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

FRIDAY LUNCH PROGRAM PRESENTED BY PARC RETIREMENT LIVING

MENU

FRIDAY NOV 6
LEAFY VEGGIE SOUP
SESAME BEAN SPROUTS
SWEET & SOUR PORK
RICE
DESSERT

FRIDAY NOV 13
DAIKON CARROT MISO SOUP
CAESAR SALAD
SALMON POT PIE
DESSERT

FRIDAY NOV 20
CUCUMBER SALAD
NAAN & RAITA
BUTTER CHICKEN
JEERA RICE
DESSERT

FRIDAY NOV 27
MINESTRONE
GARLIC BREAD
GREEN BEAN CASSEROLE
VEGGIE LASAGNA
DESSERT

*Menu subject to change
**Vegetarian options available
(other dietary restrictions cannot be accommodated)

Burnaby NEIGHBOURHOOD HOUSE
CARE CONNECT ENGAGE BELONG

NOVEMBER 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 (SƏLILWƏTAɬ), KWIKWETLEM FIRST NATION (KʷIKʷəɬɬəM), SQUAMISH NATION (SḴWX̱WÚ7MESH ÚXWUMIXW), AND MUSQUEAM (XʷMƏƟKʷƏẎƏM), WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

THIS PROGRAM IS GENEROUSLY SUPPORTED BY
parc retirement living
United Way British Columbia
Beedie

SENIORS DROP IN PROGRAMS NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12-2pm Computer Café + Seniors Form Filling Clinic	3	4 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch ($4) → 12:45-1:45pm Mahjong!	5 1-3pm Community Café 3-5pm Computer Café	6 10-11am Latin Beat 11-12pm BINGO 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
9 12-2pm Computer Café	10	11 STAT HOLIDAY - OFFICE CLOSED REMEMBRANCE DAY	12 1-3pm Community Café 3-5pm Computer Café	13 10-11am Latin Beat 11-12pm Exercise Together 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
16 12-2pm Computer Café	17	18 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch ($4) → 12:45-1:45pm BINGO	19 1-3pm Community Café 3-5pm Computer Café	20 10-11am Latin Beat 11-12pm Workshop on Mindfulness 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
23 12-2pm Computer Café	24	25 10:45-11:15am Qigong 12:15-1:45pm Drop-in Social: → 12:15-1:00pm Light Lunch ($4) → 12:45-1:45pm Chair Exercise and November Birthdays Celebration!	26 1-3pm Community Café 3-5pm Computer Café	27 10-11am Latin Beat 11-12pm Karaoke 12-1pm Lunch* 1-3pm Sew Fun! 3-4:45pm Yuanji Dancing
30 12-2pm Computer Cafe				

FRIDAY LUNCH PROGRAM PRESENTED BY PARC RETIREMENT LIVING

*FRIDAY LUNCHES ARE $7. REGISTRATION SAME DAY AT 3RD FLOOR HALL FROM 10:30AM TILL 11:45AM.