November 2026

MON	TUE	WED	THU	FRI
2	3 11:00-1:00 Seniors Lunch FLU SHOT AT KNH 1:00 PM TO 3:00PM 2:00-3:00 Chair Yoga 2:00-4:00 (SRC) Information & Resources	4 10:00-12:00 (SRC) Information & Resources *(SRC)* *10:00-11:30 (SRC)* *Java Social – Group 2* 1:00-3:00 (SRC) Friendship Group	5 11:00-12:00 Chair Yoga 1:30-3:30 Senior's Art	6 10:00-11:30 (SRC) Java Social 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
9 **OUTING TO VAN DUSEN GARDENS** **10AM-3PM** **CONTACT LYNETTE FOR REGISTRATION**	10 11:00-1:00 Seniors Lunch 2:00-3:00 Chair Yoga 2:00-4:00 (SRC) Information & Resources	11 *REMEMBRANCE DAY* *KITS HOUSE CLOSED*	12 11:00-12:00 Chair Yoga 1:30-3:30 Senior's Art	13 10:00-11:30 (SRC) Java Social 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
16	17 11:00-1:00 Seniors Lunch VPL Visit 2:00-3:00 Chair Yoga 2:00-4:00 (SRC) Information & Resources	18 10:00-12:00 (SRC) Information & Resources *(SRC)* *10:00-11:30 (SRC)* *Java Social – Group 2* 1:00-3:00 (SRC) Friendship Group	19 11:00-12:00 Chair Yoga 1:30-4:30 (SRC) 55+ Matinee Movie 1:30-3:30 Senior's Art	20 10:00-11:30 (SRC) Java Social 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
24	24 11:00-1:00 Seniors Lunch 2:00-3:00 Chair Yoga 2:00-4:00 (SRC) Information & Resources	25 10:00-12:00 (SRC) Information & Resources *(SRC)* *10:00-11:30 (SRC)* *Java Social – Group 2* 1:00-3:00 (SRC) Friendship Group	26 11:00-12:00 Chair Yoga 1:30-3:30 Senior's Art	27 10:00-11:30 (SRC) Java Social 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
30	Kits House Holiday Market 🎄 Join us at Kits House in the Community Hall on November 21st from 11:00 AM to 2:00 PM for our Holiday Market!Browse a wonderful selection of handmade crafts, unique artwork, and special finds from local makers and artists. Warm up with a hot drink, enjoy some music, and take some time to connect with neighbours and friends in a welcoming, festive atmosphere.			

Seniors and Housing Coordinator
Thais Lopes
E: thaisL@kitshouse.org
P: 604-736-3588 Ext. 127

Caregivers/Care Partners
Braelyn Dillon
E: braelynd@kitshouse.org
P: 604-736-3588 Ext. 600

Food Security
E: kaitlinw@kitshouse.org
P: 604-736-3588 Ext. 122

Seniors Community Connector
Lynette von Oelffen
E: lynettev@kitshouse.org
P: 778-785-1133

Shaylin Zare
shaylinz@kitshouse.org
P: 604-736-3588 Ext. 601

Seniors Programs/Resources
Paula Lopes
paulag@kitshouse.org
P: 604-736-3588 Ext. 129

KITSILANO
Neighbourhood House

Kits House Seniors' Programs
Your July 2026 Guide

Kits House:
2305 West 7th Ave
(Corner of Vine & 7th)

Monday-Friday
9:30 AM to 4:00 PM
Closed on Saturday, Sunday & Holidays

Seniors Resource Centre (SRC):
2425 Vine Street
(Vine & 8th)

Please check the calendar for all program times and Information & Resource hours.

KITS HOUSE PROGRAMS

Seniors Drop-In Lunch

Join friends and neighbours for light exercise, engaging conversation, a delicious meal, and either an informative presentation, fun activity, or entertainment! No pre- registration is required (*drop-in only*). *Note: Lunch is served at 11:30.*

November 3

Meal: Mexican Pork Chile Verde with rice and beans

Activity: Diana Ortiz talking about the "Dia de los Muertos"

November 10

Meal: Chicken Alfredo Pasta Bake

Activity: knee osteoarthritis Chris Lamb

November 17

Meal: Beef Kofta with quinoa and Shirazi Salad

Activity:A Trip to Spain with Paula!

November 24

Meal: Tuna Casserole

Activity: Holiday Card-Making Activity

When: Tuesdays 11:00 am-1:00 pm
Where: Community Hall
Cost: $9drop-in (or buy 10 meal punch-card and get your 11th meal free!) or 5 for $40

Facilitated Meditation Circle

A FREE weekly guided meditation circle. Explore your mind and incorporate mindfulness into your week. Meets every Friday from 11:30-12:00 in the Sunny Seniors Room.

Gentle Chair Yoga

Our instructor Julie has designed this class to incorporate breathing techniques, guided meditation and improve strength, flexibility, balance, and posture, all from the safety of a chair.
Register online or via the front desk.

When: Tuesdays, 2-3 & Thursdays, 11-12
Where: Community Hall *(online optional for Tuesday ONLY)*
Cost: $7 per class drop-in or
5-classes for $30/10-classes for $60 (punch card)

SENIORS RESOURCE CENTRE (SRC) PROGRAMS

Information & Resources Services

Volunteer specialists provide *FREE* confidential one-on-one assistance to individuals seeking information and access to various services.
When: Tue 2-4pm & Wed 10-12pm

E: seniorsinfo@kitshouse.org
P: 604-736-3588 Ext. 604

Java Social

Want to spark some thought-provoking conversation every week? Join the JAVA Social group every **Wednesday** and **Friday from 10:00-11:30 am** for a facilitated discussion circle featuring 52 engaging topics—one for each week of the year!
Contact Paula to register.
Cost: Free! *(with membership)*

55+ Monthly Matinee Movie *(FREE!)*

Watch an afternoon movie with your friends and neighbours and enjoy some popcorn and snacks. Light refreshments provided and served to you by our amazing volunteer, Stacey!
Drop-in, no registration required.

When: Thursday, November 12
Time: 1:30pm to 4:00pm (*Movie starts at 1:45pm*)
Movie: *Calendar Girls*

Friendship Circle

Come and meet a fun, reflective, and supportive group of older adults who like to share good conversations. A light snack along with coffee and tea are provided.
When: Wednesdays, 1-2:30pm
Cost: Free! *(with membership)*

Seniors' Voices Circle

Join us for an engaging session where your voice truly matters! Share your stories, ideas, and suggestions to help shape programs tailored to our senior community. Your input is key in building a vibrant, supportive environment.

Tuesday **-during the Seniors Lunch - To be annouced**

NEW PROGRAMS & MONTHLY EVENTS

FREE FLU SHOTS!
Protect Yourself This Flu Season!
Free flu shots will be available at two locations:
Kitsilano Neighbourhood House
Tuesday, November 3, 2026
1:00 PM – 3:00 PM

Registration is required!

To register, please contact:
Paula: paulag@kitshouse.org
Kits House Front Desk: 604-736-3588
Stay healthy, stay protected, and take care of yourself this flu season!

Accessible Shuttle Bus Trip to Van Dusen Gardens

Come for a nice fall walk to Van Dusen Gardens! Connect with other seniors and maybe enjoy a cup of tea after

When: Monday, November 9th, 2026
From 10:00 am to 3pm
Register with Lynette- *lynettev@kitshouse.org*
or call 778-785-1133
**registration required*
**free bus ride*
**admission to Gardens between $8-10*

November – A Month of Remembrance and Kindness

As the days grow shorter and the weather gets colder, November reminds us of the importance of kindness, gratitude, and connection.
This month, we honour those who served our country on Remembrance Day and celebrate the small acts of kindness that make our community stronger.
Take a moment to reach out to a friend, share a warm conversation, or brighten someone's day with a smile.
Together, we can make November a month of warmth, friendship, and appreciation.

NEW PROGRAMS & MONTHLY EVENTS

Volunteers Needed for Our Social Prescribing Program

We are looking for volunteers to provide companionship and support to socially isolated older adults by joining them for:

- Outdoor walks and activities
- Community programs and events
- Friendly social visits and more

Interested in learning more?

Please contact Lynette at lynettev@kitshouse.org or 778-785-1133 to learn how you can make a difference.

FAMILY & FRIEND CAREGIVERS CONNECTOR

This program offers a point of contact
&
connection for those who are caregiving
for, or as, an older adult in our community.

Program Service examples:
One-to-One Support
Support Groups & Circles of Care (peer group)
Memory Buddy - *Dementia Initiative & Respite*
Information & Resources
Workshops & Education
Wellness Activities

KITSILANO GROUPS: **(***drop ins welcome!)*

Facilitated Support Group: Last Tuesday of the month
Peer Social Cafe: Second Tuesday of the month

LOCATION & TIME
Time: 10:30-12:00
Location: Seniors Resource Centre

For program details - contact Braelyn Dillon
(See contacts on front)

Kitsilano Neighbourhood House recognizes that we work, live and play on the traditional, ancestral and unceded territories of the Musqueam, Squamish and Tsleil-Waututh Nations.