

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,

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

NATIONAL AND INTERNATIONAL SENIORS DAY THURSDAY, OCTOBER 1ST

THANKSGIVING LUNCH – FRIDAY OCT 9 - 12:00 PM – 2:00 PM
Registration cutoff date MONDAY 5TH.

MUNICIPAL ELECTIONS SPECIAL VOTING OPPORTUNITY at 411
OCT 14- 1:30 PM - 3:30 PM

PROVINCIAL ELECTION ADVANCE VOTING OCT 16 TO OCT 21: 8 am-8 pm
FLU CLINIC OCT 20. (PLEASE REGISTER) 10:30AM – 1:00 PM
HALLOWEEN COSTUME PARTY - FRIDAY OCT 30 - 1:15- 2:30PM

New Programs

- 1-on-1 Basic Digital Literacy – Friday (\$3) 1:00 pm – 2:30 pm
- Strength Exercise for Seniors - Mondays (\$3) 10:50 - 11:50 AM
- 411 Coffee House on Friday's (\$3) October 9th and 23rd
Doors Open at 7:00 PM.
- Social Saturday (\$2), October 31st, 10:00 AM – 12:00 PM

Free Tuesday Workshops

- Move and Groove by Transformative Healing Society
Tuesday, Oct 6, 1:00 PM – 3:00 PM
- Brain and Cognitive Training by COAST Mental Health
Tuesday, Oct 13, 1:00 PM – 3:00 PM
- Multicultural Celebration (Music, Dance, Stories, etc.)
By Cora Medina Tuesday, Oct 20, 1:00 PM – 3:00 PM
- Philosopher Café Tuesday, Oct 27, 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)
- Sewing Class 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)

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 – 2:30 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)



PROGRAM CALENDAR

OCTOBER 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