

# Information

## BNH Membership

- Annual Membership is required for all activities:  
\$5 for individual  
\$10 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

Fri, Dec. 5

Salad  
Sweet potato black bean chili  
Rice  
Dessert

Fri, Dec. 12

Purchase tickets in advance\*\*\*

Roast Turkey  
Mashed potatoes  
Veggies  
Stuffing  
Mango Pudding  
Punch

Fri, Dec. 19

Fish Chowder  
Veggies  
Buns  
Dessert

**Vegetarian meals will be available**  
**Meals are subject to change**



## December 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 - December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 12-2pm Computer Café + Seniors Form Filling Clinic (South)	2	3 10-11am Tai Chi 24 form intermediate** 11-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Table Games: Mahjong, Cards, Chess, Sudoku (Light Lunch \$4) 2-2:45pm Yoga-CANCELLED 3-4pm Line Dancing	4  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	5 10-11am English class 9:45am-11:45 <b>Fundraiser Garage Sale!</b> 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 10-11am Tai Chi 24 form intermediate** 11-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Christmas Arts and Crafts (Light Lunch \$4) 1-1:45pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	11  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	12 10-11am English class 11am-1pm <b>***Christmas Lunch Party</b> with "Harmony for All Music" Jam 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 10-11am Tai Chi 24 form intermediate** 11-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Yalda Night Celebration (Light Lunch \$4) 1:15-1:45pm Light Chair Exercises 2-2:45pm Yoga 3-4pm Line Dancing	18  1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	19 10-11am English class 10-11am BINGO 11am-12pm Hearing Health Presentation and Hearing Tests 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 10-11am Tai Chi 24 form-CANCELLED 11-12pm Tai Chi Sword-CANCELLED 12:15-1:45pm Drop-in Social: BINGO, Birthday Celebrations (Light Lunch \$4) 2-2:45pm Yoga 3-4pm Line Dancing-CANCELLED	25  Happy Holidays!  Office Closed	26  Office Closed
29 Office Closed	30 Office Closed	31 Office Closed; Re-opening on Jan. 5th	*Friday Dec 5 and Dec 19: Registered Lunch: \$7. Registration required on same day at 3 <sup>rd</sup> floor from <u>10:30am till 11:45am.</u>	<b><u>***Dec 12: Christmas Lunch Party tickets will be sold in advance at the 1<sup>st</sup> floor front desk starting Dec 1<sup>st</sup>. See poster for details.</u></b>

\*\*TAI CHI classes are full. To be added to the waitlist, please email Lea at [leak@burnabynh.ca](mailto:leak@burnabynh.ca)