

Monday	Tuesday	Wednesday	Thursday	Friday
2 12-2pm Computer Café	3	4 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	5 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	6 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
9 12-2pm Computer Café	10	11 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	12 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	13 10-11am Latin Beat/English class 11am-12pm "Better at Home" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
16 12-2pm Computer Café	17	18 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	19 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	20 10-11am Latin Beat/English class 11am-12pm "Heat Stroke" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
23 12-2pm Computer Café	24	25 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 - CANCELLED 3-4pm Line Dancing	26 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	27 10-11am Latin Beat/English class 11am-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
30 12-2pm 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

June 2025

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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

Lunch Menu

June 6

Soup

Coleslaw

Potato Cheese Perogies

Dessert

June 13

Soup

Soy Braised Chicken with Potatoes
and Carrots

Rice

Dessert

June 20

Soup

Ham Potato Salad

Buns

Dessert

June 27

Moroccan Chickpea Veggie Stew

Buns

Tzatziki

Dessert



June 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 (kʷikwəɬəm), Squamish (Skwxwú7mesh úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



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

**Vegetarian meals available*
***Meals are subject to change*