

NOVEMBER 2022

SENIORS CONNECTIONS (For Age 55+ only)

Tuesday	Wednesday	Thursday	Friday
1	2 10am-11am Tai Chi (Intermediate) 11am-12pm Tai Chi (Beginner)** 10:30am-11:45am Advance Care Planning*** 12pm-2pm Coffee and Social	3	4 10:30am-11:45am Bingo 12pm-12:30pm Lunch* 1pm-2:30pm Sewing group 3pm-4pm Tai Chi Sword 4pm-5pm Tai Chi (Advanced)
8	9 10am-11am Tai Chi (Intermediate) 11am-12pm Tai Chi (Beginner)** 10:30am-11:45am Powers of Attorney*** 12pm-1pm Coffee and Social	10	11 CLOSED FOR REMEMBRANCE DAY
15	16 10am-11am Tai Chi (Intermediate) 11am-12pm Tai Chi (Beginner)** 10:30am-11:45am Representation Agreements*** 12pm-2pm Coffee and Social 1pm-2pm Input Session with Emily	17	18 10am-11am Latin Beats with Ivette 12pm-12:30pm Lunch* 1pm-2:30pm Sewing group 3pm-4pm Tai Chi Sword 4pm-5pm Tai Chi (Advanced)
22	23 10am-11am Tai Chi (Intermediate) 11am-12pm Tai Chi (Beginner)** 10:30am-11:45am Advance Directives*** 12pm-2pm Coffee and Social	24	25 10:30am-11:30am Mental Health Talk 12pm - 12:30pm Lunch* 1pm-2:30pm Sewing group 3pm-4pm Tai Chi Sword 4pm-5pm Tai Chi (Advanced)
29	30 10am-11am Tai Chi (Intermediate) 11am-12pm Tai Chi (Beginner)** 10:30am-11:45am Palliative Care*** 12pm-2pm Coffee and Social	<p><i>This calendar does not feature all seniors' activities Check the front desk for additional activities</i></p>	

*Friday lunches are \$5. Please sign up for lunch by Thursday at 4pm (call 604 431 0400)

** Drop in available for Tai Chi beginner (max 20 per class)

*** These are part of a Personal Planning Series hosted by Seniors Health and Wellness Institute Society (over Zoom)

Information

Membership

Please see front desk to become a member (renewal required every September)

- Required for all activities
- \$5 for the year

Lunch

Sign-up for Friday lunches by Thursday 4pm

- Lunch costs \$5 (Subsidy available)
- Lunch cards available (\$27 for 6 lunches)

Frozen Meals

Available for purchase (\$5 each)
Subsidy Available

Tai Chi

Drop in available for beginners class
Please call to reserve a spot!

COVID protocols in place

Masks are recommended

For more information please contact

Emily

emilyc@burnabynh.ca
604 431 0400

Lunch Menu

November 4

Soy Chicken/Tofu with rice
Stir fried green beans
Dessert

November 11 Closed

November 18

Teriyaki Fish with rice
(Sweet Potato chilli for vegetarian)
Miso soup
Dessert

November 25

Mac & Cheese
Ribollita
Dessert

Sign-up for Friday lunches by Thursday 4pm

- Lunch costs \$5 (Subsidy available)
- Lunch cards available (\$27 for 6 lunches)



November 2022

SENIORS CONNECTIONS

Free for all those who are

- ✓ 55+
- ✓ Current BNH Member

Burnaby Neighbourhood House
South
4460 Beresford Street

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

Lohn Foundation

Beedie