

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

**CRA / SERVICE CANADA CLINIC – BY APPOINTMENT
FRIDAY, FEBRUARY 06 FROM 10:00 AM – 3:00 PM**

**DROP-IN CLINIC WITH THE
MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION
TUESDAY, FEBRUARY 03 FROM 10:00 AM – 2:00 PM
TUESDAY, FEBRUARY 17 FROM 10:00 AM – 2:00 PM**

**WORKSHOP 1: PERSONAL PLANNING - REPRESENTATION
AGREEMENT**

BY: NIDUS
TUESDAY, FEBRUARY 03 1:00 – 3:00 PM

WORKSHOP 2: "BRAIN HEALTH"

By : Reach Clinic
TUESDAY, FEBRUARY 10 1:00 - 3:00 PM

WORKSHOP 3: "RESPIRATORY AND LUNG HEALTH"

By: Jerome Beaupre
TUESDAY, FEBRUARY 17 1:00 - 3:00 PM

**PHILOSOPHER CLUB: DO YOU HAVE TO LOVE YOURSELF
BEFORE LOVING OTHERS?**

TUESDAY, FEBRUARY 24 1:00 - 3:00 PM

SOCIAL SATURDAY

SATURDAY, FEBRUARY 28 FROM 10:00 AM – 12:00 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**

- BIRTHDAY CELEBRATION**

THURSDAY, FEBRUARY 19 10:00 AM – 12:00 PM

- MEDITATION & YOGA - DADA & RENATTA**

EVERY FRIDAY 9:30 AM - 10:45 AM

- CHESS CLUB**

EVERY THURSDAY 10:00 AM - 12:00 PM

- TECH HELP WITH RYAN - BY APPOINTMENT ONLY**

EVERY THURSDAY 10:00 AM – 11:00 AM

- ART WORKSHOP BY DIMASALANG III ARTIST GROUP**

Once a month - last Friday of the month
FRIDAY, FEBRUARY 27 1:00 PM – 3:00 PM

- SEWING CLASS**

EVERY MONDAY 1:00 PM – 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 (\$5)**

EVERY MONDAY 1:00PM – 4:00 PM



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

PROGRAM CALENDAR FEBRUARY 2026 WINTER EDITION

To sign up for
411 Seniors Centre programs & services,
visit or contact us at:

604-684-8171

info@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!*

