

April 2018 - Seniors' Together Program Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 EASTER MONDAY – BNH IS CLOSED!	3 10-11:15am Yoga class - Health and Wellness	4 10:30am – 12pm Qi Gong and Tai Chi (Yang 24 style) 12:30 – 3pm Games Time and Knitting Club	5 10:30am – 12pm Tai Chi 24 and 48	6 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Fall Prevention 12noon – 1:15pm Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate
9 10:30am – 12noon Walking Club: Forest Therapy at Central Park <i>(Please meet at BNH front desk)</i>	10 10-11:15am Yoga class - Health and Wellness	11 10:30 – 12noon Qi Gong and Tai Chi (Yang 24 style) 12 – 2pm BCIT Nursing – Seasonal Health Promotion 2pm – 3pm Line Dancing	12 10:30am – 12pm Tai Chi 24 and 48	13 10:00 - 11am Latin Beats for a healthy lifestyle 11am – 12noon Beedie Chair Yoga & Wisdom Sharings 12noon – 1:15pm Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate
16 10:30am – 12noon Walking Club: Forest Therapy at Central Park <i>(Please meet at BNH front desk)</i>	17 10-11:15am Yoga class - Health and Wellness	18 10:30 – 12noon Qi Gong and Tai Chi (Yang 24 style) 1 – 2:30pm Sleeping and Aging by COSCO	19 10:30am – 12pm Tai Chi 24 and 48	20 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Poetry by Shiraz Ramji 12noon – 1pm Seniors' Lunch TD Volunteers – Tips on pension 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate
23 10:30am – 12noon Walking Club: Forest Therapy at Central Park <i>(Please meet at BNH front desk)</i>	24 10-11:15am Yoga class - Health and Wellness	25 10am – 12noon Qi Gong and Tai Chi (Yang 24 style) 10:30am – 3:00pm OUTING: The Crap Shop lunch and Mapplewood Farm visit (\$5 for bus, \$5.15 for farm visit, bring your lunch or purchase from the Crap Shop)-Register with Eda	26 10:30am – 12pm Tai Chi 24 and 48	27 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Bingo 12noon – 1pm Seniors' Lunch 1:15 – 2:15pm Line Dancing for Beginners 2:30 – 3:30pm Line Dancing for Intermediate
30 10:30am – 12noon Walking Club				

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 Apr 6

Turkish Split Pea Stew
Salad w/ vinaigrette
Bread
Dessert

Fri Apr 13

Soy braised chicken
Rice
Braised cabbage w/ caraway
Apple Sour Cream Cake

Fri Apr 20

Pasta Primavera
Bean & Barley Soup
Garlic Bread
Dessert

Fri Apr 27

Spinach Cheese Bread pudding
Coleslaw
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 \$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

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 (Register in class)

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.

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.