

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Monday OFFICE IS CLOSED	*Friday lunches are \$6. Please sign up for lunch by Thursday at 2pm (604-431-0400)	3 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Digital Cafe 2-2:45pm – Yoga	4 1pm-4pm Community Cafe (All ages are welcome) 3pm-5pm Computer Cafe	5 10-11am Latin Beat / English class 11am-12pm Bingo 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	6 10am-12pm Computer Café
8 12-2pm Computer Cafe	9	10 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social & Chair Yoga 2-2:45pm – Yoga	11 1pm-4pm Community Cafe (All ages are welcome) 3pm-5pm Computer Cafe	12 10-11am Latin Beat / English class 11am-12pm: “It’s not Right” presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	13 10am-12pm Computer Café
15 12-2pm Computer Cafe	16	17 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Talk with the library 2-2:45pm – Yoga	18 1pm-4pm Community Cafe (All ages are welcome) 3pm-5pm Computer Cafe	19 10-11am Latin Beat / English class 11-12pm “A Proactive Guide To Fall Prevention” presentation 12 - 1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	20 10am-12pm Computer Café
22 12-2pm Computer Cafe	23	24 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Managing Medications- Workshop & BIRTHDAYS CELEBRATION 2-2:45pm – Yoga	25 1pm-4pm Community Cafe (All ages are welcome) 3pm-5pm Computer Cafe	26 10-11am Latin Beat / English class 12- 1pm Lunch* 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing	27 10am-12pm Computer Café
29 12-2pm Computer Cafe	30				

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

604-431-0400

Sign-up for Friday lunches by
Thursday 2pm

Lunch Menu

April 5

Surprise meal by Lynn

April 12

Surprise meal by Lynn

April 19

Carrot Lentil Soup
Roasted Red Pepper, Hummus
Sandwiches
Dessert

April 26

Mung Bean Soup
Chicken Curry
Rice
Dessert

***Vegetarian meals will be available**



April 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 (səlilwataʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwxwú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



Lohn Foundation

Beedie