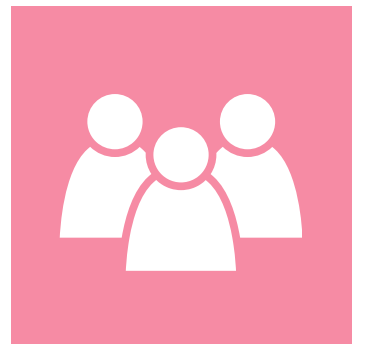


Program Guide

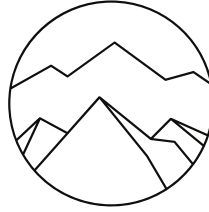
Spring 2026

April 2026 - June 2026

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



Stay connected with us
@southvanNH



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 $x^w m \theta k^w \acute{e} y \acute{a} m$ (Musqueam), $S k w \acute{x} w \acute{u} 7 m e s h$ (Squamish), and $S \acute{a} l \acute{i} l w \acute{e} t a 7 / S e l i l w i t u l h$ (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



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Ages 13 - 18

44

Adult Day Centre

Ages 55+

25

Young Adults

Ages 17 - 29

FAMILY PROGRAMS CALENDAR

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		
-							
-							
11:00am		Family Play Time (Champlain Heights CC)	Family Play Time (Sunset)		Family Play Time (Southside Hub)	10:30AM - 12:00PM	
-							
-							
12:00PM						Music & Movement	
-							
-							
1:00PM				1:00PM - 2:30PM			
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2:00PM				Family Play Time (Killarney CC)			
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3:00PM							
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4:00PM							
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5:00PM							
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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
fdi@southvan.org

Family Play Time (Champlain Heights CC)

All languages and cultures welcome

Champlain Heights Community Centre (3350 Maquinna Drive, 2nd Floor Lounge)
Mondays | April 13 - June 8, 2026 ; No program on May 18
10:00AM - 11:30AM

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 Drop-In

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)
Tuesdays | April 7 - June 16, 2026
10:00AM - 11:30AM

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 (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street, Vancouver BC)
Thursdays | April 9 - June 18, 2026
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 (Killarney CC)

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St, Vancouver BC)
Wednesdays | April 8 - June 10, 2026
1:00PM - 2:30PM

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.

Family Drop-In

Multicultural Newcomer Program Family Play Time at Southside Hub

All languages and cultures welcome

Southside Hub (8118 Fraser St)

Thursdays | April 9 - June 18, 2026

10:00AM - 12:00PM

A welcoming, play-based space that encourages social connection and community building for newcomer families, while offering parenting support and access to community resources. Join us for arts & crafts, story time and songs and hands-on exploration! Free drop-in program for Newcomer Parents/Caregivers and their children

Drop-in program. No registration required.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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9:00am							
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11:00am							
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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	
-							
1:00PM		SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	
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11:00am							
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12:00PM							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		Toddler	Toddler	Toddler	Toddler	Toddler	
-		Childcare	Childcare	Childcare	Childcare	Childcare	
1:00PM							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		3 to 5	3 to 5	3 to 5	3 to 5	3 to 5	
-		Childcare	Childcare	Childcare	Childcare	Childcare	
2:00PM							
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CHILDCARE

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 - 12:15pm

Engaging safe and healthy licensed preschool program. Resumes in September.

Contact to register lisa.feng@southvan.org

Salmonberry Toddler Childcare

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 zohreh.pezhman@southvan.org

Salmonberry 3-5 Childcare

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

CHILDCARE

Children 5 to 12 years old

SVNH Out of School Care Gr. K - 7 (SVOSC)

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)
 Monday - Friday | September - June
 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 Elementary School. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email
 lestor.chou@southvan.org | 604-324-6212 EXT 146

SVNH Licensed School-age Summer Childcare

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)
 Monday - Friday | July & August | (Closed on Canada Day & BC Day)
 Full Day Care: 7:30am - 6:00PM

- Licensed summer camp program for students (no school restriction).
- Licensed for 40 Children.
- Registration begins in May.
- Monthly and weekly registration available.
- MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email
 lestor.chou@southvan.org | 604-324-6212 EXT 146

Children 5 to 12 years old

Orca Rising School Age Care Gr. K - 7 (ORSAC)

All languages and cultures welcome

Cunningham Elementary School 2330 E37th Ave, Vancouver BC, V5R 2T3

Monday - Friday | September to June

Before School Care: 7:30am - 9:00am | After School Care: 3:00PM - 6:00PM

A 50 space licensed before and after school care for students attending Carleton/Cunningham Elementary School. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email

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

Waverley School Age Care Gr. K - 7 (WSAC)

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 44 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 inquire, waitlist by email

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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3:00PM - 4:30PM
United Way School's Out (Waverley)

3:00PM - 4:30PM
United Way School's Out (Fleming)

3:00PM - 4:30PM
United Way School's Out (Waverley)

3:00PM - 4:30PM
United Way School's Out (Fleming)

3:00PM - 5:30PM
BC Housing Kids Club (Culloden Court)

3:00PM - 5:30PM
BC Housing Kids Club (Champlain Places)

3:00PM - 5:30PM
BC Housing Kids Club (Orchard Park)

PRETEEN PROGRAMS

Children 5 to 12 years old

United Way School's Out

English

Dari

Farsi

Cantonese

Spanish

Waverley Elementary School

April 27 to June 11

Mondays & Thursdays

3:00PM - 4:30PM

Fleming Elementary School

April 28 to June 12

Tuesdays & Fridays

3:00PM - 4:30PM

United Way School's Out is a free, two days, program for preteens at various Elementary Schools. 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 michelle.lui@southvan.org

Fostering Literacy

Cantonese

English

South Vancouver Neighbourhood House

Contact for dates

3:45pm - 5:15pm

A one on one reading program for children in Kindergarten to Grade 2 to practice literacy alongside youth volunteers

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

Children 5 to 12 years old

Active Play Club

All languages and cultures welcome

Harvest City Church

April 28 - June 9

Tuesdays

3:30PM - 5:00PM

Moberly Arts & Cultural Centre

April 29 - June 10

Wednesdays

3:00PM - 4:30PM

Sir Alexander Mackenzie Elementary School

May 1 - June 12

Fridays

3:00PM - 4:30PM

Tecumseh Elementary School

April 29 - June 10

Wednesdays

3:00PM - 4:30PM

Afterschool club for Grades K - 7 and is encouraging outdoor, unstructured, active play for your children. We offer an environment where children can engage in unstructured outdoor play after school. This means they can play the way they want without strict rules, following their natural instincts, ideas, and interests without any predetermined outcomes. Adults and volunteers play a supportive role, much like a lifeguard, facilitating, watching, and providing help if needed.

Contact to register

Harvest City Church & Moberly | shanna.delantar@southvan.org | 604-324-6212 EXT 171

Mackenzie & Tecumseh | mary.melecio@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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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12:00PM							
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8:00PM							

11:40AM -
12:10PM
Green Team
(David Thompson)

3:15PM -
4:45PM
INSPIRE
(John Oliver)

3:30PM -
5:15PM
ECHO

4:00PM -
6:45PM
Mind Your Food

3:15PM -
4:45PM
INSPIRE
(Killarney)

3:15PM -
4:45PM
INSPIRE
(David Thompson)

3:30PM -
5:00PM
Youth Multisports

4:00PM -
6:00PM
Friday Nights

3:30PM -
5:15PM
Neighbourhood Youth Initiative

6:15PM -
7:15PM
Improv Club

6:30PM -
8:00PM
OWL

YOUTH PROGRAMS

INSPIRE

All languages and cultures welcome

David Thompson

May 1st to June 12th

Fridays

3:15PM - 4:45PM

John Oliver

April 20 - June 8

Mondays

3:15PM - 4:45PM

John Oliver

April 23 - June 4

Mondays

3:15PM - 4:45PM

INSPIRE is an after-school program for self-identifying girls and non-binary youth. Our goal is to create a safe space for youth to be able to talk openly about topics that include mental health, healthy relationships, and stress and burn out, while working on a craft/activity, giving them an opportunity to discuss and chat about these topics in a casual setting. There are snacks provided each week!

Contact to register

David Thompson | gabriela.alvarez@southvan.org | 604-324-6212

John Oliver | mary.melecio@southvan.org | 604-324-6212 EXT 151

Killarney | shanna.delantar@southvan.org | 604-324-6212 EXT 171

LEOs

All languages and cultures welcome

South Vancouver Neighbourhood House

Thursdays | April 30 - June

3:30PM to 5:00PM

A Student led club and a junior community service club that creates fundraisers and events for the community.

Contact to register mary.melecio@southvan.org | 604-324-6212 EXT 151

OWL (Opening Worlds to Literacy)

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays | February - March
6:30PM-8:00PM

A leadership program where youth raise awareness on the importance of literacy in South Vancouver by planning projects (events, fundraisers, initiatives!) You think of what you want to do and bring it to life with other youth. Past projects: Matcha & Bead Making, Sports Day, Sushi Making Workshop, Murder Mystery Dinners, and a Gingerbread House Competition.

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

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays | April 27 - June 11
3:45PM to 5:30PM

A community leadership program where youth create and coordinate events and workshops based on the trends and needs of their peers. Past projects include: Gingerbread House competition, movie nights and #NYITakeover on Instagram!

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

Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)
Tuesdays | April 28 - June 12
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 gabby.guevarra@southvan.org | 604-324-6212 EXT 154



NEWCOMER YOUTH PROGRAMS

One-on-one Settlement Support Newcomer High School Youth and Newcomer Young Adults (Ages 17 to 29)

South Vancouver Neighbourhood House

By appointment

English

Tagalog

New to Canada? Have questions about school, life and making friends?

Book an appointment with our Youth Settlement Counsellor or Young Adult Settlement Counsellor for support.

We can help with:

- Mental health support
- Academic support
- Resources and referrals for any concerns

Book a FREE appointment gabby.guevarra@southvan.org | IG @gabby_svn

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		10:00PM - 12:00PM Nobody's Perfect Parenting Program				10:00PM - 12:00PM Group Discussion in a Circle	
-							
11:00am				11:00AM - 12:30PM Coffee & Chat (English Conversation Circle)			
-							
12:00PM							
-							
1:00PM			1:00PM - 2:30PM Empowering Immigrant Single Moms	1:00PM - 3:00PM ESL Conversation Group		1:00PM - 3:00PM Multicultural Women Peer Mentoring Group	
-							
2:00PM							
-							
3:00PM				1:00PM - 3:00PM Group Information & Orientation Workshop Series			
-							
4:00PM							
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5:00PM							
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6:00PM							
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7:00PM							
-							
8:00PM							

COMMUNITY & SETTLEMENT PROGRAMS

Wellness Groups

Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays Bi-Weekly | Ongoing
1:00PM to 3:00PM

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

Contact kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/kZsaY25ndF>

ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Wednesdays | Starting January 7, 2026
1:00PM to 3:00PM

For adults wishing to practise English speaking and making social connection

Contact kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/kZsaY25ndF>

Wellness Groups

Drop-In Support for Immigrant Single Parents

All languages and cultures welcome

In Person and Online on Microsoft Teams
Tuesdays | Starting January 23, 2026
12:30PM to 2:00PM

Support resources and service referrals in housing access, parenting, financial independency, children sports grant, mental health resources, legal advocacy, food access, computer donations

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/FyCb2czi4x>

Information & Orientation Workshop Parenting Skills in Canada

All languages and cultures welcome

Online on Microsoft Teams
Friday | March 20
12:30PM to 2:00PM

Supporting immigrant parents with effective parenting skills

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/FyCb2czi4x>

Migrant Workers Program

Tagalog

English

South Vancouver Neighbourhood House (Rm 304)
Saturdays
10:00AM to 12:00PM

Join us for a supportive space and meet others in our Migrant Workers Program.

Contact to register julie.diesta@southvan.org | 604-324-6212

Wellness Groups

Farsi/Dari Meet & Greet: Building Bridges in Our Community

Pashto

Dari

Farsi

Champlain Height Community Centre
Wednesday | April 15
1:00PM to 4:00PM

SVNH is excited to host a Meet & Greet for Farsi/Dari Pashto speaking residents to:

- Connect with neighbours from Afghanistan, Iran, and beyond
- Practice your language skills and share cultural traditions
- Enjoy light refreshments and snacks
- Build relationships and foster a sense of community

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

Housing Info & Orientation for Farsi/Dari/Pashto Speakers

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 304)
Tuesdays | May 19
1:30PM to 4:30PM

Join us to learn and understand BC's rental laws and rights in a safe & supportive space.

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

English Speaking Circle

English

Spanish

South Vancouver Neighbourhood House (Rm 304)
Mondays | April 13 - June 1
6:00PM to 8:00PM

A safe space to practice English, build confidence, and talk about real-life situations. For beginner and intermediate levels.

Contact to register gustavo.silva@southvan.org | 604-324-6212 EXT 194

Wellness Groups

Maneja Seguro Latino

Spanish

South Vancouver Neighbourhood House (Rm 308)
Fridays | April 10 to May 15
6:00PM to 8:00PM

Maneja Seguro BC offers Spanish-language guidance on BC traffic rules for Latin American newcomers, helping them prepare for the Knowledge Test and drive safely in Canada. “Better to arrive safe than first.”

Contact to register gustavo.silva@southvan.org | 604-324-6212 EXT 194

Tenancy Rights Workshop for Newcomers

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesday | April 7
6:00PM to 8:00PM

An one-time workshop to understand Tenant-Landlord Law in BC. Participants will learn:

- Your rights and responsibilities
- Common issues such as repairs, maintenance, and eviction procedures
- Rules of rent payment, security deposits, etc

Contact to register michael.cheung@southvan.org | 604-324-6212 EXT 142

Group Information & Orientation

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 308)
Wednesdays | May 13, 20 and May 27th
1:00PM - 3:00PM

Workshop topics will include financial literacy, employment Insurance and benefits in Canada for newcomers.

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

Wellness Groups

Community Connects

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 304)
Tuesdays | April 14, 21 & 28, May 05, 12, 19 & 26
10:00AM to 12:00PM

Let's meet new people from the neighbourhood! Community Connects offer a welcoming space for information session, parenting education, wellness activity, sharing of resources, and help in building social networks with other families. We have different topics every week!

Contact to register marie.mah@southvan.org | 604-324-6212 EXT 149
<https://forms.office.com/r/Smht99NShj>

Coffee & Chat (English Conversation Circle)

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 308)
Wednesdays | April 15, 22, 29, May 06
11:00AM - 12:30PM

A welcoming and safe space for newcomers to Canada to practice English speaking and communication skills. This session focuses on job-related conversations to help participants build confidence, improve workplace communication, and prepare for employment in Canada.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168
<https://forms.office.com/r/CngEc15Mvs>

EMPLOYMENT PROGRAMS

Employment Programs

Career Directions Program

All languages and cultures welcome

South Vancouver Neighbourhood House & Online on MS Teams

On-going dates

Monday - Friday

We help our clients navigate their career journey through the following personalized support to prepare them for career 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



FOOD PROGRAMS

Community Food Programs

South Vancouver Community Food Hub

All languages and cultures welcome

Community

- Locations across South Vancouver
- 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.

Community Lunch

All languages and cultures welcome

Older Adults & Seniors

- South Vancouver Neighbourhood House
- Wednesdays
- 12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register shelley.jorde@southvan.org | 604-324-6212 EXT 132

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

Older Adults & Seniors

In the community

Orders accepted Mondays and Wednesdays

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

Older Adults & Seniors

In the community

Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 - \$8.00 each. ***Waitlist in effect**

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

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			2nd Tuesday of the Month				
-		10:00am - 11:30am	10:00am - 11:00am		10:30am - 11:30am		
-		Pickle Ball (Gordon Park Tennis Court)	Chinese Caregivers Support Group (Online on Zoom)		Move, Groove & Improve: Chair Yoga (Moberly)		
11:00am							
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12:00PM			12:00PM - 2:30PM				
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1:00PM				1:00PM - 3:00PM			
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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

9:30am - 12:00PM

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

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 - \$8.00 each. ***Waitlist in effect**

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

Cook with Lucenda

English

- Online on Zoom
- Fridays | The 1st & 3rd Fridays of the month
- 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; *Zoom link will be sent to you upon registration**

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

Community Lunch

All languages and cultures welcome

South Vancouver Neighbourhood House
Wednesdays
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 132

Language

ESL for Beginners

Cantonese

South Vancouver Neighbourhood House
Wednesdays | Weekly
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

Arts & Crafts

Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House
Tuesdays | Ongoing
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

Information and Referrals

Information and Referral Services

English

Punjabi

Mandarin

South Vancouver Neighbourhood House
Monday - Friday | 9:00am - 4:00PM

Vietnamese

Hindi

Cantonese

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.

Hindi/Punjabi amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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

Seniors Tech Support

English

Cantonese

Mandarin

South Vancouver Neighbourhood House or Online on Teams
Monday to Friday
10:30AM - 12:00pm

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 remote options, including help over the phone, via Zoom and Email.

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

Beginner iPad/iPhone Class

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | Weekly | May 22 - July 31. No program on June 19.
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 \$10.

Class full, contact for waitlist amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Technology

Intermediate iPad/iPhone Class

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | Weekly | May 22 - July 31. No program on June 19.
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 \$10.

Class full, contact for waitlist amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Tech Support Drop-in Clinic

English

Cantonese

Mandarin

South Vancouver Neighbourhood House or Online on Teams
Fridays | Mar 13, Apr 10, May 8, Jun 12
10:30AM - 12:00pm

Struggling with a tech issue? Join our Tech Support Drop-in Clinic—a welcoming space where participants help each other troubleshoot, learn new skills, and build confidence with devices. Our facilitator guides the group, offers tips, and teaches useful tech basics, while everyone is encouraged to share questions and solutions.

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

Social Prescribing

English

Cantonese

Mandarin

Punjabi

Hindi

South Vancouver Neighbourhood House or online or on the phone
Mondays to Fridays
9:00AM - 4:00PM

Social prescribing goes beyond medical treatments, considering social, emotional, and practical needs to help you live healthier. Whether it's community activities, social support, or other services, we're here to ensure you get the help that's right for you.

Contact to register stefan.chan@southvan.org | 604-324-6212 EXT 178

Intercultural Wellness Group

English

South Vancouver Neighbourhood House
Wednesdays | Weekly | No sessions on Mar 18, 25
10:30am - 12:00pm

The program offers participants a mix of socialization, exercises, and learning activities rotating weekly. Seniors from different cultures and backgrounds gain social connections that are meaningful to them, find joy and purpose in ways that address their needs, improve their physical well-being, and stay active and positive.

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

Pickleball for Beginners

Cantonese

English

Gordon Park Tennis Court
Mondays | Weekly
10:30AM - 11:30AM

Stay active, have fun, and meet new friends! Pickleball offers a low-impact, easy-to-learn sport. Whether you're brand new to the game or have some experience, this welcoming and social program is perfect for all skill levels. A knowledgeable volunteer will be on hand to share tips, explain the basics, and help everyone enjoy the game. In case of rain or wet court conditions, the program will be cancelled automatically for safety reasons.

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

Dance and Stretch

Cantonese

English

Online on Zoom
Fridays | Weekly
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 & English! You will also have the chance to meet other participants and socialize. *Participants must have their own device to access Zoom; *Zoom link will be sent to you upon registration

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

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. \$15 cost.

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. \$15 cost.

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

Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on Apr 6, May 18
9:30AM - 11:45AM

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

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

Wellness Services

Better at Home Light Yardwork

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. ***Waitlist in effect**

Contact to register kam.wong@southvan.org | 604-324-6212 EXT 172

Better at Home Shopping Shuttle

English

Cantonese

Mandarin

| In the community
Every 3rd Tuesday of the Month

A monthly group shuttle service to a local errand hub to access grocery shopping, the bank, the library, the pharmacy, clothes shopping etc. We will pick you up at home, drive you to a local errand hub where you will have an allotted amount of time to complete errands and drive you back home after. Registration is required each month. \$5.00 fee.

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

Health & Wellness Groups

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly
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

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on April 6, May 18
12:00PM - 2:45PM

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

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 capped. No longer accepting participants.**

For more information contact 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 kam.wong@southvan.org | 604-324-6212 EXT 172

Vancouver Affordable Seniors Transportation

Mandarin

Cantonese

English

| Upon Request in the community
| Any Day Dependent on Drivers Availability

For seniors in need of transportation to medical appointments, errands, or other destinations. Medical Appointments Prioritized, destination limits apply. Passenger must be able to get in and out of the vehicle on their own. \$5.00 fee.

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

Health & Wellness Groups

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

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

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

Health & Wellness Groups

Punjabi Caregiver Support Group

Punjabi

South Vancouver Neighbourhood House
3rd Wednesday of the month
10:30am - 11:30am

Includes educational workshop and sharing circle, to enhance caregiver's knowledge and confidence in caregiving and selfcare and to build a supportive network.

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

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

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am							
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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)	
-		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)	
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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