

**Carnegie Community Centre Association**  
Board & Committee Meetings  
**October 2025**

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**Volunteer & Seniors Committee**  
(Classroom II, 3rd Floor)  
Wednesday, October 22nd

**Oppenheimer Park Committee**  
(Oppenheimer Park)  
Thursday, October 23rd

**Indigenous Advisory Group**  
(Theatre, Main Floor)  
Tuesday, October 28th

**Education / Library / Program**  
(Learning Centre, 3rd Floor)  
Wednesday, October 29th

**Community Relations Committee**  
(Classroom II, 3rd Floor)  
Thursday, October 30th

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**Finance**  
(Classroom II, 3rd Floor)  
Wednesday, October 1st

**CCCA Board**  
(Theatre, Main Floor)  
Thursday, October 2nd

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

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

**OCTOBER 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,

As the leaves turn and the cool, fresh air settles in, we want to thank you for everything you bring to the Centre. Whether you've been part of our community for a long time or are just beginning your journey here, your time, care, and consistency continue to make a real difference.

While we're still working with limited intake and not always able to accommodate everyone right away, we truly appreciate your understanding and patience as we do our best to make space where we can.

A warm welcome to our newest volunteers — we're so glad to have you with us! To see what's happening around the Centre, check out the board downstairs or take a look at this month's program guide. And if you ever have questions, please feel free to reach out at [CarnegieVolunteerProgram@Vancouver.ca](mailto:CarnegieVolunteerProgram@Vancouver.ca) or call us at **604-606-2708**.

Thank you, sincerely, for all the ways you support this community.

**With gratitude,**

*The Carnegie Volunteer Team*

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### Program Updates

- **Saturday City Walk** – Drop in *Saturdays*, 1:30–2:30pm (3rd floor) to get fit with friends, and talk and walk with Tob!
- **Womxn's Fitness** – *Now on Tuesdays*, 1:00–3:30pm in the fitness room.
- **All Welcome Fitness** – *Now on Thursdays*, 1:00–3:45pm in the fitness room.
- **Balmoral Site (Mon–Fri, 10am–4pm)** – Join us for fall season crafts!
- Looking for more? Check the monthly program guide and the main floor information board for regular programs and special events.

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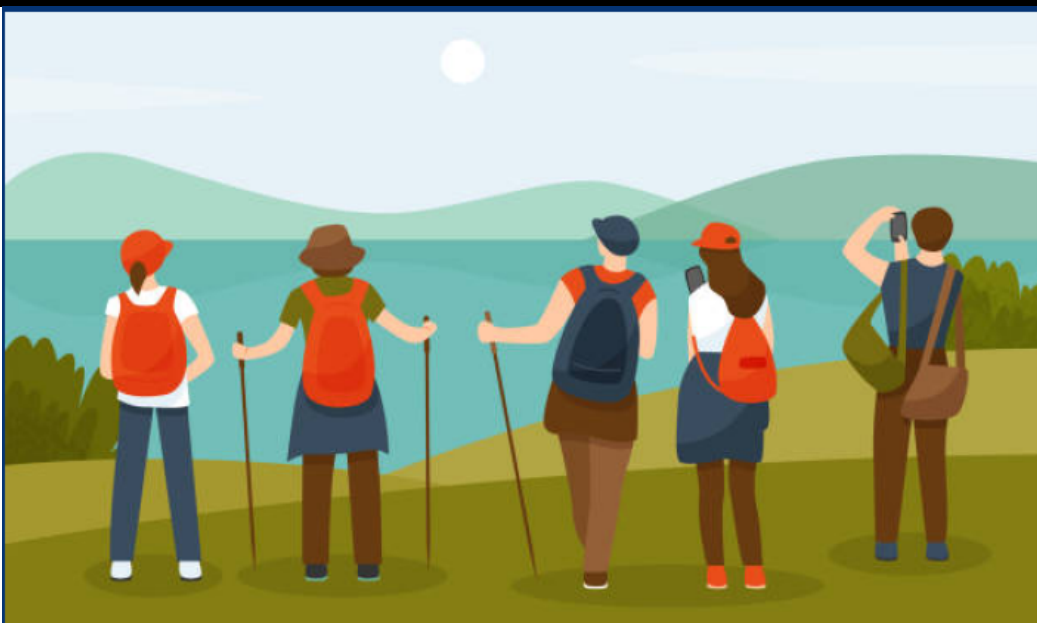
### Volunteer Opportunities & Info

Volunteer intake is limited this month due to capacity. If you're already volunteering, please connect with your lead-staff, or email us for schedule changes or additional support.

- **Kitchen Program** – Weekly 3-hour shifts. Helping with food prep, serving, or dish support. A 3–4 month commitment is required. Email for details and current availability.
- **Learning Centre (3rd Floor)** – Supporting learning for community, feel free to drop by to check out the space and get more information. Intake is limited, a 6 month commitment is required. Thank you to Emily, Namosh, and our returning volunteers!

✦ *Just 3 hours a week can have a big impact—your time helps strengthen our community.*

## RECREATION PROGRAMS



# SATURDAY CITY WALK

Drop-in on Saturday at 1:30pm for a Fun Walk!  
Enjoy fresh air and fitness with friends.  
Every Saturday Afternoon is a new walk to  
explore our city together! *No Sign Up Required.*



**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.

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

## ARTS & EDUCATION

# EVENTS

6:30-7:30pm: Peace  
Education Program (10wks  
starting Oct.2) | Classroom II

**THU**

6:30pm: Poetry Cabaret | Theatre

**SAT  
4**

5:30-7:30pm: LSLAP (Law  
Students' Legal Advice  
Program) | Classroom II

**TUES  
7 &  
21**

1-3pm: Information Fair (check  
posters for more info) | Gym

**TUES  
7**

6:30pm: Ambleside Orchestra | Theatre

**WED  
15**

Flu Vaccines | Theatre

- Oct.9 @ 9:30am - 2:30pm
- Oct.16 @ 10am - 4pm
- Oct.29 @ 9:30am - 12:30pm

**THUR  
&  
WED**

**\*\*PLEASE REFER TO THE MONTHLY  
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# OPPENHEIMER PARK

Upcoming free park events!

Come join us in the park!

October 2025



## Food Not Bombs

Enjoy a vegan lunch.

Saturday Oct 11<sup>th</sup> | 12 - 3pm

## Kim's Karaoke Party

Sing your heart out!

Friday Oct 24<sup>th</sup> | 12 - 4pm

## Food Not Bombs

Enjoy a vegan lunch.

Saturday Oct 25<sup>th</sup> | 12 - 3pm



**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!



# DTES SMALL ARTS GRANTS

## STAY TUNED

DTES Small  
Arts Grants  
will be opening  
this Fall!

# SENIORS

## SENIORS OUT TRIP

## CHINESE CANADIAN MUSEUM

### 长者出游 - 华裔博物馆

ENGLISH TOUR - 15 OCT, WED 3 PM

国语导览 - 10月22日 周三下午3点

SIGN UP BY LOTTERY @ FRONT  
DESK BETWEEN 3-9 OCT.  
CHECK RESULT ON 10 OCT.

请在10月3至9日到前台报名，  
并在10月10日查知结果。  
名额将以抽签方式做决定。



**\*\*PLEASE REFER TO THE MONTHLY  
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# LEARNING CENTRE

Namosh and Emily, Capilano University Instructors, are here with our amazing volunteers to support your learning needs!

Our hours for the Fall will be:  
Monday - Wednesday: 10am-3pm

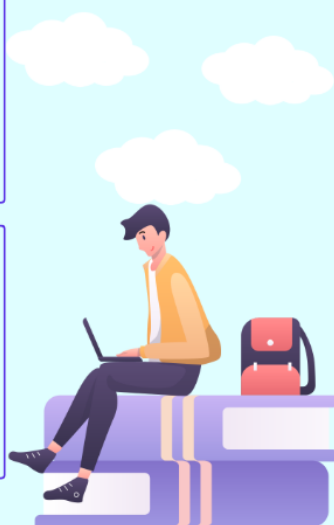
Thursday: 10:15am-11:00am  
(weekly Learning Centre meeting, all are welcome!)  
Open to the community from 1-3pm.

Friday: 10am-3pm  
(self-identified womxn only programming)

Special Dates:  
Monday, October 13<sup>th</sup> **CLOSED**

Tuesday, October 14<sup>th</sup> **Speaker's Café** from 1-2pm  
Join us for a short presentation, Q & A, and a light lunch  
ASL interpretation provided. All are welcome!

Friday, October 17<sup>th</sup> **CLOSED**



## INFORMATION FAIR:

Join us at a free session to explore City of Vancouver programs, projects & services. Discover how getting involved can shape a meaningful change.

**Location:** Carnegie Community Centre, 2nd Floor Gym

**Date:** Tuesday, October 7, 2025

**Time:** 1 - 3pm

### Why you should attend:

- Take part in a community engagement event hosted by the City of Vancouver
- Learn how to engage with the City Council and Civic Agencies
- Get important information on how to stay safe in an emergency

Have questions about this event? Get in touch with us at

**Public.engagement@vancouver.ca**

# INDIGENOUS PROGRAMS

**Carnegie Community Centre - Balmoral Lot**  
**Crafts & Connect**  
**Monday to Friday**  
**10:00am to 4:00pm**



**DROP BY TO MAKE A CRAFT OR HANG OUT WITH FRIENDS**  
**EVERYONE WELCOME!**



**Balmoral Lot**  
**159 Hastings Street**



**CARNEGIE COMMUNITY CENTRE**  
**FALL DANCE**



**WEDNESDAY OCTOBER 29, 2025**

**7:00PM TO 9:45PM**

**THEATRE**

**CARNEGIE COMMUNITY CENTRE**

**401 MAIN STREET, VANCOUVER**

**EVERYONE WELCOME**



# OCTOBER 2025 WEEKLY RECURRING PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - 5pm <b>Movie w/ Egor</b> @ Theatre	9:00am - 11:30am <b>Haircuts</b> @ Senior's Lounge	9:30am - 11:30am <b>B-I-N-G-O</b> @ Senior's Lounge  10:00am - 12:30pm <b>Survival English</b> @ Classroom II	9:00am - 11:30am <b>Haircuts</b> @ Senior's Lounge <i>*CXL Oct. 8th*</i>	9:00am - 12:00pm <b>Ping Pong</b> @ Senior's Lounge  10am - 2pm <b>Crafts w/ EJ</b> @ Balmoral	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
2:00 - 5:00pm <b>Music with Mike</b> @ Classroom II	9:30am - 11:30am <b>Seniors Line Dancing</b> @ Gym	11:30am - 12:30pm <b>Sr's Smartphone Support</b> @ Senior's Lounge	10:00am - 12:30pm <b>Mike's Art Workshop</b> @ Learning Centre	10:15 - 11:15am <b>Learning Centre Meeting</b> @ Learning Centre <i>*All are Welcome*</i>	10am - 12pm <b>Gachet Writing Group</b> @ Classroom II	3:00 - 7:00pm <b>Singalong Choir</b> @ Classroom II
	12:30pm <b>Crafternoon</b> @ Senior's Lounge <i>*CXL Oct. 6th*</i>  12:30—3:00pm <b>Computer &amp; Photography Help</b> @ Learning Centre <i>*By Appointment Only*</i>	12:30 - 3:30pm <b>Crafts &amp; Connect</b> @ Balmoral  1 - 2pm <b>Discovery Writers</b> @ Learning Centre <i>*CXL Oct. 14th*</i>	12:00pm - 2:00pm <b>Chinese Cultural Dance</b> @ Gym  1:00 - 2:30pm <b>Knitting Workshop</b> @ Senior's Lounge <i>*CXL Oct. 8th*</i>	1:00pm - 3:00pm <b>DTES Writers Collective</b> @ Classroom II	10:00am-11:00am 11:15am-12:15pm <b>GUITARS!</b> @ Theatre <i>*CXL Oct 31st*</i>  10am - 1pm <b>Mindfulness Art</b> @ Learning Centre <i>*Womxn Only*</i>	
	1:00pm - 3:00pm <b>Tech Café</b> @ Theatre <i>*CXL Oct. 13th*</i>  2:30pm - 3:30pm <b>Outdoor Smudge w/ Elder Les</b> @ Balmoral	1:00pm - 5:00pm <b>Movies &amp; Popcorn</b> @ Senior's Lounge  1:00 - 3:30pm <b>Womxn's only Fitness</b> @ Fitness Room	2:30pm - 4:30pm <b>BINGO &amp; VPL Book Giveaway</b> @ Theatre  3:00pm - 5:00pm <b>Elder Time w/ Les</b> @ Seminar Room	1:30 - 4:00pm <b>Move Your Body</b> @ Seniors' Lounge <i>*CXL Oct.2*</i>	1:00pm - 2:00pm <b>Chair Yoga</b> @ Senior's Lounge  1 - 3pm <b>Crochet Circle</b> @ Learning Centre <i>*Womxn Only*</i>  2:00pm - 3:30pm <b>Musicking Together</b> @ Theatre <i>*CXL Oct 31st*</i>	
	5:30pm - 8:00pm <b>Cultural Sharing</b> @ Theatre  6:00pm - 8:00pm <b>VPL Book Giveaway</b> @ Theatre	5:30pm - 7:30pm <b>Drop-In Badminton</b> @ Gym <i>*NEW TIME*</i>  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	5:00pm - 8:00pm <b>Board Game Drop In</b> @ 3rd floor Learning Centre	2:00pm - 5:00pm <b>Portrait Drawing</b> @ 2nd Floor Dining Room  2:15pm - 4:15pm <b>Mahjong Friday</b> @ Senior's Lounge	