

Program Guide

Summer 2026

July 2026 - August 2026

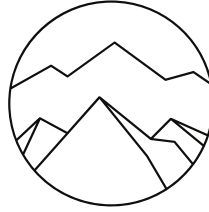
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



Stay connected with us
@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 $x^w m \theta k^w \acute{e} y \acute{a} m$ (Musqueam), $S k w x w \acute{u} 7 m e s h$ (Squamish), and $S \acute{a} l \acute{i} l w \acute{e} t a ? / S e l i l w i t u l h$ (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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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 - 12:00PM		
-		10:30AM - 12:00PM	Family Play Time (Sunset)		Multicultural Newcomer Program Family Play Time		
-							
11:00am		Summer Pop Up (Memorial South Park)					
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12:00PM							
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1:00PM							
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-				1:30PM - 3:00PM			
2:00PM				Family Play Time (Killarney CC)			
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6:00PM							

FAMILY PROGRAMS



fb.me/southvanfam

Family Support and Resources

Family Support Services

English

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

Multicultural Newcomer Program Family Play Time at Southside Hub

All languages and cultures welcome

Southside Hub (8118 Fraser St)
 Thursdays | July 9, 16, 23, 30, Aug 13, 20
 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.

Family Drop-In

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)
Tuesdays | July 14, 21, 29, Aug 4, 11, 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 Play Time (Killarney CC)

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St, Vancouver BC)
Wednesdays | July 15, 22, 29, Aug 5, 12, 19
1:30PM - 3:00PM

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.

Summer Pop Up at Memorial South Park

All languages and cultures welcome

Memorial South Park (5955 Ross St, by Tennis Courts)
Mondays | July 13, 20, 27, Aug 10, 17
10:30AM - 12:00PM

An outdoor open play environment to bond with your child and build connections with others! Enjoy art, stories, songs, and exploration outdoors together!

Drop-in program. No registration required.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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8:00am							
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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	
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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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CHILDCARE CALENDAR (OFFSITE)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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-		5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	
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		Salmon	Salmon	Salmon	Salmon	Salmon	
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-		Childcare	Childcare	Childcare	Childcare	Childcare	
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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

Children 0 to 5 years old

Salmon Stone Infant Program

All languages and cultures welcome

Salmon Stone Childcare Centre (3010 East Kent Avenue South)
 Monday - Friday
 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.
 Children ages 0 months to 18 months.

Contact to register barbie.chan@southvan.org

Salmon Stone Toddler Program

All languages and cultures welcome

Salmon Stone Childcare Centre (3010 East Kent Avenue South)
 Monday - Friday
 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.
 Children ages 18 months to 3 years old.

Contact to register barbie.chan@southvan.org

Salmon Stone 3 to 5 Program

All languages and cultures welcome

Salmon Stone Childcare Centre (3010 East Kent Avenue South)
 Monday - Friday
 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.
 Children ages 3 to 5 years old.

Contact to register barbie.chan@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

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

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

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

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PRETEEN PROGRAMS

Children 5 to 12 years old

United Way School's Out

English

Dari

Farsi

Cantonese

Spanish

July Cohort

South Vancouver Neighbourhood House
July 6 to July 23
Tuesdays, Wednesdays & Thursdays
12:30PM - 4:30PM

August Cohort

South Vancouver Neighbourhood House
August 10 to August 27
Tuesdays, Wednesdays & Thursdays
10:00AM - 4:00PM

United Way Summer School's Out is a free program for preteens in Kindergarten to Grade 7. 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

rabia.kaihan@southvan.org | vivian.qiuliang@southvan.org

Newcomer Summer Camp

English

Tagalog

Batch 1: SVNH

July 6, 13, 20
Mondays | 11:00AM - 3:00PM

Batch 2: Harvest City

July 7, 14, 21
Tuesday | 11:00AM - 3:00PM

Batch 3: SVNH

Aug 10, 17 and 24
Mondays | 11:00AM - 3:00PM

Batch 4: Harvest City

Aug 11, 18 and 25
Tuesdays | 11:00AM - 3:00PM

Newcomer Summer Camp is a free program for newcomer kids in Grade K - 7. Kids will be doing: 🎨 Art & Craft Activities 🎮 Games, Group Activities & Sports 🧠 Creative Learning Experiences 🎉 Fun, Friendship & Confidence Building

Contact to register shanna.delantar@southvan.org

Children 5 to 12 years old

The MVP Family Workshop: Building a Winning Parent-Child Partnership

English

Tagalog

South Vancouver Neighbourhood House
Fridays | July 10 & 24, August 7 & 21
4:30PM - 6:30PM

For newcomer/permanent resident families with kids in Grade 4 - 7. A 4-day workshop for parents and children focused on becoming an MVP (Most Valuable Pair) at home and at school. Through fun activities, communication, and teamwork, families will strengthen their relationships, build trust, and learn how to support one another's success.

Contact to register

shanna.delantar@southvan.org | julie.diesta@southvan.org

BCHKC (BC Housing Kids Club)

All languages and cultures welcome

Culloden Court

Mondays
10:00AM - 1:00PM
Field Trips until 3:00PM

Orchard Park

Wednesdays
10:00AM - 1:00PM
Field Trips until 3:00PM

Champlain Places

Fridays
10:00AM - 1:00PM
Field Trips until 3:00PM

After school Program for BC Housing residents children, age 6- 12 years old. BCH Kids Club children enjoy, arts & crafts, cooking while learning about sustainability, keeping fit and more. Summer sessions will be from 10:00am to 1:00pm with special field trip days until 3:00pm.

Contact to register mikyung.han@southvan.org

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6:00PM		4:00PM - 5:30PM Neighbourhood Youth Initiative					
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7:00PM							
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8:00PM							

YOUTH PROGRAMS

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays | July 6 to August
4:00PM 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



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
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10:00AM - 12:00PM
Community Connects

10:30AM - 12:30PM
Coffee & Chat

1:00PM - 2:30PM
Empowering Immigrant Single Moms

1:00PM - 3:00PM
ESL Conversation Group

1:00PM - 3:00PM
Group Information & Orientation Workshop Series

10:00PM - 12:00PM
Group Discussion in a Circle

1:00PM - 3:00PM
Multicultural Women Peer Mentoring Group

6:00PM - 8:00PM
English Speaking Circle

6:00PM - 8:00PM
Maneja Seguro Latino

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
Register <https://forms.office.com/r/kZsaY25ndF>

Coffee & Chat

All languages and cultures welcome

SVNH Southside Hub (8118 Fraser St.)
Mondays | July 6 - August 24
10:30AM to 12:30PM

Coffee & Chat offers newcomers a friendly and supportive space to practice English, build confidence, and connect with others. Participants engage in everyday conversations, learn about community resources and Canadian life, develop social networks, and strengthen their communication skills through informal and enjoyable activities.

Contact to register samia.ali@southvan.org | 604-757-6892

Wellness Groups

Support for Immigrant Single Parents

All languages and cultures welcome

In Person and Online on Microsoft Teams
Monday to Friday
by appointment

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
Register <https://forms.office.com/r/FyCb2czi4x>

English Speaking Circle

English

Spanish

South Vancouver Neighbourhood House (Rm 304)
Mondays | July 6 - August 24
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 | 604-708-8632
<https://forms.office.com/r/5qb1nD9AMQ>

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

Wellness Groups

Maneja Seguro Latino

English

Spanish

South Vancouver Neighbourhood House (Rm 304)
 Thursdays | July 16 to Aug 13
 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 | 604-708-8632
<https://forms.office.com/r/Tygh3ULkcf>

Community Connects

English

Spanish

South Vancouver Neighbourhood House (Rm 304)
 Tuesdays | July 14 to Aug 11
 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.

Contact to register marie.mah@southvan.org | 604-756-2232

ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House
 Wednesdays
 1:00PM to 3:00PM

For adults wishing to practise English speaking and making social connection

Contact kwangyoung.conn@southvan.org
 Register <https://forms.office.com/r/kZsaY25ndF>



FOOD PROGRAMS

Community Food Programs

South Vancouver Community Food Hub

All languages and cultures welcome

Community

Locations across South Vancouver
Thursdays, Fridays

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 | 60

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

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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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
-							
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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	South Asian Women's Wellness Group	Intermediate iPad/iPhone Class	
1:00PM		Vietnamese Wellness Group		1:30pm - 3:00PM			
-				ESL for beginners			
-							
2:00PM						1:45PM - 3:15PM	
-			1:30PM - 3:00PM		2:00PM - 3:30PM		
-			Intercultural Craft Circle		Chinese Caregivers Sing-along Group		Beginner iPad/iPhone Class
3:00PM							
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Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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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			South Asian Men's Wellness Group (Sunset Community Centre)	1:00PM - 3:00PM			
-				Seniors Line Dance			
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2:00PM				Seniors Shindig			
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-				(St Thomas Anglican Church)			
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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

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

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 | 604-426-0935

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

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 amanpreet.jawanda@southvan.org | 604-426-0935

Arts & Crafts

Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House
Tuesdays | Ongoing | No session on August 24, September 3
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 ping.chen@southvan.org | 604-756-4091

Information and Referrals

Information and Referral Services

- English
- Punjabi
- Mandarin
- Vietnamese
- Hindi
- Cantonese

South Vancouver Neighbourhood House
Monday - Friday | 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.

Hindi/Punjabi amanpreet.jawanda@southvan.org
Cantonese/Mandarin michael.cheung@southvan.org | 604-756-2306

Seniors Tech Support

- English
- Cantonese
- Mandarin

South Vancouver Neighbourhood House or Online on Teams
Fridays | Jun 12, Jul 10, Aug 14
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 amanpreet.jawanda@southvan.org | 604-426-0935

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 | 604-426-0935

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 | 604-426-0935

Tech Support Drop-in Clinic

English

Cantonese

Mandarin

South Vancouver Neighbourhood House or Online on Teams

Fridays | Jun 12, Jul 10, Aug 14

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 amanpreet.jawanda@southvan.org | 604-426-0935

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 amanpreet.jawanda@southvan.org | 604-426-0935

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 ping.chen@southvan.org | 604-756-4091

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 | 604-426-0935

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. There is a thorough walk-through of every dance. *Class full.

Contact to register ping.chen@southvan.org | 604-756-4091

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. *Class full.

Contact to register ping.chen@southvan.org | 604-756-4091

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 | 604-426-0935

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 | 604-426-0935

Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on August 24 & 31
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 michael.cheung@southvan.org | 604-756-2306

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

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

Seniors 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

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

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

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

Health & Wellness Groups

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly | No session August 27 and Sept 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 ping.chen@southvan.org | 604-756-4091

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on August 24, 31
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 chau.ton@southvan.org | 604-639-5370

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
amanpreet.jawanda@southvan.org

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	
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-		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