

**Carnegie Community Centre Association**  
Board & Committee Meetings  
**July / August 2025**

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**Volunteer & Seniors Committee**  
(Classroom II, 3rd Floor)  
Wednesday, July 23rd @ 12pm

**Oppenheimer Park Committee**  
(Oppenheimer Park)  
Thursday, July 24th @ 12pm

**Indigenous Advisory Group**  
(Theatre, Main Floor)  
Tuesday, July 29th @ 6pm

**Education / Library / Program**  
(Learning Centre, 3rd Floor)  
Wednesday, July 30th @ 12pm

**Community Relations Committee**  
(Classroom II, 3rd Floor)  
Thursday, July 31st @ 12pm

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**Finance**  
(Classroom II, 3rd Floor)  
Wednesday, August 6th @ 12pm

**CCCA Board**  
(Theatre, Main Floor)  
Thursday, August 7th @ 5:30pm

**Carnegie Community Centre**  
401 Main Street, Vancouver, BC, V6A 2T7  
604-665-2220 | [carnegie@vancouver.ca](mailto:carnegie@vancouver.ca)

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**Carnegie Community Centre**  
**Monthly Program Guide**

**JULY 2025**



**401 Main St. Vancouver, BC V6A 2T7**  
**Phone: 604-665-2220**  
**Open every day 9 am to 11 pm**

## HOURS OF OPERATION

### Drop-In Space and Washrooms

9:00AM to 11:00PM

### Carnegie Library Branch

Monday to Thursday - 9:30AM to 8:00PM

Friday - 9:30AM to 6:00PM

Saturday & Sunday - 9:30AM to 5:00PM

### Lane Level

Monday to Friday - 9:00AM to 7:00PM

Fitness Room - Mon-Fri: 9:30AM to 12:30PM (1:30pm on Fri)

Pool Room - Mon-Fri: 9:30AM to 1:30PM (3:30pm on Mon, Wed & Fri)

### Third Floor

9:00AM to 9:00PM

Program Office - Monday to Friday: 9:00AM to 5:00PM

## FOOD SERVICES

### HOURS

Breakfast...\$2.25

9:00AM to 11:00AM

Lunch.....\$2.75

12:00PM to 4:00PM

Dinner.....\$3.50

5:00PM to 8:00PM

### DINNER MENU

Monday - Pasta

Friday - Vegetarian

Tuesday - Vegan

Saturday - Blue Plate Special

Wednesday - Chili/Stew

Sunday - Traditional

Thursday - Fish

(Roast Beef, Turkey, Ham, etc.)

Carnegie Kitchen **does not** offer take out containers and cutlery. Thank you for bringing your own containers if you would like to take a meal home.

## VOLUNTEER PROGRAM

Dear Carnegie Volunteers,

July is here, and with it comes a slower season for new volunteer intake at Carnegie. We're grateful for all of you who continue to support programs through the summer — thank you for your time, care, and consistency. Intake is limited over the summer months, so we appreciate your patience.

A warm welcome to our newest volunteers! Check out the board downstairs or this month's program guide to see what's happening at the Centre. Questions? Reach out anytime at [CarnegieVolunteerProgram@Vancouver.ca](mailto:CarnegieVolunteerProgram@Vancouver.ca) or call 604-606-2708.

Thanks for all the ways you show up and support the community.

### The Carnegie Volunteer Team

#### Program Updates

- **Saturday Walking** is on! Meet at 1:30pm on the 3rd floor for a local walk for fitness, a fun chat, and connection with others!
- **Womyn's Fitness** continues every Thursday from 1:30–3:30pm in the fitness room. Check onsite posters for updates.
- **Welcome to new volunteers and staff!** Please check in with your lead staff at the start of each shift to help ensure your time is supported and recorded.
- **Looking for more to join in on?** Check out the monthly program guide and the main floor board for regular programs and special events.

#### Volunteer Opportunities & Info

Volunteer intake is **limited this month due to capacity**. Returning volunteers, please connect with your program staff or email us to check in.

- **Kitchen Program** – Support food prep, serving, or dishwashing in weekly 3-hour shifts. A 3–4 month commitment is required. Please email for more info and current availability.
- **Learning Centre (3rd Floor)** – *Closed to new volunteers for the summer*. Big thanks to LC volunteers continuing with the **summer sessions**, and warm wishes to those on break — we look forward to seeing you in the fall!

~ A few hours a week is all it takes to connect and make a difference!

## RECREATION PROGRAMS

# SATURDAY FUN WALK

Come join us for Saturday Fun Walk! Enjoy the fresh air, get active, and spend a fun time with friends in the afternoon. Every week is a new walk to explore our community.



**EVERY SATURDAY 1:30PM**  
**Meet at the 3<sup>rd</sup> Floor Gallery**

Please wear comfortable shoes, weather appropriate clothing, and bring a water bottle.

## DTES SMALL ARTS GRANTS

### EMERGE Showcases

*Celebration of DTES Small Arts Grants Recipients*

**Film Screening**  
 Saturday, July 12  
 1pm-2pm  
 the Cinematheque  
 1131 Howe St.

**Performance**  
 Thursday, July 17  
 7pm-9pm  
 Goldcorp Centre for the Arts  
 149 W. Hastings St.

**Gallery**  
 Opening Reception  
 Tuesday, July 15  
 6pm-8pm  
 825 E. Hastings

**Gallery Hours:**  
 July 16, 17, 19:  
 Noon - 4pm  
 July 18:  
 Noon - 7pm

## ARTS & EDUCATION

### UPCOMING EVENTS

**Poetry Cabaret**  
 6:30pm  
 Carnegie Theatre

**SAT  
5**

**SAT  
12&19**

**UBC - Documentaries For Thinkers**  
 6pm  
 Carnegie Theatre

**Law Students Legal Advice Program**  
 Various Times: Please check posters

**MON  
TUES  
THURS**

**THURS  
10&24**

**Poetry in Parks**  
 1:00pm - 3:00pm  
 Oppenheimer Park

**Summer Dance Party**  
 6:30pm - 9:30pm  
 Carnegie Theatre

**FRI: 11  
SAT: 26**

**TUES  
22**

**Highs & Lows Choir Performance**  
 12:00pm  
 Carnegie Dining Room



**\*\*PLEASE REFER TO THE MONTHLY  
 CALENDAR FOR RECURRING PROGRAMS\*\***

# OPPENHEIMER PARK

**Upcoming free park events!**  
Come join us in the park!

**July 2025**



## Karaoke with Kim

Sing it loud!

Friday, July 4th | 12 - 4pm

## Highs and Lows Choir

Sing some favourites!

Tuesday, July 8th | 12:00pm

## Block Printing (with P.S.F.)

Learn how to create block prints.

Tuesday, July 8th | 12 - 4pm

## Poetry in the Park

Thursday, July 10th | 1 - 3pm



## UGM Summer BBQ

A highlight of every summer!

Tuesday, July 12th | 10 - 11am

## Omamori (with P.S.F.)

Create Japanese amulets.

Saturday, July 15th | 9 - 5pm

## Rounders Club

A club for seniors!

Tuesday, July 22nd | 10 - 11am

## Food Not Bombs

Enjoy a vegan lunch.

Saturday, June 26th | 1:30 - 2pm

**THE FIELDHOUSE IS OPEN 7 DAYS A WEEK**

OPEN EVERY DAY FROM 9:00AM-5:00PM (604) 253-8830

CHECK OUT OUR FREE PARK EVENTS - SEE THE FIELDHOUSE FOR DETAILS!



# COMMUNITY DEATH CARE PROJECT

## Mending/Tending Ecological Grief

Thursday, July 3rd

1 - 4pm, Theatre

**\*Registration Required\***

## Gentle Restorative Evening

Thursday, July 10th

4 - 6:30pm, Theatre

**\*Drop-Ins Welcome!\***

## Compassionate

## Sing-Along

Monday, July 7th & 21st

2 - 4pm, Classroom II

**\*Drop-Ins Welcome!\***

**Community  
Death Care  
Project**

# SENIORS



**17 JULY, THURS 9:00 - 5:00**

SIGN UP BY LOTTERY AT THE FRONT  
DESK FROM 3 TO 10 JULY.  
CHECK RESULT ON 15 JULY.

**VALID CARNEGIE  
MEMBERSHIP IS REQUIRED**



**博文岛  
长者出游**

**7月17日 周四  
9:00 - 5:00**

请在7月3至10日到前  
台报名。名额将以抽  
签方式做决定。请在  
7月15日查知结果。

**报名者需持有效  
卡拿基会员证**



**\*\*PLEASE REFER TO THE MONTHLY  
CALENDAR FOR RECURRING PROGRAMS\*\***

## LEARNING CENTRE

# SUMMER SESSIONS

JUNE 30TH TO SEPTEMBER 1ST

MONDAY TO FRIDAY  
10:00AM TO 2:00PM

3RD FLOOR LEARNING CENTRE SPACE

COMPUTER ACCESS



PHONE ACCESS



LITERACY SUPPORT



ACTIVITIES



Join the Carnegie Community staff for  
"Summer Sessions" at the "Learning Centre" Space!  
Drop by to use the computers, access the phone,  
receive literacy support or just relax and colour.

**\*NOTE: This is not a Capilano Learning  
Centre Program\***



## INDIGENOUS PROGRAMS

# Art in the Park



At Andy Livingstone Park  
Keefer Place & Taylor St

With Elder Marr Dorvaul  
Elder Les Nelson  
and Big Top Art Tent

**FREE COMMUNITY ART  
WORKSHOPS  
EVERY THURSDAY AND SUNDAY  
JUNE 26 TO SEPTEMBER 18  
2 PM TO 6 PM**



NO SESSIONS JUNE 29,  
AUG 3 & AUG 31



We gratefully acknowledge that this work takes place  
on the traditional, unceded territory of the  
x'məBk'a'yam (Musqueam), Sk'wəwú7mesh  
(Squamish) and səliwətał (Tsleil-Waututh) Nations.



For more information, email [UrbanParkActivation@Vancouver.ca](mailto:UrbanParkActivation@Vancouver.ca)

**\*\*PLEASE REFER TO THE MONTHLY  
CALENDAR FOR RECURRING PROGRAMS\*\***

# JULY 2025 WEEKLY RECURRING PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am - 11:30am <b>Haircuts</b> @ Senior's Lounge <i>*CXL July 28*</i>	9:30am - 11:30am <b>B-I-N-G-O</b> @ Senior's Lounge	9:00am - 11:30am <b>Haircuts</b> @ Senior's Lounge <i>*CXL July 30*</i>	9:00am - 12:00pm <b>Ping Pong</b> @ Senior's Lounge <i>*CXL July 17*</i>	9:00am - 12:00pm <b>Ping Pong</b> @ Senior's Lounge  9:30am - 11:30am <b>Seniors Line Dancing</b> @ Gym	1:30pm <b>Saturday Fun Walk</b> @ Meet in 3rd floor gallery
1:00pm - 5:00pm <b>Movies w/ Egor</b> @ Theatre	9:30am - 11:30am <b>Seniors Line Dancing</b> @ Gym	11:30am - 12:30pm <b>Sr's Smartphone Support</b> @ Senior's Lounge	11:30am - 2:00pm <b>Crib, Dominoes, Jigsaw &amp; Crokinole</b> @ Theatre	2:00pm - 4:00pm <b>Womxn's only Fitness</b> @ Fitness Room <i>*NEW TIME*</i>	10:00am-11:00am 11:15am-12:15pm <b>GUITARS!</b> @ Theatre	3:00pm - 7:00pm <b>Singalong Choir w/ Mike Richter</b> @ Classroom II <i>*last day July 19*</i>
2:00pm - 5:00pm <b>Music w/ Mike Richter</b> @ Classroom II <i>*last day July 20*</i>	1:00pm - 3:00pm <b>Tech Café</b> @ Theatre	1:00pm - 5:00pm <b>Movies &amp; Popcorn</b> @ Senior's Lounge	12:00pm - 2:00pm <b>Chinese Cultural Dance</b> @ Gym <i>*CXL July 2*</i>	5:00pm - 8:00pm <b>Board Game Drop In</b> @ 3rd floor Learning Centre	1:00pm - 2:00pm <b>Chair Yoga</b> @ Senior's Lounge  2:15pm - 4:15pm <b>Mahjong Friday</b> @ Senior's Lounge	
	2:30pm - 3:30pm <b>Outdoor Smudge w/Elder Les</b> @ Outside	5:00pm - 7:00pm <b>Drop-In Badminton</b> @ Gym	2:30pm - 4:30pm <b>BINGO &amp; VPL Book Giveaway</b> @ Theatre  3:00pm - 5:00pm <b>Elder Time w/ Les</b> @ Seminar Room		2:00pm - 3:30pm <b>Musicking Together</b> @ Theatre	
	5:30pm - 8:00pm <b>Cultural Sharing</b> @ Theatre  6:00pm - 8:00pm <b>VPL Book Giveaway</b> @ Theatre	5:00pm - 8:00pm <b>Karaoke Night</b> @ Theatre	3:00pm - 6:00pm <b>Karaoke</b> @ Senior's Lounge  5:45pm - 7:45pm <b>Drop-In Pickleball</b> @ Gym		2:00pm - 5:00pm <b>Portrait Drawing</b> @ 2nd Floor Dining Room	