

# 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

Fri Jan 2

BNH is Closed

Fri Jan 9

Turkey Soup  
Egg Salad Sandwiches  
Dessert

Fri Jan 16

Mung Bean Soup  
Mushroom Stroganoff  
Dessert

Fri Jan 23

Chickpea Curry  
Jeera Rice  
Samosas  
Dessert

Fri Jan 30

Chicken Corn Soup  
Tofu Pad Thai  
Veggie Spring Rolls  
Dessert



## January 2026 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 (səl̓ilwətaʔɬ), Kwikwetlem (kʷikʷəƛ̓əm), Squamish (Skwxwú7mesh Exhume) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

This program is generously supported



Beedie

Seniors Connections - January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		*Friday lunches are \$7. Registration same day at 3 <sup>rd</sup> floor hall from 10:30am till 11:45am	1 Office is Closed Happy New Year!	2 Office is Closed
5 12-2pm Computer Café + Seniors Form Filling Clinic	6 7 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong (New Drop-In Program!) 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Table Games: Mahjong, Cards, Chess (Light Lunch \$4) 1pm-1:45 Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	8 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	9 10-11am Latin Beat <b>CANCELLED</b> 10-11am English class 11-12pm BINGO 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	
12 12-2pm Computer Café	13 14 10-10:45am Tai Chi 24 Form <b>CANCELLED</b> 10:45-11:15am Qigong <b>CANCELLED</b> 11:15-12pm Tai Chi Sword <b>CANCELLED</b> 12:15-1:45pm Drop-in Social <b>CANCELLED</b> 2-2:45pm Yoga 3-4pm Line Dancing	15 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	16 10-11am Latin Beat/10-11am English class 11-12pm Nutrition Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	
19 12-2pm Computer Café	20 21 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong (New Drop-In Program!) 11:15-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Talk and Exercise with Library (Light Lunch \$4) 1-1:45pm Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing	22 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	23 10-11am Latin Beat/10-11am English class 11-12pm "National Handwriting Day" Activities 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	
26 12-2pm Computer Café	27 28 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong (New Drop In Program!) 11:15-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Conversation Circle - Talk, Share & Connect/ Birthdays Celebration (Light Lunch \$4) 2-2:45pm Yoga 3-4pm Line Dancing	29 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café	30 10-11am Latin Beat/10-11am English class 11-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing	

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