

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, Knitting, Walking Club, Ukulele. 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

- **411 Summer BBQ at Robson Park (\$12) (REGISTRATION REQUIRED):**
Friday August 14th 10:00 am – 4:00 PM
- **Creative Dance for Seniors with Ballet BC (\$3) (REGISTRATION REQUIRED):**
Monday August 10 1:00 PM – 3:00 PM
- **Gardening Workshop (\$10) (REGISTRATION REQUIRED):**
Monday August 17 10:15 AM – 12:00 PM
- **RAINBOW CAFÉ (2SLGBTQ+)**
Thursday August 20 1:30 PM – 3:00 PM
- **Book Club (\$1)**
Monday August 31 10:00 AM – 12:00 PM
- **Social Saturday is CANCELED UNTIL SEPTEMBER**
- **Coffee House is CANCELED UNTIL SEPTEMBER**
- **Drop-In Free Workshops on Tuesdays (1:00 – 3:00PM)**
- **Heart Health and Exercise** Tuesday, August 4 • 1:00 PM – 3:00 PM
By **Bonnie MacCoy, Cardiac Exercise Specialist**
- **Fall Prevention** Tuesday, August 11 • 1:00 PM – 3:00 PM
By **Cam Fielding, Fall Prevention Program Coordinator**
- **Sleep Disorders** Tuesday, August 18 • 1:00PM–3:00PM
By **Pierce Nelson**
- **Philosopher Café: "Don't Worry, Be Happy"** Tuesday, August 25 • 1:00 PM – 3:00 PM

Drop-in Services:

- **Drop-In Clinic**
Ministry of Social Development & Poverty Reduction
Tuesdays, August 4 & 18 • 10:00 AM – 1:00 PM
- **Free Coffee Social Drop-In**
At Kingsgate Mall – 370 E Broadway, Unit 114
Every Thursday • 1:00 – 3:00 PM

**YOU MUST BE A MEMBER TO REGISTER AND PAY
FOR EACH PROGRAM TO PARTICIPATE
(PROGRAM CANCELLATION MAY HAPPEN
WITHOUT PRIOR NOTICE)**

PROGRAMS

Featured Trips (Registration REQUIRED)

- **Trip to Oakridge Park (\$5)**
Wednesday, August 26 • 1:30 PM – 4:00 PM

Monday

- **English for Beginners** — 1:15 PM – 3:00 PM (\$1)
- **Knitting** — 1:00 PM – 3:00 PM (\$1)
- **M.E.L.T (Meet Eat Learn Teach)** — 1:00 PM – 4:00 PM (\$5)
- **Tai-Chi Stretching** 9:10 AM – 10:45 AM (\$3)
- **Chair Yoga** 12:00 PM – 1:00 PM (\$3)
- **Sewing Class** 10:00 am – 12:00 pm (\$3)

Tuesday

- **Tai-Chi Stretching** 9:10 AM – 9:55 AM (\$3)
- **Line Dancing** 10:00 AM – 11:30 AM (\$3)

Wednesday

- **Standing Yoga with Chair** — 10:00 AM – 11:00 AM (\$3)
- **Spanish Class (Beginner)** — 11:10 AM – 12:10 PM (\$3)
- **Bingo Cards & Games** — 1:15 PM – 2:15 PM (\$1)
- **Belly Dancing** — 2:15 – 3:30 PM (\$3)
- **Ukulele Level C Drop in** 12:45 PM – 2:10 PM (\$1)

Thursday

- **Drop-In Ping Pong** — 11:35 AM – 12:45 PM (\$1)
- **Cardio Exercise** — 10:00 AM – 11:30 AM (\$3)
- **Line Dancing** — 1:00 PM – 2:30 PM (\$3)

Friday

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



PROGRAM CALENDAR

August 2026

SUMMER EDITION

To sign up for
411 Seniors Centre programs & services,
visit or contact us at:

604-684-8171

411seniors.org

info@411seniors.org

3502 Fraser Street, Vancouver BC V5V 4C6
(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