November 2026 | 411 Seniors Centre Society | 3502 Fraser Street Vancouver | 604 - 684 8171

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **TAI-CHI STRETCHING** 9:10 am - 10:45 am **BREAKFAST BRUNCH ($6/$8) 9:30 am - 11:00 am** **(NEW)STRENGTH EXERCISE ($3)** 10:50 – 11:50 am **CHAIR YOGA** 12:00 pm – 1:00 pm **ENGLISH FOR BEGINNERS** 1:15 pm – 3:00 pm **M.E.L.T ($5) –** 1:00 pm – 4:00 pm	**3** **TAI-CHI STRETCHING** 9:10 am – 9:55 am **New SEWING CLASSES ($3)** 10:00 am – 12:00 pm **LINE DANCING** 10:00 am – 11:30 am **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **Free Drop-in Tuesday Workshop:** 1pm – 3pm **Day of the Dead Celebration – Mexican Movie: "Coco".** **By Patricia De La Maza**	**4** **STANDING YOGA W/CHAIR** 10:00 am – 11:00 am **FRENCH CONVERSATION** 10:00 am –11:00am **SPANISH CONVERSATION** 11:15 am – 12:15 pm **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **BINGO, CARDS & GAMES** 1:15 pm – 3:00 pm **SPANISH CLASS (beginners)** 2:00 pm – 3:00 pm **UKULELE Level B** 1:00 pm – 2:00 pm **UKULELE Level C** 2:15 pm – 3:45 pm	**5** **Walking tour at VanDusen Garden ($5)** 1:00pm-4:00pm **CARDIO EXERCISE** 10:00 am – 11:30 am **CHESS CLUB** 10:00 am – 12:00 pm **BELLY DANCING CANCELLED** **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **BEGINNER'S LINE DANCING** 1:00 PM – 2:30 PM **DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL** 1:00 pm – 3:00 pm	**6** **DANCE WORKOUT** 11:00 am – 12:30 pm **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 3:00 pm** **GUITAR LESSONS** 1:00 pm – 2:00 pm **UKULELE SING-ALONG CIRCLE** 1:30 – 3:30 pm **WALKING CLUB ($1)** STARTING AT 2 pm
9 **TAI-CHI STRETCHING** 9:10 am - 10:45 am **(NEW)STRENGTH EXERCISE ($3)** 10:50 – 11:50 am **CHAIR YOGA** 12:00 pm – 1:00 pm **KNITTING** 1:00 pm – 3:00 pm **CANASTA CARD GAME ($1)** 12:00 pm – 3:00 pm **ENGLISH FOR BEGINNERS** 1:15 pm – 3:00 pm **M.E.L.T ($5) –** 1:00 pm – 4:00 pm	**10** **TAI-CHI STRETCHING** 9:10 am – 9:55 am **DROP-IN CLINIC: Ministry of Social Development** 10:00 am – 1:00 pm **New SEWING CLASSES ($3)** 10:00 am – 12:00 pm **LINE DANCING** 10:00 am – 11:30 am **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **Free Drop-in Tuesday Workshop:** 1pm – 3pm **Seniors' safety: SCAM & FRAUD PREVENTION by Metro Vancouver Crime Stoppers**	**11** **Remembrance Day** **Centre Closed**	**12** **CARDIO EXERCISE** 10:00 am – 11:30 am **CHESS CLUB** 10:00 am – 12:00 pm **BELLY DANCING CANCELLED** **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **BEGINNER'S LINE DANCING** 1:00 PM – 2:30PM **DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL** 1:00 pm – 3:00 pm	**13** **DANCE WORKOUT** 11:00 am – 12:30 pm **1-on-1 BASIC DIGITAL LITERACY–1:00 pm – 3:00 pm** **GUITAR LESSONS** 1:00 pm – 2:00 pm **UKULELE SING-ALONG CIRCLE** 1:30 – 3:30 pm **LUNCH ($6/$8)** 12:00 pm – 1:00 PM **WALKING CLUB ($1)** STARTING AT 2 pm
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30 **TAI-CHI STRETCHING** 9:10 am - 10:45 am **BREAKFAST BRUNCH ($6/$8) 9:30 am - 11:00 am** **(NEW) STRENGTH EXERCISE ($3)** 10:50 – 11:50 am **BOOK CLUB** 10:00 am – 12:00 pm **CHAIR YOGA** 12:00 pm – 1:00 pm **M.E.L. T ($5) –** 1:00 pm – 4:00 pm **KNITTING** 1:00 pm – 3:00 pm **ENGLISH FOR BEGINNERS** 1:15 pm – 3:00 pm		**BUILD YOUR DREAM HOUSE WORKSHOP, Saturday November 7th 10:00 AM – 12:30 PM**	**411 COFFEE HOUSE FRIDAY, November 13th & 27th @ 7:30 PM DOORS OPEN AT 7:00 PM**	**SOCIAL SATURDAY ($3) Saturday, November 28th 10:00 AM to 12:00 PM**