

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, 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

"SAINT PATRICK'S DAY" SPECIAL LUNCH (\$12)
FRIDAY, MARCH 13 12:00 pm - 1:00 pm

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

WORKSHOP 1: SEASONAL ALLERGIES
BY: Vanessa Cheng
TUESDAY, MARCH 03 1:00 - 3:00 PM

WORKSHOP 2: "BRAIN HEALTH"
By: Lisa Perrett from Reach Clinic
TUESDAY, MARCH 10 1:00 - 3:00 PM

WORKSHOP 3: NOWRUZ: PERSIAN NEW YEAR CELEBRATION
TUESDAY, MARCH 17 1:00 - 3:00 PM

WORKSHOP 4: TURNING PRIORITIES INTO REAL COUNCIL ACTION (Shape your community)
By: Monique Nicholas from WTC
TUESDAY, MARCH 24 1:00 - 3:00 PM

PHILOSOPHER CLUB: Why do we celebrate International Women's Day?
TUESDAY, MARCH 31 1:00 - 3:00 PM

SOCIAL SATURDAY
SATURDAY, MARCH 28th 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
MARCH 2ND TO APRIL 30TH

Monday to Friday by APPOINTMENT 10:00 AM - 3:00 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, MARCH 19 10:00 AM - 12:00 PM
- NEW SCHEDULE: SEWING CLASS**
EVERY TUESDAY 1:00 PM - 3:00 PM
- FRENCH CONVERSATION**
EVERY WEDNESDAY 10:00 AM - 11:00 AM
- SPANISH CLASS (BEGINNER)**
EVERY WEDNESDAY 11:10 AM - 12:10 AM
- STANDING YOGA W/CHAIR**
EVERY WEDNESDAY 10:00 AM - 11:00 PM
- KNITTING**
EVERY MONDAY 1:00 - 3:00 PM
- M. E. L. T - MEET EAT LEARN TEACH (\$5)**
EVERY MONDAY 1:00PM - 4:00 PM
- CHESS CLUB**
EVERY THURSDAY 10:00 AM - 12:00 PM
- KARAOKE, SING-ALONG & MUSIC CLUB**
EVERY THURSDAY 11:35 AM - 1:35 PM
- MEDITATION & YOGA - DADA & RENATTA**
EVERY FRIDAY 9:30 AM - 10:45 AM
- WALKING CLUB**
EVERY FRIDAY 2:00 PM
- ART WORKSHOP BY DIMASALANG III ARTIST GROUP**
Once a month - last Friday of the month
FRIDAY, MARCH 27 1:00 PM - 3:00 PM



411
SENIORS
centre society

Informed and Connected

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

PROGRAM CALENDAR
MARCH 2026
SPRING 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 participate!*

