

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED National Day for Truth and Reconciliation	3 12-1pm Walking Group with Alexis	4 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12:15-2pm Drop-in Social & Games	5 3pm-5pm Computer Cafe	6 10-11am Latin Beat / English class 11am-12pm Bingo 12-1pm Lunch* 1-2pm Tai Chi Sword 2-3pm 48 Tai Chi 1-3pm Sew Fun! 3-5pm Yuanji Dancing	7 10am-12pm Computer Cafe
9 CLOSED Thanksgiving Day	10	11 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12:15-2pm Drop-in Social & Games 12:15-2pm Digital café with Mal	12 3pm-5pm Computer Cafe	13 10-11am Latin Beat / English class 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm Tai Chi Sword 2-3pm 48 Tai Chi 3-5pm Yuanji Dancing	14 10am-12pm Computer Cafe
16 12-2pm Computer Cafe	17 12-1pm Walking Group with Alexis	18 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12:15-2pm Drop-in Social/ Talk with the Library!	19 3pm-5pm Computer Cafe	20 10-11am Latin Beat / English class 12 - 1pm Lunch* 1-3pm Sew Fun! 1-2pm Tai Chi Sword 2-3pm 48 Tai Chi 3-5pm Yuanji Dancing	21 10am-12pm Computer Cafe
23 12-2pm Computer Cafe	24	25 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi 24 intermediate 12:15-2pm Drop-in Social & BIRTHDAYS CELEBRATION	26 3pm-5pm Computer Cafe	27 10-11am Latin Beat / English class 12- 1pm Lunch* 1-2pm Tai Chi Sword 2-3pm 48 Tai Chi 1-3pm Sew Fun! 3-5pm Yuanji Dancing	28 10am-12pm Computer Cafe
30 12-2pm Computer Cafe	31 12-1pm Walking Group with Alexis			*Friday lunches are \$6. 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: \$6 (Subsidy available)
- Lunch cards available (\$33 for 6 lunches)

Frozen Meals (*new cost)

Available for purchase (\$7 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

Oct. 6

Turkey Noodle Soup
Pumpkin Cranberry Tagine
Dessert

Oct. 13

Miso Soup
Sweet & Sour Pork
Rice
Dessert

Oct. 20

Mushroom Barley Casserole
Beef Cabbage Rolls
Dessert

Oct. 27

Mung Bean Soup
Thai Style Chicken Noodles
Dessert

***Vegetarian meals will be available**



October 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-Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwəxwú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



Lohn Foundation

Beedie