, the performers, and other participants. Please call for more info: Killarney 604-718-1801, Champlain Heights 604-718-6575, Sunset 604-718-6505, & SVNH 604-324-6212.



The South Vancouver Seniors Council and the Seniors Peer Support Program at South Vancouver Neighbourhood House have developed this Quick Reference of telephone numbers for seniors living in the community of South Vancouver

## EMERGENCIES

|                         |                |
|-------------------------|----------------|
| Police, Fire, Ambulance | 911            |
| Power Outage            | 1-888-769-3766 |
| Gas Leaks & Odours      | 1-800-663-9911 |
| Telephone Repair Line   | 611            |
| Crisis Line 24 Hours    | 604-872-3311   |

## TRANSPORTATION

|                                     |                |
|-------------------------------------|----------------|
| Bus Route Information               | 604-953-3333   |
| Handi Dart Information              | 604-575-6600   |
| Handi Dart Cancellation             | 604-575-6600   |
| Taxi Saver Program (Access Transit) | 778-452-2860   |
| Ferry Information                   | 1-888-223-3779 |

## HOUSING INFORMATION

|                                 |                |
|---------------------------------|----------------|
| Seniors Housing Info Program    | 604-520-6621   |
| Home Owners Grant               | 1-250-387-4083 |
| BC Housing                      | 604-433-1711   |
| Shelter Aid for Elderly Renters | 604-433-2218   |

## GOVERNMENT OFFICES

|                       |                |
|-----------------------|----------------|
| Ambulance Billing     | 1-800-665-7191 |
| Vancouver City Hall   | 604-873-7011   |
| Consumer Protection   | 1-888-564-9963 |
| Government of Canada  | 1-800-622-6232 |
| Income Security       | 1-800-277-9914 |
| Land Tax Deferral     | 1-250-387-0540 |
| Medical Services Plan | 1-250-386-7171 |
| Ombudsman             | 1-800-567-3247 |
| Public Trustee of BC  | 604-775-0202   |
| Revenue Canada        | 1-800-959-8281 |
| Seniors Supplement    | 604-682-0391   |
| Police Non-Emergency  | 604-717-3221   |

## HEALTH SERVICES

|                               |                |
|-------------------------------|----------------|
| Canadian Red Cross            | 604-709-6600   |
| Dial a Dietician              | 604-732-9191   |
| Equipment Registry            | 604-324-3670   |
| Family Respite Centre         | 604-327-9525   |
| Lifeline Program              | 604-872-5433   |
| BC Health Services Info Line  | 1-800-465-4911 |
| Holy Family Hospital          | 604-321-2661   |
| Mental Health Services        | 604-266-6124   |
| Pharmacare Inquiries          | 604-682-6849   |
| South Community Health Office | 604-321-6151   |

## INFORMATION AND SUPPORT

|                                 |                |
|---------------------------------|----------------|
| Arthritis Society               | 604-871-4537   |
| Alzheimer Society               | 604-279-7120   |
| BC Bereavement                  | 604-738-9950   |
| BC Coalition to Eliminate Abuse | 1-866-437-1940 |
| Better Business Bureau          | 604-682-2711   |
| Caregiver Support               | 604-877-4699   |
| Crime Prevention Office         | 604-717-2940   |
| Diabetes Society                | 604-732-8444   |
| Human Rights Centre             | 604-656-2130   |
| Legal Services Society          | 604-601-6300   |
| Osteoporosis Society            | 604-731-4997   |
| Parkinsons Society of BC        | 604-662-3240   |

## COMMUNITY PROGRAMS & SERVICES

|                                 |              |
|---------------------------------|--------------|
| Killarney Community Centre      | 604-718-8200 |
| Champlain Heights CC            | 604-718-6575 |
| Adult Day Centre                | 604-430-6373 |
| Seniors Peer Counseling         | 604-266-5301 |
| VON Meals on Wheels             | 604-732-7638 |
| Champlain Heights Library       | 604-665-3955 |
| Fraserview Library              | 604-665-3957 |
| Collingwood Library             | 604-665-3953 |
| South Van Neighbourhood House   | 604-324-6212 |
| Collingwood Neighbourhood House | 604-435-0323 |
| South Van Seniors Network       | 604-324-3670 |
| BC Nurse Line (24 Hrs)          | 604-215-4700 |