

## Our Neighbourhood House...

### Welcomes

- < People into the community and provides friendship and support

### Responds

- < to community needs by developing programs & services through partnerships with community organizations, residents, and businesses

### Provides

- < information and referral service to our community

### Includes

- < all people in our community

### Offers

- < a place to drop by and build connections with neighbours

### Helps

- < people who face financial and social barriers

## Our Mission Statement

### Our Mission

- < is to make neighbourhoods a better places to live

### Our Goal

- < is to enable people to enhance their lives and strengthen their

### Our Challenge

- < is to work with communities to develop innovative programs & services that meet the changing needs of a diverse population

## Membership Benefits

- < Stay Connected to Your Community
- < Meet Your Neighbours
- < Participate in a Variety of Programs
- < Receive Newsletters

### Join Today!

Family membership	\$5/year
Individual	\$2/year

# SENIORS TOGETHER

## Social Activity Group



**4845 Imperial Street  
Burnaby**

**Phone:604-431-0400**

# Seniors' Together

## Where?

At the South Burnaby  
Neighbourhood House  
4845 Imperial St

## Who can come?

Anyone over the age of 55+

## Who is organizing these programs?

SBNH and The Seniors welcoming  
seniors committee

## What does it cost?

There is no cost to come and enjoy our hospitality. There is only a \$2 annual SBNH membership fee.

## Can I bring others with me to the program?

Yes, friends who are seniors are welcome

## Where can I get more information?

Call **Joan** at **604 431-0400**, or check our website at **www.sbnh.ca**

## Wednesday Program

**12noon– 3pm**

This is a day where the choice is yours. You can come for a cup of coffee or do an activity such as **Line Dancing, Mah-Jong**, or a game of **Bowling** on the **Wii, Computer, Exercise** or come with your ideas. Every **2nd** month we have a Birthday party.

## Beginner's ESL Class –

Wednesdays 1-2pm

## Friday Program

**10:00am -1:30pm**

**ESL Class** 10– 11 am

English Conversation group for immigrant seniors 55+

**Social Activity Group** 11-1:30pm

Meet with others seniors and join us for a light lunch. followed by various programs such as Guest speakers, Tai Chi, Chair exercise and more.

**Light Lunch: Cost \$2** 12-12:30pm

**\*\*For lunch please arrive by 11:30\*\***

Examples: soup & sandwiches, Pasta dishes & salads

## Computers available

We have computers for seniors to use and we can help you with basic computer usage.

## Health Care Programs

Health related topics sessions will be available once or twice a month.

## Birthday Party & Bingo Game

Held every **2nd** month.

## Seniors Outings

Once a month. Trips around greater Vancouver.

## Cooking for Health classes

Twice a year.

