

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, FEB 6

CLOSED

FRI, FEB 13

BEAN BARLEY SOUP
MAC N CHEESE
DESSERT

FRI, FEB 20

VEGGIE SOUP
SWEET & SOUR PORK ON RICE
SHRIMP CHIPS
DESSERT

FRI, FEB 27

FALAFEL SALAD WITH
LEMON TAHINI DRESSING
DILL RICE
DESSERT



FEBRUARY 2026

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 (SƏLILWƏTƏŁ), KWIKWETLEM (KʷIKʷƏNƏM), SQUAMISH (SKWƏWÚ7MESH EXHUME) AND MUSQUEAM (XʷMƏƏKʷƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED



United Way
British Columbia

Beedie/

FEBRUARY 2026

*FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY ON 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.

**TAI CHI WAITLIST IS NOW FULL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 12-2pm Computer Café (All ages are welcome) + Seniors Form Filling Clinic</p>	<p>3</p>	<p>4 9:15-10am Beginner Line Dancing (Feb-Apr) 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: Mahjong/Conversation Circle - Talk, Share & Connect (Light Lunch \$4) 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>5 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café (All ages are welcome)</p>	<p>6 Office is CLOSED Due to All-Staff Training Day</p>
<p>9 12-2pm Computer Café (All ages are welcome)</p>	<p>10</p>	<p>11 9:15-10am Beginner Line Dancing (Feb-Apr) 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: (Light Lunch \$4) 12:45-1:45 Extreme Clutter Workshop 2-2:45pm Yoga Cancelled 3-4pm Line Dancing</p>	<p>12 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café (All ages are welcome)</p>	<p>13 10-11am Latin Beat/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</p>
<p>16 Office is Closed Due to Stat Holiday: Family Day</p>	<p>17</p>	<p>18 9:15-10am Beginner Line Dancing (Feb-Apr) 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: 12:45: Talk with Library! (Light Lunch \$4) 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>19 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café (All ages are welcome)</p>	<p>20 10-11am Latin Beat/English class 10-12pm February Garage Sale Fundraiser 12-1pm Lunar New Year Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p> 
<p>23 12-2pm Computer Café (All ages are welcome)</p> 	<p>24</p>	<p>25 9:15-10am Beginner Line Dancing (Feb-Apr) 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: Lunar New Year Get Together (Light Lunch \$4) and Birthday Celebrations 2-2:45pm Yoga 3-4pm Line Dancing</p>	<p>26 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café (All ages are welcome)</p>	<p>27 10-11am Latin Beat/English class 11-12pm "What is AI?" Workshop 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>