

ACTIVE AGING WEEK® October 1-7, 2019

Free Activities

Active Aging Week®, the annual health promotion event for adults over 50 years is organized by the International Council on Active Aging®. City of Burnaby is excited to offer the following FREE activities for older adults during Active Aging Week®.



City of Burnaby 55+ Service Area and Burnaby's Four 55+ Societies are joining the national campaign by hosting a week of activities. For more information about Active Aging Week® events call:

Bonsor 55+ Centre
604-297-4580
6533 Nelson Avenue

Cameron Recreation Centre
604-297-4456
9523 Cameron Street

Confederation Centre
604-294-1936
4585 Albert Street

Edmonds Community Centre
604-297-4838
7433 Edmonds Street



TUESDAY October 1	WEDNESDAY October 2	THURSDAY October 3	FRIDAY October 4	SATURDAY October 5	SUNDAY October 6	MONDAY October 7
Stamp Club Edmonds 10am-12noon Drop-In	Pool Orientation Eileen Dailly 9:30am-10am *Pre-Register: 523128	Health Watch Edmonds 9:30-11:30am Drop-In	Wood Carving Confederation 10am-12noon *Pre-Register: 523129	Fitness Sampler Confederation 10-11am *Pre-register: 523134	Active Aging Week Movie Day Bonsor 55+ 1-3pm *Pre-Register: 523124	Cardio Dance Confederation 9-10am *Pre-Register: 523130
Tuesday Seniors Dance Bonsor 12noon-3pm Drop-In	Seniors Hip-Hop Sampler Bonsor 10-11am *Pre-Register: 523123	Try It! 55+ Cycle & Strength Cameron 10:45-11:45am *Pre-register: 522421	Snack Distractions (Healthy Eating) Cameron 11:30am-12:15pm *Pre-Register: 522512	Try It! Osteo for Life Cameron 11:15am-12:15pm *Pre-register: 522424		Health Alert Drop-In Bonsor 55+ 9-11:30am Drop-In
Weight Room Orientation Confederation *Pre-Register: 12:45-1:45pm 523127 1:45-2:45pm 523132	Library in Your Community Edmonds 10:30-11:30am *Pre-Register: 518508	Seniors Ballet Sampler Bonsor 11:30am-12:30pm *Pre-Register: 523122	Round the World Travel Talks Edmonds 1-2pm *Pre-Register: 518669			Cribbage Edmonds 10am-12noon Drop-In
Seniors Ballet Confederation 1-2pm *Pre-Register: 523131	Weight Room Orientation Cameron 11:30am-12:15pm *Pre register: 522417		Try It! Floor Curling Cameron 1-3pm *Pre-Register: 522511			Try It! Chair Yoga Cameron 11:45am-12:45pm *Pre-register: 522513
Try It! Carpet Bowling Cameron 1-3pm *Pre-register: 522510	Carpet Bowling Edmonds 1-3pm Drop-In					Frailty Assessment Cameron 2:15-3:15pm *Pre-register: 522418
Put Back Pain Behind You Sampler Edmonds 2:45-3:45pm *Pre-Register: 514672						



* Classes may be cancelled if not enough people are registered up to one week before the start date, so please register early to avoid disappointment!

