

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 SENIOR HOUSING ACTION FORUM 2025 - MUST REGISTER
"FROM CRISIS TO SOLUTIONS"

THURSDAY, NOVEMBER 6TH @ 9:45 - 3:45 PM

FRIDAY, NOVEMBER 7TH @ 10:30 - 3:30 PM

REMEMBRANCE DAY CELEBRATION "WHY WE REMEMBER"
MONDAY, NOVEMBER 10TH 11:00 AM - 12:00 PM

CRA/SERVICES CANADA CLINIC
FRIDAY, NOVEMBER 14TH @ 10:00 - 3:00 pm

BIRTHDAY CELEBRATION - REGISTER
THURSDAY, NOVEMBER 20 @ 10:00 am -- 12:00 pm

MOVIE DAY:
LABOUR DAY INTERNATIONAL FILM SCREENING
FRIDAY, NOVEMBER 28TH 1:00 - 3:30 PM

• **WORKSHOP 1: "ALL YOU NEED TO KNOW ABOUT WILLS"**

This month is a "National Make a Will Month" in Canada

By Kevin Smith

TUESDAY, NOVEMBER 4

1:00 - 3:00 PM

• **WORKSHOP 2: "KNOWING YOUR BLADDER"**

By: Cosco

TUESDAY, NOVEMBER 18

1:00 - 3:00 PM

• **PHILOSOPHER CLUB : "Meaning of Gifts"**

TUESDAY, NOVEMBER 25

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, 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

TUESDAY, WEDNESDAY, THURSDAY, FRIDAY

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

EVERY MONDAY

1:00 - 4:00 PM

• **NEW - SEWING CLASSES**

EVERY MONDAY

1:00 - 3:00 PM

• **NEW - ZENTANGLE: Easy Christmas Tangling with Judy**

FRIDAY, NOVEMBER 21ST

1:00 - 3:00 PM

• **DAY TRIP: BLODEL CONSERVATORY (\$5)**

THURSDAY, NOVEMBER 13

12:30 PM - 2:30 PM

THURSDAY, NOVEMBER 27

10:30 AM - 12:30 PM

• **AFRO-LATINO DANCE GROUP**

EVERY MONDAY

10:45 AM - 11:45 AM

• **TECH HELP (CELLPHONE, COMPUTER, TABLETS) w/Yvonne**

EVERY MONDAY

1:00 PM - 2:30 PM

AND FRIDAY

11:00 AM - 2:00 PM

• **SPANISH CLASS (beginners)**

WEDNESDAYS

11:10 - 12:10 AM

• **KARAOKE, SING-ALONG & MUSIC CLUB**

EVERY THURSDAY

11:35 AM - 1:35 PM

• **DIGITAL LITERACY ONE-ON-ONE with Ryan (Make a 20-minute appointment at reception)**

TUESDAY, WEDNESDAY, THURSDAYS

10:00 AM - 11:00AM



3502 Fraser Street

(604) 684-8171

411seniors.org

PROGRAM CALENDAR

NOVEMBER 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!*

