

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 delivery on Tuesdays through Better Meals

(\$9 each; subsidy available)

To register, please contact:

672-377-5608

or

seniorshopping@burnabynh.ca

Community Repair Cafe

***no registration required**

10am-2pm on the following Sundays:

April 26, May 31, June 28

3rd floor - South House

for more info: kitchens@burnabynh.ca

Directions to Burnaby Neighbourhood House

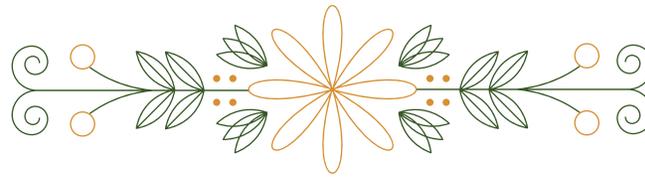
(South House): 2 minute walk North away from Metrotown skytrain station. 1 minute from Telford Ave. Next to Coffee Loft and Pizza Garden. Ground Floor.

For more information, contact Lea at:

leak@burnabynh.ca

(604) 431-0400 or

(236) 668-1712



MENU

FRI, APRIL 3

GOOD FRIDAY; BNH CLOSED

FRI, APRIL 10

JEERA RICE

CAULIFLOWER POTATO CURRY

AND YOGURT SAUCE

DESSERT

FRI, APRIL 17

FISH CHOWDER

MUSHROOM BARLEY CASSEROLE

BUN

DESSERT

FRI, APRIL 24

SURPRISE MEAL WITH LYNN



APRIL 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 (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

APRIL 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>9:15-10am Beginner Line Dancing (Feb-Apr) 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Mahjong, Cards, Chess (Light Lunch \$4) 2-2:45pm Yoga NO CLASSES Resumes May 6 3-4pm Line Dancing</p>	<p>2</p> <p>1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p><u>3</u></p> <p><u>Stat Holiday: Good Friday</u></p> <p><u>Office is Closed</u></p> 
<p><u>6</u></p> <p><u>Easter Monday</u></p> <p><u>Office is Closed</u></p>	<p>7</p>	<p>8</p> <p>9:15-10am Beginner Line Dancing (Feb-Apr) 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Community Care Bags Project (Light Lunch \$4) 2-2:45pm Yoga NO CLASSES Resumes May 6 3-4pm Line Dancing</p>	<p>9</p> <p>1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>10</p> <p>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>13</p> <p>12-2pm Computer Café</p> 	<p>14</p>	<p>15</p> <p>9:15-10am Beginner Line Dancing (Feb-Apr) 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Talk with Library! (Light Lunch \$4) 2-2:45pm Yoga NO CLASSES Resumes May 6 3-4pm Line Dancing</p> 	<p>16</p> <p>1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>17</p> <p>10-11am Latin Beat/English class 11-12pm Being Safe at Home Presentation 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p>
<p>20</p> <p>12-2pm Computer Café</p>	<p>21</p>	<p>22</p> <p>9:15-10am Beginner Line Dancing (Feb-Apr) 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Being Safe at Home Presentation (Light Lunch \$4) 2-2:45pm Yoga NO CLASSES Resumes May 6 3-4pm Line Dancing</p>	<p>23</p> <p>1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>24</p> <p>10-11am Latin Beat/English class 11-12pm Exercise Follow Along+Feedback Session 12-1pm Lunch* 1-3pm Sew Fun! 1-2pm 24 Tai Chi** 2-3pm 48 Tai Chi** 3-4:45pm Yuanji Dancing</p> 
<p>27</p> <p>12-2pm Computer Cafe</p>	<p>28</p>	<p>29</p> <p>9:15-10am Beginner Line Dancing (Feb-Apr) <u>Last Class</u> 10-10:45am Tai Chi 24 Form Intermediate** 10:45-11:15am Qigong 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: BINGO/Birthday Celebrations (Light Lunch \$4) 2-2:45pm Yoga NO CLASSES Resumes May 6 3-4pm Line Dancing NO CLASS. Resumes May 20th 2026</p>	<p>30</p> <p>1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>*FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.</p> <p>**TAI CHI WAITLIST IS NOW FULL.</p> 