

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

For more information, contact Lea at:
leak@burnabynh.ca
(604) 431-0400 or
(236) 668-1712

MENU

FRI MAR 6

SPLIT PEA SOUP
PULLED BBQ CHICKEN SANDWICH
DESSERT

FRI MAR 13

CARROT CHICKPEA SOUP
POTATO SALAD WITH HAM
BUTTERMILK BISCUITS
DESSERT

FRI MAR 20

SWEET & SOUR LENTILS
ROASTED SWEET POTATOES
SAMOSAS
DESSERT

FRI MAR 27

SOUP
TURKEY POT PIE
MASHED POTATOES
DESSERT

*VEGETARIAN MEALS AVAILABLE
**MEALS ARE SUBJECT TO CHANGE



MARCH 2026 SENIORS CONNECTIONS

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 (SƏLILWƏTƏL), KWIKWETLEM (KʷIKʷƏXƏM), SQUAMISH (SKWƏWÚ7MESH EXHUME) AND MUSQUEAM (XʷMƏƏKʷƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS. THIS PROGRAM IS GENEROUSLY SUPPORTED BY



MARCH 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 12-2pm Computer Café + 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 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</p>	<p>6 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>9 12-2pm Computer Café</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 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Talk with Library! (Light Lunch \$4) 2-2:45pm Yoga 3-4pm Line Dancing**</p>	<p>12 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>13 10-11am Latin Beat/English class 11-12pm Physical and Mental Health Presentation by Proof of Care 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 12-2pm Computer Café</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 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: Why Exercise? Presentation (Light Lunch \$4) 1pm-1:45 Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing**</p>	<p>19 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p> 	<p>20 10-11am Latin Beat/English class 11-12pm Active Games and Crafts w/ Langara College Students 12-1pm 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</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 11:15am-12pm Tai Chi Sword** 12:15-1:45pm Drop-in Social: BINGO/Birthday Celebrations (Light Lunch \$4) 1pm-1:45 Chair Yoga 2-2:45pm Yoga 3-4pm Line Dancing**</p>	<p>26 1-3pm Community Café (All ages are welcome) 3-5pm Computer Café</p>	<p>27 10-11am Latin Beat/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</p> 
<p>30 12-2pm Computer Cafe</p>	<p>31</p>	<p>NOTES: *FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM. **TAI CHI AND 3PM LINE DANCE ARE NOW FULL.</p>		