

Family Drop-in

Tuesdays 9:30 - 11:30 am & Thursdays 9:30 - 11:30 am

Provides an opportunity for families with children aged 0-5 to socialize, to have a safe and fun place to play and learn and to get parenting information. **CAMERAY parent support Fridays 10 - 12 am.**

Free Computer Drop-In

Mondays 10 am - 12 pm & Tuesdays 1 - 3 pm

Learn basic computer skills - how to surf the internet, create an email account, or type simple documents. Volunteers will assist you with your digital questions.

Seniors Mondays

Mondays 9:30 - 11:30 am

Join us for coffee, tea, and snacks. Light lunch (Soup & a bun - \$2) 11:30 am - 1 pm
Drop by and meet your neighbours, have a conversation with coffee or tea.

Mother Goose

Wednesdays 10—11:30 am (from Apr 1 —June 3 2020)

A group experience for parents and their children aged three and under, focused on the pleasure and power of using rhymes, songs and stories together

Line Dancing

Mondays 9:30 - 11:30 am (Intermediate) and 12.15 - 1:45 pm

(Beginners), Saturdays 9 am - 12:00 pm (Intermediate).

Have fun in sharing and practicing various line dance pieces with new friends in a friendly atmosphere. Limited spaces. Please call to confirm spots. Everyone welcome.

Tai Chi

Tuesdays 1—3 pm

Come and learn an internal Chinese martial art practiced for both its body training, its health benefits and meditation. Feel free to join us.

Qi Gong

Mondays 2 - 3 pm

Discover some basic concepts of qi (vital life force energy) to enhance your own awareness about energy. Learn gentle movement routines that can add to anyone's repertoire for health, stress management and fitness.

Yoga Class (Beginners)

Mondays 3:15 - 4:15 pm

Come and join us for a beginner Yoga class. Certified Yoga teachers who will be practicing Pranayama, Asanas, Kundalini and Meditation. Please bring your own mat. Welcome all ages!

EAL Conversation Circle Tuesdays 10-11 am (Beginners) & 11 - 12 pm (intermediate) and Wednesdays 12:45-2:45 pm (Beginners) Designed for participants from non-English speaking backgrounds, this course will improve your skills in reading, writing, speaking and listening.

Community Kitchens (September—June)

Lower income participants come together at Gilmore Community School and cook low-cost, healthy meals to take home. Participants contribute \$5 per week. For more information, please call Lynn at 604-431-0400 or email kitchens@burnabynh.ca.

Tax Clinic (March - October)

Volunteers will assist low income individuals with their income tax returns during the year. All tax services are provided to BNH Members (Burnaby residents ONLY) For a **donation of \$5** or more to offset administrative costs. (cash or cheque only). Call 604-294-5444 to book an appointment.

Community Youth Leadership Program (CYLP)

Thursdays 4—6 pm

The CYLP is a program which will include, workshops, trainings, team building exercises, leadership development, personal development, and community engagement activities. Application is required. Open to youth grades 8 - 11. Contact Marleen at youth@burnabynh.ca

Employment Services And Community Connections For New Immigrants by ISS of BC

For an appointment, please call 604-395-8000 (ext 1276). Wednesday from 9 am - 4:30 pm there will be community connections for newcomers. For more information contact **Fatou Niane at fatoumata.niane@issbc.org or 604-395-8000 (ext. 1633).**

Math Mentoring

Wednesdays 4 - 5:30 pm from April 22—June 10, 2020

In partnership with Big Brothers and SFU this free afterschool program is for girls and boys grade 3 -7 who are struggling in math. Children are matched with a mentor to help with their math skills.

Crocheting with Shirley Mondays 2:30 - 4:30 pm. Learn how to transform clean plastic bags to all types of crocheting goods ex. Blankets, purse, etc.

PROGRAM

WINTER 2020



Follow our social media FB, Tw, Instagram at [@northbnh](https://www.facebook.com/northbnh)

North House 4908 Hastings St.
Burnaby, BC 604 -294 -5444

northinfo@burnabynh.ca

BURNABYNH.CA