



February 2026



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

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

