

Information

BNH Membership

Membership is required for all activities

- \$5 for the year (for individual)
- \$10 for the year (for family)

Sign up for a membership on our website: <https://burnabynh.ca/> or in person at our front desk

Friday Lunch

Individual - \$7 (Subsidy available)

Lunch cards - \$38 for 6 lunches

Frozen Meals

Available for delivery on Tuesdays through Better Meals

(\$9 each; subsidy available)

To register, please contact:

672-377-5608 or

seniorshopping@burnabynh.ca

Directions to Burnaby Neighbourhood House (South House)

2 minute walk South from Metrotown skytrain station. 1 minute from Telford Ave. Next to Coffee Loft and Pizza Garden. Ground Floor.

For more information, contact Lea at leak@burnabynh.ca or (236) 668-1712

To reach our front desk:
(604) 431-0400

FRIDAY LUNCH PROGRAM PRESENTED BY PARC RETIREMENT LIVING

MENU

FRIDAY OCT 2

CREAM OF TOMATO SOUP
SALAD
BAKED CHICKEN
BUTTERY SEASONED RICE
DESSERT

FRIDAY OCT 9

ZUCCHINI SOUP
SESAME BROCCOLI
CHICKEN POT PIE
MASHED POTATOES
DESSERT

FRIDAY OCT 16

CLAM CHOWDER SOUP
ROASTED VEGGIES
RED PEPPER HUMMUS AVOCADO
SANDWICHES
DESSERT

FRIDAY OCT 23

To Be Announced

FRIDAY OCT 30

MUSHROOM VEGGIE SOUP
BEEF & GREEN BEAN STIR FRY
RICE
DESSERT

*Menu subject to change

**Vegetarian options available



OCTOBER 2026 SENIORS CONNECTIONS

PROGRAMS ARE FOR

- 55+ YEARS OLD
- CURRENT BNH MEMBERS

LOCATION: BURNABY
NEIGHBOURHOOD HOUSE SOUTH
4460 BERESFORD STREET

BURNABY NEIGHBOURHOOD HOUSE IS A COMMUNITY-DRIVEN AND COMMUNITY-FUNDED AGENCY LOCATED ON THE UNCEDED TERRITORIES OF THE TSLEIL-WAUTUTH (SƏLILWƏTƏʔ), KWIKWETLEM (KʷIKʷƏḶḶEM), SQUAMISH (SKWƏWU7MESH UXWUMIXW), AND MUSQUEAM (XʷMƏΘKʷƏYƏM) NATIONS, WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED BY

parc
retirement
living



Beedie/



SENIORS DROP IN PROGRAMS OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



*FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.

FRIDAY LUNCH PROGRAM PRESENTED BY PARC RETIREMENT LIVING

1
1-3pm Community Café
3-5pm Computer Café

2
11-12pm BINGO
12-1pm Lunch*
1-3pm Sew Fun!
3-4:45pm Yuanji Dancing

NATIONAL SENIORS DAY
CELEBRATION

5
12-2pm
Computer Café +
Seniors Form
Filling Clinic

6

7
10:45-11:15am Qigong
12:15-1:45pm Drop-in Social:
→ 12:15-1:00pm Light Lunch (\$4)
→ 12:45-1:45pm Talk with Library and Exercise!

8
1-3pm Community Café
3-5pm Computer Café

9
11-12pm Pencil Crayon Sketching,
Black Cats and Broomsticks
12-1pm Lunch*
1-3pm Sew Fun!
3-4:45pm Yuanji Dancing

12
STAT HOLIDAY -
OFFICE CLOSED

THANKSGIVING
DAY

13

14
10:45-11:15am Qigong
12:15-1:45pm Drop-in Social:
→ 12:15-1:00pm Light Lunch (\$4)
→ 1:00-1:45pm Fall Season Celebration

15
1-3pm Community Café
3-5pm Computer Café

16
11-12pm Gentle Stretching & Movement
12-1pm Lunch*
1-3pm Sew Fun!
3-4:45pm Yuanji Dancing

19
12-2pm
Computer Café

20

21
10:45-11:15am Qigong
12:15-1:45pm Drop-in Social:
→ 12:15-1:00pm Light Lunch (\$4)
→ 1:00-1:45 Music and Dance Follow Along

22
1-3pm Community Café
3-5pm Computer Café

23
11-12pm Personal Planning Workshop
12-1pm Lunch*
1-3pm Sew Fun!
3-4:45pm Yuanji Dancing

26
12-2pm
Computer Cafe

27

28
10:45-11:15am Qigong
12:15-1:45pm **Drop-in Social:
→ 12:15-1:00pm Light Lunch (\$4)
→ 12:45-1:45 BINGO and Birthdays Celebration

29
1-3pm Community Café
3-5pm Computer Café

30
11-12pm Falls Prevention Workshop
12-1pm Lunch* (Halloween Costume
Party!)
1-3pm Sew Fun!
3-4:45pm Yuanji Dancing



FOR INFORMATION ON REGISTRATION ONLY PROGRAMS, PLEASE CONTACT US AT 236-788-6381

