

# Information

## BNH 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 - \$7 (Subsidy available)
- Lunch cards - \$38 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](mailto:leak@burnabynh.ca)  
(604) 431-0400 or (236) 668-  
1712

# Menu

Sep. 5

Malaysian Chickpea Stew  
Rice  
Dessert

Sep. 12

Bean Barley Soup  
Veggie Perogies in Pasta  
Sauce  
Dessert

Sep. 19

Egg Foo Young  
Rice  
Dessert

Sep. 26

(Beef) Chili con Carne  
Cornbread Muffins  
Dessert



## September 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-Wauthuth (səlilwətał), Kwikwetlem (kʷikʷəłəm), Squamish (Skwxwú7mesh Exhume) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously  
supported



United Way  
British Columbia

Beedie/

# Seniors Connections - September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1  OFFICE IS CLOSED  Labour Day	2	3 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/Bingo 2-2:45pm Yoga 3-4pm Line Dancing	4  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	5 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
8  12-2pm Computer Café	9	10 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Potluck Social in Maywood Park 1-1:45pm Chair Yoga (3rd Floor) 2-2:45pm Yoga 3-4pm Line Dancing	11  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	12 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
15  12-2pm Computer Café	16	17 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ Talk with Library! Presentation 2-2:45pm Yoga 3-4pm Line Dancing	18  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	19 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
22  12-2pm Computer Café	23	24 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am Tai Chi 24 form intermediate** 11am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social/ Birthdays Celebration 1-1:45pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	25  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	26 10-11am Latin Beat*** /English class 11am-12pm "Oral Healthcare" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
29  12-2pm Computer Café	30  OFFICE IS CLOSED  Truth and Reconciliation Day	<p>*Wednesday Drop-in Social will be \$4 (fee for light lunch) starting in October</p> <p>**TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca</p>		

\*\*\*Latin Beat Drop-in has a limited capacity of 20 participants

Friday lunches are \$7. Registration same day at 3<sup>rd</sup> floor hall from 10:30am till 11:45am. No phone registrations please.