

PROGRAMS & SPECIAL EVENTS

Fitness & Health

OSTEOFIT for ACTIVE AGING :

Let's enjoy slow-paced OsteoFit! Exercise is important for Osteoporosis prevention. Tuesdays, 2:00 to 3:00pm | Free for Everyone, Members have priority | Registration required

SCOTTISH DANCE:

Have fun, exercise in an enjoyable way, socialize with others! Do not need a partner or a kilt, but soft soled light shoes. Friday, 11am – 12 pm. Free for everyone. Need to register.

BALLET FOR OLDER ADULTS

Experience the basic movements of classic ballet. The class is at Goh Ballet School (2345 Main Street, Vancouver) at 10:30 – 11:30 am on Thursdays. Free for everyone. Members have priority. Need to register.

Personal Care

HAIRCUTS

Come and get a complimentary haircut! Tuesday, March 27. Appointment times: 10-11am, 11am-12pm, 12-1pm, 1-2pm, and 2-3pm | Free for everyone. Members have priority | Registration required

Education

NEW! STORY TELLING WORKSHOP

Mondays, March 26th- May 21st, 10 am – 12 pm
Storytelling is hardwired into all of us; it's how we see the world, and how we explain it. In this eight-week course with experienced storyteller Nic Enright-Morin, we will share the magic of creating and telling stories. During the class, students will learn key storytelling strategies and techniques that will help them to craft a compelling story to share in a final performance, while also helping them to communicate better in everyday situations.

ART CLASS

Fridays, February 2nd – March 16th, 1-3pm
Art is a good way to express yourself. This course has a various kinds of art: pencil drawing, water paint, print and sewing. Free for everyone. Members have priority. Registration is required.

ENGAGE: AN ENGLISH CONVERSATION CIRCLE

Practice English in a social setting with ESL instructors, activities, and field trips. Tuesdays, from 10:15 am to 2 pm. English Club is from 9:30 to 10:00 am. Free for everyone. Need to register.

CREATIVE WRITING

Mondays, 12:30 – 2:30 pm (Time Change)

Let's enjoy the writing as a tool to express ourselves.

Special Events

Please register if attending:

ACTING & SKETCH PERFORMANCE

Friday, March 9th, 11:30 am – 1 pm
Please join the performance of 411 acting workshop with coffee and snacks.

The 2nd THURSDAYS CAFÉ

March 8th, 10:30 am – 12 pm
Come to the brainstorming – an "IDEA POTLUCK".

LUNCH & LEARN: Advance Care Planning (2)

Tuesday, March 20th, 12 – 2 pm
We will focus on preparing documents for our health treatment with legal practitioners.

LUNCH & LEARN: TELUS WISE "Online Safety"

Wednesday, March 21st, 12 – 2 pm

Outing: China Town Cultural Excursion

Tuesday, March 13th, 11 am - 2 pm
Let's explore the historical China Town.

Outing: The Fabric of Our Land at MOA

Thursday, March 22nd, 12 – 3 pm

MARCH MEMBERS' BIRTHDAY PARTY

Friday, March 23rd, 12 am to 2 pm | Free for everyone.
|Contact Monica for registration at 604-684-8171.EXT.232 or mmurguia@411seniors.bc.ca.
50% off at the Thrift Store on the day.



411 SENIORS CENTRE SOCIETY

Seniors Helping Seniors



PROGRAMS & EVENTS

MARCH 2018



TO REGISTER FOR PROGRAMS/EVENTS

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

#704 – 333 Terminal Avenue
Vancouver BC V6A 4C1

MARCH 2018

CONTACT US

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ballet for Older Adults 10:30-11:30 am at Goh. B. Spanish Conversation 12:00 – 1:00 pm Spanish 1:30 – 3:30 pm	2 Scottish Dance 11 am – 12 pm Art Class 1 – 3 pm
5 Mahjong 9 am – 3 pm Arts and Crafts 10 am – 12 pm Acting and Sketch Workshop 10:30 am – 12:30 pm Creative Writing Class 1 – 3 pm	6 Engage: An English Conversation Circle 9:30 am – 2 pm Osteofit for Active Aging 2 – 3 pm	7 DRU Yoga 10 am – 11:30 am Chair Yoga 1 pm – 2:30 pm	8 NEW! 2nd Thursday Café 10:30 am – 12:00 pm Ballet for Older Adults 10:30-11:30 am at Goh. B. Spanish Conversation 12:00 – 1:00 pm Spanish 1:30 – 3:30 pm	9 Scottish Dance 10:30 – 11:30 am (Time Change) Acting and Sketch performance 11:30 am – 1:00 pm Art Class 1 – 3 pm
12 Mahjong 9 am – 3 pm Arts and Crafts 10 am – 12 pm	13 Engage: An English Conversation Circle 9:30 am – 1:45 pm Outing: China Town Tour 11 am - 1 pm Osteofit for Active Aging 2 – 3 pm	14 DRU Yoga 10 am – 11:30 am Chair Yoga 1 pm – 2:30 pm	15 Ballet for Older Adults 10:30-11:30 am at Goh. B. Spanish Conversation 12:00 – 1:00 pm Spanish 1:30 – 3:30 pm	16 Art Class 1 – 3 pm Scottish Dance 11 am – 12 pm
19 Mahjong 9 am – 3 pm Arts and Crafts 10 am – 12pm	20 Engage: An English Conversation Circle 9:30 am – 1:45 pm Lunch and Learn: Advance Care plan (2) 12 – 2 pm Osteofit for Active Aging 2 – 3 pm	21 DRU Yoga 10 am – 11:30 am Chair Yoga 1 pm – 2:30 pm Lunch and Learn: TELUS WISE - Online Safety 12 – 2 pm	22 Outing: The Fabric of Our Land at MOA 12:00 – 3:00 pm Spanish Conversation 12:00 – 1:00 pm Spanish 1:30 – 3:30 pm	23 Scottish Dance 11 am – 12 pm Members' Birthday Party 12 - 2 pm (Time Change) 50% off at Thrift Store
26 Mahjong 9 am – 3 pm Arts and Crafts 10 am – 12 pm NEW! Story Telling Workshop 10:00 am – 12:00 pm Creative Writing Class 12:30 – 2:30 pm (Time Change)	27 Haircut 10 am – 3 pm Engage: An English Conversation Circle 9:30 am – 1:45 pm	28 DRU Yoga 10 am – 11:30 am Chair Yoga 1 pm – 2:30 pm	29 Spanish Conversation 12:00 – 1:00 pm Spanish 1:30 – 3:30 pm	30 Good Friday Centre is closed 

604-684-8171
 Contact@411seniors.bc.ca
 www.411seniors.bc.ca
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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

