

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:

leak@burnabynh.ca

(604) 431-0400 or

(236) 668-1712



MENU

FRIDAY, JULY 3

COLESLAW
BEEF CHILI
CORNBREAD
DESSERT

FRIDAY, JULY 10

MANGO BLACK BEAN SALAD
CHEESE BISCUITS
ROASTED SWEET POTATOES
DESSERT

FRIDAY, JULY 17

SPLIT PEA SOUP
SPAGHETTI WITH VEGETABLE PASTA SAUCE
GARLIC BREAD
DESSERT

FRIDAY, JULY 24

CAULIFLOWER SOUP
POTATO SALAD
CHEESE MUFFINS
DESSERT

FRIDAY, JULY 31

CAESAR SALAD
TUNA CASSEROLE
BUNS
DESSERT



Menu subject to change

Vegetarian options available



JULY 2026 SENIORS CONNECTIONS

CHECK OUT OUR REGISTRATION
ONLY AND DROP IN PROGRAMS

PROGRAMS ARE FOR

- 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 (XʷMƏƏKʷƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED



JULY 2026 DROP IN PROGRAMS

*Friday lunches are \$7. Registration same day at 3rd floor hall from 10:30am till 11:45am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stat Holiday - Canada Day Office is Closed	2 1-3pm Community Café 3-5pm Computer Café	3 11-12pm BINGO 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
6 12-2pm Computer Café + Seniors Form Filling Clinic	7	8 10:45-11:15am Qigong 11:15 AM-12:15 PM Choir Session (Next: Aug 12, Sep 9) 12:15-1:45pm Drop-in Social: Talk with Library and Exercise (Light Lunch \$4)	9 1-3pm Community Café 3-5pm Computer Café	10 11-12pm Watercolour Painting Fruits 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
13 12-2pm Computer Café	14	15 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: Table Games: Mahjong, Cards, Chess, Board-games (Light Lunch \$4)	16 1-3pm Community Café 3-5pm Computer Café	17 11-12pm "Air Dry" Clay Crafts 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
20 12-2pm Computer Café	21	22 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: Summer Potluck Picnic in Maywood Park (weather dependent) (Light Lunch \$4)	23 1-3pm Community Café 3-5pm Computer Café	24 11-12pm: Knee Osteoarthritis Presentation 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
27 12-2pm Computer Cafe	28	29 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: BINGO/Birthday Celebrations (Light Lunch \$4)	30 1-3pm Community Café 3-5pm Computer Café	31 11-12pm: Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing



JULY 2026 REGISTRATION ONLY PROGRAMS

WEDNESDAY

- 10-10:45AM Tai Chi 24 Intermediate** (FULL)
- 1:15-12:15PM Tai Chi Sword**
- 2-2:45PM Yoga (FULL)
- 3-4PM Line Dancing (FULL)

FRIDAY

- 10-11AM Latin Beat (FULL)
- 10-11AM English class (FULL)
- 1-2PM Tai Chi 24 Beginners (FULL)
- 2-3PM Tai Chi 48**

**Completion of Tai Chi 24 Beginners required

Due to high demand, the programs, these programs are longer drop in and will now be registration only programs:

12-week programs:
 Wednesday Programs
 (July 8 - September 23, 2026)

Friday Programs
 (July 3 - September 18, 2026)

Program space is limited.
 Early registration is
 strongly recommended