

April 2022 – Seniors Connections Activities (For Ages 55 plus Only)

Mon	Tue	Wed	Thur	Fri
Registration for any program in this calendar: Call 604-431-0400 (Ann/ Alexis) or Email to annf@burnabynh.ca		♥ Donation is welcome for the programs and bingo game!		1 10:30–11:45am Bingo for Prizes 12:00–12:30pm Lunch* 12:30–2:30pm Social and Games 1:00–2:30pm Sewing Group
4 3:00–4:00pm Tai Chi Sword (Intermediate) 4:00–5:00pm Qi Gong (Beginner and intermediate)	5	6 10:00–11:00am Tai Chi (Intermediate) 11:00–12:00pm Tai Chi (Beginner) 12:30–2:30pm Social and Games	7 *Register for the talk, <u>Latin Dancing</u> and <u>Friday lunch</u> by Thursday at 2:00pm	8 10:00–10:45am Latin Dancing 10:45–11:45am Talk in Cantonese: Chinese Canadian History in Burnaby 講座：本拿比的加國唐人歷史 12:00–12:30pm Lunch* 12:30–2:30pm Social and Games 1:00–2:30pm Sewing Group 1:00–2:30pm Knitting with Shirley
11 3:00–4:00pm Tai Chi Sword (Intermediate) 4:00–5:00pm Qi Gong (Beginner and intermediate)	12 **Register for <u>Bollywood Dancing</u> by Tuesday at 2:00pm	13 10:00–11:00am Tai Chi (Intermediate) 11:00–12:00pm Tai Chi (Beginner) 12:30–1:30pm Bollywood Dancing** 12:30–2:30pm Social and Games	14	BNH Closed
BNH Closed	19	20 10:00–11:00am Tai Chi (Intermediate) 11:00–12:00pm Tai Chi (Beginner) 12:30–2:30pm Social and Games	21 *Register for <u>Latin Dancing, Digital Café</u> and <u>Friday lunch</u> by Thursday at 2:00pm	22 10:30–11:30am Latin Dancing 10:30–11:30am Senior Digital Café* 12:00–12:30pm Lunch* 12:30–2:30pm Social and Games 1:00–2:30pm Sewing Group 1:00–2:30pm Knitting with Shirley
25 3:00–4:00pm Tai Chi Sword (Intermediate) 4:00–5:00pm Qi Gong (Beginner and intermediate)	26 **Register for <u>Bollywood Dancing</u> by Tuesday at 2:00pm	27 10:00–11:00am Tai Chi (Intermediate) 11:00–12:00pm Tai Chi (Beginner) 12:30–1:30pm Bollywood Dancing** 12:30–2:30pm Social and Games	28 *Register for the <u>Workshop</u> and <u>Friday lunch</u> by Thursday at 2:00pm	29 10:30–11:30am Workshop: Falls Prevention 10:30–11:45am Social and Games 12:00–12:30pm Lunch* 12:30–2:30pm Social and Games 1:00–2:30pm Sewing Group

Lunch Menu (Cost: \$5)

(Lunch cards available: \$27 for 6 lunches)
Vegetarian options available

April 1

Spinach Salad
Crashed Eggs with Potatoes & Tomatoes
Dessert

April 8

Sweet & Sour Cucumber Salad
Thai Roasted Chicken, Veggies and Rice
Dessert

April 15 – No Lunch BNH Closed

April 22

Pumpkin Navy Bean Soup
Tuna Salad Sandwich
Dessert

April 29

Black Bean Corn Tomato Soup
Ham Pea Pasta
Dessert

Reserve your spot by 2PM Thursday!

Ann/ Alexis at 604-431-0400 or
annf@burnabynh.ca

April 2022

SENIORS CONNECTIONS

Burnaby Neighbourhood

South House



4460 Beresford Street

Activities are FREE for Burnaby residents
(55+) with BNH membership (\$5)

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwataʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations 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.

This program is generously supported by:



Lohn Foundation

Beedie

Information Corner

You must register for Friday's Lunches
by Thursday at 2PM

**Friday lunches cost \$5.00
(Subsidy available)**

Lunch cards available (\$27 for 6 lunches)
(No free lunches for volunteers)

Membership is required for all activities
(\$5 for the year)

**Vaccine Passport required
with Picture ID**

COVID Protocols in Place
Masks are required.

Please talk to Ann/ Alexis for more
information:
annf@burnabynh.ca or 604-431-0400

See you 😊