

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10-11am Tai Chi 24 form intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Digital Café/Chair Yoga/ NATIONAL SENIORS DAY CELEBRATION ☺ 2-2:45pm – Yoga 3-4pm Line Dance	3 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	4 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	5 10am-12pm Computer Café
7 12-2pm Computer Cafe	8	9 10-11am Tai Chi 24 form intermediate 11am-12pm Tai Chi Sword 12:15-1:4 Drop-in Social/Talk with Library! 2-2:45pm – Yoga 3-4pm Line Dance	10 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	11 10-11am Latin Beat / English class 11am-12pm Feedback session 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	12
14 Thanksgiving Day Office is CLOSED	15	16 10-11am Tai Chi 24 form intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/Chair Yoga /THANKSGIVING CELEBRATION ☺ 2-2:45pm – Yoga 3-4pm Line Dance	17 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	18 10-11am Latin Beat /English class 11am-12pm "Top 5 Financial Scams for seniors" presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing	19 10am-12pm Computer Café
21 12-2pm Computer Cafe	22	23 10-11am Tai Chi 24 form intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/"Top 5 Financial Scams for seniors" presentation 2-2:45pm – Yoga 3-4pm Line Dance	24 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	25 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	26 10am-12pm Computer Café
28 12-2pm Computer Cafe	29	30 10-11am Tai Chi 24 form intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social/BIRTHDAYS CELEBRATION/Feedback session 2-2:45pm – Yoga 3-4pm Line Dance	31 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe	*Friday lunches are \$6. NEW: Registration same day from 10:30am till 11:45am. ☺ **TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca	

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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

- 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

TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca

Masks are recommended

For more information, contact Lea

leak@burnabynh.ca

604-431-0400 or 236-688-1712

Lunch Menu

October 4

Salad

Mushroom Stroganoff

Dessert

October 11

Turkey Soup

Pumpkin Cranberry Tagine

Naan

Dessert- Rice Pudding

October 18

Cream of Tomato Soup

Grilled Cheese, Apple Sandwich

Dessert

October 25

Salad

Deconstructed Cabbage Rolls

Mashed Potatoes

Dessert

*Vegetarian meals will be available

**Meals are subject to change



October 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 (kʷikʷəłəm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



Lohn Foundation

Beedie