

JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 12-2pm Computer Cafe	4	5 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12-3pm Drop-in Social & Games 1-2pm Bollywood Dancing with Devi (*need 4 participants at least to have a class)	6 3pm-5pm Computer Cafe	7 10-11am Latin Beat / English class 11am-12pm Bingo 12-1pm Lunch* 1-2pm Yuanji Dancing 1-3pm Sew Fun! 2-3 Tai Chi Sword 3-4pm 48 Tai Chi	8 10am-12pm Computer Cafe
10 12-2pm Computer Cafe	11 12-1pm Walking Group with Alexis	12 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12-1:30pm Digital Cafe 12-3pm Drop-in Social & Games 1-2pm Bollywood Dancing with Devi	13 3pm-5pm Computer Cafe	14 10-11am Latin Beat / English class 12-1pm Lunch* 1-2pm Yuanji Dancing 1-3pm Sew Fun! 2-3 Tai Chi Sword 3-4pm 48 Tai Chi	15 10am-12pm Computer Cafe
17 12-2pm Computer Cafe	18	19 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12-3pm Drop-in Social & Games 1-2pm Bollywood Dancing with Devi	20 3pm-5pm Computer Cafe	21 10-11am Latin Beat / English class 12 - 1pm Lunch* 1-2pm Yuanji Dancing 1-3pm Sew Fun! 2-3 Tai Chi Sword 3-4pm 48 Tai Chi	22 10am-12pm Computer Cafe
24 12-2pm Computer Cafe	25 12-1pm Walking Group with Alexis	26 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12-3pm Drop-in Social & BIRTHDAYS CELEBRATION 1-2pm Bollywood Dancing with Devi	27 3pm-5pm Computer Cafe	28 10-11am Latin Beat / English class 11am-12pm Talk with the Library! 12- 1pm Lunch* 1-2pm Yuanji Dancing 1-3pm Sew Fun! 2-3 Tai Chi Sword 3-4pm 48 Tai Chi	29 10am-12pm Computer Cafe
31 12-2pm Computer Cafe				*Friday lunches are \$5. Please sign up for lunch by Thursday at 2pm (604-431-0400)	

Information

Membership

Please see front desk to become a member

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

Lunch

Sign-up by **Thursday 2pm**

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

Frozen Meals

Available for purchase (\$5 each)

Contact Emily at **778-288-3747**

Tai Chi

Drop in available for beginners class

Please call to reserve a spot!

Masks are recommended

For more information, contact Lea

leak@burnabynh.ca

604-431-0400

Sign-up for Friday lunches by
Thursday 2pm

Lunch Menu

July 7

Vegetable Samosas

Vegetable Korma

Rice

Dessert

July 14

Salad

Chicken Sandwiches (with vegetarian option)

Dessert

July 21

Veggie Spring Rolls

Pad Thai

Dessert

July 28

Lentil Barley soup

Garlic Bread

Spaghetti & Meat Sauce (with vegetarian option)

Dessert



July 2023

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 (salilwataʔ), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh 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