

*September 2019 - Seniors Together Program Activities*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>  <b>11am – 12noon</b> Spanish for Beginners <b>1pm – 2pm YOGA</b>  <b>6:45pm</b> Come, join and watch live performances! <b>5024 RUMBLE STREET (BNH COMMUNITY HALL)</b>	<b>6</b> <b>9:15-10:45am</b> EAL English class for Beginners <b>10:00 - 11am</b> Latin Beats for a healthy life <b>11am – 12pm Yoga &amp; Stretch with Tanya</b> <b>12noon – 1:00pm</b> Seniors' Lunch <b>1-3pm Computer drop in for seniors</b> <b>1:15-1:45 pm</b> Stretch & Exercise <b>2- 3:30pm</b> Line Dance Fitness
<b>9</b> <b>11am – 12pm</b> Tai Chi Sword <b>12pm – 1pm</b> Tai Chi 48 <b>10:30am – 12noon</b> Walking Club	<b>10</b> <b>1 – 3pm</b> Intermediate Line Dancing <b>1:30 – 4pm</b> Creative Club: Sewing, repairing, creating together	<b>11</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>12:30 – 3pm</b> Social & Games	<b>12</b>  <b>11am – 12noon</b> Spanish for Beginners <b>1pm – 2pm YOGA</b>	<b>13</b> <b>9:15-10:45am</b> EAL English class for Beginners <b>10:00 - 11am</b> Latin Beats for a healthy life <b>11:00 –12:00 Bingo</b> <b>12noon – 1:00pm</b> Seniors' Lunch <b>1-3pm Computer drop-in for seniors</b> <b>1:15-1:45 pm</b> Stretch & Exercise <b>2:00 – 3:30pm</b> Line Dance Fitness
<b>16</b> <b>11am – 12pm</b> Tai Chi Sword <b>12pm – 1pm</b> Tai Chi 48 <b>10:30am – 12noon</b> Walking Club <b>1:00 – 2:00pm</b> Yoga with <b>Amanda</b>	<b>17</b> <b>1 – 3pm</b> Intermediate Line Dancing <b>1:30 – 4pm</b> Creative Club: Sewing, repairing, creating together	<b>18</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>1 – 2pm</b> Conversation Circle – To be announced <b>2:00-3:30pm</b> Line Dancing (Second week of every month)	<b>19</b>  <b>11am – 12noon</b> Spanish for Beginners	<b>20</b> <b>9:15-10:45am</b> EAL English class for Beginners <b>10:00 - 11am</b> Latin Beats for a healthy life <b>11am – 12pm Sing Along</b> <b>12noon – 1:00pm</b> Seniors' Lunch <b>1-3pm Computer drop in for seniors</b> <b>1:15 – 1:45pm</b> Stretch & Exercise <b>2:00 – 3:30pm</b> Line Dance Fitness
<b>23</b> <b>11am – 12pm</b> Tai Chi Sword <b>12pm – 1pm</b> Tai Chi 48 <b>10:30am – 12noon</b> Walking Club	<b>24</b> <b>1 – 3pm</b> Intermediate Line Dancing <b>1:30 – 4pm</b> Creative Club: Sewing, repairing, creating together	<b>25</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>10am – 3pm</b> Games, Knitting & Social <b>2-30 pm</b> Birthday celebration	<b>26</b>  <b>11am – 12noon</b> Spanish for Beginners	<b>27</b> <b>9:15-10:45am</b> EAL English class for Beginners <b>10:00 - 11am</b> Latin Beats for a healthy life <b>11:00 –12:00 Yoga &amp; Stretch with Tanya</b> <b>12noon – 1:15pm</b> Seniors' Lunch <b>1-3pm Computer drop in for seniors</b> <b>1:15 – 1:45pm</b> Stretch & Exercise <b>2:00 – 3:30pm</b> Line Dance Fitness
<b>30</b> <b>11am-12pm</b> Tai chi Sword <b>12pm-1pm</b> Tia Chi 48 <b>10:30am-12 noon</b> Walking Club				

## SENIORS' TOGETHER LUNCH MENU

Light lunch is served every FRIDAY at 12 noon.

Please arrive by 11am to buy your tickets.

Seniors lunch card \$27 for 6 lunches, individual lunch costs \$5. Vegetarian options are available.



Friday Sep 6 - STP

Braised Bean Curd with Chicken

Rice

Stir Fried Vegetables

Dessert

Friday Sep 13 - STP

Meatless Tamale pie

Coleslaw

Bread

Dessert

Friday Sep 20 - STP

Perogies with Sour Cream

Braised Cabbage

Carrot Lentil Soup

Dessert

Friday Sep 27 - STP

Pasta with Meat Sauce

Green Salad

Black Eyed Pea & Kale soup

Dessert



## SENIORS TOGETHER PROGRAM

activities are FREE for Burnaby Neighbourhood House seniors.

**Membership is required, it costs \$5 a year and can be renewed every September.**

Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer driven, community-funded agency with a unique focus on neighbours supporting neighbours.

This calendar does not feature all seniors' activities. Make sure to check the front desk for additional activities.

Email Eda at [seniors@burnabynh.ca](mailto:seniors@burnabynh.ca) or call 604.431.0400

4460 Beresford Street Burnaby, BC V5H 0B8

This program is generously supported by:



Beedie

Lohn Foundation

## Information Corner