



Our Mandate

is to make our neighbourhood better places to live.

Our Goal

is to enable seniors to enhance their lives and strengthen communities and networks.

Our Challenge

is to work with communities to develop innovative programs & services that meet the changing needs of seniors in Burnaby.

Membership Benefits

- * Stay connected to your neighbours
- * Meet new friends
- * Participate in a variety of programs
- * Receive newsletters

Welcoming Spaces Project



Government
of Canada

Gouvernement
du Canada

We are looking for 55+

VOLUNTEER OUTREACH AMBASSADORS

Participants will learn about:

Awareness/concepts of isolation issues

What causes isolation!

How to reach out to isolated seniors!

Effective communication and listening skills!

Community resources camp; referrals!

For more information and to register:

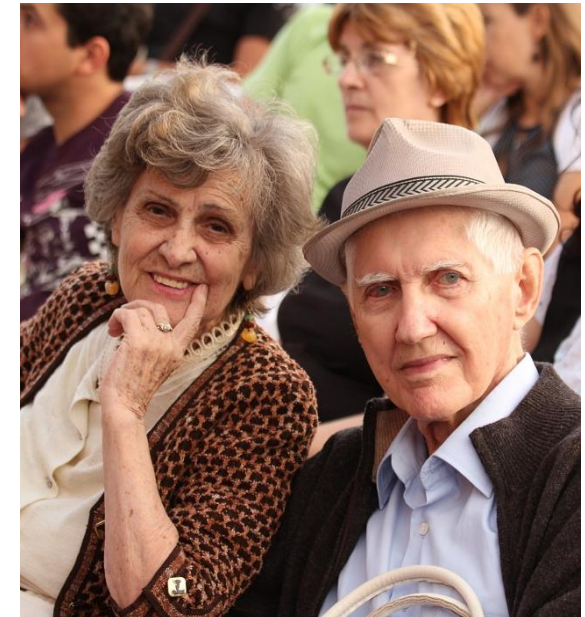
simoneb@burnabynh.ca

BNH North House

WWW.BURNABYNH.CA

SENIORS MONDAYS

Don't stay alone. Join us. We are
Burnaby Neighbourhood House.



BNH North House
4908 Hastings Street
Tel: (604)- 294-5444





Seniors Mondays

Let's move!

Line Dancing

12:15-1:45 (Beginners)

Learn new steps every week under the supervision of our Senior Instructor.

Discover all your favorite music.

Qi-Gong Exercise

2pm -3pm

Stay healthy and strong. Your joints will benefit from this exercise.

Yoga

3:15pm -4:15pm

Train your spirit and body for maximum relaxation and pain relieve.

"After my husband passed away, I lost a lot of energy and joy. My neighbours helped me at this time and I don't want to be alone anymore."
Melanie, 76 years

Seniors Mondays

Digital café 10am -12pm

Discover the world of new amazing functions of your PC and Internet.

Lunch Program: 12pm-1pm

- Seniors Soup and Bun (by donation)
- Socialize and meet new neighbours
- Enjoy a nutritious light lunch

**What are you waiting for?
Be our member today!**



Where?

Burnaby Neighbourhood House, 4908 Hastings St.

Who can come?

Anyone over the age of 55+

What does it cost?

There is no cost to come and enjoy our hospitality. Just membership fee:

Family membership	\$10/year
Individual	\$5/year

Can I bring others with me to the program?

Yes, friends who are seniors are very welcome!

More information

Tel: (604)-294-5444

email simoneb@burnabynh.ca

or check our website at

www.burnabynh.ca