

July 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|
| <p>1</p> <p>CANADA DAY</p> <p>OFFICE CLOSED</p> | <p>2</p> <p>Neighbourhood Walk 2pm-2.30pm</p> <p>“Meeting place: BNH South Office Reception area”</p> | <p>3</p> <p>10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Digital Café- “Seniors Chinese Fan Dance” presentation 2-2:45pm – Yoga 3-4pm-Line Dance</p> | <p>4</p> <p>1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p> | <p>5</p> <p>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</p> | <p>6</p> <p>10am-12pm Computer Café</p> |
| <p>8</p> <p>12-2pm Computer Cafe</p> | <p>9</p> <p>Neighbourhood Walk 2pm-2.30pm</p> <p>“Meeting place: BNH South Office Reception area”</p> | <p>10</p> <p>10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/“Hearing Health for Seniors” presentation 2-2:45pm – Yoga 3-4pm-Line Dance</p> | <p>11</p> <p>1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p> | <p>12</p> <p>10-11am Latin Beat / English class 11am-12pm –“Extreme Heat Response” presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing</p> | <p>13</p> <p>10am-12pm Computer Café</p> |
| <p>15</p> <p>12-2pm Computer Cafe</p> | <p>16</p> <p>Neighbourhood Walk 2pm-2.30pm</p> <p>“Meeting place: BNH South Office Reception area”</p> | <p>17</p> <p>10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/ “Talk with Library” 2-2:45pm – Yoga 3-4pm-Line Dance</p> | <p>18</p> <p>1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p> | <p>19</p> <p>10-11am Latin Beat / English class 11am-12pm: “End-of-life Planning: Memorial Society of BC” presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing</p> | <p>20</p> <p>10am-12pm Computer Café</p> |
| <p>22</p> <p>12-2pm Computer Cafe</p> | <p>23</p> <p>Neighbourhood Walk 2pm-2.30pm</p> <p>“Meeting place: BNH South Office Reception area”</p> | <p>24</p> <p>10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/PICNIC IN THE PARK-Active Games 2-2:45pm – Yoga 3-4pm-Line Dance</p> | <p>25</p> <p>1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p> | <p>26</p> <p>10-11am Latin Beat / English class 11am-12pm—“Tax Planning for AL&LTC” presentation 12 - 1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing</p> | <p>27</p> <p>10am-12pm Computer Café</p> |
| <p>29</p> <p>12-2pm Computer Cafe</p> | <p>30</p> <p>Neighbourhood Walk 2pm-2.30pm</p> <p>“Meeting place: BNH South Office Reception area”</p> | <p>31</p> <p>10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social /BIRTHDAYS CELEBRATION/Chair Yoga 2-2:45pm – Yoga 3-4pm-Line Dance</p> | | <p>*Friday lunches are \$6. Please sign up for lunch by Thursday at 2pm (604-431-0400)</p> | |

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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

July 5

Mung Bean Soup

Orzo Pasta salad

Dessert

July 12

Bean & Veggie Soup

Falafel Sandwiches

Dessert

July 19

Salad

Rice

Beef Stew

Dessert

July 26

Samosas

Rice

Vegetable Korma

Dessert

****Vegetarian meals will be available***

*****Last minute changes are always a possibility***



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

This program is generously supported by:

