

**January 2024**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1 CLOSED  New Year Day	2	3 <b>10-11am</b> Tai Chi 24 form beginner <b>11am-12pm</b> Tai Chi Sword <b>12:15-1:45pm</b> Drop-in Social & Games/ Digital café with Mal <b>2-2:45pm</b> Yoga	4  <b>3pm-5pm</b> Computer Cafe	5 <b>10-11am</b> Latin Beat / English class <b>11am-12pm</b> Bingo <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi <b>2-3pm</b> 48 Tai Chi <b>3-4:45pm</b> Yuanji Dancing	6 <b>10am-12pm</b> Computer Café
8  <b>12-2pm</b> Computer Cafe	9	10 <b>10-11am</b> Tai Chi 24 form beginner <b>11am-12pm</b> Tai Chi Sword <b>12:15-1:45pm</b> Drop-in Social / Talk with the Library! <b>2-2:45pm</b> – Yoga	11  <b>3pm-5pm</b> Computer Cafe	12 <b>10-11am</b> Latin Beat / English class <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi <b>2-3pm</b> 48 Tai Chi <b>3-4:45pm</b> Yuanji Dancing	13 <b>10am-12pm</b> Computer Café
15  <b>12-2pm</b> Computer Cafe	16	17 <b>10-11am</b> Tai Chi 24 form beginner <b>11am-12pm</b> Tai Chi Sword <b>12:15-1:45pm</b> Drop-in Social & Games <b>2-2:45pm</b> – Yoga	18  <b>3pm-5pm</b> Computer Cafe	19 <b>10-11am</b> Latin Beat / English class <b>12 - 1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi <b>2-3pm</b> 48 Tai Chi <b>3-4:45pm</b> Yuanji Dancing	20 <b>10am-12pm</b> Computer Café
22  <b>12-2pm</b> Computer Cafe	23	24 <b>10-11am</b> Tai Chi 24 form beginner <b>11am-12pm</b> Tai Chi Sword <b>12:15-1:45pm</b> Drop-in Social & Games <b>2-2:45pm</b> – Yoga	25  <b>3pm-5pm</b> Computer Cafe	26 <b>10-11am</b> Latin Beat / English class <b>12- 1pm</b> Lunch* <b>1-2pm</b> 24 Tai Chi <b>2-3pm</b> 48 Tai Chi <b>1-3pm</b> Sew Fun! <b>3-4:45pm</b> Yuanji Dancing	27 <b>10am-12pm</b> Computer Café
29  <b>12-2pm</b> Computer Cafe	30	31 <b>10-11am</b> Tai Chi 24 form beginner <b>11am-12pm</b> Tai Chi Sword <b>12:15-1:45pm</b> Drop-in Social & BIRTHDAYS CELEBRATION <b>2-2:45pm</b> – Yoga		<b>*Friday lunches are \$6.</b> <b>Please sign up for lunch by</b> <b>Thursday at 2pm (604-431-0400)</b>	

# Information

## Membership

Please see front desk to become a member

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

## Lunch on Friday

Sign-up by **Thursday 2pm**

- Cost: \$6 (Subsidy available)
- Lunch cards available (\$33 for 6 lunches)

## Frozen Meals

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](mailto:leak@burnabynh.ca)

604-431-0400

Sign-up for Friday lunches by  
**Thursday 2pm**

# Lunch Menu

## Jan. 5

Turkey Soup  
Zucchini Corn Egg Casserole  
Dessert

## Jan. 12

Bean, Sausage Soup  
Tuna Casserole  
Dessert

## Jan. 19

Carrot Lentil Soup  
Egg Salad Sandwiches  
Dessert

## Jan. 26

Minestrone soup  
Veggie Lasagna  
Dessert

**\*Vegetarian meals will be available**



## January 2024

## 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 (kʷikwə́ləm), 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