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

- **Jewelry and Clothes Bazaar July 21 11AM – 3:30 PM**
- **Gardening Workshop ($5):**
  Thursday July 6 10:30 am – 12:00 PM
- **Practical Tips for Staying Safe at Home:**
  Thursday July 9 11:00 am – 12:00 PM
- **Social Saturday (CANCELED UNTIL SEPTEMBER)**

Free Workshops

- **Osteoarthritis** Tuesday, July 7 • 1:00 PM – 3:00 PM
  By **Chris Lamb, MPT, PHD Candidate**
- **Nutrition & Healthy Eating** • July 14 1:00 PM – 3:00 PM
  By **Adrianna Chow, Dietetics Student**
- **Pharmacy and Healthy Aging** • July 21 1:00 PM – 3:00 PM
  By **Ahmed Mahklouf. Doctor of Pharmacy candidate UBC**
- **Philosopher Café: "What It Means To Be Canadian"**
  Tuesday, July 28 • 1:00 – 3:00 PM

Drop-in Services:

- **Drop-In Clinic**
  Ministry of Social Development & Poverty Reduction
  Tuesdays, July 7 & 21 • 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

Featured Trips (Registration REQUIRED)

- **VanDusen Gardens ($15) (Private Bus Included & Entrance)**
  Friday, July 3 • 12:30 PM – 4:00 PM
- **Bird Sanctuary ($15) (Private Bus Included)**
  Friday July 17 • 9:30 AM – 4:00 PM
- **U Pick Blueberries ($15) (Private Bus Included)**
  Thursday, July 23 • 9:30 AM – 4:00 PM
- **Regional Park Belcarra ($20) (Lunch + Private Bus included)**
  Tuesday July 27 • 9:30 AM – 4:00 PM

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

PROGRAMS

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)**
- **Tai-Chi Stretching** 9:10 AM – 10:45 AM
- **Chair Yoga** 12:00 PM – 1:00 PM
- **Sewing Class** ($1) 10:00 am – 12:00 pm

Tuesday

- **Tai-Chi Stretching** 9:10 AM – 9:55 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 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
- **1-On-1 Digital Literacy Support** ($3) 1:00 – 3:00

Friday

- **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
- **1-On-1 Digital Literacy Support** ($3) 1:00 – 3:00

411 SENIORS centre society
Informed and Connected
3502 Fraser Street
(604) 684-8171
411seniors.org

PROGRAM CALENDAR

JULY 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