

Be our Seniors Outreach Ambassador!

Free Outreach Training
where participants will learn:

- ◆ Causes of Isolation
- ◆ Effective Communication
- ◆ Active Listening Skills
- ◆ And much more...

Contact
northinfo@burnabynh.ca

“Welcoming Spaces Project”

Are you feeling welcomed in your
community?

The **Welcoming Spaces Project** works to
enhance services and accessibility for
seniors. .



4908 Hastings St.
Phone: 604-294-5444
web : burnabynh.ca

The **Neighbourhood House** offers
many other services & programs of
interest to seniors, including;

- Support Calls
- Social & Wellness Activities
- Soup & Bun program
- Computer Classes
- EAL Classes
- Income Tax Services
- Multicultural Events
- Yoga, Line Dancing and more

The Seniors Together Program is kindly supported by

The Lohn Foundation, Beedie and
United Way



Email simoneb@burnabynh.ca

Follow our social media
@northbnh



SENIORS MONDAYS



At the North House

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.

JOIN US

Free Computer Drop-In

Mondays 10 am - 12 pm

Tuesdays 1 pm - 3 pm

Learn basic computer skills - how to surf the internet, create an email account, or type simple documents. Volunteers will assist you with your digital questions.

Line Dancing

Mondays 9:30 - 11:30 am (Intermediate)

Mondays 12:15 - 1:45 pm (Beginners)

Have fun sharing and practicing line dancing with new friends in our friendly space. Limited spaces. Please call to confirm spots. Everyone welcome.

Light Lunch

Mondays 11:30 am-1:00 pm

Soup & Bun by donation

OUR PROGRAM

Qi Gong

Mondays 2 - 3 pm

Discover some basic concepts of qi (vital life force energy) to enhance your own awareness about energy. Learn gentle movement routines that can add to anyone's repertoire for health, stress management and fitness.

Yoga Class

Mondays 3:15 - 4:15 pm

Come join us for a beginners Yoga class. Certified Yoga teachers who will be practicing Pranayama, Asanas, Kundalini and Meditation. Please bring your own mat. All ages welcome!

EAL Conversation Group

Wednesdays 1 - 3 pm

Fridays 1:30 - 3:30 pm

Everyone is welcome!



Be our member today!

Where?

Burnaby Neighbourhood House
North House 4908 Hastings St.

Who can come?

Anyone age 55 and over

What does it cost?

Family membership \$10/year

Individual \$5/year

Can I bring others with me?

Everyone welcome!

More information

604-294-5444

northinfo@burnabynh.ca

www.burnabynh.ca



After my husband passed away,

I lost a lot of energy and joy.

*My neighbours helped me at this time
and I don't want to be alone anymore.*

Melanie, 76 years