

# PROGRAMS & SPECIAL EVENTS

## 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

## Personal Care

### HAIRCUTS

Come and get a complimentary haircut! Tuesdays, September 19 and 26. Appointment times are as follows: 10-11am, 11am-12pm, 12-1pm, 1-2pm, and 2-3pm | Free for everyone. Members have priority | Registration required

### THERAPEUTIC TOUCH

Come wind down and relax with a massage. Sessions are by appointment. Friday, September 15 @ 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 September 7 to October 19 (6 weeks, no class on September 28) | \$12 for members, \$15 for non-members | Registration required

### SPANISH

Come and learn Spanish in a welcoming environment. Thursdays from September 14 to October 26 (6 weeks, no class on September 28), 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 September 12 to October 17 (6 weeks) from 10:15 am to 2 pm | Free for everyone | Registration required | Transportation subsidies available

## Special Events

### MEMBERS' BIRTHDAY PARTY

Are you a member born in September? Come celebrate your birthday with us. Feel free to bring a friend or two. Cake will be provided. Friday, September 22 from 11 am to 1 pm | Free for everyone | Contact Monica for registration



411 SENIORS CENTRE SOCIETY

*Seniors Helping Seniors*



# PROGRAMS & EVENTS

## SEPTEMBER 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

# SEPTEMBER 2017

# CONTACT US

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Centre Closed for Administrative Purposes</b>
4 <b>Centre closed for Labour Day Holiday</b>	5 <b>Book Club</b> 10:30 am – 12:30 pm <b>Gentle Movement Class</b> 1 pm – 2 pm	6 <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	7 <b>Computer training</b> <i>New semester</i> 10 am – 2 pm <b>Spanish</b> 1:15 pm – 3:15 pm	8 <b>Mahjong</b> 9 am – 12:30 pm <b>Dance Class</b> 10 am – 12 pm <b>Comedy Workshop</b> 1 pm – 3 pm
11 <b>Mahjong</b> 9 am – 3 pm <b>Active Aging Fitness</b> 1:15 pm – 2:15 pm	12 <b>Engage: An English Conversation Circle</b> <i>New semester</i> 10:15 am – 2 pm	13 <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	14 <b>Computer training</b> 10 am – 2 pm <b>Spanish</b> <i>New semester</i> 1:15 pm – 3:15 pm	15 <b>Mahjong</b> 9 am – 12:30 pm <b>Therapeutic Touch</b> 9:30 – 12:30 <b>Comedy Workshop</b> 1 pm – 3 pm
18 <b>Mahjong</b> 9 am – 3 pm <b>Active Aging Fitness</b> 1:15 pm – 2:15 pm	19 <b>Haircut</b> 10 am – 3 pm <b>Engage: An English Conversation Circle</b> 10:15 am – 2 pm	20 <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	21 <b>Computer training</b> 10 am – 2 pm <b>Spanish</b> 1:15 pm – 3:15 pm	22 <b>Mahjong</b> 9 am – 12:30 pm <b>Dance Class</b> 10 am – 12 pm <b>Members' Birthday Party</b> 11 am – 1 pm <b>Comedy Workshop</b> 1 pm – 3 pm
25 <b>Mahjong</b> 9 am – 3 pm <b>Active Aging Fitness</b> 1:15 pm – 2:15 pm	26 <b>Haircut</b> 10 am – 3 pm <b>Engage: An English Conversation Circle</b> 10:15 am – 2 pm	27 <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	28 <b>411's 40<sup>th</sup> Anniversary</b> <i>offsite</i>	29 <b>Centre Closed for Administrative Purposes</b>

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

