

IMPORTANT NOTICE:

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

DROP-IN PER CLASS IS: \$3

ANY PROGRAM THAT DOES NOT NEED AN INSTRUCTOR IS BY \$1 DONATION: BIRTHDAY CELEBRATION, BOOK CLUB, CANASTA, MAHJONG, BINGO, CARDS & GAMES, SEWING & KNITTING, 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 beyond your control (weather, severe sickness).

SPECIAL EVENTS

- **CANADA DAY SPECIAL CELEBRATION**
TUESDAY, July 1st 1:00 - 3:00 PM
- **WORKSHOP: EMERGENCY RESPONSE AND PREPAREDNESS PROGRAM**
BY: 411 SENIORS CENTER SOCIETY
TUESDAY, July 8th 1:00 - 3:00 PM
- **WORKSHOP: "WHAT DOES AGEING WELL MEAN TO YOU"**
BY: UBC Faculty of Medicine
TUESDAY, July 15th 1:00 - 3:00 PM
- **WORKSHOP: "ELDER PRIDE STORIES"**
BY CYNDIA COLE
TUESDAY, July 22nd 1:00 - 3:00 PM
- **PHILOSOPHER CLUB:**
"WHAT DOESN'T KILL YOU MAKES YOU STRONGER"
TUESDAY, July 29th 1:00 - 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 REGISTER FOR ALL PROGRAMS AND BE A MEMBER TO PARTICIPATE

- **NEW - SOUP & TOAST (\$5)**
TUESDAYS 12:00 PM - 1:00 PM
- **DAY TRIP: CAPILANO PICNIC (\$10 public bus) | (\$35 van)**
WEDNESDAY, JULY 2 10:00 AM - 4:00 PM
- **DAY TRIP: LONSDALE QUAY (\$10 public bus) | (\$40 van)**
FRIDAY, JULY 4 1:00 PM - 6:00 PM
- **DAY TRIP: STEVESTON (\$15 public bus) | (\$35 van)**
WEDNESDAY, JULY 9 9:00 AM - 5:00 PM
- **DAY TRIP: CERAMICS WORKSHOP (\$45 public bus) | (\$65 van)**
FRIDAY, JULY 11 12:30 PM - 4:00 PM
- **DAY TRIP: BLUEBERRY U-PICK AT BILLZ BERRYZ & BEEZ (\$10 public bus) | (\$30 van)**
WEDNESDAY, JULY 16 10:00 AM - 3:00 PM
- **DAY TRIP: STREET ART & CRAFT COFFEE TOUR (\$60 public bus) | (no van)**
FRIDAY, JULY 18 8:45 AM - 1:00 PM
- **DAY TRIP: WHITE ROCK (\$10 public bus) | (\$50 van)**
WEDNESDAY, JULY 23 8:30 AM - 5:00 PM
- **DAY TRIP: DEEP COVE PICNIC (\$15 public bus) | (\$45 van)**
FRIDAY, JULY 25 10:00 AM - 4:00 PM
- **DAY TRIP: WHISTLER (\$50 without lunch) | (\$55 with lunch)**
WEDNESDAY, JULY 30 8:30 AM - 7:00 PM
- **CELLPHONE CLASS (MUST REGISTER)**
MONDAYS 1:00 - 2:00 PM
- **ENGLISH FOR BEGINNERS**
MONDAYS 1:30 - 3:00 PM
- **NEW - SPANISH CLASS (beginners)**
WEDNESDAYS 10:00 - 11:00 AM
- **NEW - ART LESSONS: "DRAWING WITH CHARCOAL"**
BY: DIMASALANG III ARTIST GROUP (Materials will be provided)
FRIDAY, July 25th (LAST FRIDAY OF EVERY MONTH) 1:00 - 3:00 PM



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

PROGRAM CALENDAR JULY 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!*

