

# PROGRAMS & SPECIAL EVENTS

## Fitness & Health

### 411 DRAGON BOAT TEAM

411 Dragon Boaters practice at the Dragon zone near Science World. 7 session course till Monday, September 17 for \$70. Members have priority. \$12 for Drop-in. Contact with Mariko at [mtakashina@411seniors.bc.ca](mailto:mtakashina@411seniors.bc.ca) or 604-684-8171.

### DRU YOGA & CHAIR YOGA

Yoga classes with smooth flowing, and effective movement sequences modified for seniors. Dru Yoga: Wednesdays from 10 am to 11 am /Chair Yoga: from 1 – 2:30 pm| \$3.50 for members, \$5 for non-members |Drop-in

## Personal Care

### HAIRCUTS

Come and get a complimentary haircut! Tuesday, August, 21<sup>st</sup> and 28<sup>th</sup>. Appointment times: 10am, 11am, 12pm, 1pm, and 2pm | Free for everyone. Members have priority | Registration required

## Education

### COMPUTER TRAINING

Wednesdays, August 15<sup>th</sup>– September 26<sup>th</sup>  
Beginners: 10:00 –11:00am/Upper-Intermediate: 11:15am – 12:15pm/Tablet: 12:30 – 1:30pm \$12 for members, \$15 for non-members, need to register / 1-on-1 Tech Help: 1:30 – 2:00pm (free, appointment)

### AN ENGLISH CONVERSATION CIRCLE

Practice English in a social setting with ESL instructors, activities, and field trips. Tuesdays, from 10:15 – 11:45am. Free for everyone. Need to register.

### SEWING CLUB

1<sup>st</sup> and 3<sup>rd</sup> Mondays (August 20<sup>th</sup>), 10:00 am – 12:00 pm. Let's enjoy sewing, using the machine.

### CRAFT TIME

2<sup>nd</sup> and 4<sup>th</sup> Mondays, (August 13<sup>th</sup> & 27<sup>th</sup>), 10:00am – 12:00pm. Have fun with lovely handcraft making!

### PHILOSOPHERS' CAFÉ

Thursday, August 9<sup>th</sup> from 10:30 am to noon.  
Let's enjoy the philosophical discussion on the topics relevant to our life. Randall MacKinnon, Facilitator  
**SPANISH AND BEGINNERS' SPANISH CLASS**  
Thursdays, 1:30-2:30pm/ Start to learn Spanish? Beginners' class starts on August 9<sup>th</sup>. Our intermediate course is from 1:30 to 3:30pm, following Spanish Conversation Club at 12:00pm.

## Special Events

### Please register if attending:

#### **NEW! Wood Craft Tour**

Wednesday, August 8, 2:00-3:30pm. / Meet at 411 at 1:00. Tour is at MakeLabs, 780 East Cordova.

#### **NEW! Orpheum Theatre Historic Tour**

Thursday, August 9<sup>th</sup>, 9:45 am – 1:00pm / Meet at 411 at 9:45am. Orpheum Theatre is one of the oldest building in Vancouver. Members have priority, Max 15

#### **NEW! Outing to the Suitcase Project at Nikkei Museum**

Wednesday, August 22<sup>nd</sup>, 10:00am – 1:00pm / Meet at 411 at 10:00am. Attend the tour for the Japanese Canadian history. Members pay for the transit, tour and lunch about \$15. Max 15.

#### **NEW! Laughter Yoga Workshop**

Friday, August 17<sup>th</sup>, 11:00am – 12:00pm  
Laughter is the best medicine. Let's learn about it and activate your healing mechanism.

#### **NEW! Lunch and Learn / Seniors' Safe driving**

Monday, August 20<sup>th</sup>, 12:00 – 2:00 pm  
Let's learn about the safe driving tips over lunch. Free for everyone, members have priority. Max 30.

#### **AUGUST MEMBERS' BIRTHDAY PARTY**

Friday, August 10<sup>th</sup>, 11 am to 1 pm | Free for everyone. |Contact Monica for registration at 604-684-8171.EXT.232 or [mmurguia@411seniors.bc.ca](mailto:mmurguia@411seniors.bc.ca).

**50% off at the Thrift Store on the day.**

#### **Spanish Speakers Club**

Thursday, August 2<sup>nd</sup> (Outing) and 16<sup>th</sup>, 10am – 12pm  
Join the club for all Spanish Speakers, native speakers and learners. August 2<sup>nd</sup> is an outing day to North Vancouver. Meet at waterfront Seabus Terminal at 10am.



411 SENIORS CENTRE SOCIETY

*Seniors Helping Seniors*



# PROGRAMS & EVENTS AUGUST 2018

**TO REGISTER FOR PROGRAMS/EVENTS**

**Call 604-684-8171 or e-mail  
[mtakashina@411seniors.bc.ca](mailto:mtakashina@411seniors.bc.ca)**

**#704 – 333 Terminal Avenue  
Vancouver BC V6A 4C1**

# August 2018

# CONTACT US

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>DRU Yoga</b> 10:00 – 11:30 am <b>Chair Yoga</b> 1:00– 2:30 pm <b>Card Game</b> 1:00 – 2:30 pm	2 <b>Spanish Club</b> (Outing to North Vancouver) 10am-12:00pm <b>Spanish Conversation</b> 12:00 – 1:00 pm <b>Spanish</b> 1:30 – 3:30 pm	3 <b>Craft Time</b> 10am – 12pm <b>Movie Afternoon</b> 1:00 – 2:30pm
6 Centre is closed due to B.C. Day 	7 <b>English Conversation Circle</b> 10:15 – 11:45 am <b>Movie Afternoon</b> 12:30 – 2:00pm	8 <b>DRU Yoga</b> 10:00 – 11:30 am <b>Chair Yoga</b> 1:00 – 2:30 pm <b>Card Game</b> 1:00 – 2:30 pm <b>NEW! Wood Craft Tour</b> At MakerLabs (780 East Cordova) 2:00-3:30pm	9 <b>NEW! Orpheum Theatre Historic Tour</b> 9:45am – 1:00pm <b>Philosophers' Café</b> 10:30 am – 12:00 pm <b>Spanish Conversation</b> 12:00 – 1:00 pm <b>NEW! Beginners' Spanish</b> 1:30 – 2:30 pm <b>Spanish</b> 1:30 – 3:30 pm	10 <b>Craft Time</b> 10am – 12pm <b>Members' Birthday Party</b> 11:00am – 1:00pm <b>50% off at Thrift Store</b> <b>Movie Afternoon</b> 1:00 – 2:30pm
13 <b>Craft Time</b> 10am -12pm <b>411 Dragon Boat</b> 1:00 – 2:30 pm 	14 <b>Haircuts</b> 10 am – 3 pm <b>English Conversation Circle</b> 10:15 – 11:45 am <b>Movie Afternoon</b> 12:30 – 2:00pm	15 <b>DRU Yoga</b> 10:00 – 11:30 am <b>Chair Yoga</b> 1:00– 2:30 pm <b>Computer Training</b> 10:00am – 2:00pm <b>Card Game</b> 1:00 – 2:30 pm	16 <b>Spanish Speakers Club</b> 10:00am - 12:00pm <b>Spanish Conversation</b> 12:00 – 1:00 pm <b>Beginners' Spanish</b> 1:30 – 2:30 pm <b>Spanish</b> 1:30 – 3:30 pm	17 <b>Craft Time</b> 10am – 12pm <b>NEW! LAUGHTER YOGA</b> <b>"Laughter is the Best Medicine"</b> 11:00am – 12:00pm <b>Movie Afternoon</b> 1:00 – 2:30pm
20 <b>Sewing Club</b> 10:00 am – 12:00 pm <b>NEW! Lunch and Learn Seniors' Safe Driving</b> 12:00- 2:00pm <b>411 Dragon Boat</b> 1:00 – 2:30 pm	21 <b>English Conversation Circle</b> 10:15 – 11:45 am <b>Haircuts</b> 10 am – 3 pm <b>Movie Afternoon</b> 12:30 – 2:00pm	22 <b>NEW! OUTING TO THE SUITCASE PROJECT AT NIKKEI MUSEUM</b> 10:00 am – 1:00pm	23 <b>Spanish Conversation</b> 12:00 – 1:00 pm <b>Beginners' Spanish</b> 1:30 – 2:30 pm <b>Spanish</b> 1:30 – 3:30 pm	24 <b>Craft Time</b> 10am – 12pm <b>Movie Afternoon</b> 1:00 – 2:30pm
27 <b>Craft Time</b> 10am -12pm <b>411 Dragon Boat</b> 1:00 – 2:30 pm	28 <b>English Conversation Circle</b> 10:15 – 11:45 am <b>Haircuts</b> 10 am – 3 pm <b>Movie Afternoon</b> 12:30 – 2:00pm	29 <b>DRU Yoga</b> 10:00 – 11:30 am <b>Chair Yoga</b> 1:00– 2:30 pm <b>Computer Training</b> 10:00am – 2:00pm <b>Card Game</b> 1:00 – 2:30 pm	30 <b>Spanish Conversation</b> 12:00 – 1:00 pm <b>Spanish</b> 1:30 – 3:30 pm	31 <b>Craft Time</b> 10am – 12pm <b>Movie Afternoon</b> 1:00 – 2:30pm

604-684-8171  
[Contact@411seniors.bc.ca](mailto:Contact@411seniors.bc.ca)  
[www.411seniors.bc.ca](http://www.411seniors.bc.ca)  
 [www.facebook.com/411Seniors](http://www.facebook.com/411Seniors)  
 [www.twitter.com/411seniors](http://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

