

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Canada Day Office is CLOSED	2 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ "Aging Well" Presentation 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
7 12-2pm Computer Café + Seniors Form Filling Clinic (South)	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 Line Dancing 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
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! 2-2:45pm Yoga 3-4pm Line Dancing	17 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	18 10-11am Latin Beat/English class 11am-12pm "Long Term Care@Home" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
21 12-2pm Computer Café	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 South House Summer Social	25 10-11am Latin Beat/English class 11am-12pm "Aging Well" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
28 12-2pm Computer Café	29	30 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm POTLUCK in Maywood Park/ Birthdays Celebration 2-2:45pm Yoga 3-4pm Line Dancing	31 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	*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

For more information, contact Lea

leak@burnabynh.ca

604-431-0400 or 236-668-1712

July 2025

Lunch Menu

July 4

Surprise Meal with Lynn

July 11

Surprise Meal with Lynn

July 18

Soup

Falafel Salad

Dessert

July 25

Salad

Chicken & Pasta in BBQ Sauce

Dessert

*Vegetarian meals available

**Meals are subject to change



July 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 (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), 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