

**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**

**411 SENIORS CENTRE SOCIETY (1977) EXTRAORDINARY GENERAL MEETING** for members ONLY, no registration needed

In person **only** Tuesday, May 26 at 1:00 pm

**BOWEN ISLAND TRIP (\$15)**  
WEDNESDAY, May 27  
7:30 AM – 5:00 PM

**DROP-IN CLINIC WITH THE  
MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION**  
TUESDAY, MAY 26 FROM 10:00 AM – 2:00 PM

**PNEUMONIA VACCINATION CLINIC**  
THURSDAY MAY 7 10:30 am – 12:30 pm

**MOTHER'S DAY CELEBRATION: LUNCH AT NOON (\$12)**  
FRIDAY MAY 8 12:00 PM – 1:00 PM

**LEARN, ENGAGE AND CONNECT FREE WORKSHOPS:**  
**EVERY TUESDAY** 1:00 – 3:00 PM

**WORKSHOP: GUT and DIGESTIVE HEALTH**

**BY: UBC Healthwise Program**

TUESDAY, MAY 05 1:00 – 3:00 PM

**WORKSHOP: MOTHER'S DAY BALLETT DANCE**

**By: Ballet BC**

TUESDAY, MAY 12 1:00 – 3:00 PM

**WORKSHOP: BEING SAFE AT HOME**

**By: Empower Me Society**

TUESDAY, MAY 19 1:00 – 3:00 PM

**FREE COFFEE SOCIAL DROP-IN**

**AT KINGSGATE MALL - NO REGISTRATION**

**Address: 370 E Broadway Unit 114**

**EVERY THURSDAY 1:00 – 3:00 PM**

**SOCIAL SATURDAY (\$3)**

**SATURDAY, MAY 30th FROM 10:00 AM – 12:00 PM**

**SERVICES**

**TAX CLINIC FOR SENIORS**

Wednesdays by APPOINTMENT 10:00 AM – 4:00 PM

**INFORMATION AND REFERRAL SERVICES**

MONDAYS to THURSDAYS 10:00 AM – 2:00 PM

Appointments are required for both services

**FEATURED PROGRAMS**

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

- **NEW BELLY DANCING CLASSES**  
EVERY WEDNESDAY 2:15 PM – 3:30 PM
- **NEW DROP-IN PING PONG**  
EVERY THURSDAY 11:35 AM – 12:35 PM
- **STANDING YOGA W/CHAIR**  
EVERY WEDNESDAY 10:00 AM – 11:00 AM
- **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
- **ART WORKSHOP BY DIMASALANG III ARTIST GROUP**  
Once a month - last Friday of the month  
FRIDAY, MAY 29 1:00 PM – 3:00 PM



3502 Fraser Street

(604) 684-8171

411seniors.org

**PROGRAM CALENDAR  
MAY 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!*

