

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

NATIONAL AND INTERNATIONAL SENIOR DAY

WEDNESDAY, OCTOBER 1ST

LUNCH + SPECIAL DESSERT (\$6) @ 12:00PM - 1:00PM

FREE WILLS CLINIC - OCTOBER 6TH TO 10TH BY APPOINTMENT ONLY,
BOOK YOUR SLOT WITH RECEPTION

THANKSGIVING LUNCH - FRIDAY, OCTOBER 10TH

First Serving 11:30 AM - 12:30 PM, Second Serving 1:30 - 2:30 PM

DROP-IN CLINIC WITH THE MINISTRY OF SOCIAL DEVELOPMENT & POVERTY
REDUCTION - FRIDAY, OCTOBER 10TH @ 10:00 am - 2:00 pm
FRIDAY, OCTOBER 24TH @ 10:00 am - 2:00 pm

NEW - FLU CLINIC:

FRIDAY, OCTOBER 24 @ 10:00 - 2:00 PM

WEDNESDAY, OCTOBER 29 @ 10:00 - 2:00 PM

• WORKSHOP 1: "BOOK READING"

By the Author: Robyn Harding, International Bestselling Author
TUESDAY, October 7 1:00 - 3:00 PM

• WORKSHOP 2: "DEALING WITH STRESS"

By: Cosco
TUESDAY, October 14 1:00 - 3:00 PM

• WORKSHOP 3: "MUSIC & HEALTHY BRAIN AGING"

BY: Sarah Faber. SFU PhD student
TUESDAY, October 21 1:00 - 3:00 PM

• PHILOSOPHER CLUB: "DAY OF THE DEAD"

TUESDAY, October 28 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 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

• NEW - BREAKFAST BRUNCH (\$6)

MONDAY, OCTOBER 6 10:30 AM - 12:30 PM
MONDAY OCTOBER 20 10:30 AM - 12:30 PM
(BREAKFAST BRUNCH HAPPENS TWICE A MONTH)

• (M.E.L.T) MEET, EAT, LEARN, TEACH (\$5)

EVERY MONDAYS 1:00 - 4:00 PM

• DAY TRIP: VANDUSEN BOTANICAL GARDEN

THURSDAY, OCTOBER 9 1:30 PM - 4:00 PM

• DAY TRIP: VANDUSEN BOTANICAL GARDEN

THURSDAY, OCTOBER 23 1:30 PM - 4:00 PM

• DAY TRIP: BOWEN ISLAND (\$10)

THURSDAY, OCTOBER 29 7:30 AM - 5:00 PM

• AFRO-LATINO DANCE GROUP

EVERY MONDAY 10:45 AM - 11:45 AM

• DROP-IN TECH CAFÉ

EVERY MONDAY 1:00 PM - 3:00 PM
AND EVERY FRIDAY 11:00 AM - 2:00 PM

• DIGITAL LITERACY 8-SESSION COURSE WORKSHOP (COMPUTER / TABLET)

EVERY FRIDAY 2:30 - 3:30 PM

• SPANISH CLASS (beginners)

WEDNESDAYS 11:10 - 12:10 AM

• WALKING CLUB

EVERY FRIDAY 2:00 PM

• KARAOKE, SING-ALONG & MUSIC CLUB

EVERY THURSDAY 11:35 AM - 1:35 PM



3502 Fraser Street

(604) 684-8171

411seniors.org

PROGRAM CALENDAR OCTOBER 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!*

