

May 2025

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@burnaby nh.ca</p>	<p>1 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>2 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>	3
<p>5 12-2pm Computer Café</p>	6	<p>7 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Foot Care Presentation by “Proof of Care” 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>8 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>9 10-11am Latin Beat/English class 11am-12pm “Transit Training” Session 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>	10
<p>12 12-2pm Computer Café</p>	13	<p>14 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</p>	<p>15 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>16 9am-12pm “Transit Training” Excursion 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>	17
<p>19 Victoria Day Office is CLOSED</p>	20	<p>21 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Talk with Library! 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>22 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>23 10-11am Latin Beat/English class 11am-12pm International Tea Day-Let’s Sip Tea and Share Good Memories 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>	24
<p>26 12-2pm Computer Café</p>	27	<p>28 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ Birthdays Celebration /Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>29 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>30 10-11am Latin Beat/English class 11am-12pm Diabetes Presentation (Part2) by “Proof of Care” 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>	31

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

May 2025

Lunch Menu

May 2

Mushroom Cabbage Soup

Ma Po Tofu with Pork

Rice

Dessert

May 9

Black Bean & Corn Tomato Soup

Ground Beef Goulash

Dessert

May 16

Pasta Chickpea Soup

Beef Cabbage "Rolls"

Dessert

May 23

Surprise Meal with Lynn

May 30

To Be Announced

***Vegetarian meals available**

****Meals are subject to change**



May 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 (səlilwataʔ), Kwikwetlem (kʷikwəḷəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) 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