

# January 2025

| Monday   | Tuesday | Wednesday  | Thursday  | Friday   | Saturday                                       |
|--|---------|--|---|--|--|
|  |         | <b>1 New Year's Day – OFFICE IS CLOSED</b><br><br><b>*Friday lunches are \$6. Registration same day from 10:30am till 11:45am. ☺</b><br><br><b>**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></b> | <b>2</b><br><b>1-3pm Community Café (All ages are welcome)</b><br><b>3-5pm Computer Café</b>  | <b>3</b><br><b>10-11am Latin Beat/English class</b><br><b>11am-12pm Bingo!</b><br><b>12-1pm Lunch*</b><br><b>1-3pm Sew Fun!</b><br><b>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**</b>  | <b>4</b>                                       |
| <b>6</b><br><b>12-2pm</b><br>Computer Café     | 7       | <b>8</b><br><b>10-11am Tai Chi 24 form intermediate**</b><br><b>11am-12pm Tai Chi Sword**</b><br><b>12:15-1:45 Drop-in Social/Digital Café/Chair Yoga</b><br><b>2-2:45pm – Yoga</b><br><b>3-4pm Line Dance</b>   | <b>9</b><br><b>1-3pm Community Café (All ages are welcome)</b><br><b>3-5pm Computer Café</b>  | <b>10</b><br><b>10-11am Latin Beat/English class</b><br><b>11-12 -"Home Care Pathways" presentation</b><br><b>12-1pm Lunch*</b><br><b>1-3pm Sew Fun!</b><br><b>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**</b><br><b>3-4:45pm Yuanji Dancing</b> | <b>11</b><br><b>10am-12pm</b><br>Computer Café |
| <b>13</b><br><b>12-2pm</b><br>Computer Café    | 14      | <b>15</b><br><b>10-11am Tai Chi 24 form intermediate**</b><br><b>11am-12pm Tai Chi Sword**</b><br><b>12:15-1:45 Drop-in Social/Talk with Library!</b><br><b>2-2:45pm – Yoga</b><br><b>3-4pm Line Dance</b>   | <b>16</b><br><b>1-3pm Community Café (All ages are welcome)</b><br><b>3-5pm Computer Café</b> | <b>17</b><br><b>10-11am Latin Beat/English class</b><br><b>11-12am Getting to know you</b><br><b>12-1pm Lunch*</b><br><b>1-3pm Sew Fun!</b><br><b>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**</b><br><b>3-4:45pm Yuanji Dancing</b>              | <b>18</b><br><b>10am-12pm</b><br>Computer Café |
| <b>20</b><br><b>10am-12pm</b><br>Computer Café | 21      | <b>22</b><br><b>10-11am Tai Chi 24 form intermediate**</b><br><b>11am-12pm Tai Chi Sword**</b><br><b>12:15-1:45pm Drop-in Social/Digital Café/Chair Yoga</b><br><b>2-2:45pm – Yoga</b><br><b>3-4pm Line Dance</b>  | <b>23</b><br><b>1-3pm Community Café (All ages are welcome)</b><br><b>3-5pm Computer Café</b> | <b>24</b><br><b>10-11am Latin Beat/English class</b><br><b>11am-12pm "Heart Health" presentation</b><br><b>12-1pm Lunch*</b><br><b>1-3pm Sew Fun!</b><br><b>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**</b><br><b>3-4:45pm Yuanji Dancing</b>    | <b>25</b><br><b>10am-12pm</b><br>Computer Café |
| <b>27</b><br><b>10am-12pm</b><br>Computer Café | 28      | <b>29</b><br><b>10-11am Tai Chi 24 form intermediate**</b><br><b>11am-12pm Tai Chi Sword**</b><br><b>12:15-1:45pm Drop-in Social/Birthday Celebration/Art workshop with Alice</b><br><b>2-2:45pm – Yoga</b><br><b>3-4pm Line Dance</b>   | <b>30</b><br><b>1-3pm Community Café (All ages are welcome)</b><br><b>3-5pm Computer Café</b> | <b>31</b><br><b>10-11am Latin Beat /English class</b><br><b>11-12am Chinese New Year Celebration</b><br><b>12-1pm Lunch*</b><br><b>1-3pm Sew Fun!</b><br><b>1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi**</b><br><b>3-4:45pm Yuanji Dancing</b>    |  |

# January 2025

## 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

### January 3

Pumpkin Navy Bean Soup

Mushroom Stroganoff

Dessert

### January 10

Turkey Soup

Egg Salad Sandwiches

Dessert

### January 17

Carrot Lentil Soup

Bread Pudding

Dessert

### January 24

Nappa Cabbage Mushroom Soup

Ma Po Tofu (Braised Pork & Tofu)

Dessert

### January 31

Tomato Bean Barley Soup

Turkey Pot Pie

Dessert

**\*Vegetarian meals will be available**

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



## January 2025

## 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:



Lohn Foundation

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