

June 2018 - Seniors' Together Program Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 <p>Monthly health gifts for regular walking club members</p>				1 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 - 12noon COSCO - Mental Health 12noon - 1:15pm Seniors' Lunch 1:15 - 2:15pm Line Dance 2:30 - 3:30pm Line Dance Fitness
4 10:30am - 12noon Walking Club: Forest Therapy & Stretching at Central Park <i>(Please meet at BNH front desk)</i> 4 - 6 pm: Counselling for Gynecology, Obstetric, Menopause, Andropause (Pre-registration required)	5 1:30 - 3:30pm Creative Club: Knitting, needle point, and more	6 10:30am - 12pm Qi Gong and Tai Chi (Yang 24 style) 12:30 - 3pm Games Time and Knitting Club	7 10:30 - 11:15am Tai Chi 24 11:15 - 12noon Tai Chi 48	8 10:00 - 11am Latin Beats for a healthy lifestyle 11am - 12noon Bingo 12noon - 1:15pm Seniors' Lunch 1:15 - 2:15pm Line Dance 2:30 - 3:30pm Line Dance Fitness
11 10:30am - 12noon Walking Club: Forest Therapy & Stretching at Central Park <i>(Please meet at BNH front desk)</i> 4 - 6 pm: Counselling for Gynecology, Obstetric, Menopause, Andropause (pre-registration required)	12 1:30 - 3:30pm Creative Club: Knitting, needle point, and more	13 9:30-12noon Deep dive dialogue on how isolation was created 10:30 - 12noon Qi Gong and Tai Chi (Yang 24 style) 12:30-2:30pm Picnic in the park - Please bring a small dish to share 2pm - 3pm Line Dancing	14 10:30 - 11:15am Tai Chi 24 11:15 - 12noon Tai Chi 48	15 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 - 12noon Music and Social 12noon - 1pm Seniors' Lunch 1:15 - 2:15pm Line Dance 2:30 - 3:30pm Line Dance Fitness
18 MAHJONG SESSION IS CANCELLED! 10:30am - 12noon Walking Club: Forest Therapy & Stretching at Central Park <i>(Please meet at BNH front desk)</i> 4 - 6 pm: Counselling for Gynecology, Obstetric, Menopause, Andropause (pre-registration required)	19 11:30am - 12:30 Dental Hygiene information and workshop 1:30 - 3:30pm Creative Club: Knitting, needle point, and more	20 10:30 - 12noon Qi Gong and Tai Chi (Yang 24 style) 12:30 - 2:30pm Therapeutic session - Train of Life: Life's Journey and Lessons by Psychologists	21 10:30 - 11:15am Tai Chi 24 11:15 - 12noon Tai Chi 48	22 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 - 12noon Chair Yoga with Beedie 12noon - 1pm Seniors' Lunch 1:15 - 2:15pm Line Dance 2:30 - 3:30pm Line Dance Fitness
25 10:30am - 12noon Walking Club: Forest Therapy & Stretching at Central Park <i>(Please meet at BNH front desk)</i> 4 - 6 pm: Counselling for Gynecology, Obstetric, Menopause, Andropause (pre-registration required)	26 1:30 - 3:30pm Creative Club: Knitting, needle point, and more	27 10am - 12noon Qi Gong and Tai Chi (Yang 24 style) 12:30 - 2:30pm Therapeutic session - Your Train of Life: Therapeutic memoir writing with Psychologists	28 10:30 - 11:15am Tai Chi 24 11:15 - 12noon Tai Chi 48	29 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 - 12noon Customer Grocery Buying Behavior survey - SFU 12noon - 1pm Seniors' Lunch 1:15 - 2:15pm Line Dance 2:30 - 3:30pm Line Dance Fitness

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 June 1

Mediterranean Chickpea Salad
Tomato Soup
Dessert

Fri June 8

Chicken Quesadillas
Salad
Dessert

Fri June 15

Thai Chickpea & Millet Cakes
Salad
Dessert

Fri June 22

Cabbage Roll
Mashed potatoes
Cucumber Salad
Dessert

Fri June 29

Cheesy Mexican Quinoa
Salad
Dessert



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 minimum of \$1 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. Seniors Together Program is a volunteer-lead program, if you are interested in sharing your interests and skills, contact us.

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

Email Eda at seniors@burnabynh.ca or call 604.431.0400

4460 Beresford Street Burnaby, BC V5H 0B8

Content is subject to changes.



VOLUNTEER DRIVER NEEDED:

Would you be able to drive our elderly to the neighbourhood house on Wednesday afternoons? Pick up starts 11am and drop off at 2:30pm.

If you have a clean driving record, we will provide a shuttle or a MODO car. Class 5 and 7 driver's licences are qualified. Contact Eda at 604.431.0400 or seniors@burnabynh.ca

TAI CHI & QI GONG

EVERY WEDNESDAY AND THURSDAYS – FREE

(Registration Required) 10:30 – 12noon

Balance, resistance and movement. Join us practising mind, body and soul balancing martial arts exercises.

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.

LINE DANCING + FITNESS (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.