

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

Directions to Burnaby Neighbourhood House (South House):

2 minute walk South 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, MAY 1

SURPRISE MEAL WITH LYNN

FRI, MAY 8

PEA EGG SWIRL SOUP

CHICKEN FRIED RICE

DESSERT

FRI, MAY 15

SOUP

TUNA SALAD SANDWICH

DESSERT

FRI, MAY 22

MUSHROOM CABBAGE SOUP

BRAISED TOFU + RICE

DESSERT

FRI, MAY 29

SOUP

TBA

DESSERT



MAY 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 (SƏLILWƏTƏL), KWIKWETLEM (KʷIKʷƏNƏM), SQUAMISH (SKʷXWÚ7MESH EXHUME) AND MUSQUEAM (XʷMƏKʷƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED



United Way
British Columbia

Beedie

MAY 2026

MONDAY TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



****TAI CHI WAITLIST IS NOW FULL.**
***FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.**



1
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

4
12-2pm
Computer
Café +
Seniors
Form Filling
Clinic

5

6
9-9:45am - Morning Chair Yoga
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: Table Games: Mahjong, Cards, Chess (Light Lunch \$4)
2-2:45pm Yoga - No Class (Resumes May 13)
3-4pm Line Dancing - No Class (Resumes May 20)

7
1-3pm
Community
Café (All ages
are welcome)
3-5pm
Computer Café

8
10-11am Latin Beat/English class
11-12pm Lifelong Health Presentation & The D.A.S.H. Study by SFU
12-1pm Lunch*
1-3pm Sew Fun!
1-2pm 24 Tai Chi**
2-3pm 48 Tai Chi**
3-4:45pm Yuanji Dancing

11
12-2pm
Computer
Café

12

13
9-9:45am - Morning Chair Yoga
10-10:45am Tai Chi 24 Form Intermediate**
10:30am-12:00pm Walk to Burnaby Library for a Tour with a Librarian!
10:45-11:15am Qigong
11:15am-12pm Tai Chi Sword**
12:15-1:45pm Drop-in Social: Light Lunch (\$4) at 12:15, Exercise at 1:00pm
2-2:45pm Yoga
3-4pm Line Dancing - No Class (Resumes May 20)

14
1-3pm
Community
Café (All ages
are welcome)
3-5pm
Computer Café

15
10-11am Latin Beat/English class
11-12pm Dental Health Presentation by Maple Dental
12-1pm Lunch*
1-3pm Sew Fun!
1-2pm 24 Tai Chi**
2-3pm 48 Tai Chi**
3-4:45pm Yuanji Dancing

18
Stat
Holiday:
Victoria
Day

Office is
Closed

19

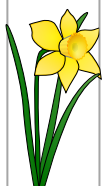
20
9-9:45am - Morning Chair Yoga
10-10:45am Tai Chi 24 Form Intermediate**
10:45-11:15am Qigong
11:15am-12pm Tai Chi Sword**
12:15-1:45pm Drop-in Social: Connection for Wellbeing Workshop (Light Lunch \$4)
2-2:45pm Yoga
3-4pm Line Dancing

21
1-3pm
Community
Café (All ages
are welcome)
3-5pm
Computer Café

22
10-11am Latin Beat/English class
11-12pm Many Voices Project Presentation by Burnaby Museum
12-1pm Lunch*
1-3pm Sew Fun!
1-2pm 24 Tai Chi**
2-3pm 48 Tai Chi**
3-4:45pm Yuanji Dancing

25
12-2pm
Computer
Cafe

26



27
9-9:45am - Morning Chair Yoga
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
3-4pm Line Dancing

28
1-3pm
Community
Café (All ages
are welcome)
3-5pm
Computer Café

29
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