

SENIORS CONNECTIONS

REGISTRATION ONLY OCT - DEC 2026 PROGRAMS

Burnaby Neighbourhood House (South House) 4460 Beresford St. #100

WEDNESDAYS

TAI CHI 24 Intermediate
10:00-10:45am, Oct 7 - Dec 23
(Completion of Beginners Tai Chi Required)

TAI CHI Sword
11:15-12:00 pm, Oct 7 - Dec 23
(Completion of Beginners Tai Chi Required)

Yoga
2:00-2:45pm
Oct 7 - Dec 23

Line Dance
3:00-4:00pm
Oct 7 - Dec 23

FRIDAYS

TAI CHI 24 Beginners
1:00-2:00pm, Oct 2 - Dec 18

TAI CHI 48 Advanced
2:00-3:00pm, Oct 2 - Dec 18
(Completion of Beginners Tai Chi Required)

Please Note:

- One class per person.
- If you took this class within the last 3 months, please leave the spot for a new participant. (You may re-register Oct 1st if space is available)
- Starting October 1st, everyone may register for additional classes if space is available.

HOW TO REGISTER

- A) USE PHONE TO SCAN QR CODE
OR
B) GO ON OUR BNH WEBSITE: BURNABYNH.CA
OR
C) VISIT: [HTTPS://FORMS.GLE/3BZIZT7F9FSGBLBV8](https://forms.gle/3BZIZT7F9FSGBLBV8)



scan QR code

REGISTRATION START DATE:

MONDAY, SEPTEMBER 14 2026 AT 11AM

NOT GOOD WITH TECHNOLOGY? COMPUTER SUPPORT IS AVAILABLE AT OUR DIGITAL CAFES:



- MONDAYS AT SOUTH HOUSE 12-2PM (4460 BERESFORD ST. #100)
- MONDAYS AT BNH NORTH HOUSE 10-12PM (4908 HASTINGS ST)
- WEDNESDAYS AT BNH BRENTWOOD HOUSE 10-12PM (2055 ROSSER AVE)
- THURSDAYS AT SOUTH HOUSE 3-5PM (4460 BERESFORD ST. #100)

DROP IN!

For any questions, contact us at seniorsocial_dayprgm@burnabynh.ca

To reach our office: 604-431-0400



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.