

Program Guide

Fall 2024

September 2024 - December 2024

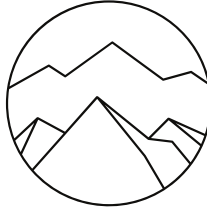
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



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@southvanNH



ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC



Land Acknowledgement

We would like to acknowledge and give thanks to be able to live, work, and learn on the unceded, occupied, ancestral and traditional homelands of the $x^w m \theta k^w \acute{a} y \acute{a} m$ (Musqueam), $S k w x w \acute{u} 7 m e s h$ (Squamish), and $S \acute{a} l \acute{i} l w \acute{e} t a 7$ /Selilwitulh (Tsleil-Waututh) Nations.

We thank the Nations for sharing their beautiful land, the sun, the air, and water with us and allowing us to strengthen and grow as a family.

We recognize the vast cultural diversity of Indigenous people and acknowledge the importance of their opinions, representation, and culture.

We are grateful for the Indigenous peoples who have cared for these lands since time immemorial and we hold our hands up to their amazing resistance, resilience, and strength in the face of historic generational and ongoing dispossession.

**"Keep the Circle ever growing, keep the circle strong,
as we all become family, and as time moves on"**

- Elder Lorelei, SVNH Indigenous Advisory Council

Membership Information

SVNH volunteers and program participants must have current South Vancouver Neighbourhood House memberships. We rely upon your membership as part of our funding to support the programs and services that we offer to our community.

Our annual membership entitles you to:

- Voting privileges at our Annual General Meeting
- Our annual report
- Invitations to community events

Our current membership fee is:

\$5 / YEAR

For all ages

SVNH Membership gives you access to all of our programs, events and services at low or no-cost.

All IRCC participants are eligible for a fee waiver.

Register for Membership:



Online

www.southvan.org/membership

or



In-person

at the Front Desk



TABLE OF CONTENTS

5	Events All ages	25 - 30	Community All ages
7 - 11	Family Ages 0 - 5	31 - 37	Settlement All ages
12 - 15	Childcare Ages 1.5 - 13	38 - 39	Food All ages
16 - 20	Preteen Ages 5 - 12	40	Reframing South Vancouver All ages
21 - 23	Youth Ages 13 - 18	41 - 54	Seniors & Older Adults Ages 55+
24	Young Adults Ages 17 - 29	55	Adult Day Centre Ages 55+

All Candidates Town Hall

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St.)

Thursday | September 26

6:00pm - 8:00pm

B.C.'s next provincial election is on October 19, 2024!

Attend this town hall to meet South Vancouver's candidates, share concerns on healthcare, food security, transportation and childcare, and learn about the provincial

To register, visit tinyurl.com/svnhtownhall

Gardening 101 Workshop

All languages and cultures welcome

Memorial South Park Pollinator Garden (1011 E 45th Ave.)

Saturday | September 7

2:00pm - 4:00pm

Come join us for: gardening tips, pot decorating activity for all ages, free basic gardening tools, free plant to take home, & plant-themed snack making. Both beginner and experienced gardeners are welcome!

No registration required. Drop-In.

All Nations Gathering

All languages and cultures welcome

Killarney Community Centre

Saturday | September 21

10:00am - 1:00pm

Join us for an inspiring event that gathers community members to learn about Indigenous Culture & others. This year's theme is *Walking Among the Cedar* and represents sharings and learnings across cultures with ties to Indigenous practices. Lunch will be included at 1:00pm

No registration required. Drop-In.

Family Meet & Greet

All languages and cultures welcome

South Vancouver Neighbourhood House
Friday | October 4
4:00pm - 5:30pm

Join us for a Family Meet & Greet! Learn about our programs and services at the neighbourhood house, get to know the staff, share your thoughts about what needs your family has, and connect with other parents and caregivers in your community.

For parents and caregivers of children ages 0-18 and their families. There will be activities for the whole family. Light snacks and refreshments will be provided.

To register, please contact monet.yabut@southvan.org

Mid Autumn Festivals for Newcomer Families

Cantonese

South Vancouver Neighbourhood House
Monday | September 16
5:00pm - 7:00pm

Celebrate the Mid-Autumn festival with us! Join us for family-friendly DIY lantern and refreshments. (New immigrant families welcome, priority given to PR card holders)

To register, please contact joanne.chow@southvan.org | 604-324-6212 EXT 175

FAMILY PROGRAMS CALENDAR

7

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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6:00pm							

FAMILY PROGRAMS CALENDAR [OFFSITE]

8

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am			10:00am - 11:30am	10:00am - 11:30am	10:00am - 12:00pm	10:00am - 11:30am	
-			Family Gym Time (Sunset)	Summer Pop-Up (Memorial Park)	Family Play Time (Southside Hub)	Summer Pop-Up (Ross Park)	
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11:00am							
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12:00pm							
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1:00pm							
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-					1:30pm - 3:00pm		
2:00pm					Baby Play and Stay (Southside Hub)		
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6:00pm							

FAMILY PROGRAMS



fb.me/southvanfam

Family Support and Resources

Family Support Services

English

Cantonese

Mandarin

Tagalog

South Vancouver Neighbourhood House / Online on Zoom / By Phone
Monday - Friday
By appointment

Provide support, resources and referrals to families. Community resources and information, childcare, parenting, and subsidy applications.

Contact to book an appointment

English / Cantonese / Mandarin: catherine.kwan@southvan.org | 604-324-6212 EXT 112

English / Tagalog: marie.mah@southvan.org | 604-324-6212 EXT 149

English: monet.yabut@southvan.org | 604-324-6212 EXT 159

Nutrition & Health

Family Food Prep

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 201)
Saturdays | Oct 19 - Dec 7 (No program on Nov 9)
2:00pm - 4:00pm

Learn simple, healthy recipes to make for your family, with your family! Cook, learn, and bond with your child in a fun and safe environment.

Contact to register catherine.kwan@southvan.org

Family Drop-In

Play & Learn

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 304)
Mondays | Oct 7 - Dec 2 (No program on Oct 14, Nov 11, Nov 25)
10:00am - 11:30am

A drop-in program for children ages 3-5 and their caregivers. Join us for play-based learning activities and a lending library!

Drop-in program. No registration required.

Sensory Explorers

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 201)
Thursdays | Oct 4 - Dec 5, 2024
10:00am - 12:00pm

A program for children ages 2-6 years old and their caregivers. Neurodiverse families, those who have sensory processing needs, and/or those who would thrive best in a smaller group environment are encouraged to join. There will be sensory friendly toys, activities, songs, and resources for caregivers and parents.

Contact to register monet.yabut@southvan.org | 604-324-6212 EXT 159

Baby Play & Stay (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)
Thursdays | September 19 - December 19, 2024
1:30PM- 3:00PM

A safe space for independent playtime with your baby and to build connections with other parents fostering connections and offering mutual support through shared experiences. We will set up books, sensory toys & blocks in this drop-in, casual, self-led program. Participants are encouraged to lead the circle time. For ages 0-24 months.

Drop-in program. No registration required.

Family Drop-In

Family Play Time (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)
Thursdays | September 19 - December 19, 2024
10:00am - 12:00pm

A drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning! Resources and guest speakers will be shared at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)
Tuesdays | Oct 1 - Dec 17, 2024 (No program on Oct 15, Nov 26)
10:00am - 11:30am

A drop-in parent-participation program for children aged 0-6 and their families to build connections, learn, and play! There will be open play, arts and crafts, and music.

Drop-in program. No registration required.

Family Play Time (SVNH)

All languages and cultures welcome

South Vancouver Neighbourhood House
Saturdays | Oct 5 - Dec 7 (No program on Oct 12 & Nov 9)
10:30am - 12:30pm

A drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning! Resources and guest speakers will be shared at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

CHILDCARE PROGRAMS CALENDAR

12

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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8:00am							
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9:00am							
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10:00am		9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	
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11:00am		Poppins Preschool	Poppins Preschool	Poppins Preschool	Poppins Preschool	Poppins Preschool	
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12:00pm		7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	
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1:00pm		Out of School Care	Out of School Care	Out of School Care	Out of School Care	Out of School Care	
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6:00pm							

CHILDCARE PROGRAMS CALENDAR (OFFSITE)

13

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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11:00am							
-		7:30am - 5:30pm	7:30am - 5:30pm	7:30am - 5:30pm	7:30am - 5:30pm	7:30am - 5:30pm	
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12:00pm		Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	
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1:00pm		Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	
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6:00pm							

CHILDCARE PROGRAMS

Children 2 to 5 years old

Poppins Preschool

All languages and cultures welcome

South Vancouver Neighbourhood House

Monday - Friday (2,3 and 5 day options) 9:15am - 11:30am

Engaging safe and healthy licensed preschool program.

Contact to register candice.leung@southvan.org | 604-324-6212 EXT 119

Salmonberry Toddler Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to www.southvan.org/salmonberry-child-care-centre-waitlist or contact barbie.chan@southvan.org | 604-324-6212 EXT 654

Salmonberry 3-5 Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to www.southvan.org/salmonberry-child-care-centre-waitlist or contact flossie.li@southvan.org | 604-324-6212 EXT 652

CHILDCARE PROGRAMS

Children 5 to 12 years old

SVNH Out of School Care Gr. K - 7

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)

Monday - Friday | September 6, 2023 - June 30, 2024

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Tecumseh, and Cunningham. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

lestor.chou@southvan.org | 604-324-6212 EXT 146

Waverley Out of School Care Gr. K - 7

All languages and cultures welcome

Waverley Elementary School 6111 Elliott St. Vancouver, BC

Monday - Friday

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Waverley. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

zohreh.pezhman@southvan.org | (604)-218-6017

PRETEEN PROGRAMS CALENDAR

16

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am							
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11:00am							
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12:00pm			3:30pm - 5:30pm				
-			Education Explorers				
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1:00pm							
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-							
2:00pm							
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3:00pm				3:30pm - 5:30pm			
-				Fostering Literacy			
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4:00pm				3:30pm - 5:30pm			
-				Ukulele Wednesdays			
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5:00pm						4:30pm - 6:30pm	
-						Generation Health	
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6:00pm							

PRETEEN PROGRAMS CALENDAR (OFFSITE)

17

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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-		3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	
3:00pm		United Way School's Out (Waverley)	United Way School's Out (Fleming)	United Way School's Out (Mackenzie)	United Way School's Out (Waverley)	United Way School's Out (Fleming)	
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4:00pm							
-		3:00pm - 5:30pm	3:00pm - 5:30pm	3:00pm - 5:30pm		3:00pm - 4:30pm	
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5:00pm		BC Housing Kids Club (Culloden Court)	BC Housing Kids Club (Champlain Places)	BC Housing Kids Club (Orchard Park)		United Way School's Out (Mackenzie)	
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6:00pm							

PRETEEN PROGRAMS

Children 5 to 12 years old

Generation Health

All languages and cultures welcome

South Vancouver Neighbourhood House - Rec Room (304)
Fridays | October 4 to December 6
4:30pm - 6:30pm

Generation Health is a FREE family-based program offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. The program supports participants to make family changes to health behaviours such as healthy eating, physical activity, positive mental health, screen time, and sleep for 10 weeks. Families must have at least one child between the ages of 8-12 years old to be eligible for the Weekly Group Session programs

Contact to register kathy.do@southvan.org | 604-324-6212, EXT 121
Instagram DMs @kathy_svn

Ukulele Wednesdays

All languages and cultures welcome

South Vancouver Neighbourhood House - Rec Room (304)
Wednesdays | October 9 to December 18
3:30pm - 5:30pm

A safe environment for grades 4-7 newcomer musicians at any level to practice their ukulele skills and make new friends! There will be no formal instructors present but ukuleles are available for use.

Contact to register covey.po@southvan.org | 604-324-6212 EXT 125

Children 5 to 12 years old

Fostering Literacy (Gr.K - 2)

[Cantonese](#)[English](#)

South Vancouver Neighbourhood House - Rec Room (304)
Wednesdays & Thursdays | October 9 to December 12
3:30pm - 5:30pm

A free after-school reading program for children in Kindergarten to Grade 2 to practice reading and literacy skills alongside youth volunteers

Contact to register anthony.lai@southvan.org | 604-324-6212 EXT 151

Education Explorers (Gr.3 - 7)

[Cantonese](#)[English](#)

South Vancouver Neighbourhood House - Rec Room (304)
Tuesdays | October 8 to December 10
3:30pm - 5:00pm

Community program for all preteens. Join to meet new friends, participate in weekly experiments and projects, and see what makes learning fun!

Contact to register anthony.lai@southvan.org | 604-324-6212 EXT 151

BCHKC (BC Housing Kids Club)

[All languages and cultures welcome](#)

Culloden Court

Mondays & Thursdays
3:00pm - 5:30pm

Champlain Places

Thursdays & Fridays
3:00pm - 5:30pm

Orchard Park

Wednesdays
3:00pm - 5:30pm

After school Program for BC Housing resident children, age 6- 12 years old. BCH Kids Club children enjoy, arts & crafts, cooking while learning about sustainability, keeping fit and more.

Contact to register mikyung.han@southvan.org | 604-324-6212 EXT 147

Children 5 to 12 years old

United Way School's Out

All languages and cultures welcome

Waverley (Gr. 4-7)

October to December
Mondays & Thursdays
3:00pm - 4:30pm

Fleming (Gr. 4-7)

October 14 to December 2
Tuesdays & Fridays
3:00pm - 4:30pm

Mackenzie (Gr. 3-6)

October 14 to December 2
Tuesdays & Fridays
3:00pm - 4:30pm

TBD (Gr. 3-6)

October 14 to December 2
Mondays & Wednesdays
3:00pm - 4:30pm

UW School's Out is a free, two-day, program for preteens at Waverley Elementary School. Come join us to get to know your community better, meet new friends, and develop your leadership skills through fun activities relating to art, culture, music, community, nature, literacy, and more!

Contact to register

Waverley rabia.kaihan@southvan.org | 604-324-6212 EXT 170

Fleming anthony.lai@southvan.org | 604-324-6212 EXT 151

Mackenzie vivian.qiuliang@southvan.org | 604-324-6212 EXT 136

TBD vivian.qiuliang@southvan.org | 604-324-6212 EXT 136

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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12:00pm	<div>12:00pm - 2:00pm</div> <div>Career Labs</div>						
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3:00pm		<div>3:45pm - 5:15pm</div> <div>NYI</div>					
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4:00pm		<div>3:45pm - 5:15pm</div> <div>ECHO (John Oliver Secondary)</div>			<div>4:00pm - 5:30pm</div> <div>InfoConnect Drop-in</div>		
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5:00pm					<div>4:00pm - 5:30pm</div> <div>LEOs</div>		
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8:00pm							



YOUTH PROGRAMS

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House

Mondays | July 8 - August 19

3:45pm to 5:15pm

Community leadership program for high school youth to plan, coordinate, and deliver events or workshops for the community.

Contact to register gabby.guevarra@southvan.org | 604-324-6212 EXT 154

United Way's School's Out Future Leaders (for ages 13-19)

All languages and cultures welcome

Various Elementary Schools

2 days a week (M-F) | October 14 to December 2

3:45pm - 5:15pm

Various work experience and honorarium opportunities for Youth looking to take on additional leadership responsibilities.

Possible placements: Waverley Elementary School, Sir Sandford Fleming Elementary School, and Moberly Arts & Cultural Centre and TBD

Contact to register anthony.lai@southvan.org

Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

For John Oliver Secondary School Students only
Mondays | July 8 - August 19
3:45pm to 5:15pm

Youth leadership council where youth ages 13-19 who live or go to school in the Sunset community plan events to engage their community. Honorarium position.

Contact to register gabby.guevarra@southvan.org | 604-324-6212 EXT 154

LEOs

All languages and cultures welcome

South Vancouver Neighbourhood House
2nd, 3rd & 4th Thursday of the month | October 10 to December 13
4:00pm to 5:30pm

Youth leadership council where youth ages 13-19 who live or go to school in the Sunset community plan events to engage their community. Honorarium position.

Contact to register vivian.qiuliang@southvan.org

YOUNG ADULT PROGRAMS

Young Adults 17 - 29 years old

InfoConnect Drop-In

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House
Thursdays | October 10 to December 12
4:00pm to 5:30pm

Drop-in program to support newcomer young adults. Newcomer young adults can learn more about life in Canada, connect with the community, and learn more about post secondary and career pathways. There are new workshop series every term! Follow @Gabby_SVNH on Instagram for more information.

Contact to register gabby.guevarra@southvan.org | IG @gabby_svn

Career Labs

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House
Sundays | October 6 to December 8
12:00pm to 2:00pm

Weekly program where newcomer young adults can improve their resume and cover letter. Develop their interview skills through mock interviews and explore their interests through career planning. Learn basic digital literacy skills where you learn how to type proficiently on the computer, how to write emails to employers, how to set up LinkedIn profiles for career building and networking.

Contact to register gabby.guevarra@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							9:00am - 12:00pm
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12:00pm					12:00pm - 2:00pm 2SLGBTQIA+ Support Group	11:30am - 1:00pm Support Group for Bengali Speakers	Neighbourhood Advisory Committees
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1:00pm					12:30pm - 2:30pm Women's Group	1:00pm - 3:00pm Multicultural Women Peer Mentoring Group	
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2:00pm				1:00pm - 3:00pm ESL Conversation Group		1:00pm - 3:00pm Multicultural Afghan Support Group	
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8:00pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		9:30am - 12:30pm Digital Literacy Program (Southside Hub)	11:00am - 12:30pm Expressive Arts for Newcomers (Moberly Arts & Cultural Centre)	10:00pm - 12:00pm Basic English Conversation Circle for Newcomers (PR)	10:00am - 12:00pm Online Job Search Club (Online via Zoom)	10:00am - 12:00pm Nobody's Perfect Parenting (SVNH Southside Hub)	10:00am - 12:00pm Her Voice Matters
11:00am					12:30pm - 2:30pm Job Focused Computer Class (Online via Zoom)		
12:00pm		11:00am - 1:00pm Chat and Practice your English (SVNH Southside Hub)		(SVNH Southside Hub)			
1:00pm					12:00pm - 2:00pm 2SLGBTQIA+ Support Group (Marpole NH)	1:00pm - 3:00pm Multicultural Women Peer Mentoring Group (Online on Zoom)	1:00pm - 3:00pm Ukrainian Arts & Crafts (SVNH Southside Hub)
2:00pm							
3:00pm			3:30pm - 5:30pm Ukrainian Support Group (Southside Hub)		11:00am - 1:00pm Women Support Group (Southside Hub)	2:30pm - 4:30pm Arts & Culture for Permanent Residents (SVNH Southside Hub)	
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							



COMMUNITY PROGRAMS

Wellness Groups

Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays
1:00pm to 3:00pm

Adult women including seniors looking for peer support through a positive support network and English-speaking practice.

Contact to register

kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Job Focused Computer Class in partnership with VPL SIIC

All languages and cultures welcome

Online on Zoom
Thursdays | Sept 19 & 26 and Oct 3
12:30pm to 2:30pm

For community members looking to upskill their computer skills to improve their search for information about career choices, resume writing and job search strategies.

Contact to register

kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Learning Workshops

Volunteer Opportunities in Vancouver South

All languages and cultures welcome

Online via Zoom
Thursdays | Oct 3, Nov 7 and Dec 5
10:00am - 12:00pm

We promote and help newcomers to apply for Volunteer opportunities within SVNH & Vancouver South Non-Profits. Whether it is about a 1-day volunteer opportunities or on-going volunteer opportunities with Childcare, high school and elementary school students, senior programs, community development and reception, etc.

Contact to register eric.lau@southvan.org | 604-324-6212 EXT 133

Registration: forms.office.com/r/BTQe7enZ34

Online Job Search Club

All languages and cultures welcome

Online via Zoom
Thursdays | Oct 10, 24, & 31 and Nov 14 & 28
10:00am - 12:00pm

Looking for work? Join our small group online labour market job club to explore the labour market, writing functional resumes and much more! Facilitator has 12+ years of experience in helping newcomers navigating the job market in Metro-Vancouver.

Contact to register eric.lau@southvan.org | 604-324-6212 EXT 133

Registration: forms.office.com/r/BTQe7enZ34

EMPLOYMENT PROGRAMS

Employment Programs

Career Directions Program

All languages and cultures welcome

South Vancouver Neighbourhood House & via Zoom
On-going dates
Monday - Friday

We offer employment services designed to prepare clients of all backgrounds for job success in Canada.

- Job Search Strategies & Interview Preparation
- Individual Career Counselling & Group Workshops
- Resume & Cover Letter Writing
- Industry Insights & Employer Sessions
- Career Exploration
- Job Targeting
- Mentoring Connections

Contact to register careerdirections@southvan.org

Workshops

Resume that Stands Out

All languages and cultures welcome

VPL South Hill

(6076 Fraser Street)
Thursday, September 26
10:00am - 12:00pm

VPL Fraserview

(1950 Argyle Street)
Thursday, October 3
10:00am - 12:00pm

Join this FREE in-person workshop in collaboration with the Vancouver Public Library.

This workshop will cover:

- Using the most appropriate resume format for your needs
- Highlighting key skills in resume
- Writing high impact statements in resume
- Understanding the implicit/explicit requirements of a position

South Hill Registration forms.office.com/r/HubGh364sh

Fraserview Registration forms.office.com/r/Swpk857FgR

Contact for more info liza.delarosa@southvan.org

Events

Hiring Event

All languages and cultures welcome

South Vancouver Neighbourhood House

Tuesday, September 17

10:00am to 3:00pm

Join us for an exclusive opportunity to meet with representatives from Winners, HomeSense and Marshalls! You'll Learn About:

- TJX Canada and their company culture
- Understand their hiring procedures
- Face-to-face interviews and candidate screening

Come down and bring copies of your resume and be ready for on the spot interviews!

Register tinyurl.com/SVNHhiringevent

Contact for more info charlene.pineda@southvan.org

SETTLEMENT PROGRAMS

Support and Wellness Groups

Women's Group

Spanish

South Vancouver Neighbourhood House & Gordon Park
Thursdays | October 1st - November 16th
12:30pm - 2:30pm

Thursday Women's Group is a weekly family-oriented program for mothers and their children. This group provides a supportive environment where women can connect, share experiences, and learn together while their children engage in supervised activities. The sessions focus on various topics crucial for personal growth and community building: Leadership development: Participants explore and enhance their leadership skills

Contact to register alejandra.pineda@southvan.org | 604-324-6212 EXT 182

Support Group

Sri Lankan

Nepali

Bengali

South Vancouver Neighbourhood House (Rm. 304, 305)
Fridays | October 4th - November 22nd
11:30am - 1:00pm

Provide newcomer women and families with resources/information to navigate Canadian labor market, health care system, wellness, self care and other areas where they need guidance and support.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Support and Wellness Groups

Nobody's Perfect Parenting Program

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Fridays | October 4th - November 8th
10:00am - 12:00pm

Nobody's Perfect is a facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education offered in communities by facilitators to help support parents and young children.

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Nobody's Perfect Parenting Program

Pashto

Farsi

Dari

English

Online and in-person
Saturdays | October 5th - November 23rd
10:00am - 12:00pm

6 session program for parents of children ages 0-6 to learn from professionals and each other

Contact to register feroza.quraishi@southvan.org | 604-324-6212 EXT 160

Ukrainian Support group

Ukrainian

Southside Hub (8118 Fraser St.)
Tuesdays | October 15th,- November 19th, 2024
3:30pm - 5:30pm

Ukrainian support group for different age where participants can get recourses, meet new people and more. The group leaded in Ukrainian language. Childcare provided through the registration QR code.

Contact to register ana.bukhtiarova@southvan.org | 604-324-6212 EXT 165

Support and Wellness Groups

Multicultural Women Peer Mentoring Group

English

Online on Zoom
Fridays | October 1st - November 16th
1:00pm - 3:00pm

Adult women looking for peer support through a positive support network and English-speaking practice.

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

2SLGBTQIA+ Support Group

All languages and cultures welcome

South Vancouver Neighbourhood House

Thursdays | Bi-weekly
Sep 26, Oct 10 & 24, Nov 7 & 21, Dec 5 & 19
12:00pm - 2:00pm

Marpole Neighbourhood House

Thursdays | Bi-weekly
Sep 5 & 19 Oct 3, 17 & 31, Nov 14, 28, Dec 12
12:00pm - 2:00pm

A safe space for 2SLGBTQIA+ community members to join for support, resources and meet new peers. Newcomers and immigrants encouraged and welcomed to attend.

Contact to register synder.cuddahy@southvan.org | 604-324-6212 EXT 183

All languages and cultures welcome

Settlement Services for Migrant Workers and their Families Webinar

Online on Zoom
Thursday | October 10
6:00pm - 7:30pm

The Migrant Workers program is for migrant workers in Canada to find support, connection and resources as they navigate the workforce in Canada. Become a part of the migrant workers program network for more opportunities, workshops and access to programs and resources for support.

Contact to register julie.diesta@southvan.org

Support and Wellness Groups

Multicultural Afghan Support Group

Turkmani

Dari

English

South Vancouver Neighbourhood House (Rm.308)

Fridays | Starting October 11

1:00pm - 3:00pm

Uzbiki

Pashto

For Afghans Newcomers looking for support & resources through the positive support network

Contact to register feroza.quraishi@southvan.org | 604-324-6212 EXT 160

Arts & Crafts

Expressive Arts for Newcomers (October)

Cantonese

Moberly Arts & Cultural Centre (7646 Prince Albert St.)

Tuesdays | October 8th - October 29th

11:00am - 12:30pm

This workshop series is designed for newcomers who speak Cantonese. Through a diverse array of expressive arts activities, participants will embark on a reflective journey of settling in a new country. Join us to explore your journey in a creative and supportive environment.

Contact to register joanne.chow@southvan.org | 604-324-6212 EXT 175

Expressive Arts for Newcomers (November)

Cantonese

Mandarin

Moberly Arts & Cultural Centre (7646 Prince Albert St.)

Tuesdays | November 5th - November 19th

11:00am - 12:30pm

This workshop series is designed for newcomers who speak Cantonese / Mandarin. Through a diverse array of expressive arts activities, participants will embark on a reflective journey of settling in a new country. Join us to explore your journey in a creative and supportive environment.

Contact to register joanne.chow@southvan.org | 604-324-6212 EXT 175

Arts & Crafts

Ukrainian Arts & Crafts

Russian

Ukrainian

Southside Hub (8118 Fraser St.)
Saturdays | October 19th, - November 23rd
1:00pm - 3:00pm

Programs provided for Ukrainian newcomers where they can make handcrafts, art and more. For all ages. Group led in Ukrainian.

Contact to register ana.bukhtiarova@southvan.org | 604-324-6212 EXT 165

Arts & Culture for Permanent Residents

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Fridays | October 4th - November 8th
2:30pm - 4:30pm

Art and Culture is a facilitated program for newcomers. The program is designed to bring newcomers together to meet, share and learn about diverse culture, specially indigenous culture and crafting jewelry with beads.

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Skills Training Workshops

Digital Literacy Program

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Mondays | October 7 - November 25
9:30am - 12:30pm

This workshop designed for newcomers who speak Dari/ Farsi / Pashto / Hindi English . and need to learn basic computer skills

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169

Skills Training Workshops

ICBC Knowledge Test Prep

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Monday | October 7
2:30pm - 4:30pm

This workshop designed for newcomers who speak Dari/ Farsi / Pashto / Hindi English . and need to learn driving skills and road safety.

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169

Newcomer Women Job Connection in Childcare

English

South Vancouver Neighbourhood House and Online on Zoom
M/W/Th/F/S | September 7 - October 4
2:30pm - 4:30pm

For immigrant women with PR and Protected Persons under Section 95 looking for entering employment in childcare services.

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Language Support Groups

English Conversation Circle for New Immigrants

Nepali

Bengali

Sri Lankan

SVNH Southside Hub (8118 Fraser St.)
Tuesdays | October 1st - November 19th
11:00am - 1:00pm

For newcomers who want to practise their english communication/conversation in a safe & friendly space and become comfortable/confident in navigating their lives in Canada.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Language Support Groups

ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm. 304)
Wednesdays
1:00pm - 3:00pm

For adults wishing to practice speaking English and make social connections.

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Basic English Conversation Circle For Newcomers (PR)

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Wednesday | October 2nd - December 25th
10:00am - 12:00pm

Facilitated English conversation circle for newcomers to raise their speaking, listening, reading and writing skills.

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Her Voice Matters

English

Spanish

South Vancouver Neighbourhood House
Saturdays | Oct 3rd - November 14th
10:00am - 12:00pm

This group is designed specifically for Spanish speakers who are eager to enhance their English communication skills. Whether you're looking to improve your speaking, listening, or overall fluency, our meetups offer a supportive and engaging environment to practice and grow.

Contact to register alejandra.pineda@southvan.org | 604-324-6212 EXT 182



FOOD PROGRAMS

Community Food Programs

South Vancouver Community Food Hub

All languages and cultures welcome

Community

6 Locations in South Vancouver
Mondays / Thursdays / Fridays
Time dependant on location

We provide weekly supplementary grocery boxes to residents of Sunset, Victoria-Fraserview, and Killarney who need food support. We work with our partners to operate six food distribution locations across South Vancouver. Our program allows community members to access food closer to home, as well as holistic support and referrals. Program participants must live within the South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Our program is currently full, and the waitlist is now closed.

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

- | In the community
- | Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register svnhshopping@southvan.org | 604-324-6212 EXT 181

Better at Home Frozen Meals Program

All languages and cultures welcome

- | In the community
- | Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$6.00 - \$7.00 each. ***Waitlist in effect**

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

Cook with Lucenda

All languages and cultures welcome

- | Online on Zoom
- | 1st and 3rd Friday of the month | Oct 4 - Dec 20
- | 4:30pm - 6:00pm

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! ***Participants must have their own device to access Zoom.**

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

REFRAMING SOUTH VANCOUVER

Neighbourhood Advisory Committees

All languages and cultures welcome

South Vancouver Neighbourhood House / Online on Zoom / In the Community Monthly Meetings

Meeting as a Whole Group: Saturdays 9:00am - 12:00pm

Meeting as an NAC: Time and date determined among the group

We are inviting residents who are:

- Living in South Vancouver (Main St. to Boundary Rd. and 41st avenue to Marine Drive)
- Interested in learning more about their neighbourhood and the City and making changes in the community

...to join our Neighbourhood Advisory Committee (NAC)!

Neighbourhood Advisory Committee (NAC) volunteers will attend training on how the city operates and ways to make their neighbourhood a better place for all. They will then participate in monthly meetings to discuss possible actions.

Residents who are willing to devote time and effort to improve the South Vancouver neighbourhood are welcome! We encourage all people of colour, cultures and diversity to come.

Contact to register

Prabhi Deol, Community Navigator (English/ Punjabi)
604-324-6212 EXT 185 | prabhi.deol@southvan.org

Cherry Wong, Community Navigator (English/ Chinese)
604-324-6212 EXT 186 | cherry.wong@southvan.org

Mara Cortez, Community Navigator (English/ Tagalog)
604-324-6212 EXT 167 | mara.cortez@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			9:30am - 11:00am ESL Conversation	2nd & 4th Wednesday 10:00am - 12:00pm Senior Men's Group	10:30am - 12:00pm Mandarin Wellness Group	9:30am - 10:45am Tai Chi Exercise for Beginners	
-			4th Tues of the Month 10:00am - 11:30am Caregiver Support Group	10:30am - 12:00pm Seniors Intercultural Wellness			
10:00am		10:00am - 11:45am Cantonese Wellness Group					
-							
11:00am			11:00am - 12:30pm Senior Mens Group		12:30pm - 2:30pm South Asian Women's Wellness Group	12:00pm - 1:30pm Intermediate iPad/iPhone Class	
-							
12:00pm		12:00pm - 2:00pm Vietnamese Wellness Group	1st Tuesday of the Month 10:00am - 12:30pm Seniors Hub Council	1:30pm - 3:00pm ESL for Seniors	2:00pm - 3:30pm Chinese Caregivers Sing-along Group	1:45pm - 3:15pm Beginner iPad/iPhone Class	
-			1:30pm - 3:00pm Intercultural Craft Circle				
1:00pm							
-							
2:00pm							
-							
3:00pm							
-							
4:00pm							
-							
5:00pm							
-							
6:00pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			2nd Tuesday of the Month 10:00am - 11:00am Chinese Caregivers Support Group (Online on Zoom)		10:30am - 11:30am Chair Yoga (Moberly Arts & Cultural Centre)	10:30am - 12:00pm Dance and Stretch (Online on Zoom)	
-							
-							
11:00am		10:30am - 11:30am Chair Yoga (Moberly Arts & Cultural Centre)					
-							
-							
12:00pm			12:00pm - 2:30pm South Asian Men's Wellness Group (Sunset Community Centre)				
-							
-							
1:00pm				1:00pm - 3:00pm Seniors Line Dance			
-							
-							
2:00pm				- Seniors Shindig			
-							
-							
3:00pm				(St Thomas Anglican Church)			
-							
-							
4:00pm							
-							
-							
5:00pm						1st and 3rd Friday of the month 4:30pm - 6:00pm Cook with Lucenda (Online on Zoom)	
-							
-							
6:00pm							

SENIORS PROGRAMS

Seniors Hub Programs

South Vancouver Seniors Hub

All languages and cultures welcome

| South Vancouver Neighbourhood House

The Hub works within a network service model that brings together seniors, community agencies and different organizations to help engage and serve seniors. Seniors lead, govern, identify needs and organize activities to meet those needs. Seniors gain confidence, socialize interculturally, learn new things, and create opportunities for isolated seniors.

For more information please visit the Seniors Hub website www.theseniorshub.org

South Vancouver Seniors Hub Council

All languages and cultures welcome

| South Vancouver Neighbourhood House

1st Tuesday of the month

10:00am - 12:30pm

Passionate about issues that affect seniors and looking for a place to have a say? The Seniors' Hub Council is a place to take action, share ideas and connect with like-minded seniors. Our approach is collaborative and community-based, and our purpose is to facilitate activities, independence and active participation in community life. Potential candidates should be team players, open-minded and dependable.

Contact to register

shelley.jorde@southvan.org | 603-324-6212 EXT 132

Information and Referrals

Information and Referral Services

[English](#)[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House

Monday - Saturday

9:00am - 4:00pm

The Information & Referral program offers free, confidential information and referral services to seniors ages 55 and older. We assist seniors to navigate through government systems, and fill out application forms, access information, services and resources. By appointment only.

Contact to register

frank.lin@southvan.org | 604-324-6212 EXT 115

or michelle.luong@southvan.org | 604-324-6212 EXT 158

Arts & Crafts

Intercultural Craft Circle

[English](#)[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House

Tuesdays | Weekly | Starting Sept 10

1:30pm - 3:00pm

Creative activities have been shown to have a positive impact on both physical and mental health. Join our craft circle to make art, learn new crafts, have conversations, and make new friends! Bring your own projects and start to DIY!

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Technology

Seniors Tech Support

English

Cantonese

Mandarin

Online or In-person
Monday - Friday
By appointment

Having a problem or question with your device? Give us a call for free tech support. We offer in-person support sessions at SVNH, where you can get individual support for your portable devices. We also offer help over the phone, or via Zoom and Email.

Contact to register

frank.lin@southvan.org | 604-324-6212 EXT 115

Beginner iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | Oct 11 - Nov 29
1:45pm - 3:15pm

Learn basic skills such as how to use email, the phone book, Zoom and more!
Recommended for those that have little/zero experience with using iPad/iPhone.
*Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

Intermediate iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | Oct 11 - Nov 29
12:00pm - 1:30pm

Learn intermediate digital literacy skills, building on top of basic skills. Recommended for those that have mastered basic skills and want to learn more. *Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

Language

ESL Conversation

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays | Weekly | Starting Sept 10
9:30am - 11:00am

Improve conversational language skills and gain confidence in speaking English through focused lessons and group discussions. Recommended for beginners or intermediates. One time fee of \$5.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

ESL for Seniors

Cantonese

South Vancouver Neighbourhood House
Wednesdays | Weekly | Starting Sept 11
1:30pm - 3:00pm

This program is offered at the beginner level and it enables seniors to commit their time to learning English, meet people from the community, and build their confidence in using English. Reading materials are provided. \$5.00 program fee.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Food & Nutrition

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

- | In the community
- | Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register svnhshopping@southvan.org | 604-324-6212 EXT 181

Better at Home Frozen Meals Program

All languages and cultures welcome

- | In the community
- | Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$6.00 - \$7.00 each. ***Waitlist in effect**

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

Cook with Lucenda

All languages and cultures welcome

- | Online on Zoom
- | 1st and 3rd Friday of the month | Oct 4 - Dec 20
- | 4:30pm - 6:00pm

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! ***Participants must have their own device to access Zoom.**

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Wellness Services

Better at Home Light Yardwork Program

All languages and cultures welcome

| At seniors' homes

For seniors who need assistance with light yard work such as mowing, weeding, and keeping paths clear. Seniors must provide lawn mower and equipment. ***Waitlist in effect**
Cost is based on a sliding scale.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

Better at Home Friendly Visiting, Walking, Companions & Social Calls

English

Cantonese

Mandarin

| In the community

Volunteers spend time with seniors to ease the challenges of living alone by providing companionship and social connection.

Contact to register

English: alex.hill@southvan.org | 604-324-6212 EXT 145

Cantonese & Mandarin: joshua.leung@southvan.org | 604-324-6212 EXT 172

Better at Home Transportation Shuttle

English

Cantonese

Mandarin

| In the community

| Upon request | Any day depending on driver availability.

For seniors in need of transportation to medical appointments, errands, or other destinations. Limits may apply. Cost based on sliding scale.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

Cantonese & Mandarin: joshua.leung@southvan.org | 604-324-6212 EXT 172

Wellness Services

Better at Home Light Housekeeping

Tamil

Cantonese

English

| In the community

Light housekeeping provided to seniors 65 or older and who demonstrate the need of housekeeping support. Charged based on income. ***Waitlist in effect**

Contact to register farveen.mohamed@southvan.org | 604-324-6212 EXT 163

Better at Home Light Home Maintenance

Cantonese

English

| In the community

Mandarin

For seniors in need of light home maintenance and repair, such as replacing light bulbs and batteries, tightening screws etc.

Contact to register joshua.leung@southvan.org | 604-324-6212 EXT 172

Caregivers one-on-one Support

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Provide supports based on your unique needs, including information and resource, referrals, home visit, and phone buddy calls.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

Caregivers Self-care Plan

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Work together to make a self care plan for yourself.
Small positive changes make big difference.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

Health & Wellness Groups

Seniors Line Dance

Mandarin

Cantonese

St Thomas Anglican Church (2444 E.41st Ave)
Wednesdays
1:00pm - 2:30pm

Engage both your mind and body by learning and practicing the basic moves that make up current line dancing today. It's easy and fun! It's also a wonderful way to lose weight and meet new friends. No dance experience required.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Seniors Shindig

All languages and cultures welcome

St Thomas Anglican Church (2444 E.41st Ave)
Wednesdays
1:00pm - 3:00pm

Line dancing is an easy way to exercise the body and mind. Improve beginner moves, learn more advanced ones and meet new friends in this social and physically active class. Previous line dancing experience is required.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Tai Chi Exercise for Beginners

English

Cantonese

South Vancouver Neighbourhood House
Fridays | Weekly | No session on Dec 27
9:30am - 10:45am

Tai Chi has many benefits, such as improving your balance, flexibility and upper and lower body strength. The gentle flowing and seamless movements also help to reduce stress, improve sleep and overall well-being. This program is open to beginners with little to no experience. One time fee of \$5. **Class full, please contact to join waitlist.**

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

Health & Wellness Groups

Dance and Stretch

Cantonese

Online on Zoom
Fridays | Oct 4 - Dec 20
10:30am - 12:00pm

Are you looking for a way to stay active even at home? Join Lucenda virtually for engaging and fun dances and stretches in Cantonese! You will also have the chance to meet other participants and socialize.

*Participants must have their own device to access Zoom.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Chair Yoga

Punjabi

English

Moberly Arts & Cultural Centre (7646 Prince Albert St)
Mondays & Thursdays | Sep 9 - Dec 12 | No sessions on Sep 30, Oct 14 & Nov 11
10:30am - 11:30am

Practice yoga poses and engage in exercises, focused breathing and laughter while seated. Contributes to active aging and well-being. Suitable for those who may have mobility difficulties.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly | Starting Oct 3
10:30am - 12:00pm

Looking for a place to connect with other Mandarin-speaking seniors? Our Mandarin Wellness Group is all about staying active, feeling good, and making new friends. We keep things light and enjoyable with activities that boost both body and mind. Come and be a part of our community!

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Health & Wellness Groups

Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House

Mondays | Weekly | No sessions on Sep 2, 30, Oct 14, Nov 11, Dec 23, 30

10:00am - 11:45am

A space for members to socialize, exercise, sing songs, tell stories, engage in workshops and more! Make new friends and learn topics related to health and well-being.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House

Mondays | Weekly | No sessions on Sep 2, 30, Oct 14, Nov 11, Dec 23, 30

12:00pm - 2:00pm

Weekly sessions focused on improving overall well-being, belonging and community engagement. Activities include socialization, light physical activity, workshops, information & referrals and more!

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Seniors Men's Group

All languages and cultures welcome

South Vancouver Neighbourhood House

Tuesdays | Weekly | Starting Sept 10

11:00am - 12:30pm

Looking for a way to connect with other men while staying active and having fun? Join our Men's Group! This group offers a unique blend of activities and supportive discussions designed to boost both physical and mental well-being.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115

Health & Wellness Groups

South Asian Men's Wellness Group

Punjabi

Sunset Community Centre (6810 Main Street, Vancouver BC)
Tuesdays
12:00pm - 2:30pm

The weekly wellness Group provides tailored socialization, learning activities, fostering meaningful connections and addressing cultural needs. Participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register amanpret.jawanda@southvan.org | 604-324-6212 EXT 137

South Asian Women's Wellness Group

Punjabi

South Vancouver Neighbourhood House
Thursdays
12:30pm - 2:30pm

The weekly Wellness Group provides tailored socialization, biweekly exercise, and learning activities, fostering meaningful connections and addressing cultural needs. Through a rotating schedule, participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

English Caregiver Support Group

All languages and cultures welcome

South Vancouver Neighbourhood House
4th Tuesday of the month
10:00am - 11:30am

Includes educational workshop and sharing circle, which enhance caregiver's knowledge and confidence to care and selfcare, to build a supportive network, and to strengthen social connections.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

Health & Wellness Groups

Chinese Caregivers Sing-along Group

Cantonese

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly
2:00pm - 3:30pm

Enjoy music in a lovely group, to improve your mental wellbeing and social connectedness.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

Chinese Caregivers Support Group

Cantonese

Mandarin

Online on Zoom
2nd Tuesday of the month
10:00am - 11:00am

Specific language support group in Cantonese and Mandarin, to help caregivers in caregiving and selfcare, and to build stronger social connections.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am		10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	
-		SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	
-							
12:00pm							
-							
-							
1:00pm		Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	
-							
-							
2:00pm							
-							
-							
3:00pm							
-							
-							
4:00pm							
-							
-							
5:00pm							
-							
-							
6:00pm							

ADULT DAY PROGRAMS

Adult Day Centres

SVNH Adult Day Centre

#345 - 3150 East 54th Avenue
Monday - Friday
10:00am - 2:00pm

English

Mandarin

Cantonese

Punjabi

Hindi

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at svnhadc.blogspot.com

Beulah Adult Day Centre

3355 East 5th Avenue
Monday - Friday
10:00am - 2:00pm

English

Cantonese

Mandarin

Spanish

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at svnhadc.blogspot.com