

**IMPORTANT NOTICE:**

**INSTRUCTOR-LED CLASSES:** \$2.50/class with a 6-session pass, or \$3 drop-in.

**NO-INSTRUCTOR PROGRAMS (\$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.

**Membership required. Fees are paid to 411, not the instructor. You must register and pay to join a class. Waiting list members pay only once they join. Fees/cards are non-transferable between classes. Refunds are granted only for circumstances beyond your control (weather, severe illness).**

**SPECIAL EVENTS**

• **Conference: "Break Through the Climate Silence" (FREE Registration)**  
by BC Hub for Seniors for Climate  
Friday, June 5 • 9:30 AM – 4:00 PM

• **Father's Day Lunch Special \$12 (by registration)**  
Friday, June 19 • 12:00 – 1:00 PM

• **Lunch & Live Theatre: Origins of the Heart: From There to Here (FREE Registration)**  
Monday, June 29 • 2:30 PM – 4:00 PM

• **Social Saturday \$3 (by registration)**  
Saturday, June 27 • 10:00 AM – 12:00 PM

**Cultural Celebrations**

• **Philippine Independence Day \$12 (by registration)**  
Friday, June 12 • 10:30 AM – 3:30 PM

**Free Workshops**

• **Nutrition and Arthritis by OASIS Vancouver Coastal Health**  
Tuesday, June 2 • 1:00 – 3:00 PM by OASIS Vancouver Coastal Health

• **Heart Health & Cardiovascular Health by UBC Healthwise Program**  
Tuesday, June 9 • 1:00 – 3:00 PM by UBC Healthwise Program

• **Parkinson's, Dementia, and Music Therapy**  
Tuesday, June 16 • 1:00 – 3:00 PM by Gloria Rahgozar (Neuroscience student)

• **National Indigenous Peoples Day**  
Tuesday, June 23 • 1:00 – 3:00 PM

• **Philosopher Café: "Do We Need Leaders?"**  
Tuesday, June 30 • 1:00 – 3:00 PM

**Drop-in Services:**

• **Drop-In Clinic**  
Ministry of Social Development & Poverty Reduction  
Tuesdays, June 9 & 23 • 10:00 AM – 2:00 PM

• **Free Coffee Social Drop-In**  
At Kingsgate Mall – 370 E Broadway, Unit 114  
Every Thursday • 1:00 – 3:00 PM

**PROGRAMS**

**Featured Programs and Trips**

- **VanDusen Trip (\$15) (by Registration)**  
Monday June 8 • 1 PM – 4:00 PM
- **Steveston Trip (\$15) (by Registration)**  
Thursday June 18 • 7:30 AM–5:00 PM
- **Bowen Island Trip (\$15) (by Registration)**  
Wednesday, June 24 • 7:30 AM – 5:00 PM
- **1-On-1 Digital Literacy (\$3) (by Registration)**  
Thursdays & Fridays • 1:00 PM – 3:00 PM (1 to 1)
- **FIFA World Cup Viewing**  
Daily, June 11 – June 30 • 12:00 – 2:00 PM • At the Centre

**Monday**

- **English for Beginners** — 1:15 PM – 3:00 PM
- **Knitting** — 1:00 PM – 3:00 PM
- **M.E.L.T (Meet Eat Learn Teach)** — 1:00 PM – 4:00 PM (\$5)  
(Canceled on June 8<sup>th</sup> & 29<sup>th</sup>)
- **Tai-Chi Stretching** 9:00 AM – 10:30 AM
- **Chair Yoga** 12:00 PM – 1:00 PM
- **Gardening Workshop - June 22** 10:30 AM – 12:00 PM (\$5)

**Tuesday**

- **Sewing Class** — 1:00 PM – 3:00 PM
- **Tai-Chi Stretching** 9:00 AM – 9:45 AM
- **Line Dancing** 10:00 AM – 11:30 AM

**Wednesday**

- **Standing Yoga with Chair** — 10:00 AM – 11:00 AM
- **French Conversation** — 10:00 AM – 11:00 AM
- **Spanish Class (Beginner)** — 11:10 AM – 12:10 PM
- **Spanish Conversation** — 11:15 AM – 12:15 PM
- **Bingo Cards & Games** — 1:15 PM – 2:15 PM
- **Belly Dancing** — 2:15 – 3:30 PM (NEW!)
- **Ukulele Level B Tutorial** 2:30 PM – 3:30 PM
- **Ukulele Level C** 12:45 PM – 2:10 PM

**Thursday**

- **Drop-In Ping Pong** — 11:35 AM – 12:35 PM (NEW!)
- **Cardio Exercise** — 10:00 AM – 11:30 AM
- **Chess Club** — 10:00 AM – 12:00 PM
- **Line Dancing** — 1:00 PM – 2:30 PM

**Friday**

- **Meditation & Yoga (Dada & Renatta)** — 9:30 – 10:45 AM
- **Cycling Club** — (\$1) Every Friday, Starting 10 am
- **Walking Club** — (\$1) Every Friday Starting 2 pm
- **Dance Workout** — 11:00 AM – 12:30 PM
- **Guitar Lessons** — 1:00 PM – 2:00 PM
- **Ukulele Sing-Along Circle** 2:30 PM – 3:30 PM

**Monthly**

- **Art Workshop by Dimasalang III Artist Group**



3502 Fraser Street

(604) 684-8171

411seniors.org

**PROGRAM CALENDAR  
JUNE 2026  
SUMMER 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**  
(Corner of Fraser and E 19th Ave)

**OPEN MONDAY TO FRIDAY**  
**9:00 AM - 4:00 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

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