

Program Guide

Fall 2026

September 2026 - December 2026

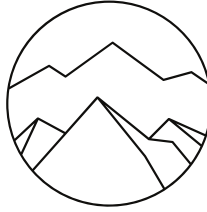
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



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 *xʷməθkʷə́yəm* (Musqueam), *Sk̓wx̓wú7mesh* (Squamish), and *Səlíl̓wətaʔ*/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



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20	Young Adults Ages 17 - 29		

FAMILY PROGRAMS CALENDAR

5

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)		Family Play Time (Southside Hub)		
-		Family Play Time (Champlain Heights)					
11:00am							
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12:00PM				11:30AM - 1:00PM			
-				Family Play Time (Killarney CC)			
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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
marie.mah@southvan.org - (604) 756-2232

Family Play Time at Southside Hub

All languages and cultures welcome

Southside Hub (8118 Fraser St)
Thursdays | September 10 - December 17
10:00AM - 12:00PM

A welcoming drop-in program for children ages 0-6 and their families to connect, play, and learn together! Enjoy circle time, arts & crafts, and plenty of opportunities for play and social connection. Families can also learn about local community resources and services through shared information and guest speakers. Come meet other families and discover resources 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 | September 08 to December 15
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 | September 16 - December 09
11:30AM - 1:00PM

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 (Champlain Heights CC)

All languages and cultures welcome

Champlain Heights CC (3350 Maquinna Drive, 2nd Floor Lounge)
Mondays | September 14-December 14 (no classes Oct 12 & 26)
10:15AM-11:45AM

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.

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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)

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12:00PM		Salmonberry Toddler Childcare	Salmonberry Toddler Childcare	Salmonberry Toddler Childcare	Salmonberry Toddler Childcare	Salmonberry Toddler Childcare	
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1:00PM		Salmonberry 3 to 5 Childcare	Salmonberry 3 to 5 Childcare	Salmonberry 3 to 5 Childcare	Salmonberry 3 to 5 Childcare	Salmonberry 3 to 5 Childcare	
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2:00PM		Salmon Stone Childcare	Salmon Stone Childcare	Salmon Stone Childcare	Salmon Stone Childcare	Salmon Stone Childcare	
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CHILDCARE

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. For 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. For ages 18 months - 3 years.

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.

Contact to register barbie.chan@southvan.org

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

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

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

Children 5 to 12 years old

Eagle Landing School Age Care Gr. K - 7 (ELSAC)

All languages and cultures welcome

Moberly Elementary School 1000 E59th Ave, Vancouver BC, V5X 1Y7

Monday - Friday | September to June

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

A 35 space licensed before and after school care for students attending Moberly 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

PRETEEN PROGRAMS CALENDAR

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9:00am							
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-		United Way School's Out	United Way School's Out	United Way School's Out	United Way School's Out		
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6:00PM							

PRETEEN PROGRAMS

Children 5 to 12 years old

United Way School's Out

Dari

Farsi

Cantonese

Spanish

Tagalog

English

Waverley Elementary School

TBA

Mondays & Thursdays

3:00PM - 4:30PM

Fleming Elementary School

TBA

Tuesdays & Fridays

3:00PM - 4:30PM

United Way School's Out is a free, two days, 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 realting to art, culture, music, community, nature, literacy and more.

Contact to register

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

shanna.delantar@southvan.org

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10:00am							
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12:00PM							
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5:00PM							
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6:00PM		3:45PM - 5:30PM Neighbourhood Youth Initiative (SVNH)	3:45PM - 5:30PM Engaging Communities in Helpful Opportunities ECHO (SVNH)				
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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 | October 5 to December 14
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

Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)
Tuesdays | October 6 to December 15
3:45PM 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

YOUNG ADULT 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

College Prep Workshops (for Newcomer Young Adults and graduating high school youth)

English

Tagalog

South Vancouver Neighbourhood House
Septemeber to November (Please contact Gabby)
TBA

Learn the differences between college and university, explore your options, how to apply for student loans, register for classes, and prepare for post-secondary success in this hands-on series designed to guide you every step of the way.

Contact to register gabby.guevarra@southvan.org

YA Mentorship Volunteer Program for Newcomer Young Adults (17 to 29 years old)

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

South Vancouver Neighbourhood House

Fridays | September 11, 25; October 9, 23; November 13, 27; December 11

4PM to 7PM

Implement activities for high school youth and an option for independent projects with small grants like Neighbourhood Small Grants.

Contact to register gabby.guevarra@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am						10:00AM - 12:00PM	10:00AM - 1:00PM
-							Tagalog Nobody's Perfect Parenting Program
-						Group Discussion in a Circle	
11:00am		10:30AM - 12:30PM				Excel For Newcomers	
-		Coffee & Chat					
-							10AM - 12:00PM
12:00PM							Migrant Workers Health and Wellness Circle
-							
-		12:30PM - 2:00PM		1:00PM - 3:00PM		1:00PM - 3:00PM	
1:00PM		Canadian Citizenship Preparation		ESL Conversation Group		Multicultural Women Peer Mentoring Group	
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2:00PM						2:30PM - 4:30PM	
-						ICBC Knowledge test Preparation	
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3:00PM							
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4:00PM							
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5:00PM							
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6:00PM		6:00PM - 8:00PM		6:00PM - 8:00PM			
-		English Conversation Circle		Maneja Seguro Latino			
-							
7:00PM							
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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
Register <https://forms.office.com/r/kZsaY25ndF>

Coffee & Chat

All languages and cultures welcome

SVNH Southside Hub (8118 Fraser St.)
Mondays | October 5 to November 16
10:30AM to 12:30PM

Coffee & Chat, a welcoming and supportive space for newcomers to practice English, build confidence, and learn practical skills for employment in Canada. Through conversation, group activities, and real-life practice, participants will strengthen their workplace communication and job-search skills.

Contact to register samia.ali@southvan.org | 604-757-6892
<https://forms.cloud.microsoft/r/utn14F2A7Q>

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 Conversation Circle

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 101)
Mondays | September 14 - October 26
6:00PM to 8:00PM

A welcoming space to practice English, build confidence, and connect with others. Beginner, Intermediate, and Advanced groups available based on registration.

Contact to register gustavo.silva@southvan.org | 604-708-8632
<https://forms.cloud.microsoft/r/arHqnAiW2Z>

Migrant Workers Health and Wellness Circle

English

South Vancouver Neighbourhood House
Saturdays | September 26 to November 28
10:00AM to 12:00PM

A safe space to connect, build a network and make friends.

Contact to register julie.diesta@southvan.org

Maneja Seguro Latino

Spanish

South Vancouver Neighbourhood House (Rm 101)
Wednesdays | September 22 to October 14
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.cloud.microsoft/r/iJSVg4djx3>

Nobody's Perfect Parenting Program

Tagalog

TBA
Saturdays | October 17 to November 14
10:00AM to 1:00PM

A Nobody's Perfect Parenting Program provides parents with a safe place to build on their parenting skills, an opportunity to learn new skills and concepts, and a place to interact with other parents who have children the same age. A free parenting program for parents or caregivers of children ages 0-5 years old.

Contact to register marie.mah@southvan.org

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>

Canadian Citizenship Preparation

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 101)
Mondays | Sept 28 and Oct 5
12:30PM - 2:00PM

This workshop is a great opportunity to prepare for a successful citizenship test by learning and reviewing the test materials together, as well as reviewing important information about the citizenship application process and current requirements.

Contact kwangyoung.conn@southvan.org
<https://forms.office.com/r/iD97CjKrh8>

ICBC Knowledge test Preparation

Dari

Farsi

Pashto

Hindi

SVNH Southside Hub (8118 Fraser St.)
Fridays | August 7 to September 25
2:30 PM to 4:30 PM

ICBC Knowledge Test Preparation is a free workshop designed to help newcomers prepare for the BC learner's licence knowledge test. Participants learn the rules of the road, traffic signs, and safe driving practices through interactive lessons and practice questions.

Contact to register fahim.hamidi@southvan.org | 604-674-4389

Excel For Newcomers

Dari

Farsi

Pashto

Hindi

SVNH Southside Hub (8118 Fraser St.)
Fridays | August 7 to September 25
10:00 AM to 12:00 PM

Excel for Newcomers is a beginner-friendly workshop that teaches participants the basics of Microsoft Excel. The program covers essential skills such as data entry, formatting, formulas, sorting, filtering, and creating simple charts to support employment, education, and everyday tasks.

Contact to register fahim.hamidi@southvan.org | 604-674-4389

All Nations Gathering - Water is Life

All languages and cultures welcome

Killarney Community Center
Saturday | September 19
10:00AM to 1:00PM

Down Feather, Drumming, Singing Call to Shore Ceremony. Water is Life (meaning and cultural significance). Nisyok Boys Drumming Drill. Four Directions Dance. Turath Troupe Dabke Dancers

Contact chris.wilson@southvan.org | 604-661-7029

Our Truth

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 101)
Saturday | October 3
1:30PM to 4:00PM

How Residential Schools have effected Indigenous Peoples of Canada.

Contact chris.wilson@southvan.org | 604-661-7029

Indigenous Craft Fair

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 101)
Saturday | November 28
1:30PM to 4:00PM

Hand made Indigenous crafts for sale

Contact chris.wilson@southvan.org | 604-661-7029

My Tween and Me

Punjabi

English

Hindi

Urdu

SVNH Southside Hub (8118 Fraser St.)
Wednesdays | Oct. 14, 21, 28 and Nov. 4
1:00PM - 2:30PM

The program focuses on building healthy relationships between parents and tweens. This program is for permanent residents of Canada.

Contact: Humaira.imtiaz@southvan.org

<https://forms.cloud.microsoft/r/Wp3Zcec5yc?origin=lprLink>

Canadian Citizenship: From Application to Oath Ceremony

Punjabi

English

Hindi

Urdu

SVNH Southside Hub (8118 Fraser St.)
Wednesdays | Nov. 18 and 25
1:00PM - 2:30PM

An orientation and information session about the citizenship application, eligibility requirements, test preparation, taking the online test, and the oath ceremony.

Contact: Humaira.imtiaz@southvan.org

<https://forms.cloud.microsoft/r/m2z2aHZn0Z?origin=lprLink>



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

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 amanpreet.jawanda@southvan.org

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

| 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 debby.ching@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 randy.nakata@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am		9:30AM - 11:45AM Cantonese Wellness Group		10:30am - 12:00PM Intercultural Wellness Group	10:30am - 12:00PM Mandarin Wellness Group	10:30am - 12:00pm Tech Support Drop-in Clinic	
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11:00am							
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12:00PM		12:00PM - 2:45PM Vietnamese Wellness Group	1st Tuesday of the Month 9:30am - 12:00PM Seniors Hub Council	12:00pm - 1:00PM Community Lunch	12:30PM - 2:30PM South Asian Women's Wellness Group	12:00PM - 1:30PM Intermediate iPad/iPhone Class	
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1:00PM				1:30pm - 3:00PM ESL for beginners			
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2:00PM						1:45PM - 3:15PM Beginner iPad/iPhone Class	
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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 and Wednesdays

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

Contact to register debby.ching@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 randy.nakata@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 amanpreet.jawanda@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. One time fee of \$5.

Contact to register amanpreet.jawanda@southvan.org | 604-426-0935

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

Cantonese/Mandarin michael.cheung@southvan.org | frank.lin@southvan.org |
604-756-2306

Tech Support Drop-in Clinic

English

Cantonese

South Vancouver Neighbourhood House or Online on Teams
Fridays | Sept 11, Oct 9, Nov 6, Dec 11
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

Technology

Beginner iPad/iPhone Class

[Cantonese](#)[Vietnamese](#)

South Vancouver Neighbourhood House
Fridays | Weekly | Oct 30 - Dec 18.
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

Intermediate iPad/iPhone Class

[Cantonese](#)[Vietnamese](#)

South Vancouver Neighbourhood House
Fridays | Weekly | Oct 30 - Dec 18
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

Intercultural Wellness Group

English

South Vancouver Neighbourhood House
Wednesdays | Weekly
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

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
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

Light Yardwork Program

English

| At seniors' homes/in community

| Upon Request (with limits) | Saturdays and Sundays | 10 am. - 4 pm.

For seniors who need assistance with light yard work such as mowing, weeding, and keeping paths clear. Seniors must provide lawn mower and equipment.

Contact to register farveen.mohamed@southvan.org

Friendly Visiting, Friendly Calling & Walking Companions

English

Cantonese

Mandarin

| At seniors homes/in community | Weekly/Biweekly

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

Contact to register michael.cheung@southvan.org

Social Prescribing

English

Punjabi

Mandarin

| In person | Online on Zoom | By Phone

| Mondays and Fridays | 9 am. - 4 pm.

Hindi

Cantonese

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.chen@southvan.org
kam.wong@southvan.org

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

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House
Mondays | Weekly
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 | 604-756-4091
amanpreet.jawanda@southvan.org | 604-426-0935

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)	
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12:00PM							
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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)	
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2:00PM							
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-							
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