



BNH PROGRAMS – WINTER 2020

Note: In light of COVID-19, registrations are required for all programs

*In-person programming is dependent on Provincial Health Authority guidance. Please check with NBNH/SBNH regarding these programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Place 10:00-12:00 (BNH South House* - English)	Family Place 10:00-12:00 (Online - English)	Family Place 10:00-12:00 (BNH South House* - English)	Family Place 10:00-12:00 (Online - English)	Family Place 10:00-12:00 (BNH South House* - English)	English Conversation 10:30-11:30 (Online)
Seniors Group Chat 11:00-12:00 (Online)	Mother Goose 11:00-12:00 (Online)	Yoga 10:00-11:00 (Online)	English Conversation 1:00-2:00 (Online)	Lynn's Cooking 10:00-11:30 (Online)	
Computer Support 12:00-2:00 (BNH South House* & Online)	Family Place 2:30-4:30 (Online - Spanish)	Computer Support 10:00-2:00 (BNH North House*)	Family Place 2:30-4:30 (Online - Spanish)	Photography 6:00-7:00 (Online)	Arts & Crafts 11:00-12:00 (Online)
English Conversation 1:00-2:00 (Online)	Future Leaders 4:00-6:00 (BNH South House*)	Choose to Move 2:00-3:00 (Online)	Computer Support 3:00-5:00 (BNH South House* & Online)		
Qi Gong 2:00-3:00 (Online)	Basic Sewing 5:00-6:00 (Online)	Family Yoga 3:30-4:15 (Online)	Drawing Class (kids) 4:00-4:30 (Online)		
Yoga 3:30-4:30 (Online)	Learning Club 5:30-6:30 (Online – Grade 2-4)	Mentoring with Math 4:00-5:30 (Online)	Game on! 4:00-5:00 (Online)		
Foundations of Leadership 4:00-6:00 (BNH South House*)	English Conversation 6:00-7:00 (Online)		Learning Club 5:30-6:30 (Online – Grade 5-7)		

Our Mission is to make neighbourhoods better places to live.



BABIES, KIDS, AND YOUTHS

□ FAMILY PLACE

English: Mondays, Wednesdays and Fridays: 10:00 am - 12:00 pm (BNH South House)

Register at info@burnabynh.ca or call 604-431-0400

English: Tuesdays and Thursdays: 10:00 am - 12:00 pm (Online)

Registration Link: <https://bit.ly/2MEFdkh>

Spanish: Tuesdays and Thursdays: 2:30 pm - 4:30 pm (Online)

Registration Link: <https://bit.ly/2Angi2p>

Families have an opportunity to connect and support each other in our community. Through nursery rhymes, story time, and a wide variety of children's activities that support your child's development, our goal is to make families feel like they are back at our in-person sessions – but from the comfort of their own home! Information on community resources and parenting support is also available. All families with children aged 0-5 years are welcome.

□ FOUNDATIONS OF LEADERSHIP (GRADE 8-9)

Mondays: 4:00 pm – 6:00 pm (BNH South House)

Register at youth@burnabynh.ca or call 604-431-0400.

Foundations provides youth the opportunity to learn about leadership while exploring ways to turn life into an adventure, as part of a team. It aims to support youth in their journey of self-discovery and belonging, teach them how to engage in their community, and become an everyday hero. We will create a safe space for youth to grow their skills, identify and develop strengths, all while being supported in expressing themselves. Not to mention, fun activities, snacks and 120 Volunteer Hours (including summer). The cost is \$40 for the school year (subsidies available).

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□ MOTHER GOOSE PROGRAM

Tuesdays: 11:00 am – 12:00 pm (Online)

Registration Link: <https://bit.ly/3jJu4hy>

Join us in a fun group experience that introduces parents and their babies and toddlers (aged two and under) to the joy and developmental benefits of performing rhymes, songs, and stories together. The program focuses on helping young children with their social, cognitive, and emotional development alongside other peers and playmates online. Parents and caregivers can gain the skills and confidence to enable them to create positive family environments during their children's crucial early years.

□ FUTURE LEADERS (GRADE 10-12)

Tuesdays: 4:00 pm – 6:00 pm, starting February 2021 (BNH South House)

Registration at: youth@burnabynh.ca, or call 604-431-0400.

Future Leaders is the next step in becoming an ambassador in your community! By exploring personal, social and global responsibility, we aim to support you in discovering and developing meaningful opportunities for community engagement and volunteering. What talents, skills and passions do you have that you can bring to your community? What kind of change do you want to bring to the world? This program is also a way for you to complete the required 'Career Prep' hours for High School graduation. 70 Volunteer Hours ~30 hours of training, including a Saturday training session. The cost is \$100 for a school year (subsidies available). Please visit our website (www.burnabynh.ca) for the next session start date.

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□ THE NEWCOMER LEARNING CLUB

Tuesdays: 5:30 pm – 6:30 pm for Grade 2 – 4 (Online)

Thursday: 5:30 pm – 6:30 pm for Grade 5 – 7 (Online)

Register at amalb@burnabynh.ca or call 236-877-2517

The Newcomer Learning Club is a free online program for newcomer elementary students in Grades 2–7 who may need additional tutoring support. This program provides assistance with fun literacy activities and academic support to help children reach their full potential (in education and in life). Come join us each week to learn, experiment and grow!

□ FAMILY YOGA

Wednesdays: 3:30 pm – 4:15 pm (Online – for children aged 7 to 10), starting January 14, 2021 for 6 weeks

Register at northinfo@burnabynh.ca or call 604-294-5444

Come join us for some yoga from the comfort of your home. Professionally trained instructor, Vivien Gomes, is back to engage families with easy-to-follow stretches, poses, and breathing exercises in fun-filled sessions. Participants will also get to explore a new theme each week and interact through music, stories and drawing! No previous yoga experience is required.

□ MENTORING WITH MATH (In Partnership with Big Brothers of Greater Vancouver)

Wednesdays: 4:00 pm – 5:30 pm (Online), starting January 20, 2021 for 8 weeks

For more information, please contact Crystal Lau at crystal.lau@bigbrothersbigsisters.ca

This is an after-school 8-week program for children in grades 3-7 who need additional support with math. Children are matched with mentors who help make math fun and achievable. Each session is based on the principles of the JUMP Math numeracy program to encourage an understanding and love of math. The second part of each session consists of interacting with one another through games and activities.

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□ DRAWING CLASS FOR KIDS

Thursdays: 4:00 pm – 4:30 pm (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444.

These tutorials by Jean Wong introduce young artists to simple drawing techniques and help them become more comfortable with sketching a variety of fun images. This will give your kid the opportunity to explore their creativity and art skills. The class is suitable for young children age 3 to 7, and all skill levels are welcome.

□ GAME ON! (In Partnership with Big Brothers of Greater Vancouver)

Thursdays: 4:00 pm – 5:00 pm (Online)

For more information, please contact Crystal Lau at crystal.lau@bigbrothersbigsisters.ca

Game On! is a group mentoring program that teaches boys (grades 4-7) about physical, mental, and emotional health. Each session consists of active play facilitated by trained Mentors. These Mentors will also encourage students to interact with one another through conversations about important topics that affect youth, including healthy eating, self-esteem, online safety, and more.

□ CANADIAN GEOGRAPHY AND PEOPLE AS ENTWINED BY NEWCOMERS' ARTS AND CRAFTS

Saturdays: 11:00 am – 12:00 pm (Online)

Registration Link: <https://bit.ly/3cwDGsM>, or contact Elva at elvar@burnabynh.ca or call 236-833-6515

Let's learn about Canadian geography and people through arts and crafts, combined with fun and interactive activities with other newcomer families and children of all age groups. Give your child a chance to embrace their artistic side for a fun-filled session.

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ADULTS AND SENIORS 55+

☐ SENIORS GROUP CHAT

Mondays: 11:00 am – 12:00 pm (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444

The coronavirus is changing how we live our everyday lives. Being inside the house may be difficult for some people who are used to going out to stay active. With many places closed and some events called off for the foreseeable future, it also highlights how much we all need social interaction. That's why we're doing the best we can to help seniors stay connected. Please join us for a virtual group chat via Zoom to meet new friends and keep the mind active! The chat room can serve as a portal to meet new people, share interests, and remain social.

☐ COMPUTER SUPPORT

Mondays: 12:00 pm – 2:00 pm & Thursdays: 3:00 pm – 5:00 pm (BNH South House)

Register at literacy@burnabynh.ca or call Rajeeta at 604-431-0400

Mondays: 12:00 pm – 2:00 pm & Thursdays: 3:00 pm – 5:00 pm (Online)

Register at literacy@burnabynh.ca or call Rajeeta at 604-431-0400

Wednesdays: 10:00 am – 2:00 pm (BNH North House)

Register at northinfo@burnabynh.ca or call at 604-294-5444

Would you like to learn how to email, search the Internet, create files and documents, or explore video conferencing programs like Zoom, Jitsi, Callbridge, and more? Our Volunteer Computer Instructors are available to help you with your computer learning needs, answer your questions, and even assist with filling out online application forms. Come get more comfortable using your computer with us!

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□ ENGLISH CONVERSATION

Mondays: 1:00 pm - 2:00 pm (Online)

Registration Link: <https://bit.ly/334qurN>

Tuesdays: 6:00 pm - 7:00 pm (Online)

Registration Link: <https://bit.ly/3diqtUF>

Thursdays: 1:00 pm - 2:00 pm (Online)

Registration Link: <https://bit.ly/343HnIW>

Saturdays: 10:30 – 11:30 AM (Online)

Registration Link: <https://bit.ly/329eHrv>

Our online EAL classes are for people who would like to continue their learning during these challenging times. These classes are a fun way to practice conversation, make new friends, and try learning online! All our classes are held on Zoom. Don't worry if you are new to Zoom – we will help you.

□ QI GONG

Mondays: 2:00 pm – 3:00 pm (Online)

Registration Link: <https://bit.ly/2MBqUwL>

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This gentle practice can add to anyone's repertoire for health, stress management, and fitness. These routines promote joint mobility and blood oxygen flow through movement, and lowers blood pressure through relaxation. Join us in enhancing your own awareness of your energy!

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□ YOGA

Mondays: 3:30 pm – 4:30 pm and Wednesdays: 10:00 am - 11:00 am (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444

Join us for our Yoga class via Zoom. Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release stress and physical tension. Everyone is welcome!

□ LEARNING ABOUT CANADIAN HERITAGE THROUGH BASIC SEWING

Tuesdays: 5:00 pm – 6:00 pm, starting September 22 – December 15, 2020 (Online)

Registration Link: <https://bit.ly/366XMZr> or contact Elva at elvar@burnabynh.ca or call 236-833-6515

Learn basic sewing skills, conversation skills, and Canadian culture and history! This online class focuses on the importance of sewing and tapestry in shaping Canada through generations of Indigenous Nations, settlers, and immigration. We will meet every Tuesday at 5:00 pm for a fun-filled hour with up to 20 participants. This workshop is recommended for new immigrants and refugees.

□ CHOOSE TO MOVE AT HOME

Every other Wednesday: 2:00 pm – 3:00 pm (Online)

Registration at TapsCoord@burnabynh.ca or call 604-431-0400

Being active is one of the most important things seniors can do to maintain their overall health. Being active can help them feel better, look better and live longer. Choose to Move at Home is a new initiative from the Active Aging Society to help older adults stay active and socially connected while staying at home during the COVID-19 Pandemic. This free program is great for anyone aged 65 years and older who wants to be active and connected. It changes the way they live for the better! It's about making choices and building habits!

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□ LYNN'S COOKING CONNECTION

Fridays: 10:00 am – 11:30 am (Online)

Register at kitchens@burnabynh.ca or call 604-431-0400

Rediscover the joy of cooking and dining with others. We all cook together, but in our own homes! Learn to make new food, meet new friends, and enjoy good conversation with others. We have two delicious recipes for each session. If you have any questions, please email Lynn at kitchens@burnabynh.ca.

□ CANADIAN LANDSCAPES PHOTOGRAPHY THROUGH NEWCOMERS' EYES

Fridays: 6:00 pm – 7:00 pm (Online)

Registration Link: <https://bit.ly/366XrWJ> or contact Elva at Elvar@burnabynh.ca or call 236 833 6515

Learn about Canadian culture through exploring the towns in Metro-Vancouver and having discussions on places, displacement, migration recollections. Meet others who are also new to the journey in self-identification and belonging as new immigrants in Canada.

We want to inspire you with helpful tips and instruction –no matter your level of comfort with photography. Everyone is welcome regardless of age or skill level! All you need is a camera or smartphone and the desire to learn.

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COMMUNITY EVENTS

STRIDE BURNABY ARTS

The teams that brought you Living Room Art in the Heights and Art Crawl Burnaby Heights continue their mission of ‘strengthening our community through the arts’ with a brand new event hosted by NBNH. Celebrate Burnaby’s art and soul during STRIDE - Burnaby Arts Festival.

From January 16-30, 2021 participants of all ages may attend a virtual live music concert or artist studio tour, explore a public art installation in the forest, be inspired on a self-guided photo walk with their family and maybe even buy a favourite piece of art on display in one of our local shops.

WE ARE BURNABY

Presented by North Burnaby Neighbourhood House, We Are Burnaby is an online living magazine that aims to foster community engagement and connection by providing a platform for Burnaby residents to share their stories and experiences with the community. Inspired by feedback from Burnaby community members, We Are Burnaby is a community inspired initiative that celebrates and showcases the resilience and determination of the Burnaby community through written and visual expression and storytelling. The first series will be released in January 2021 on WeAreBurnaby.com. Initial seed funding was provided by Simon Fraser University's Community Engagement Competition.

If you would like to share your story, artwork, or any other form of writing and art, please email WeAreBurnaby@BurnabyNH.ca.

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