

# March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <b>12-2pm</b> Computer Café	4	5 <b>10-11am</b> Tai Chi 24 form intermediate** <b>11am-12pm</b> Tai Chi Sword** <b>12:15-1:45pm</b> Drop-in Social/Digital Café/Drawing with Alice <b>2-2:45pm</b> – Yoga <b>3-4pm</b> Line Dance	6 <b>1-3pm</b> Community Café (All ages are welcome) <b>1:30 -2:30 pm CRA Benefits &amp; Credits Workshop</b> <b>3-5pm</b> Computer Café	7 <b>10-11am</b> Latin Beat/English class <b>11am-12pm Bingo</b> <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi** <b>2-3pm</b> 48 Tai Chi** <b>3-4:45pm</b> Yuanji Dancing	8 <b>10am-12pm</b> Computer Café
10 <b>12-2pm</b> Computer Café	11	12 <b>10-11am</b> Tai Chi 24 form intermediate** <b>11am-12pm</b> Tai Chi Sword** <b>12:15-1:45pm</b> Drop-in Social/Chair Yoga <b>2-2:45pm</b> – Yoga <b>3-4pm</b> Line Dance	13 <b>1-3pm</b> Community Café (All ages are welcome) <b>3-5pm</b> Computer Café	14 <b>10-11am</b> Latin Beat/English class <b>11am-12pm “Information on Recreation Centers” presentation</b> <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi** <b>2-3pm</b> 48 Tai Chi** <b>3-4:45pm</b> Yuanji Dancing	15 <b>10am-12pm</b> Computer Café
17 <b>12-2pm</b> Computer Café	18	19 <b>10-11am</b> Tai Chi 24 form intermediate** <b>11am-12pm</b> Tai Chi Sword** <b>12:15-1:45pm</b> Drop-in Social /Digital Café/ <b>Nowruz celebration - POTLUCK</b> <b>2-2:45pm</b> – Yoga <b>3-4pm</b> Line Dance	20 <b>1-3pm</b> Community Café (All ages are welcome) <b>3-5pm</b> Computer Café	21 <b>10-11am</b> Latin Beat/English class <b>11-12pm St. Patrick’s Day celebration</b> <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi** <b>2-3pm</b> 48 Tai Chi** <b>3-4:45pm</b> Yuanji Dancing	22 <b>10am-12pm</b> Computer Café
24 <b>12-2pm</b> Computer Café	25	26 <b>10-11am</b> Tai Chi 24 form intermediate** <b>11am-12pm</b> Tai Chi Sword** <b>12:15-1:45pm</b> Drop-in Social/ Talk with Library!/ Birthdays celebration <b>2-2:45pm</b> – Yoga <b>3-4pm</b> Line Dance	27 <b>1-3pm</b> Community Café (All ages are welcome) <b>3-5pm</b> Computer Café	28 <b>10-11am</b> Latin Beat/English class <b>11am-12pm Feedback Session</b> <b>12-1pm</b> Lunch* <b>1-3pm</b> Sew Fun! <b>1-2pm</b> 24 Tai Chi** <b>2-3pm</b> 48 Tai Chi** <b>3-4:45pm</b> Yuanji Dancing	29 <b>10am-12pm</b> Computer Café *last Sat. Session
31 <b>12-2pm</b> Computer Café		**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>		*Friday lunches are \$6. Registration same day from 10:30am till 11:45am. ☺	

# March 2025

## Information

### Membership

Please see front desk to become a member

- Required for all activities
- \$5 for the year (for individual)
- \$10 for the year (for family)

### 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 236-668-1712

## Lunch Menu

### March 7

Split Pea Soup  
Pulled BBQ Chicken Sandwich  
Dessert

### March 14

Carrot Chickpea Soup  
Potato Salad with Ham  
Buttermilk Biscuits  
Dessert

### March 21

Sweet & Sour Lentils  
Sauteed Cabbage  
Rice Pudding

### March 28

Jeera Rice  
Chickpea Curry  
Raita  
Dessert

\*Vegetarian meals will be available

\*\*Meals are subject to change



## March 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:

