

FEBRUARY 2019 - Seniors Together Program Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy life 11am – 12noon Chair Yoga & Breathing 12noon – 1:30pm Seniors’ Lunch / Chinese New Year Celebration 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
4 11:00am – 1pm Tai Chi Sword 10am – 12noon Walking Club (if weather permits) align="center"> 	5 11 – 12noon Sketching Class (Bring any size of sketching book) 12 – 1pm Latin Beats for healthy life 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	6 10 – 11am Sorry! No Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 1:30 pm Sorry! No Yoga classes 12:30 – 3pm Games and Knitting	7 11am – 12noon Spanish for Beginners 6:45pm Open Mic with Robert Stewart! 5024 RUMBLE STREET (BNH COMMUNITY HALL)	8 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy life 11:00 – 12noon Librarian visit 12noon – 1:30pm Seniors’ Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
11 11:00am – 1pm Tai Chi Sword 10am – 12noon Walking Club (if weather permits)	12 11 – 12noon Sketching Class (Bring any size of sketching book) 12 – 1pm Latin Beats for healthy life 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	13 10-12noon Tai Chi special (current students only!) 12:30 – 2pm Workshop: Support Group and Healing Meditation 1:30 pm Sorry! No Yoga classes 2-3pm Line Dancing	14 11am – 12noon Spanish for Beginners 1:15 – 2:30pm Seniors Friendship Tea at Maywood (free tea, coffee & goodies) align="center"> 	15 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy life 11:00 – 12noon Bingo 12noon – 1:30pm Seniors’ Lunch 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
18 11:00am – 1pm Tai Chi Sword 10am – 12noon Walking Club (if weather permits)	19 11 – 12noon Sketching Class (Bring any size of sketching book) 12 – 1pm Latin Beats for healthy life 1:30 – 3:30pm Creative Club: Sewing, repairing, creating 3-5pm Bowling (See details on the back)	20 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 1:30 Support Group (Computer Lab) 12:30 – 3pm Activity & Games 1:30 pm Sorry! No Yoga classes	21 11am – 12noon Spanish for Beginners	22 9:15-10:45am EAL English class Beginners 10:00 - 11am Latin Beats for a healthy life 11:00 – 12noon Chair Yoga & Breathing 12noon – 1:30pm Seniors’ Lunch 1:30 - 3pm Sing Along (Seniors Lounge) 1:15 – 1:45pm Stretch & Ba Duan Jin 2:00 – 3:30pm Line Dance Fitness
25 11:00am – 1pm Tai Chi Sword 10am – 12noon Walking Club (if weather permits)	26 11 – 12noon Sketching Class (Bring any size of sketching book) 12 – 1pm Latin Beats for healthy life 1:30 – 3:30pm Creative Club: Sewing, repairing, creating together	27 10 – 11am Qi Gong & Tai Chi 11am – 12noon Qi Gong & Tai Chi 12:30 – 1:30pm Support Group (Computer Lab) 12:30 – 3pm Birthdays and social 1:30 pm Sorry! No Yoga classes	28 11am – 12noon Spanish for Beginners	



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 Feb 1 - STP

Vegetable Chow Mein
BBQ Pork
Egg Rolls
Coconut Jelly Pudding

Fri Feb 8 - STP

Butternut, Kale, Black Bean Quesadilla
Split Pea Soup
Caesar Salad
Dessert

Fri Feb 15 - STP

Meatless Tamale Pie
Coleslaw
Cheese Bread
Blueberry Oat Bars

Fri Feb 22 - STP

Vegetarian Shephard's Pie
Buns
Caesar salad
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

Lohn Foundation



Information Corner

"Change the way you look at things and the things you look at will change" Wayne Dyer

- **Seniors Support Group:** We will have an info session on February 13th. You can decide to join the small group that we'll be forming. There will be 8 weekly sessions from 12:30-2pm and the space will be limited to 8-10 people.
For questions, talk to Eda
- **Bowling details:**
Please register at the front desk after Feb 6th if you are interested in going for bowling on Tuesday, February 19th.
Meet at the neighbourhood house at 2pm, bring small snacks for yourself, bus pass and \$6 for the game. The address is 5502 Lougheed Highway Burnaby, BC.
For questions, talk to Eda or Lydio
- **NEW CLASSES:**
 - Sketching on Tuesdays! 15 students only
 - Spanish for beginners on Thursdays
 - Latin Beats for Healthy Life on Tuesdays**For questions, talk to Eda or Shelly**

