

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

New Programs

- **Strength Exercise for Seniors. Every Monday (\$3)**

10:50 AM to 11:50 AM starting on **September 14, 2026.**

- **Ballet BC: Creative Dance for Seniors (\$3)**

12:00 PM – 1:30 PM only on **September 14, 2026.**

(Please Note that you must **REGISTER TO PARTICIPATE**)

- **411 Coffee House, Friday's September 11 and 25** Doors Open at 7:00 PM.

- **Social Saturday, September 26, 10:00 AM – 12:00 PM**

Free Tuesday Workshops

- **Cities of the Salish Sea (History and Archaeology Research)** by PhD Candidate Sarah Holma, Leiden University, Tuesday, Sep 1, 1:00 PM – 3:00 PM

- **Exercise and Arthritis** by Vancouver Health Authority Tuesday, Sep 8, 1:00 PM – 3:00 PM

- **Arthritis and Pain management** by Vancouver Health authority Tuesday, Sep 15, 1:00 PM – 3:00 PM

- **City of Vancouver municipal election information** by City of Vancouver staff member, Tuesday, Sep 22 1:00 PM – 3:00 PM

- **Philosopher Café: "What Is Happiness in Life"** Tuesday, Sep 29, 1:00 – 3:00 PM

Drop-in Services:

- **Drop-In Clinic**

Ministry of Social Development & Poverty Reduction
(**CANCELLED UNTIL OCTOBER**)

- **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

Monday

- **Tai-Chi Stretching** 9:10 AM – 10:45 AM (\$3)
- **Strength Exercise for Seniors** 10:50 AM – 11:50 AM (\$3)
- **Sewing Class** (\$1) 10:00 am – 12:00 pm (\$3)
- **Chair Yoga** 12:00 PM – 1:00 PM (\$3)
- **Knitting** — 1:00 PM – 3:00 PM (\$1)
- **English for Beginners** — 1:15 – 3:00 PM (\$1)
- **M.E.L.T (Meet Eat Learn Teach)** — 1:00 PM – 4:00 PM (\$5)

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)
- **French Conversation** — 10:00 AM – 11:00 AM (\$3)
- **NEW TIME: Spanish Class (Beginner)** — 2:00 PM – 3:00 PM (\$3)
- **Spanish Conversation** — 11:15 AM – 12:15 PM (\$3)
- **Bingo Cards & Games** — 1:15 PM – 2:15 PM (\$1)
- **Belly Dancing** — 2:15 – 3:30 PM (\$3)
- **Ukulele Level — A** 1:00 PM – 2:00 PM (\$3)
- **Ukulele Level — B** 1:00 PM – 2:00 PM (\$3)
- **Ukulele Level — C** 2:15 PM – 3:45 PM (\$3)

Thursday

- **Cardio Exercise** — 10:00 AM – 11:30 AM (\$3)
- **Drop-In Ping Pong** — 11:35 AM – 12:35 PM (\$3)
- **Chess Club** — 10:00 AM – 12:00 PM (\$3)

Friday

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



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

PROGRAM CALENDAR September 2026 FALL 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 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