



PRESENTS

# SENIORS CONNECTIONS

## WHAT IS SENIORS CONNECTIONS

Seniors Connections, previously known as Seniors Centre Without Walls, is an interactive **telephone-based** program that supports Burnaby seniors to stay independent and active through a number of social and recreational sessions.

## AM I ELIGIBLE?

- Are you a senior (55+) living in Burnaby?
- Are you experiencing difficulties getting out of your home for activities?
- Would like to stay socially connected and enjoy talking with other people?

## HOW DOES IT WORK?

1. Call or email the SC Coordinator and receive a monthly calendar of all available activities.
2. Call or email the SC Coordinator to sign up for activities
3. When it's time to program the activity, you will receive a phone call from Seniors Connections.
4. Press "1" to join the call and enjoy!

*Seniors Connections is funded by the Government of British Columbia and managed by United Way of the Lower Mainland.*



United Way  
Lower Mainland



**To register, please contact  
Saba or Alexis at 604.431.0400  
or [tapscoord@burnabynh.ca](mailto:tapscoord@burnabynh.ca)**

# PROGRAMS

-SESSIONS TYPICALLY RUN BETWEEN 30-40 MINUTES

-TO JOIN, CALL 604.431.0400 AND ASK FOR ALEXIS OR SABA

## WEEKLY SESSIONS

### MEDITATION AND MINDFULNESS

WEDNESDAYS AT 10:00AM

Share in some positive energy and learn new mindfulness exercises along the way!

Please Note: These sessions are now on Wednesdays only!

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### BOOKS AND BEYOND

TUESDAYS AT 1:00PM

Join us to discuss books, passages and words. Connect with other word lovers and try out some dramatic role-play! (optional)

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### BURNABY PUBLIC LIBRARY

FRIDAYS AT 10:30 AM



Burnaby Public Library  
[www.bpl.bc.ca](http://www.bpl.bc.ca)

Come chat with BPL and learn about services and opportunities available at the library and in Burnaby!

## BI-WEEKLY SESSIONS

### BRAIN TEASERS

EVERY OTHER WEDNESDAY AT 3:00 PM

Join us for a stimulating afternoon of word games, fun facts, brain teasers and more!

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## BI-WEEKLY CONTINUED

### SOMETHING NEW

EVERY OTHER WEDNESDAY AT 3:00 PM

If you like learning new things, you won't get bored here! Topics include science, psychology, food and more!

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### TRAVELOGUES

EVERY OTHER THURSDAY AT 1:00 PM

Join us for an afternoon of travel and adventure!

- July 15th, *Canada*
  - July 29th, *British Columbia*
- .....

### EXPLORE BURNABY

EVERY OTHER THURSDAY AT 1:00 PM

Learn about the history and culture of Burnaby with different topics featured each month:

- July 8th, *Cascade Drive-In Theatre*
  - July 22nd, *Barnet Marine Park*
- .....

### FARSI CHAT

EVERY OTHER THURSDAY AT 3:30 PM

Connect with other Farsi speaking seniors in your community!

گروهی برای سالمندان فارسی زبان برنابی. گفتگویی خودمانی از طریق تلفن.

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## MONTHLY SESSIONS

### **BNH FEEDBACK DISCUSSION GROUP**

MONDAY, JULY 12 AT 1:00 PM

We'd like to hear your thoughts on the BNH Newsletter, our current virtual programs, seniors events and more!

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### **SAFETY, PRIVACY AND YOUR RIGHTS**

FIRST FRIDAY OF EACH MONTH AT 3:00 PM

Get tips on how to stay safe and protect your rights.

- July 2nd, *Why we fall for scams, and how to prevent it.*
- .....

### **ART CHAT: BEADING**

LAST FRIDAY OF EACH MONTH AT 1:00 PM

Participate in a different art project every month. This month, get creative and craft by beading! Beading is a great form of self-expression. With so many gemstone beads, charms, jewelry chains, and findings to choose from, your options are practically limitless!



*Thank you to the United Way of the Lower Mainland, BC Housing, and Beedie Development Group for making the printing of Seniors Connections program guide's possible!!*

## GROUP CONDUCT & ETIQUETTE

- Please allow the facilitator(s) to guide the group
- Please respect all group members and their opinions, even if you may disagree with them
- Allow everybody to contribute and do not dominate the conversation
- No disrespectful comments allowed
- Promote a positive and inclusive environment

If you are unable to abide by these guidelines, you may be removed from the session by the moderator

*If you have an issue with a group member, please contact Alexis at [tapscoord@burnabynh.ca](mailto:tapscoord@burnabynh.ca) or 604.431.0400*

## FREQUENTLY ASKED QUESTIONS

### **Does it cost anything to participate?**

You must be a member of Burnaby Neighbourhood House (\$5 - subsidies available).

### **Do I have to talk?**

No, you do not have to talk. But all participants are introduced by their first name at the beginning of a session so that people know who is on the call.

### **Will the other participants know who I am?**

You will just be a voice and a name on the phone! Nobody will know what you look like, where you live, or even your phone number.

### **What if I want to chat more with another participant?**

We're glad that you are making friends through the program! To protect people's privacy, please contact the SC Coordinator

### **I want to join but I don't see any programs that interest me.**

We greatly value your suggestions! Please call the SC Coordinator.

PLEASE CONTACT ALEXIS AT  
[TAPSCOORD@BURNABYNH.CA](mailto:TAPSCOORD@BURNABYNH.CA) OR 604.431.0400