

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>*Friday lunches are \$6; Registration same day from 10:30am till 11:45am.</p> <p>**TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca</p>		<p>1 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>2 10am-12pm Computer Café</p>
<p>4 12-2pm Computer Café</p>	5	<p>6 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Digital Café/Chair Yoga 2-2:45pm – Yoga 3-4pm Line Dance</p>	<p>7 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>8 10-11am Latin Beat / English class 11am-12pm “Flu and Cold” presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>	9
<p>11 Remembrance Day Office is CLOSED</p>	12	<p>13 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45 Drop-in Social/Talk with Library! 2-2:45pm – Yoga 3-4pm Line Dance</p>	<p>14 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>15 10-11am Latin Beat /English class 11am-12 “Oral Healthcare” 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>16 10am-12pm Computer Café</p>
<p>18 12-2pm Computer Café</p>	19	<p>20 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Digital Café/Chair Yoga 2-2:45pm – Yoga 3-4pm Line Dance</p>	<p>21 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>22 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</p>	<p>23 10am-12pm Computer Café</p>
<p>25 12-2pm Computer Café</p>	26	<p>27 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</p>	<p>28 1-4pm Community Cafe (All ages are welcome) 3-5pm Computer Cafe</p>	<p>29 10-11am Latin Beat /English class 11am-12pm “Diabetes” 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>30 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

- 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

November 1

Spring Rolls

Thai Style Noodle Pork Stir Fry

Dessert

November 8

Chickpea & Spinach Soup

Tuna Casserole

Dessert

November 15

Corn Chowder

Pasta & Chicken in BBQ Sauce

Dessert

November 25

Cornbread

Pumpkin Chili

Dessert

November 29

Minestrone Soup

Spag & Meat Sauce

Garlic Bread

Dessert

***Vegetarian meals will be available**

****Meals are subject to change**



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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 (səlilwataʔt), Kwikwetlem (kʷikwəʔəm), Squamish (Skwxwú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:

