

February 2026



KITSILANO
Neighbourhood House

Kits House Seniors' Programs Your February 2026 Guide



FREE EVENT
Kits House Social
Saturday Feb 21st, 2026

10:00-11:30

Please register
at the front desk



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

Monday-Friday
9am to 6pm
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.

MON	TUE	WED	THU	FRI
2 	3 11:00-1:00 Seniors Lunch 2:00-3:00 Chair Yoga 2:00-4:00 Information & Resources (SRC)	4 10:00-12:00 Information & Resources (SRC) 1:00-3:00 Friendship Group (SRC)	5 11:00-12:00 Chair Yoga 1:30-3:30 Seniors Art	6 10:00-11:30 JAVA Social (SRC) 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
9 10:30-12:00 Valentine's for Golden Years	10 10:30-12:00 Caregiver Support Group (SRC) 11:00-1:00 Seniors Lunch 2:00-3:00 Chair Yoga 2:00-4:00 Information & Resources (SRC)	11 10:00-12:00 Information & Resources (SRC) 11:00am-12:00pm Seniors Programs Advisory Committee (SRC) 1:00-3:00 Friendship Group (SRC)	12 11:00-12:00 Chair Yoga 1:30-3:30 Seniors Art	13 10:00-11:30 JAVA Social (SRC) 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 2:00-3:00 Chair Yoga 2:00-4:00 Information & Resources (SRC)	18 10:00-12:00 Information & Resources (SRC) 1:00-3:00 Friendship Group (SRC)	19 11:00-12:00 Chair Yoga 1:30-3:30 Seniors Art	20 10:00-11:30 JAVA Social (SRC) 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along
23	24 10:30-12:00 Caregiver Peer social Cafe (SRC) 11:00-1:00 Seniors Lunch 2:00-3:00 Chair Yoga 2:00-4:00 Information & Resources (SRC)	25 10:00-12:00 Information & Resources (SRC) 1:00-3:00 Friendship Group (SRC)	26 11:00-12:00 Chair Yoga 1:30-4:30 55+ Monday Matinee Movie (SRC) 1:30-3:30 Seniors Art	27 10:00-11:30 JAVA Social (SRC) 11:00-1:00 Living Room Groceries 11:30-12:00 Meditation Circle 1:00-2:00 Over the Rainbow Sing-Along

February



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.*

February 3

Meal: Mapo Tofu with rice and minced beef
Activity: Chinese New Year with Jessica

February 10

Meal: South American style chicken, Things with Rice
Activity: Intergenerational Valentine's Day

February 17

Meal: Cottage Pot Pie
Activity: LAilish for the Love of food

February 24

Meal: Vietnamese Pork patties with rice noodles
Activity: Afroletics Dance with Felicity!

When: Tuesdays 11:00am-1:00pm

Where: Community Hall

Cost: \$7 drop-in (or buy 10 meal punch-card and get your 11th meal free!) or 5 for \$35

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 **Friday from 10:00-11:30 am** for a facilitated discussion circle featuring 52 engaging topics—one for each week of the year! *Contact Julia 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, February 26th

Time: 1:30pm to 4:00pm (*Movie starts at 1:45pm*)

Movie: *The Holdovers*

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 Programs Advisory Committee

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.

Wednesday, February 11th from 11:00am-12:00pm

NEW PROGRAMS & MONTHLY EVENTS

Valentine's Day for Golden Years

Join us for a sip and snack, Valentine's Day card decoration, and paper flower bouquet. This is a wonderful opportunity to connect and make new friends

When: Monday, February 9th, 2026

Time: 10:30 am to 12:00 pm

Cost: Free!

Registration required, limited spots available

E: frontdesk@kitshouse.org
P: 604-736-3588 Ext. 100



Seniors Resource Fair

This year's theme is Social Connectedness: Aging well in Community where we are highlighting diversity, shared interests, and access to information.

Join us on **Monday, March 9th from 10am to 1pm** in the Community Hall to

discover programs that enhance quality of life, offer essential services, and foster community connections.

Cost: Free!

E: julial@kitshouse.org
P: 604-736-3588 Ext. 138

F&F Caregivers Connect Program

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

Connect with BraelynD@kitshouse.org

Program Services include:

- One-to-One Support
- Support Groups & Circles of Care (peer group)
- Memory Buddy - *Dementia Initiative & Respite*
- Connection to Community Services (*Information & Resources*)
- Workshops & Education
- Wellness Activities

Care Giver Facilitated Support Group:
Last Tuesday of the month!

Care Giver Peer Social Cafe:
Second Tuesday of the Month

DETAILS FOR BOTH GROUPS

Time: 10:30-12:00

Location: Seniors Resource Centre

PROGRAMS & STAFF CONTACT INFORMATION

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

Shaylin Zare

E: shaylinz@kitshouse.org

P: 604-736-3588 Ext. 601

Seniors Programs/Resources

E: Lynette von Oelffen

lynettev@kitshouse.org

P: 604-736-3588 Ext. 601

Julia Lemieux

E: julial@kitshouse.org

P: 604-736-3588 Ext. 138