

# January 2020 - Seniors Together Program Activities (For Ages 55 plus Only)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1  Closed for New Years' Day	2	3 9:15-10:45am EAL English class for Beginners <b>Y and S</b> 10:00 - 11am Latin Beats for a healthy life <b>B1</b> <u>11am – 12pm Yoga &amp; Stretch with Tanya B2</u> 12noon – 1:00pm Seniors' Lunch <b>B1&amp; B2</b> 1-3pm Computer drop in for seniors 1:15-2:45 pm Stretch & Exercise <b>B1 &amp; B2</b>
6 11am – 12pm Tai Chi 48 <b>B2</b> 12pm – 1pm Tai Chi Sword <b>B2</b>	7 1:30 – 4pm Creative Club: Sewing, repairing, creating together <b>B1</b>	8 10 – 12pm Qi Gong & Tai Chi <b>B1</b> 12:30 – 3pm Social & Games <b>B2</b>	9	10 9:15-10:45am EAL English class for Beginners <b>Y and S</b> 10:00 - 11am Latin Beats for a healthy life <b>B1</b> <u>11:00 – 12:00 Bingo B1</u> 12noon – 1:15pm Seniors' Lunch <b>B1 &amp; B2</b> 1-3pm Computer drop in for seniors 1:15 – 2:45pm Stretch & Exercise <b>B1 &amp; B2</b>
13 11am – 12pm Tai Chi 48 <b>B2</b> 12pm – 1pm Tai Chi Sword <b>B2</b>	14 1:30 – 4pm Creative Club: Sewing, repairing, creating together <b>B1</b>	15 10 – 12pm Qi Gong & Tai Chi <b>B1</b> 12:30 – 3 PM Social and Games and <b>B1</b>	16	17 9:15-10:45am EAL English class for Beginners <b>Y and S</b> 10:00 - 11am Latin Beats for a healthy life <b>B1</b> <u>10:00 -11:30 Computer Scams and Frauds workshop</u> 12noon – 1:00pm Seniors' Lunch <b>B1&amp; B2</b> 1-3pm Computer drop in for seniors 1:15-2:45 pm Stretch & Exercise <b>B1 &amp; B2</b>
20 11am – 12pm Tai Chi 48 <b>B2</b> 12pm – 1pm Tai Chi Sword <b>B2</b>	21 1:30 – 4pm Creative Club: Sewing, repairing, creating together. <b>B1</b>	22 10 – 12pm Qi Gong & Tai Chi <b>B1</b> 12:30 – 3pm Social & Games <b>B2</b>	23 Line Dancing Registration 1 PM, Banquet Room 2	24 9:15-10:45am EAL English class for Beginners <b>Y and S</b> 10:00 - 11am Latin Beats for a healthy life <b>B1</b> <u>11 -12 Transit/Handidart/Compass card Presentation</u> 12noon – 1:00pm Seniors' Lunch <b>B1&amp; B2</b> 1-3pm Computer drop in for seniors 1:15-2:45 pm Stretch & Exercise <b>B1 &amp; B2</b>
27 11am – 12pm Tai Chi 48 <b>B2</b> 12pm – 1pm Tai Chi Sword <b>B2</b>	28 1:30 – 4pm Creative Club: Sewing, repairing, creating together <u>Seniors Water Colour Painting Class with Kathy B1</u>	29 10 – 12pm Qi Gong & Tai Chi <b>B1</b> 12:30 – 3pm Social & Games and Birthday Cake <b>B2</b>	30 <u>Line Dancing 1 -3 Banquet Room 2</u>	31 9:15-10:45am EAL English class for Beginners <b>Y and S</b> 10:00 - 11am Latin Beats for a healthy life <b>B1</b> <u>11:00-12:00 Chair Yoga</u> 12noon – 1:15pm Seniors' Lunch <b>B1 &amp; B2</b> 1-3pm Computer drop in for seniors 1:15 – 2:45pm Stretch & Exercise <b>B1 &amp; B2</b>

## 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, January 3rd – STP

Macaroni and Cheese  
Tomato Soup, Roasted Carrots  
Dessert

Friday, January 10th –STP

Moroccan Stew  
Rice, Roasted Veggies  
Dessert

Friday, January 17<sup>th</sup>- STP

Pasta Frittata  
Sweet Potato and Apple Soup  
Bread and Dessert

Friday, January 24<sup>th</sup>- STP

BBQ Pork or (roasted tofu)  
Noodles with Shredded Chinese Cabbage  
Miso Soup and Dessert

Friday, January 31st – STP

Spinach Mushroom Bread Pudding  
Carrot Lentil Soup  
Salad and Dessert



# January 2020

## SENIORS TOGETHER PROGRAM

activities are FREE for Burnaby Neighbourhood House seniors. (Ages 55 PLUS)

***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 Kathy at [seniorsoutreach@burnabynh.ca](mailto:seniorsoutreach@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

Tuesday, January 21

Burnaby Neighbourhood house

Annual General Meeting

Open Mic Night at the Community Hall

Thursday, January 2<sup>nd</sup>, 7-9 pm

Seniors Line Dancing will start up once a month in January. Signup date will be

Thursday, January 23 at 1 PM

Classes start January 30

The Wednesday Tai Chi/Qi Gong class is currently full with a wait list.

Friday, January 17, 10-11:30

Computer Scams and Frauds Workshop

Friday, January 24, 11:00-12:00

HandyDART, Compass Cards and Public Transit –Linda McGowan