



DECEMBER 2018 - Seniors Together Program Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3 11:30am – 1pm Tai Chi Sword</p> <p style="text-align: center;">☆ ☆</p>	<p>4 10:30 – 11:30am Gentle Yoga 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together</p>	<p>5 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 1:30pm Healthy Aging graduation celebration and certificate distribution for those who attended 4 or more workshops</p>	<p>6 7pm Holiday Open Mic! ☆ (FREE) Singers, Comedians, Instrumentalists... Everyone welcome as a performer or an audience. Sound system with guitar amplifier is provided. 5024 RUMBLE STREET (BNH COMMUNITY HALL)</p>	<p>7 10:00 - 11am Latin Beats for a healthy lifestyle 11am – 12noon Chair Yoga & Breathing 12noon – 1:30pm Seniors' Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness</p> <p style="text-align: center;">☆</p>
<p>10 11:30am – 1pm Tai Chi Sword</p>	<p>11</p> <p style="text-align: center;">No Yoga Class!</p> <p>1:30 – 3:30pm Creative Club: Sewing, repairing, creating together</p>	<p>12 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:45 Games, Knitting & Social</p>	<p>13</p> <p style="text-align: center;">To be determined!</p>	<p>14 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon COSCO Palliative Care 12noon – 1:30pm Seniors' Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness FEEL FREE TO BRING UNUSED GIFTS!</p>
<p>17 11:30am – 1pm Tai Chi Sword</p>	<p>18</p> <p style="text-align: center;">☆ No Yoga Class!</p> <p>1:30 – 3:30pm Creative Club: Sewing, repairing, creating together</p>	<p>19 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 2pm Getting ready for Christmas celebration – join us making gift baskets and put up decorations FEEL FREE TO BRING UNUSED GIFTS!</p>	<p>20</p> <p style="text-align: center;">To be determined!</p> <p style="text-align: center;">☆</p>	<p>21 10:30 – 12:15 Holiday celebration! Festive fun ☺ 12:15 – 2pm Christmas lunch</p> <p style="text-align: center;">PLEASE BUY YOUR CHRISTMAS LUNCH TICKETS IN ADVANCE AT THE FRONT DESK – SPACE AND FOOD IS LIMITED!</p>
<p>24</p> <p style="text-align: center;">Merry Christmas and Happy Holidays! BNH is closed!</p>	<p>25</p> <p style="text-align: center;">BNH is closed!</p>	<p>26</p> <p style="text-align: center;">BNH is closed!</p>	<p>27</p> <p style="text-align: center;">BNH is closed!</p>	<p>28</p> <p style="text-align: center;">☆</p> <p style="text-align: center;">BNH is closed! WE WILL BE OPEN AGAIN ON JANUARY 2, 2019</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. Vegetarian options are available.



Fri Dec 7 - STP
TriColor Chickpea Salad
Bread
Cauliflower Soup
Almond Jelly Dessert

Fri Dec 14 - STP
Spaghetti all Puttanesca
Caesar Salad
Garlic Bread
Applesauce Cake

Fri Dec 21 - STP
Roasted Turkey/Tofu
Mashed Potatoes
Pineapple-Poached Carrots
Mango Pudding

Fri Dec 28 - BNH is closed Closed



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 or call 604.431.0400

4460 Beresford Street Burnaby, BC V5H 0B8

This program is generously supported by:



Beedie



ANNOUNCEMENTS

- *We are putting together gift baskets for the Christmas lunch, if you have items that are unused AND in good condition to add, please bring them on **Friday, December 14 and/or Wednesday December 19.***
- *Please buy your Christmas lunch tickets in advance at the front desk – space and food is limited!*

ONLY BURNABY NEIGHBOURHOOD HOUSE MEMBERS ARE ALLOWED TO BUY TICKETS.

We won't sell more than 2 tickets per person.

- *BNH is closed from December 24 and it will re-open on January 2, 2019.*

HAVE A WONDERFUL HOLIDAY!