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 Sing-Along, Karaoke Sing-Along, Chess Club, Bingo.

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

DREAM HOUSE WORKSHOP – SATURDAY NOV 7th – 10:00 AM – 12:30 PM
DROP-IN CLINIC: Ministry of Social Development and Poverty Reduction
November 10th and November 24th 10:00 am – 1:00 pm

New Programs

- **Walking tour at VanDusen Garden ($5)** Thursday November 5th 1:00pm-4:00pm
- **1-on-1 Basic Digital Literacy – Friday ($3) 1:00 pm – 3:00 pm**
- **Strength Exercise for Seniors - Mondays ($3)** 10:50 - 11:50 AM
- **411 Coffee House on Friday's ($3) 13th and 27th**
  Doors Open at 7:00 PM.
- **Social Saturday ($3), November 28** 10:00 AM – 12:00 PM

Free Drop-in Tuesday Workshops

- **Day of the Dead Celebration – Mexican Movie: "Coco"**
  By Patricia De La Maza
  Tuesday, Nov 3, 1:00 PM – 3:00 PM
- **Seniors Safety: SCAM & FRAUD PREVENTION**
  by Metro Vancouver Crime Stoppers
  Tuesday, Nov 10, 1:00 PM – 3:00 PM
- **Move and Groove by Transformative Healing Society**
  Tuesday, Nov 17, 1:00 PM – 3:00 PM
- **Philosopher Club: Should Death be Feared? Why or why not?**
  Tuesday, Nov 24, 1:00 – 3:00 PM

Drop-in Services:

- **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)**
- **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)**
- **New: Sewing Class** 10:00 am – 12:00 pm **($3)**
- **Line Dancing** 10:00 AM – 11:30 AM **($3)**

FREE TUESDAYS WORKSHOPS – 1:00 – 3:00 PM

Wednesday

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

Thursday

- **Chess Club** — 10:00 AM – 12:00 PM **($3)**
- **Cardio Exercise** — 10:00 AM – 11:30 AM **($3)**
- **NEW TIME: Belly Dancing** — 11:35 AM – 12:45 PM **($3)**
- **NEW TIME: Line Dancing Beginners –** 1:00 – 2:30 PM **($3)**

Friday

- **Dance Workout** — 11:00 AM – 12:30 PM **($3)**
- **1-on-1 Basic Digital Literacy- Friday ($3) 1:00 – 3:00 pm**
- **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)**

56 years 411 SENIORS centre society

PROGRAM CALENDAR

NOVEMBER 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 - 2:00 PM

INFORMATION AND REFERRAL SERVICES
MONDAYS to THURSDAYS 10:00 AM - 2:00 PM
Appointments are required for both services