



HEALTHY ACTIVE LIVING

for Seniors

Come & Enjoy our new exciting Healthy Living program!

TUESDAYS 12:30 - 1:30 PM

July 2: Acrylic Painting on Canvas

July 16: Patio Planter

July 23: Meditation and Stretching

July 30: Dancing for rejuvenating your life!

Join us at BNH North House
4908 Hastings Street, Burnaby
604-294-5444

