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)

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 2:30 - 3:30 PM

EVERY FRIDAY - CANCELLED

AFRO-LATINO DANCE GROUP **EVERY MONDAY** 10:45 AM - 11:45 AM

SPANISH CLASS (beginners)

11:10 - 12:10 AM

ART LESSON: COMPOSITION AND PERSPECTIVE BY: DIMASALANG III ARTIST GROUP (Materials will be provided)

FRIDAY, SEPTEMBER 26

WALKING CLUB

EVERY FRIDAY 2:00 PM

KARAOKE, SING-ALONG & MUSIC CLUB EVERY THÚRSDAY

11:35 AM - 1:35 PM

KNITTING AND CROCHET EVERY MONDAY

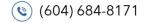
1:00 - 3:00 PM

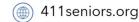
(M.E.L.T) MEET, EAT, LEARN, TEACH ÈVERY MONDAY

1:00 - 4:00 PM









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!

