

TAPS

Therapeutic Activation
Program for Seniors



Starting
July 2022!

A new, low-cost, social activity day program for Burnaby seniors!

Where?

BNH Community Hall
5024 Rumble St., Burnaby

Cost

Registration: FREE with \$5 annual
BNH membership fee

Lunch: \$5/day

Schedule

Mondays, Thursdays, Fridays
(Choose 1-3 days)

10:30am - 2:30pm



Why Should You Join?

- Opportunity to meet new friends in a supportive environment.
- Physical activity programs like light, safe exercises designed for seniors, stretching, outdoor walks.
- Health and wellness programs like sensory sessions, music & art, brain games.
- Meet experts and learn about nutrition, managing chronic conditions, relaxation, pain management etc.



Who Can Come?

- 55+ Seniors in Burnaby.
- Able to independently take part in activities.
- Unable to access social programs due to lack of support, transportation, mobility, or health challenges.

Contact

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