

# PROGRAMS & SPECIAL EVENTS

## Arts & Leisure

### MAHJONG

Experienced players only. Mondays from 9 am to 3 pm, Fridays from 9 am to 12:30 pm | Free for members, \$5 for non-members. Waitlist for beginners available

### BEGINNER'S KNITTING & CROCHET

Come and knit in a social setting. Please bring your own knitting kits. Fridays from 1pm to 2 pm | Free for everyone. Members have priority | Drop-in

## Fitness & Health

### CHAIR YOGA

Cleanse your mind and body with this gentle form of yoga for all fitness levels and all ages. Wednesdays from 1 pm to 2:30 pm | \$3.50 for members, \$5 for non-members

### DRU YOGA

Improve your mind, body and spirit for people of all abilities, all fitness levels and all ages. Wednesdays from 10 am to 11:30 am | \$3.50 for members, \$5 for non-members | Drop-in

### THERAPEUTIC TOUCH

Come wind down and relax with a massage. Sessions are by appointment. Friday, May 26 @ 9:30 am – 10:15 am, 10:15 am – 11 am, 11 am – 11:45 am, 11:45 am – 12:30 pm | Free for everyone. Members have priority | Registration required

## Education

### COMPUTER TRAINING

Receive training at a healthy pace. Come by our computer lab to practice what you have learned. Thursdays:

- Beginners 10 am to 11 am
- Intermediate 11:15 am to 12:15 pm
- Advanced 1 pm to 2 pm

Thursdays from May 25 to June 29 (6 weeks) | \$12 for members, \$15 for non-members | Registration required

### SPANISH

Come and learn Spanish in a welcoming environment. Thursdays from May 25 to June 29 (6 weeks), 1:15 pm to 3:15 pm | \$12 for members, \$15 for non-members | Registration required

### ENGAGE: AN ENGLISH CONVERSATION CIRCLE

Practice English in a social setting with an ESL Teacher, activities, and field trips. Tuesdays from April 18 to May 23 (6 weeks) from 10:15 am to 2 pm | Free for everyone | Registration required | Transportation subsidies available | Please remember to bring your own lunch

## Special Events

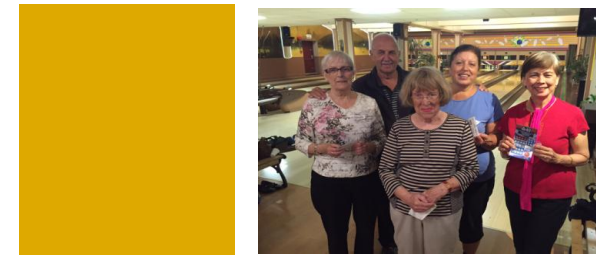
### MEMBERS' BIRTHDAY PARTY

Are you a member born in May? Come celebrate your birthday with us. Feel free to bring a friend or two. Cake will be provided. Friday, May 26 from 11 am to 1 pm | Free for everyone | Contact Monica for registration



411 SENIORS CENTRE SOCIETY

*Seniors Helping Seniors*



# PROGRAMS & EVENTS

## MAY 2017

TO REGISTER FOR PROGRAMS/EVENTS

Call 604-684-8171 or e-mail  
kwong@411seniors.bc.ca

#704 – 333 Terminal Avenue  
Vancouver BC V6A 4C1

# MAY 2017



# CONTACT US

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Mahjong</b> 9 am – 3 pm	2 <b>Engage: An English Conversation Circle</b> 10:15 am – 2 pm <b>Book Club</b> 10:30 am – 12:30pm	3 <b>DRU Yoga</b> 10 am – 11:30 am <b>Card Games</b> 12:30 pm – 2:30 pm <b>Chair Yoga</b> 1 pm – 2:30 pm	4 <b>Computer Training</b> 10 am – 2 pm <b>Spanish</b> 1:15 pm – 3:15 pm	5 <b>Mahjong</b> 9 am – 12:30 pm <b>Beginners Knitting and Crochet</b> <b>Drop- in</b> 1 pm – 2 pm
8 <b>Mahjong</b> 9 am – 3 pm	9 <b>Engage: An English Conversation Circle</b> 10:15 am – 2 pm	10 <b>DRU Yoga</b> 10 am – 11:30 am <b>Card Games</b> 12:30 pm – 2:30 pm <b>Chair Yoga</b> 1 pm – 2:30 pm	11 <b>Ballet BC: Dress Rehearsal</b> 1:30 pm – 3:30 pm (Doors open @ 1pm) <b>Spanish</b> 1:15 pm – 3:15 pm	12 <b>Mahjong</b> 9 am – 12:30 pm <b>Beginner's Knitting and Crochet</b> <b>Drop-in</b> 1pm – 2 pm
15 <b>Mahjong</b> 9 am – 3 pm	16 <b>Haircut</b> 10 am – 3 pm <b>Engage: An English Conversation Circle</b> 10:15 am – 2 pm	17 <b>DRU Yoga</b> 10 am – 11:30 am <b>Card Games</b> 12:30 pm – 2:30 pm <b>Chair Yoga</b> 1 pm – 2:30 pm	18 <b>Volunteers' Appreciation Day (for volunteers only)</b> 11 am – 1 pm <b>Spanish</b> 1:15 pm – 3:15 pm	19 <b>Mahjong</b> 9 am – 12:30 pm <b>Beginners Knitting and Crochet</b> <b>Drop-in</b> 1 pm – 2 pm
22 <b>Victoria Day - Closed</b>	23 <b>Haircut</b> 10 am – 3pm <b>Engage: An English Conversation Circle</b> 10: 15 am – 2 pm	24 <b>DRU Yoga</b> 10 am – 11:30 am <b>Card Games</b> 12:30 pm – 2:30 pm <b>Chair Yoga</b> 1 pm – 2:30 pm	25 <b>Computer Training – New semester</b> 10 am – 2 pm <b>Spanish – New semester</b> 1:15 pm – 3:15 pm	26 <b>Mahjong</b> 9 am – 12:30 pm <b>Therapeutic Touch – New program</b> 9:30 am – 12:30 pm <b>Members' Birthday Party</b> 11 am – 1 pm <b>Beginners Knitting and Crochet Drop-in</b> 1 pm – 2 pm
29 <b>Mahjong</b> 9 am – 3pm	30	31 <b>DRU Yoga</b> 10 am – 11:30 am <b>Card Games</b> 12:30 pm – 2:30 pm <b>Chair Yoga</b> 1pm – 2:30 pm		

604-684-8171  
 Contact@411seniors.bc.ca  
 www.411seniors.bc.ca  
 www.facebook.com/411Seniors  
 www.twitter.com/411seniors

# FIND US

East of Main Street – Science World Skytrain Station. Buses #3, #8, #19, #22 stop at the station.

#704 – 333 Terminal Avenue  
 Vancouver BC V6A 4C1

