

**IMPORTANT NOTICE:**

**PROGRAM CLASSES WITH AN INSTRUCTOR ARE \$2.50 PER CLASS IF YOU PURCHASE A 12- OR 6-SESSION CLASS PASS OR DROP-IN FEE IS: \$3 PER CLASS**

**ANY PROGRAM THAT DOES NOT NEED AN INSTRUCTOR HAS A \$1 FEE:** BOOK CLUB, CANASTA, 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 beyond your control (weather, severe sickness).

**SPECIAL EVENTS**

**411 SENIORS CENTRE ANNUAL GENERAL MEETING  
MONDAY, SEP 29 @ 1:00 PM**

**411 SENIORS CENTRE OPEN HOUSE  
WEDNESDAY, SEP 24 @ 10:00 AM**

- WORKSHOP 1: "MUSIC & HEALTHY BRAIN AGING"**  
By: Dr Sarah Faber, SFU Gerontology program.  
TUESDAY, September 2 1:00 – 3:00 PM
- WORKSHOP 2: "MEMORY AND AGING"**  
By: The Seniors' Health & Wellness Institute (COSCO)  
TUESDAY, September 9 1:00 – 3:00 PM
- WORKSHOP 3: "KNEE OSTEOARTHRITIS: A STORY FROM THE KNEE TO THE BRAIN"**  
BY: Chris Lam, Physical Therapist & PhD student  
TUESDAY, September 16 1:00 – 3:00 PM
- WORKSHOP 4: "STAY CONNECTED: PREVENTING SOCIAL ISOLATION AND LONELINESS"**  
By: Linda Yauk, Seniors First BC Learning Events & Outreach Coordinator  
TUESDAY, September 23 1:00 – 3:00 PM
- CHOWN ADULT DAY CENTRE PRESENTATION**  
By: Renfrew Collingwood Seniors' Society  
FRIDAY, September 19 2:30 – 4:00 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  
TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS 12:00 PM – 1:00 PM
- DAY TRIP: VAN DUSEN**  
THURSDAY, SEPTEMBER 11 1:30 PM – 4:00 PM
- DAY TRIP: VAN DUSEN**  
THURSDAY, SEPTEMBER 25 1:30 PM – 4:00 PM
- DROP-IN TECH CAFÉ**  
EVERY MONDAY & FRIDAY 11:00 AM – 2:00 PM
- DIGITAL LITERACY 8-SESSION COURSE WORKSHOP**  
EVERY FRIDAY - **CANCELLED** 2:30 – 3:30 PM
- AFRO-LATINO DANCE GROUP**  
EVERY MONDAY 10:45 AM – 11:45 AM
- SPANISH CLASS (beginners)**  
WEDNESDAYS 11:10 – 12:10 AM
- ART LESSON: COMPOSITION AND PERSPECTIVE**  
BY: DIMASALANG III ARTIST GROUP (Materials will be provided)  
FRIDAY, SEPTEMBER 26 1:00 – 3:00 PM
- WALKING CLUB**  
EVERY FRIDAY 2:00 PM
- KARAOKE, SING-ALONG & MUSIC CLUB**  
EVERY THURSDAY 11:35 AM – 1:35 PM
- KNITTING AND CROCHET**  
EVERY MONDAY 1:00 – 3:00 PM
- (M.E.L.T) MEET, EAT, LEARN, TEACH**  
EVERY MONDAY 1:00 – 4:00 PM



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

**PROGRAM CALENDAR  
SEPTEMBER 2025  
AUTUMN 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!*

