

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Friday lunches are \$6. Please sign up for lunch by Thursday at 2pm (604-431-0400)</p>			<p>1 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>2 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>3</p>
<p>5 BC DAY Office is CLOSED</p>	<p>6 Summer Neighbourhood Walk 2pm-2.30pm “Meeting place: BNH South Office Reception area”</p>	<p>7 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Digital Café/ “Extreme Heat Safety Workshop” 2-2:45pm – Yoga 3-4pm - Line Dance</p>	<p>8 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>9 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</p>	<p>10 10am-12pm Computer Café</p>
<p>12 12-2pm Computer Cafe</p>	<p>13 Summer Neighbourhood Walk 2pm-2.30pm “Meeting place: BNH South Office Reception area”</p>	<p>14 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 3-4pm - Line Dance</p>	<p>15 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>16 10-11am Latin Beat / English class 11am-12pm “Anxiety, Depression and Yoga” 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>17 10am-12pm Computer Café</p>
<p>19 12-2pm Computer Cafe</p>	<p>20 Summer Neighbourhood Walk 2pm-2.30pm “Meeting place: BNH South Office Reception area”</p>	<p>21 10-11am Tai Chi 24 form beginner 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/ Laughter Yoga 2-2:45pm – Yoga 3-4pm - Line Dance</p>	<p>22 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>23 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</p>	<p>24 10am-12pm Computer Café</p>
<p>26 12-2pm Computer Cafe</p>	<p>27 Summer Neighbourhood Walk 2pm-2.30pm “Meeting place: BNH South Office Reception area”</p>	<p>28 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 3-4pm - Line Dance</p>	<p>29 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>30 10-11am Latin Beat / English class 11am-12pm Karaoke 12 - 1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing</p>	<p>31 10am-12pm Computer Café</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; Subsidy is available)

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

August 2

Caesar Salad

Italian Sausage Casserole

Dessert

August 9

Lentil Potato Soup

Spaghetti & Meat Sauce

Dessert

August 16

Egg Foo Young

Stir Fried Veggies

Dessert

August 23

Spring Rolls

Vietnamese Style Chicken & Noodles

Dessert

August 30

Coleslaw

Tuna Casserole

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

This program is generously supported by:



Lohn Foundation

Beedie