

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Friday lunches are \$6. Please sign up for lunch by Thursday at 2pm (604-431-0400)	1 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	2 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	3 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	4 10am-12pm Computer Café
6 12-2pm Computer Cafe	7	8 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	9 BNH OPEN HOUSE 1-3pm Come & join us! Enjoy coffee/tea/treats & learn more about our programs – EVERYONE IS WELCOME ☺	10 10-11am Latin Beat / English class 11am-12pm Managing Medications Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	11 10am-12pm Computer Café
13 12-2pm Computer Cafe	14	15 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Exploring Public Transportation Workshop 2-2:45pm – Yoga	16 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	17 10-11am Latin Beat / English class 12 - 1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	18
20 Victoria Day Office is CLOSED	21	22 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	23 1-4pm Community Cafe (All ages are welcome) 3pm-5pm Computer Cafe	24 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	25 10am-12pm Computer Café
27 12-2pm Computer Cafe	28	29 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social & BIRTHDAYS CELEBRATION 2-2:45pm – Yoga	30 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	31 10-11am Latin Beat / English class 11am-12pm Presentation on Ear Health 12- 1pm Lunch* 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing	

May 2024

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

May 3

Veggie Tortilla Soup
Chicken Enchilada Casserole
Dessert

May 10

Egg Swirl Soup
Beef & Veggie Stir Fry
Rice
Dessert

May 17

Salad
Mushroom Stroganoff
Mashed Potatoes
Dessert

May 24

Chicken Souvlaki
Salad
Pita Bread
Dessert

May 31

Pasta Chickpea Soup
Ham & Potato Salad Garlic Bread
Dessert



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 (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



***Vegetarian meals will be available**