












## March 2018 – Seniors’ Together Program Activities

| <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Friday</i>  |
|--|---|--|
|  |   | 2<br><b>10:00 - 11am</b> Latin Beats for a healthy lifestyle<br><b>11:00 – 12noon</b> <u>Why Yoga and Meditation are good for us?</u><br><b>12noon – 1:15pm Seniors’ Lunch</b><br><b>1:15 – 2:15pm</b> Line Dancing for Beginners <br><b>2:30 – 3:30pm</b> Line Dancing for Intermediate  |
| 6<br><b>10 – 11:15am</b> Yoga class / Registration is required and class is limited     | 7<br><b>10:30 – 12noon</b> Latin Fitness & Fun<br><b>12:30 – 3pm</b> <u>Games Time and Knitting Club: Dream Catcher making with George</u>   | 9<br><b>10:00 - 11am</b> Latin Beats for a healthy lifestyle<br><b>11am – 12noon</b> <u>Discussion</u><br><b>12noon – 1:15pm Seniors’ Lunch</b><br><b>1:15 – 2:15pm</b> Line Dancing for Beginners<br><b>2:30 – 3:30pm</b> Line Dancing for Intermediate   |
| 13<br><b>10 – 11:15am</b> Yoga class / Registration is required and class is limited    | 14<br><b>10:30 – 12noon</b> Latin Fitness & Fun<br><b>12:30 – 2:00pm</b> <u>Advisory Meeting: Share your suggestions and advice to support and improve the programming (Computer room)</u> <br><b>2pm – 3pm</b> Line Dancing | 16<br><b>10:00 - 11am</b> Latin Beats for a healthy lifestyle<br><b>11:00 – 12noon</b> <u>Seniors FirstBC – Beware of Financial Abuse</u> <br><b>12noon – 1pm Seniors’ Lunch</b><br><b>1:15 – 2:15pm</b> Line Dancing for Beginners<br><b>2:30 – 3:30pm</b> Line Dancing for Intermediate |
| 20<br><b>10 – 11:15am</b> Yoga class / Registration is required and class is limited  | 21<br><b>10:30 – 12noon</b> Latin Fitness & Fun<br><b>12:30 – 2pm</b> <u>Navigating the Healthcare system (Computer room)</u>    | 23<br><b>10:00 - 11am</b> Latin Beats for a healthy lifestyle<br><b>10:00 – 11am</b> <u>Bingo</u> <br><b>12noon – 1pm Seniors’ Lunch</b><br><b>1:15 – 2:15pm</b> Line Dancing for Beginners<br><b>2:30 – 3:30pm</b> Line Dancing for Intermediate                                       |
| 27 <b>10 – 11:15am</b> Yoga class / Registration is required and class is limited     | 28<br><b>10:30 – 12noon</b> Latin Fitness & Fun<br><b>12:30 – 2:00pm</b> <u>Conversation Circle (Computer room)</u> <br><b>2-3pm</b> <u>March Birthdays and Cake</u>   | 30<br><p style="text-align: center;"><b><u>GOOD FRIDAY! BNH IS CLOSED</u></b></p>  |

## SENIORS' TOGETHER LUNCH MENU

Light lunch is served every FRIDAY at 12 noon.

Please arrive by 11am to buy your tickets.

Seniors lunch card \$27 for 6 lunches, individual lunch costs \$5.



### Fri March 2

Spaghetti alla Puttanesca

Garlic Bread

Caesar Salad

Dessert

### Fri March 9

Tricolor Chickpea Salad

Butternut Squash Soup

Dessert

### Fri March 16

Almost Cabbage Rolls

Mashed potatoes

Lime jello

### Fri March 23

Easter Ham

Bread and Veggie Casserole

Lemon Bars

### Fri March 30

**Stat Holiday: Good Friday no lunch**



## SENIORS' TOGETHER PROGRAM

activities are FREE for Burnaby Neighbourhood House seniors.

Membership is required, it costs \$5 a year and can be renewed every September.

Please donate \$1 or more for social and educational activities on Wednesdays to purchase snacks, monthly birthday cake, and refreshments.

Burnaby Neighbourhood House is a charitable non-profit organization primarily funded by United Way.

This calendar does not feature all seniors' activities. Make sure to check the front desk for additional activities.

Email [seniors@burnabynh.ca](mailto:seniors@burnabynh.ca) or call 604.431.0400

4460 Beresford Street Burnaby, BC V5H 0B8

Content is subject to changes.



## LINE DANCING (BEGINNERS & INTERMEDIATE) EVERY FRIDAY—FREE ACTIVITY (Registration front desk)

1:15 – 2:15pm and 2:30 – 3:30pm



Do you want to dance, improve health, reduce falls, and meet new people? Join our popular Line Dancing classes.

## LATIN BEATS, Music and Movement for a Healthy Lifestyle

EVERY FRIDAY – FREE ACTIVITY  
10 – 11am (Drop-Ins welcome!)



Join Ivette to enjoy gentle moves, uplifting music while improving your balance and mood.

## YOGA – HEALTH AND WELLNESS

EVERY TUESDAY – FREE ACTIVITY  
10 – 11:15am (Registration is Required)



Join Dr. Ami Batavia, Avuryeda practitioner to balance your body, mind, and spirit for healthier life. Bring water, towel, and notebook. If you have yoga mats please bring yours. or we'll provide one.