

TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

Where?

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

Cost

Lunch: \$5/day

Annual BNH membership
fee required (\$5 per year)

Current Schedule

Mondays &

Thursdays

10:30 am - 2 pm



Why Should You Join?

- Meet new friends and socialize in a supportive environment.
- Engage in safe low impact physical activities.
- Participate in creative programs including music, art and brain games.
- Meet experts and learn about the latest health and wellness topics.

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:

Lynda Young
TAPS Coordinator
(604)-431-0400
lynday@burnabynh.ca



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



United Way
British Columbia



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