









October 2017 - Seniors' Together Program Activities

<i>Tuesday</i>	<i>Wednesday</i>	<i>Friday</i>
<p>3</p> <p>10-11am  Yoga class - Health and Wellness</p>	<p>4</p> <p>10am – 11am Tai Chi for beginners 11am – 12noon Tai Chi for Intermediate 12:30 – 3pm Games Time and Knitting Club</p> <p> </p>	<p>6</p> <p>10:00 - 11am Latin Beats 11:00 – 12noon Movie / Documentary screening 12noon – 1:15pm Seniors' Lunch  1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate</p>
<p>10</p> <p>10-11am  Yoga class - Health and Wellness</p>	<p>11</p> <p>10am – 11am Tai Chi for beginners 11am – 12noon Tai Chi for Intermediate 12:30 – 2pm An Introduction to BRAIN HEALTH by Alzheimer Society</p> <p></p>	<p>13</p> <p>10:00 - 11am Latin Beats 11:00 – 12noon Sing along with us 12noon – 1:15pm Seniors' Lunch  1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate</p>
<p>17</p> <p>10-11am  Yoga class - Health and Wellness for seniors</p>	<p>18</p> <p>10am – 11am Tai Chi for beginners 11am – 12noon Tai Chi for Intermediate 12:30 – 2pm: Belly Dance for women only 2-3:30pm Coffee Social and Celebration of October birthdays.</p> <p></p>	<p>20</p> <p>10:00 - 11am Latin Beats 11:00 – 12noon Bingo!  12noon – 1:15pm 11am – 12noon Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate</p>
<p>24</p> <p>10-11am  Yoga class - Health and Wellness</p>	<p>25</p> <p>10:30 – 2:30pm Bus Trip: Pumpkin picking - \$5 for gas and bring cash if you want to purchase pumpkins 10am – 11am Tai Chi for beginners 11am – 12noon Tai Chi for Intermediate 1:00 – 3:00pm Art Class with Jenny</p> <p></p>	<p>27</p> <p>10:00 - 11am Latin Beats 11:00 – 12noon Hearing Loss and Hearing Aids 12noon – 1:15pm Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate</p> <p></p>
<p>31</p> <p>10-11am  Yoga class - Health and Wellness</p>	<p>31</p> <p>10-11am Tai Chi for Intermediate 1:00 – 3:00pm Art Class with Jenny</p>	<p>31</p> <p>10:00 - 11am Latin Beats 11:00 – 12noon Hearing Loss and Hearing Aids 12noon – 1:15pm Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate</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.



Friday, Oct 6

Roast turkey
Honey glazed carrots
Pumpkin raisin bars

Friday, Oct 13

Sweet potato black bean chili
Buns
Fruit crisp

Friday, Oct 20 (LUNCH WILL BE SERVED AT 11AM, PLEASE ARRIVE EARLY)

Vegetable lasagna
Garlic bread
Mixed bean soup
Date squares

Friday, Oct 27

Chicken stir fry
Coconut rice
Lemon yogurt cake



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 \$1.25 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 or call 604.431.0400



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 – 11am (Register in class)



Join Dr. Ami Batavia, Avuryeda practitioner to balance your body, mind, and spirit for healthier life.
Bring water, towel, and notebook.

TAI CHI FOR BALANCE
EVERY WEDNESDAY – FREE ACTIVITY
10 – 11am / 11am – 12noon (Register in class!)



Tai Chi classes for health, exercise, balance, relaxation and self-defence.