



January 2026



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOCIAL SATURDAY SATURDAY, JANUARY 31ST 10.00 TO 12.00 PM</b>			<b>1 NEW YEAR'S DAY CENTRE CLOSED</b>	<b>2 CENTRE WILL BE OPEN FROM 9.00 AM TO 12.00 PM</b>
5  TAI-CHI STRETCHING 9:00 - 10:30 am CHAIR YOGA 12:00 – 1:00 pm SEWING CLASSES 1:00 - 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	6  TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING 10:00 – 11:30 am <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT <b>NEW YEAR CELEBRATION &amp; RESOLUTIONS</b> 1:00 – 3:00 pm	7  FRENCH CONVERSATION 09:30 – 11:00am STANDING YOGA W/CHAIR 10:00 – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm	8  CARDIO EXERCISE 10:00 – 11:30 am TECH HELP W/RYAN – 10.00 – 11.00 am <b>NEW: CHESS CLUB</b> 10:00 am – 12:00 pm KARAOKE, SING-ALONG 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM MAHJONG 1:00 – 3:00 pm LINE DANCING 2:00 – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	9  <b>NEW: MEDITATION &amp; YOGA</b> 9:30 – 10.45 am DANCE WORKOUT 11:00 – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 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
12  TAI-CHI STRETCHING 9:00 - 10:30 am <b>BREAKFAST BRUNCH</b> 10:30 – 12:30 pm AFRO-LATINO DANCE 10:45 – 11:45 pm CHAIR YOGA 12:00 – 1:00 pm CANASTA CARD GAME 12:00 – 3:00 pm SEWING CLASSES 1:00 - 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	13  TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING 10:00 – 11:30 am <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT <b>WORKSHOP: HOW TO BE AN EXECUTOR OF A WILL BY KEVIN SMITH</b> 1:00 – 3:00 pm	14  FRENCH CONVERSATION 09:30 – 11:00am STANDING YOGA W/CHAIR 10:00 – 10:55 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm	15  CARDIO EXERCISE 10:00 – 11:30 am TECH HELP W/RYAN – 10.00 – 11.00 am <b>NEW: CHESS CLUB</b> 10:00 am – 12:00 pm KARAOKE, SING-ALONG 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM MAHJONG 1:00 – 3:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM LINE DANCING 2:00 – 3:30 pm	16  <b>NEW: MEDITATION &amp; YOGA</b> 9:30 – 10.45 am DANCE WORKOUT 11:00 – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 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
19  TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm CHAIR YOGA 12:00 – 1:00 pm SEWING CLASSES 1:00 - 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	20  TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING 10:00 – 11:30 am <b>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT &amp; POVERTY REDUCTION</b> 10:00 am – 2:00 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT <b>WORKSHOP: MANY USES OF BANANA LEAF BY CORA</b> 1:00 – 3:00 pm	21  FRENCH CONVERSATION 09:30 – 11:00am STANDING YOGA W/CHAIR 10:00 – 10:55 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 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	22  <b>BIRTHDAY CELEBRATION</b> 10:00 am - 12:00 pm CARDIO EXERCISE 10:00 – 11:30 am TECH HELP W/RYAN – 10.00 – 11.00 am <b>NEW: CHESS CLUB</b> 10:00 am – 12:00 pm KARAOKE, SING-ALONG 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 pm MAHJONG 1:00 – 3:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm LINE DANCING 2:00 – 3:30 pm	23  <b>NEW: MEDITATION &amp; YOGA</b> 9:30 – 10.45 am DANCE WORKOUT 11:00 – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm
26  TAI-CHI STRETCHING 9:00 - 10:30 am <b>BREAKFAST BRUNCH</b> 10:30 – 12:30 pm AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm BOOK CLUB 10:00 am – 12:00 pm CANASTA CARD GAME 12:00 – 3:00 pm CHAIR YOGA 12:00 – 1:00 pm SEWING CLASSES 1:00 - 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm	27  TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING 10:00 – 11:30 am <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT <b>WORKSHOP: DIABETES BY REACH CLINIC</b> 1:00 – 3:00 pm	28  FRENCH CONVERSATION 09:30 – 11:00am STANDING YOGA W/CHAIR 10:00 – 10:55 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 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	29  CARDIO EXERCISE 10:00 – 11:30 am TECH HELP W/RYAN – 10.00 – 11.00 am <b>NEW: CHESS CLUB</b> 10:00 am – 12:00 pm KARAOKE, SING-ALONG 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 – 1:00 pm MAHJONG 1:00 – 3:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm LINE DANCING 2:00 – 3:30 pm	30  <b>NEW: MEDITATION &amp; YOGA</b> 9:30 – 10.45 am DANCE WORKOUT 11:00 – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 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

