

TAPS

Therapeutic Activation
Program for Seniors



Where?

BNH Community Hall
5024 Rumble St., Burnaby

Cost

Registration: FREE with \$5 annual
BNH membership fee

Lunch: \$5/day

Current Schedule

Thursdays

10:30am - 2:00pm

Mondays & Fridays
Coming Soon!



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?

- Burnaby residents age 55+
- Able to independently take part in activities
- Experience barriers accessing community programs due to lack of support, transportation, mobility, or health challenges.



To Register,
Please Contact:

Alexis Haig
TAPS Coordinator

(604) 431-0400

✉ alexish@burnabynh.ca

BNH TAPS program is funded by the Government of BC and managed by United Way of BC



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwələm), Squamish (Skwəwúmesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.