

IMPORTANT NOTICE:

PROGRAM CLASSES WITH AN INSTRUCTOR ARE \$2.50 PER CLASS IF YOU PURCHASE A 6-SESSION CLASS PASS.

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

BOWEN ISLAND TRIP (\$15)
WEDNESDAY, April 29
7:30 AM – 5:00 PM

**DROP-IN CLINIC WITH THE
MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION**
TUESDAY, APRIL 18 FROM 10:00 AM – 2:00 PM
TUESDAY, APRIL 28 FROM 10:00 AM – 2:00 PM

DROP-IN
411 SENIORS CENTRE
LEARN, ENGAGE AND CONNECT WORKSHOPS
EVERY TUESDAY 1:00 – 3:00 PM

WORKSHOP 1: DIABETES AWARENESS
BY: UBC Healthwise Program
TUESDAY, APRIL 07 1:00 – 3:00 PM

WORKSHOP 2: "DEMENTIA CARE"
By: Brian Huffsmith
TUESDAY, APRIL 14 1:00 - 3:00 PM

WORKSHOP 3: EARTH DAY (LOVE, IMAGINE, ACT)
By: David Suzuki Foundation. Elders Group
TUESDAY, APRIL 21 1:00 - 3:00 PM

PHILOSOPHER CLUB: CLIMATE CHANGE : What Can We Do About It?
TUESDAY, APRIL 28 1:00 - 3:00 PM

DROP-IN
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 this program.

SOCIAL SATURDAY
SATURDAY, APRIL 25th FROM 10:00 AM – 12:00 PM

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
Appointments are required for both services

NEW PROGRAMS

YOU MUST BE A MEMBER TO REGISTER AND PAY FOR EACH PROGRAM IN ORDER TO PARTICIPATE

- **STANDING YOGA W/CHAIR**
EVERY WEDNESDAY 10:00 AM - 11:00 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
- **ENGLISH FOR BEGINNERS**
EVERY MONDAY 1:15 PM - 3:00 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
- **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, APRIL 24 1:00 PM - 3:00 PM



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

PROGRAM CALENDAR APRIL 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!*

