

March 2026



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:30 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT WORKSHOP: SEASONAL ALLERGIES By: Vanessa Cheng 1:00 pm – 3:00 pm NEW SCHEDULE SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 pm FRENCH CONVERSATION 10:00 am –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:30 pm – 2:30 pm UKULELE Level B 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 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 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm WALKING CLUB 2:00 pm</p>
9	10	11	12	13
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am BREAKFAST BRUNCH (CANCELLED) 10:30 AM – 12:30 PM CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:30 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT WORKSHOP :BRAIN HEALTH By: Lisa Perrett from Reach Clinic 1:00 pm – 3:00 pm NEW SCHEDULE SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 pm FRENCH CONVERSATION 10:00 am –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:30 pm – 2:30 pm UKULELE Level B 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 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 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm "SAINT PATRICK'S DAY" SPECIAL LUNCH (\$12) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm WALKING CLUB 2:00 pm</p>
16	17	18	19	20
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:30 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT PERSIAN NEW YEAR: NOWRUZ CELEBRATION 1:00 pm – 3:00 pm NEW SCHEDULE SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:30 pm – 2:30 pm UKULELE Level B 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>BIRTHDAY CELEBRATION 10:00 am - 12:00 pm CARDIO EXERCISE 10:00 am – 11:30 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 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 pm – 3:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm WALKING CLUB 2:00 pm</p>
23	24	25	26	27
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am BREAKFAST BRUNCH (CANCELLED) 10:30 AM – 12:30 PM BOOK CLUB 10:00 am – 12:00 pm CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:30 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT WORKSHOP: TURNING COMMUNITY PRIORITIES INTO REAL COUNCIL ACTION (Shape your community) By: Monique Nicholas from WTC 1:00 pm – 3:00 pm NEW SCHEDULE SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:30 pm – 2:30 pm UKULELE Level B 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 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 pm – 1:00 pm LINE DANCING 2:00 pm –3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
30	31			
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:30 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT PHILOSOPHER CLUB: Why do we celebrate International Women's Day? 1:00 pm – 3:00 pm NEW SCHEDULE SEWING CLASSES 1:00 pm -3:00 pm</p>		<p>411 COFFEE HOUSE FRIDAY 13TH & 27TH @ 7:30 PM, DOORS OPEN AT 7:00 PM</p>	<p>SOCIAL SATURDAY SATURDAY, MARCH 28TH 10.00 AM TO 12.00 PM</p>