

JANUARY 2019 – Seniors Together Program Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 HAPPY NEW YEAR! FULL OF LOVE, HEALTH AND PEACE TO YOU ALL	2 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 1:30pm Games, Knitting & Social 1:30 pm Yoga at the Seniors' Lounge	3 6:45pm Open Mic! Singers, Comedians, Instrumentalists... Everyone welcome as a performer or an audience. Sound system with guitar amplifier is provided. 5024 RUMBLE STREET (BNH COMMUNITY HALL)	4 9:15-10:45am EAL English class Beginners 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
7 11:30am – 1pm Tai Chi Sword	8 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	9 10 – 11am Qi Gong & Tai Chi 11am – 12noon Advisory Meeting: Bring your ideas for 2019 ☺ 1:30 pm NO YOGA CLASS TODAY	10 To be determined!	11 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Presentation - Better Health: Dealing with stress 12noon – 1:30pm Seniors' Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
14 11:30am – 1pm Tai Chi Sword	15 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	16 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 3pm Social and intergenerational games 1:30 pm Yoga at the Seniors' Lounge	17 To be determined!	18 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Bingo 12noon – 1:30pm Seniors' Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
21 11:30am – 1pm Tai Chi Sword	22 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	23 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 2pm Celebration of January Birthdays – Everyone is welcome! 1:30 pm Yoga	24 To be determined!	25 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy lifestyle 11:00 – 12noon Chair Yoga & Breathing 12noon – 1:30pm Seniors' Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
28 11:30am – 1pm Tai Chi Sword	29 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	30 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 2pm World Café: Conversation circle 1:30 pm Yoga at the Seniors' Lounge		

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 Jan 4 - STP
Tuna Casserole
Tomato Soup
Dessert

Fri Jan 11- STP
Moroccan Stew
Couscous
Carrot Cake

Fri Jan 18 - STP
Vermicelli Noodles w/ Ground Pork
Miso Soup
Dessert

Fri Jan 25 - STP
Spaghetti Meat Sauce
Minestrone Soup
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.

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

Seniors' Corner

"Laughter is the best medicine" Jerry M.

Health tip of the month: Mindfulness

How would it feel if you set the intention to pay attention with curiosity, **kindness**, and acceptance to everything you said and everything you listened to?

What would happen if you practiced mindful listening with each person that you spoke with?

Do you think mindful listening would change the way you interact and relate with others?