

April 2025

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/National Walking Day - Let's Go for a 20-Min Walk! 2-2:45pm – Yoga 3-4pm Line Dancing	3 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	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
7 12-2pm Computer Café	8	9 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Chair Yoga 2-2:45pm – Yoga 3-4pm Line Dancing	10 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	11 10-11am Latin Beat/English class 11am-12pm "Physical and Mental Effects on Aging" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	12
14 12-2pm Computer Café	15	16 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social /Talk with Library/Easter Celebration 2-2:45pm – Yoga 3-4pm Line Dancing	17 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	18 Good Friday Office is CLOSED	19
21 Easter Monday Office is CLOSED	22	23 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ Chair Yoga 2-2:45pm – Yoga 3-4pm Line Dancing	24 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	25 10-11am Latin Beat/English class 11am-12pm "The Canadian 24-Hour Movement Guidelines for Older Adults" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	26
28 12-2pm Computer Café	29	30 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ Birthdays Celebration / Feedback: Your Insights, Our Guide! 2-2:45pm – Yoga 3-4pm Line Dancing		*Friday lunches are \$6. 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	

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 pick up or delivery (\$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

Masks are recommended

For more information, contact Lea

leak@burnabynh.ca

604-431-0400 or 236-668-1712

April 2025 Lunch Menu

April 4

Menu will be available on Thursday
April 3rd, Call/Email Lea at
236-668-1712 /leak@burnabynh.ca

April 11

Menu will be available on Thursday
April 10th, Call/Email Lea at
236-668-1712 /leak@burnabynh.ca

April 18

Office is CLOSED

April 25

Menu will be available on Thursday
April 24th, Call/Email Lea at
236-668-1712 /leak@burnabynh.ca

***Vegetarian meals will be available**

****Meals are subject to change**



April 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-Wauthuth (səlilwataʔt), Kwikwetlem (kʷikwəłəm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



United Way
British Columbia

Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island

Beedie