

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

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-Waututh (səlilwətał), Kwikwetlem (kʷikʷəłəm), Squamish (Sḵwəxwú7mesh 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 - January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>*Friday lunches are \$7. Registration same day at 3rd floor hall from 10:30am till 11:45am</i>	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 CANCELLED 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 CANCELLED 10:45-11:15am Qigong CANCELLED 11:15-12pm Tai Chi Sword CANCELLED 12:15-1:45pm Drop-in Social CANCELLED 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@burnabyh.ca