

Information

BNH Membership

Membership is required for all activities

- \$5 for the year (for individual)
- \$10 for the year (for family)

Sign up for a membership on our website: <https://burnabynh.ca/> or in person at our front desk

Friday Lunch

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 or (236) 668-1712

To reach our front desk:
(604) 431-0400



MENU

FRIDAY, AUG 7

SAUTEED VEGETABLES

BEEF BRISKET STEW

RICE

DESSERT

FRIDAY, AUG 14

CHICKPEA CARROT CHOWDER

BREAD, VEGGIE, HAM CASSEROLE

MASHED POTATOES

DESSERT

FRIDAY, AUG 21

BLACK BEAN CORN TOMATO SOUP

POTATO PEROGIES

WITH SHRIMP & VEGGIES

DESSERT

FRIDAY, AUG 28

EGG DROP SOUP

NOODLES & FISHCAKE IN KOREAN

SOYBEAN PASTE SAUCE

SESAME BROCCOLI

DESSERT

*Menu subject to change

**Vegetarian options available



AUGUST 2026 SENIORS CONNECTIONS

PROGRAMS ARE FOR

• 55+ YEARS OLD

• CURRENT BNH MEMBERS

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 (SKWƏWÚ7MESH EXHUME) AND MUSQUEAM (XWƏƏKWƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

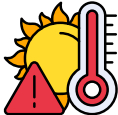
THIS PROGRAM IS GENEROUSLY SUPPORTED



United Way
British Columbia

Beedie

SENIORS DROP IN PROGRAMS AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stat Holiday - BC DAY Office is Closed	4	5 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 12:45-1:45pm Talk with Library and Exercise! 	6 1-3pm Community Café 3-5pm Computer Café	7 11-12pm BINGO 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
10 12-2pm Computer Café	11	12 10:45-11:15am Qigong 11:15-12:15pm Seniors Choir 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 12:45-1:45pm Table Games: Mahjong, Cards, Chess 	13 1-3pm Community Café 3-5pm Computer Café	14 11-12pm Beat the Heat Presentation 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
17 12-2pm Computer Café	18	19 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 1:00-1:45pm Neighbourhood Walk 	20 1-3pm Community Café 3-5pm Computer Café	21 11-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
24 12-2pm Computer Café	25	26 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 12:45-1:45 BINGO and August Birthdays Celebration 	27 1-3pm Community Café 3-5pm Computer Café	28 11-12pm Bone Health 101 Presentation 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
31 12-2pm Computer Cafe				*FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.