

# December 2024

| Monday                                 | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                                      |
|--|--|---|---|---|---|
| <p>2<br/>12-2pm<br/>Computer Café</p>  | <p>3</p>   | <p>4<br/>10-11am Tai Chi 24 form intermediate**<br/>11am-12pm Tai Chi Sword**<br/>12:15-1:45pm Drop-in Social/Digital Café/Chair<br/>Yoga<br/>2-2:45pm – Yoga</p>                     | <p>5<br/>1-3pm Community Cafe (All ages are welcome)<br/>3-5pm Computer Café</p>  | <p>6<br/>10-11am Latin Beat / English class<br/>11am-12pm Bingo!<br/>12-1pm Lunch*<br/>1-3pm Sew Fun!<br/>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**<br/>3-4:45pm Yuanji Dancing</p>   | <p>7<br/>10am-12pm<br/>Computer<br/>Café</p>  |
| <p>9<br/>12-2pm<br/>Computer Café</p>  | <p>10</p>  | <p>11<br/>10-11am Tai Chi 24 form intermediate**<br/>11am-12pm Tai Chi Sword**<br/>12:15-1:45 Drop-in Social/Talk with Library!<br/>2-2:45pm – Yoga</p>                               | <p>12<br/>1-3pm Community Cafe (All ages are welcome)<br/>3-5pm Computer Café</p> | <p>13<br/>10-11am Latin Beat / English class<br/>11am-12pm – “Harmony for All”<br/>Christmas Carols<br/>12-1pm Christmas Lunch***<br/>1-3pm Sew Fun!<br/>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**<br/>3-4:45pm Yuanji Dancing</p>  | <p>14<br/>10am-12pm<br/>Computer<br/>Café</p> |
| <p>16<br/>12-2pm<br/>Computer Café</p> | <p>17</p>  | <p>18<br/>10-11am Tai Chi 24 form intermediate**<br/>11am-12pm <u>Tai Chi Sword- is cancelled</u><br/>12:15-1:45pm Drop-in Social/Digital Café/Chair<br/>Yoga<br/>2-2:45pm – Yoga</p> | <p>19<br/>1-3pm Community Cafe (All ages are welcome)<br/>3-5pm Computer Café</p> | <p>20<br/>10-11am Latin Beat /English class<br/>11am-12pm Christmas Arts&amp;Crafts<br/>12-1pm Lunch*<br/>1-3pm Sew Fun!<br/><u>Tai Chi Both 24 &amp;48 are cancelled</u><br/>3-4:45pm Yuanji Dancing</p>   | <p>21<br/>10am-12pm<br/>Computer<br/>Café</p> |
| <p>23</p>                              | <p>24</p>  | <p>25<br/>Christmas Day - Office is CLOSED</p>  | <p>26<br/>Boxing Day - Office is CLOSED</p>                                       | <p>27<br/>Office is CLOSED</p>  | <p>28<br/>Office is CLOSED</p>                |
| <p>30<br/>Office is CLOSED</p>         | <p>31<br/>Office is CLOSED;<br/>reopening on Jan 2nd</p> |   |   | <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 <a href="mailto:leak@burnabyh.ca">leak@burnabyh.ca</a></p> <p>***Dec 13 Christmas lunch -8\$/ticket- buy at the reception starting Dec 2 -space is limited</p> |   |

# December 2024

## 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 Cynthia at 672-377-5608

### Tai Chi

TAI CHI classes are full. To be added to the waitlist, please email Lea at [leak@burnabynh.ca](mailto:leak@burnabynh.ca)

### Masks are recommended

For more information, contact Lea

[leak@burnabynh.ca](mailto:leak@burnabynh.ca)

604-431-0400 or 236-688-1712

## Lunch Menu

### December 6

Dill Rice, Tahini  
Falafel Salad  
Dessert

### December 13-tickets required\*\*\*

Roast Turkey  
Mashed Potatoes  
Gravy, Cranberry Sauce  
Green Beans  
Mango Pudding

### December 20

Fish Chowder  
Parsley Carrots  
Buns  
Dessert

**\*Vegetarian meals will be available**

**\*\*Meals are subject to change**

**\*\*\*Dec 13 Christmas lunch -8\$/ticket- buy at the reception starting Dec 2 -space is limited**



## December 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 (salilwata?ɬ), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.*

This program is generously supported by:



Lohn Foundation

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