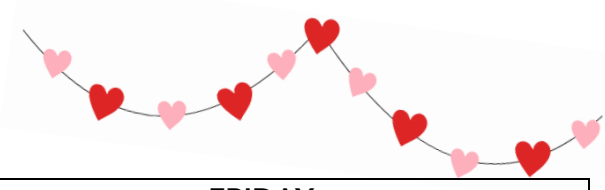




February 2026



411 Seniors Centre Society | 3502 Fraser Street Vancouver | 604 684 8171



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| 2<br><br>TAI-CHI STRETCHING 9:00 - 10:30 am<br>CHAIR YOGA 12:00 – 1:00 pm<br>KNITTING & CROCHET 1:00 – 3:00 pm<br>SEWING CLASSES 1:00 -3:00 pm<br>ENGLISH FOR BEGINNERS 1:30 – 3:00 pm<br>M.E.L.T – 1:00 – 4:00 pm   | 3<br><br>TAI-CHI STRETCHING 9:00 – 9:45 am<br>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm<br>LINE DANCING 10:00 – 11:30 am<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>COFFEE DROP-IN   LEARN, ENGAGE AND CONNECT<br>WORKSHOP: PERSONAL PLANNING – REPRESENTATION AGREEMENT BY NIDUS 1:00 – 3:00 pm  | 4<br><br>STANDING YOGA W/CHAIR 10:00 – 11:00 am<br>FRENCH CONVERSATION 10:00 –11:00am<br>SPANISH CLASS (beginner) 11:10 am – 12:10 am<br>SPANISH CONVERSATION 11:15 am – 12:15 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>BINGO, CARDS & GAMES 1:30 – 2:30 pm<br>UKULELE Level B 12:45 – 1:45 pm<br>UKULELE Level C 2:00 – 3:30 pm  | 5<br><br>CARDIO EXERCISE 10:00 – 11:30 am<br>TECH HELP W/RYAN – 10.00 – 11.00 am<br>CHESS CLUB 10:00 am – 12:00 pm<br>KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>LINE DANCING 2:00 – 3:30 pm<br>DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm  | 6<br><br>CRA / SERVICE CANADA CLINIC 10:00 – 3:00pm<br>MEDITATION & YOGA 9:30 – 10.45 am<br>DANCE WORKOUT 11:00 – 12:30 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>GUITAR LESSONS 1:00 – 2:00 pm<br>UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm<br>WALKING CLUB 2:00 pm                  |
| 9<br><br>TAI-CHI STRETCHING 9:00 - 10:30 am<br>BREAKFAST BRUNCH 10:30 – 12:30 pm<br>CHAIR YOGA 12:00 – 1:00 pm<br>CANASTA CARD GAME 12:00 – 3:00 pm<br>KNITTING & CROCHET 1:00 – 3:00 pm<br>SEWING CLASSES 1:00 -3:00 pm<br>ENGLISH FOR BEGINNERS 1:30 – 3:00 pm<br>M.E.L.T – 1:00 – 4:00 pm                                   | 10<br><br>TAI-CHI STRETCHING 9:00 – 9:45 am<br>LINE DANCING 10:00 – 11:30 am<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>COFFEE DROP-IN<br>LEARN, ENGAGE AND CONNECT<br>WORKSHOP : BRAIN HEALTH BY REACH CLINIC 1:00 – 3:00 pm  | 11<br><br>STANDING YOGA W/CHAIR 10:00 – 11:00 am<br>FRENCH CONVERSATION 10:00 –11:00am<br>SPANISH CLASS (beginner) 11:10 am – 12:10 am<br>SPANISH CONVERSATION 11:15 am – 12:15 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>BINGO, CARDS & GAMES 1:30 – 2:30 pm<br>UKULELE Level B 12:45 – 1:45 pm<br>UKULELE Level C 2:00 – 3:30 pm | 12<br><br>CARDIO EXERCISE 10:00 – 11:30 am<br>TECH HELP W/RYAN – 10.00 – 11.00 am<br>CHESS CLUB 10:00 am – 12:00 pm<br>KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>LINE DANCING 2:00 – 3:30 pm<br>DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm   | 13<br><br>MEDITATION & YOGA 9:30 – 10.45 am<br>DANCE WORKOUT 11:00 – 12:30 pm<br>SPECIAL VALENTINES DAY LUNCH LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>GUITAR LESSONS 1:00 – 2:00 pm<br>UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm<br>WALKING CLUB 2:00 pm                                  |
| 16<br><br><br>FAMILY DAY<br>CENTRE CLOSED   | 17<br><br><br>HAPPY LUNAR NEW YEAR<br>TAI-CHI STRETCHING 9:00 – 9:45 am<br>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm<br>LINE DANCING 10:00 – 11:30 am<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>COFFEE DROP-IN   LEARN, ENGAGE AND CONNECT<br>WORKSHOP: RESPIRATORY AND LUNG HEALTH BY JEROME BEAUPRE 1:00 – 3:00 pm | 18<br><br>STANDING YOGA W/CHAIR 10:00 – 10:55 am<br>FRENCH CONVERSATION 10:00 –11:00am<br>SPANISH CLASS (beginner) 11:10 am – 12:10 am<br>SPANISH CONVERSATION 11:15 am – 12:15 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>BINGO, CARDS & GAMES 1:30 – 2:30 pm<br>UKULELE Level B 12:45 – 1:45 pm<br>UKULELE Level C 2:00 – 3:30 pm | 19<br><br>BIRTHDAY CELEBRATION 10:00 am - 12:00 pm<br>CARDIO EXERCISE 10:00 – 11:30 am<br>TECH HELP W/RYAN – 10.00 – 11.00 am<br>CHESS CLUB 10:00 am – 12:00 pm<br>KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>LINE DANCING 2:00 – 3:30 pm<br>RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM<br>DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm | 20<br><br>MEDITATION & YOGA 9:30 – 10.45 am<br>DANCE WORKOUT 11:00 – 12:30 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>GUITAR LESSONS 1:00 – 2:00 pm<br>UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm<br>WALKING CLUB 2:00 pm   |
| 23<br><br>TAI-CHI STRETCHING 9:00 - 10:30 am<br>BOOK CLUB 10:00 am – 12:00 pm<br>BREAKFAST BRUNCH 10:30 – 12:30 PM<br>CHAIR YOGA 12:00 – 1:00 pm<br>CANASTA CARD GAME 12:00 – 3:00 pm<br>KNITTING & CROCHET 1:00 – 3:00 pm<br>SEWING CLASSES 1:00 -3:00 pm<br>ENGLISH FOR BEGINNERS 1:30 – 3:00 pm<br>M.E.L.T – 1:00 – 4:00 pm | 24<br><br>TAI-CHI STRETCHING 9:00 – 9:45 am<br>LINE DANCING 10:00 – 11:30 am<br>LUNCH AT NOON (\$6) 12:00 – 1:00 PM<br>COFFEE DROP-IN<br>LEARN, ENGAGE AND CONNECT<br>PHILOSOPHER CLUB: DO YOU HAVE TO LOVE YOURSELF BEFORE LOVING OTHERS? 1:00 – 3:00 pm   | 25<br><br>STANDING YOGA W/CHAIR 10:00 – 10:55 am<br>FRENCH CONVERSATION 10:00 –11:00am<br>SPANISH CLASS (beginner) 11:10 am – 12:10 am<br>SPANISH CONVERSATION 11:15 am – 12:15 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>BINGO, CARDS & GAMES 1:30 – 2:30 pm<br>UKULELE Level B 12:45 – 1:45 pm<br>UKULELE Level C 2:00 – 3:30 pm | 26<br><br>CARDIO EXERCISE 10:00 – 11:30 am<br>TECH HELP W/RYAN – 10.00 – 11.00 am<br>CHESS CLUB 10:00 am – 12:00 pm<br>KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>LINE DANCING 2:00 –3:30 pm<br>DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm  | 27<br><br>MEDITATION & YOGA 9:30 – 10.45 am<br>DANCE WORKOUT 11:00 – 12:30 pm<br>LUNCH AT NOON (\$6) 12:00 – 1:00 pm<br>UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm<br>GUITAR LESSONS 1:00 – 2:00 pm<br>ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 – 3:00 pm<br>WALKING CLUB 2:00 pm |
|  |   |   |  | SOCIAL SATURDAY<br>SATURDAY, FEBRUARY 28TH<br>10.00 AM TO 12.00 PM  |

