

Information

Membership

- Membership is required for all activities
 - \$5 for the year (for individual)
 - \$10 for the year (for family)
- Please see front desk to become a member

Lunch on Friday

- Individual - \$6 (Subsidy available)
- Lunch cards - \$33 for 6 lunches

Frozen Meals

- Available for purchase (\$7 each)
- Contact Cynthia at:
(672) 377-5608

For more information, contact Lea at:

leak@burnabynh.ca

(604) 431-0400 or (236) 668-1712

Menu

August 1

Lentil Potato Soup
Orzo Pasta Salad
Garlic Bread
Dessert

August 8

Beef Barley Soup
Grilled Cheese Sandwich
Dessert

August 15

Cilantro Lime Rice
Vegetarian Barbacoa
Dessert

August 22

Coleslaw
Tuna Casserole
Garlic Bread
Dessert

August 29

Surprise meal with Lynn



August 2025 Seniors Connections

Free for all those who are:

- 55+ Years Old
- Current BNH Member

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 (səlilwətał), Kwikwetlem (kʷikʷəłəm), Squamish (Skwxwú7mesh Exhume) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported by:



United Way
British Columbia

Beedie/

Seniors Connections - August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---------|---|--|---|
| | | NOTE: Friday lunches are \$6. Registration same day from 10:30am till 11:45am. **TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca | | 1 10-11am Latin Beat/English class 11am-12pm Bingo! 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing |
| 4 Office is CLOSED BC Day | 5 | 6 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social 1pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing | 7 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café | 8 10-11am Latin Beat/English class 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing |
| 11 12-2pm Computer Café | 12 | 13 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/BINGO 2-2:45pm Line Dancing with Grace (New Program) 3-4pm Line Dancing | 14 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café | 15 10-11am Latin Beat/English class 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing |
| 18 12-2pm Computer Café | 19 | 20 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social / Talk with Library! (with Andrea) 2-2:45pm Yoga 3-4pm Line Dancing | 21 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café | 22 10-11am Latin Beat/English class 11am-12pm "Coping with Extreme Heat" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing |
| 25 12-2pm Computer Café | 26 | 27 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social 1pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing | 28 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café | 29 10-11am Latin Beat/English class 11am-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** |

| | | | | |
|--|--|--|--|-------------------------|
| | | | | 3-4:45pm Yuanji Dancing |
|--|--|--|--|-------------------------|