

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

* Every year on October 1, Canadians pay tribute to all seniors who have helped shape our country and who continue to enrich our lives every day!

Happy National Seniors Day!

Menu

Fri, Oct. 3

Mushroom Cabbage Soup
Ma Po Tofu with Ground Turkey
Rice
Dessert

Fri, Oct. 10

Green Thai Salad
Veggie Spring Rolls
Thai Chicken Noodle
Dessert

Fri, Oct. 17

* Pumpkin Patch Outing
NO LUNCH

Fri, Oct. 24

Surprise Meal with Lynn

Fri, Oct. 31

Surprise Meal with Lynn



October 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 (səlilwətaɬ), Kwikwetlem (kʷikwəɬəm), 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 - October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
*Wednesday Drop-in Social will be \$4 (fee for light lunch) starting in October ***Latin Beat Drop-in has a limited capacity of 20 participants	**TAI CHI classes are full. To be added to the waitlist, please email Lea at leak@burnabynh.ca Friday lunches are \$7. Registration same day at 3rd floor hall from 10:30am till 11:45am.	1 Happy National Seniors Day! 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/Icebreaker/BINGO 2-2:45pm Yoga 3-4pm CANCELLED Line Dancing	2 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	3 9:45-11:45 Fall Fundraising Sale 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
6 12-2pm Computer Café + Seniors Form Filling Clinic (South)	7	8 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/Fall Season Celebration/Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	9 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	10 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
13 Office is Closed Thanksgiving Day	14	15 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! 2-2:45pm Yoga 3-4pm Line Dancing	16 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	17 Pumpkin Patch Outing No regular 3rd floor programs (except 10-11 English class) NO LUNCH  Register for the Pumpkin Patch Outing on the 3rd floor on October 3rd at 9:30am
20 12-2pm Computer Café	21	22 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/Trivia/Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	23 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	24 10-11am Latin Beat*** /English class 11am-12pm "Sleep Health" Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing
27 12-2pm Computer Café	28	29 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/Halloween Costume Party/Halloween Arts and Crafts/Birthdays Celebration 2-2:45pm Yoga 3-4pm Line Dancing	30 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	31 Happy Halloween! 10-11am Latin Beat*** /English class 11am-12pm Halloween Costume Party 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing