

Information

Our website: burnabynh.ca

Annual membership is required for all activities

\$5 for Individual
\$10 for Family

Friday Lunch

\$7/ Lunch
\$38 for 6 lunches
(Subsidy available)

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



MENU

FRIDAY, SEPTEMBER 4

MINISTRONE SOUP
PASTA WITH SAUSAGES, MUSHROOMS
& SUN-DRIED TOMATOES
GARLIC BREAD
DESSERT

FRIDAY, SEPTEMBER 11

MUSHROOM NAPA CABBAGE SOUP
BRAISED TOFU & PINEAPPLE
RICE
ALMOND JELLO

FRIDAY, SEPTEMBER 18

CHICKEN MULLIGATAWNY SOUP
QUINOA CHICKPEA SALAD
HUMMUS & PITA BREAD
DESSERT

FRIDAY, SEPTEMBER 25

MOHAWK INDIAN CORN SOUP
SALMON PATTIES
LEMON SESAME GREEN BEANS
BANNOCK
YOGURT

*Menu subject to change
**Vegetarian options available



SEPTEMBER 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-WAUTUTH NATION (SƏLILWƏTƏL), KWIKWETLEM (KʷIKʷƏX̱ ƏM), SQUAMISH NATION (SKʷX̱WÚ7MESH ÚXWUMIXW), AND MUSQUEAM (XʷMƏΘKʷƏYƏM), WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED BY



SENIORS DROP IN PROGRAMS SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 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 Exercise! 	3 1-3pm Community Café 3-5pm Computer Café	4 11-12pm BINGO 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
7 Stat Holiday Labour Day Office is Closed	8	9 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 	10 1-3pm Community Café 3-5pm Computer Café	11 11-12pm Pencil Crayon Sketching, Autumn Leaves 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
14 12-2pm Computer Café	15	16 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 1:00-1:45pm Email & Password Basics 	17 1-3pm Community Café 3-5pm Computer Café	18 11-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
21 12-2pm Computer Café	22	23 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch (\$4) → 12:45-1:45 BINGO September Birthdays Celebration 	24 1-3pm Community Café 3-5pm Computer Café	25 11-12pm Simple Paper Crafts, Weaving 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing 
28 12-2pm Computer Cafe	29	30 Stat Holiday Truth and Reconciliation Day Office is Closed		*FRIDAY LUNCHES ARE \$7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.