

Information

BNH Membership

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

Light Lunch on Wednesday

- Individual - \$4 (Subsidy available)

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

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

Menu

Friday Nov 7

Split Pea Soup
Tuna Casserole
Dessert

Friday Nov 14

Coleslaw Pasta
Chicken in BBQ Sauce
Dessert

Friday Nov 21

Bannock
Pumpkin Stew
Dessert

Friday Nov 28

Veggie Soup
Italian Sausage Tortellini
Dessert



November 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 (səlilwətaʔ), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Exhume) and

Musqueam (x^wməθk^wəy'əm) nations with
a unique focus on neighbours supporting
neighbours.

This program is generously
supported

Seniors Connections - November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 12-2pm Computer Café + Seniors Form Filling Clinic (South)	4	5 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am 24 Tai Chi intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social: Light Lunch and Mahjong 2-2:45pm Yoga 3-4pm Line Dancing	6 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	7 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
10 12-2pm Computer Café	11 STAT HOLIDAY REMEMBRANCE DAY	12 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am 24 Tai Chi intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social: Light Lunch, 12:30 Form Filling/Information and Referral Presentation, 1pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	13 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	14 9-12pm Flu Shot Clinic* 10-11am Latin Beat/English class 11am-12pm Presentation: "What is Social Prescribing?" 12-1pm Lunch 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing
17 12-2pm Computer Café	18	19 9-9:45am Beginner Line Dancing (SEP-NOV) 10-11am 24 Tai Chi intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social: Light Lunch, 12:30 Talk with Library! +Stretch and Exercise 2-2:45pm Yoga 3-4pm Line Dancing	20 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	21 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
24 12-2pm Computer Café	25	26 9-9:45am Beginner Line Dancing (SEP-NOV) <i>Last Session</i> 10-11am 24 Tai Chi intermediate 11am-12pm Tai Chi Sword 12:15-1:45pm Drop-in Social: Light Lunch, 12:30 Energy Saving Workshop, Birthdays Celebration 2-2:45pm Yoga 3-4pm Line Dancing	27 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	28 10-11am Latin Beat/English class 11am-12pm Energy Saving Workshop 12-1pm Lunch 1-3pm Sew Fun! 1-2pm 24 Tai Chi 2-3pm 48 Tai Chi 3-4:45pm Yuanji Dancing

Wednesday Drop-in Social: \$4 = fee for light lunch

Latin Beat Drop-in has a limited capacity of 20 participants. Latin Beat is cancelled from Dec 5-Jan 9
Friday lunches are \$7. Registration same day at 3rd floor hall from 10:30am till 11:45am.

TAI CHI classes are full. Waitlist is currently closed.

***Nov 14 Friday - Flu Shot Clinic is Drop in at the Gladys's Room on the 3rd Floor**