

#### 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!*

