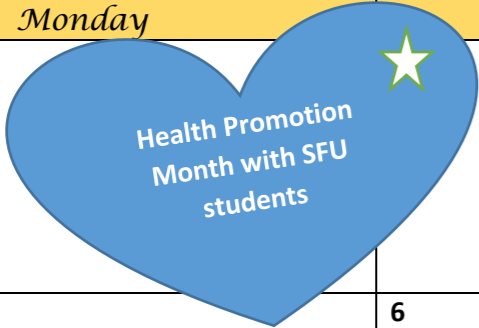


*November 2018 - Seniors Together Program Activities*

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
						<b>1</b>		<b>2</b> <b>10:00 - 11am</b> Latin Beats for a healthy lifestyle <b>11:00 – 12noon SFU Health Promotion: Discussion - what good health means to you</b> <b>12noon – 1:30pm Seniors’ Lunch</b> <b>1:15 – 1:45pm Stretch &amp; Ba Duan Jin</b> <b>2:00 – 3:30pm Line Dance Fitness</b>	
		<b>5</b> <b>10:30am – 12noon</b> Walking Club <b>11:30am – 1pm</b> Tai Chi Sword <b>4:30 – 5:30 pm SFU Health Promotion: Orientation for better health</b>		<b>6</b> <b>10:30 – 11:30am Gentle Yoga</b> <b>1:30 – 3:30pm Creative Club:</b> Sewing, repairing, creating together		<b>7</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>12:30 – 1:30pm SFU Health Promotion: Importance of maintaining mobility</b> <b>1:45 – 3pm SFU Health Promotion: Yoga</b>		<b>8</b>	
<b>12</b> <b>10:30am – 12noon</b> Walking Club <b>11:30am – 1pm</b> Tai Chi Sword <b>4:30 – 5:30pm SFU Health Promotion: Discover benefits of nature through a group walk in fresh and crisp air (dress for the weather)</b>		<b>13</b> <b>10:30 – 11:30am Gentle yoga</b> <b>1:30 – 3:30pm Creative Club:</b> Sewing, repairing, creating together		<b>14</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>12:45 SFU Health Promotion: Cardiovascular Health &amp; Nature Walk</b> <b>1:45 – 3pm SFU Health Promotion: Chair workout</b>		<b>15</b>		<b>16</b> <b>10:00 - 11am</b> Latin Beats for a healthy lifestyle <b>11:00 – 12noon SFU Health Promotion: Fun activities to improve health + Line dancing</b> <b>12noon – 1:30pm Seniors’ Lunch</b> <b>1:15 – 1:45pm Stretch &amp; Ba Duan Jin</b> <b>2:00 – 3:30pm Line Dance Fitness</b>	
<b>19</b> <b>10:30am – 12noon</b> Walking Club <b>11:30am – 1pm</b> Tai Chi Sword <b>4:30 – 5:30pm SFU Health Promotion: How numbers can improve brain function and support healthy aging</b>		<b>20</b> <b>10:30 – 11:30am Gentle Yoga</b> <b>1:30 – 3:30pm Creative Club:</b> Sewing, repairing, creating together		<b>21</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>12:30 – 2pm Social</b> <b>2:00 – 3:00pm Celebration of November birthdays – everyone is welcome!</b>		<b>22</b>		<b>23</b> <b>10:00 - 11am RCMP Safe Community Series – Fraud prevention</b> <b>11:00 – 12noon-Yoga with Beedie</b> <b>12noon – 1pm Seniors’ Lunch</b> <b>1:15 – 1:45pm Stretch &amp; Ba Duan Jin</b> <b>2:00 – 3:30pm Line Dance Fitness</b>	
<b>26</b> <b>10:30am – 12noon</b> Walking Club <b>11:30am – 1pm</b> Tai Chi Sword		<b>27</b> <b>10:30 – 11:30am Gentle Yoga</b> <b>1:30 – 3:30pm Creative Club:</b> Sewing, repairing, creating together		<b>28</b> <b>10 – 11am</b> Qi Gong & Tai Chi <b>11am – 12noon</b> Qi Gong & Tai Chi <b>12:30 – 3pm Karaoke</b>		<b>29</b>		<b>30</b> <b>10:00 - 11am</b> Latin Beats for a healthy lifestyle <b>11:00 – 12noon Yoga and Breathing</b> <b>12noon – 1pm Seniors’ Lunch</b> <b>1:15 – 1:45pm Stretch &amp; Ba Duan Jin</b> <b>2:00 – 3:30pm Line Dance Fitness</b>	

## 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. Vegetarian options are available.



**Fri Nov 2 - STP**  
Orzo Pasta Salad  
Lentil Soup  
Tomato Soup Cake

**Fri Nov 9 - STP**  
Bulgur Salad  
Bread  
Hummus  
Blueberry Oat Bars

**Fri Nov 16 - STP**  
Chicken Pot Pie  
Rice  
Pasta & Chickpea Soup  
Grilled pineapples

**Fri Nov 23 - STP**  
Sweet Potato Black Bean Chili  
Rice  
Coleslaw  
Spiced Carrot Cake

**Fri Nov 30 - STP**  
Broccoli and Pasta Bake  
Black Bean, Corn, Tomato Soup  
Bread  
Lemon Bars



## 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.**

Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer driven, community-funded agency with a unique focus on neighbours supporting neighbours.

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

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

4460 Beresford Street Burnaby, BC V5H 0B8

This program is generously supported by:



Beedie

## 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 DANCE + FITNESS

**EVERY FRIDAY – FREE ACTIVITY (Registration at front desk)**  
**2:30 – 3:30pm**

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

## TAI CHI & QI GONG

**EVERY WEDNESDAY – FREE**

**(Registration Required) 10am – 12noon**

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

## MONTHLY CLASSES & SESSIONS

**Every Monday:** Walking Club (monthly prizes) 10:30 – 12noon

**Every first and last Friday:** 11-12noon Yoga for better digestion

**Every second Wednesday:** 2-3pm Line Dancing