

IMPORTANT NOTICE:

PROGRAM CLASSES WITH AN INSTRUCTOR ARE \$2.50 PER CLASS IF YOU PURCHASE A 12 OR 6 SESSION CLASS PASS.

DROP-IN PER CLASS IS: \$3

ANY PROGRAM THAT DOES NOT NEED AN INSTRUCTOR IS \$1 FEE: BOOK CLUB, CANASTA, MAHJONG, BINGO CARDS & GAMES, SEWING & KNITTING, WALKING CLUB, UKULELE SING-ALONG, KARAOKE SING-ALONG, AND MORE.
PLEASE ASK THE FRONT DESK FOR MORE INFORMATION.

We expect everyone to be a member to participate. Fees are paid to 411, not the instructor. You must register and pay for the class. If you are on a waiting list, you do not have to pay until you join the class. Program fees/cards cannot transfer to other classes. Refunds are granted when there are circumstances

SPECIAL EVENTS

**“GOLDEN YEARS: EMPOWERING HEALTHY AGING”
WORKSHOP SERIES**

- WORKSHOP 1: “The Brain, Stroke, and the Benefits of Exercise”**
BY: Vivian Li, UBC MSc Student in Rehabilitation Sciences
TUESDAY, August 5th 1:00 - 3:00 PM
- WORKSHOP 2: “Introducing the Brain Wellness Program”**
BY: Alisa Hashimoto, MHA Student in Health Administration
TUESDAY, August 12th 1:00 - 3:00 PM
- WORKSHOP 3: “Diet for a Balanced, Healthy Lifestyle”**
BY: Adrienne Chow, UBC Dietetics Student
TUESDAY, August 19th 1:00 - 3:00 PM
- CRA 1-ON-1 SUPPORT WORKSHOP**
FRIDAY, August 8th 10:00 - 3:00 PM
- PHILOSOPHER CLUB**
TOPIC: “If Success is 80% Showing Up, Is Speaking Up the Rest?”
TUESDAY, August 26th 1:00 - 3:00 PM
- COMMUNITY MEMBER BBQ (\$12)**
AT ROBSON PARK (599 KINGSWAY, VANCOUVER)
WEDNESDAY, August 20th 12:00 - 3:00 PM

COFFEE DROP-IN

411 SENIORS CENTRE COFFEE DROP-IN
EVERY TUESDAY 1:00 - 3:00 PM

AND KINGSGATE MALL COFFEE DROP-IN
EVERY THURSDAY 1:00 - 3:00 PM

KINGSGATE MALL Address: 370 E Broadway Unit 114
FREE AND NO REGISTRATION NEEDED for those two programs

SERVICES

TAX CLINIC FOR SENIORS

WEDNESDAYS by APPOINTMENT 9:00 AM - 4:00 PM

INFORMATION AND REFERRAL SERVICES

MONDAYS to THURSDAYS 10:00 AM - 2:00 PM

Please make an appointment for these two services

NEW PROGRAMS

YOU MUST BE A MEMBER TO REGISTER AND PAY FOR EACH PROGRAM IN ORDER TO PARTICIPATE

- LUNCH AT NOON (\$6)**
4 DAYS/WEEK 12:00 PM - 1:00 PM
TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS
- DAY TRIP: BELCARRA REGIONAL PARK (\$20 private bus)**
THURSDAY, AUGUST 7 9:00 AM - 3:00 PM
- DAY TRIP: BURNABY VILLAGE MUSEUM (\$5 public bus) | (\$15 van)**
WEDNESDAY, AUGUST 13 10:00 AM - 3:00 PM
- DAY TRIP: UBC BOTANICAL GARDEN & TREETWALK (\$30 includes van & admission)**
WEDNESDAY, AUGUST 27 10:00 AM - 3:00 PM
- CELLPHONE CLASS**
EVERY MONDAY 1:00 - 2:00 PM
- DROP-IN TECH CAFÉ**
EVERY FRIDAY 11:00 AM - 2:00 PM
- DIGITAL LITERACY 8-SESSION COURSE WORKSHOP**
FRIDAY, AUG 1, AUG 22 & AUG 29 2:30 - 3:30 PM
- SPANISH CLASS (beginners)**
WEDNESDAYS 10:00 - 11:00 AM
- ART LESSON: SHADING AND SHADOWING WITH CHARCOAL**
BY: DIMASALANG III ARTIST GROUP (Materials will be provided)
FRIDAY, AUGUST 29 1:00 - 3:00 PM
- ZENTANGLE - ART LESSON**
FRIDAY, AUGUST 15 1:15 - 2:45 PM
- WALKING CLUB**
FRIDAYS 2:00 PM
- KARAOKE, SING-ALONG & MUSIC CLUB**
EVERY THURSDAY 11:35 AM - 1:35 PM

ENGLISH FOR BEGINNERS WILL RETURN IN SEPTEMBER



3502 Fraser Street
(604) 684-8171
411seniors.org

PROGRAM CALENDAR
AUGUST 2025
SUMMER EDITION

To sign up for
411 Seniors Centre programs & services,
visit or contact us at:

604-684-8171

411seniors.org

3502 Fraser Street, Vancouver BC
OPEN MONDAY TO FRIDAY
9:00 AM-4:00 PM

*We welcome all members of
the community to visit us and participate!*

