



PRESENTS

SENIORS CONNECTIONS' TELEPHONE PROGRAM

WHAT IS SENIORS CONNECTIONS' TELEPHONE PROGRAMS

This is an interactive **telephone-based** program. All you need is your phone! Join other Burnaby seniors in a number of social and recreational sessions - all from the comfort of your home!

IS THIS PROGRAM FOR ME?

- Are you a senior (55+) living in Burnaby?
- Are you experiencing difficulties accessing community programs?
- Would like to connect and chat with others in Burnaby?

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!

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

SESSIONS

- SESSIONS RUN BETWEEN 30-40 MINUTES
- GROUPS ARE LIMITED TO 10-12 PEOPLE

WEEKLY SESSIONS

BOOKS AND BEYOND **TUESDAYS AT 1:00PM**



Connect with other word lovers to discuss books, short stories, passages, poems and more!

.....

MEDITATION AND MINDFULNESS **WEDNESDAYS AT 3:00PM**

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

.....



BURNABY PUBLIC LIBRARY **THURSDAYS AT 10:00AM**

Come and chat with a BPL community librarian! Learn about the many services, programs and other opportunities available at the library and in Burnaby!

In Partnership with



Burnaby Public Library
www.bpl.bc.ca

BIWEEKLY SESSIONS

MOVE YOUR BODY

EVERY OTHER MONDAY AT 1:00PM

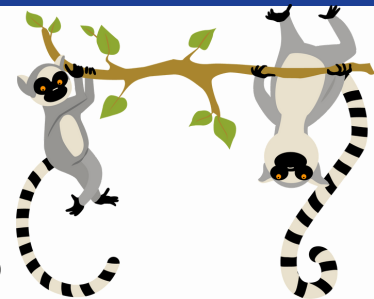
There are many benefits of exercising! Regular exercises help to improve our strength and balance. It helps prevent diseases. More importantly, it makes us feel refreshed! Join us and *move your body* with simple at-home exercises!



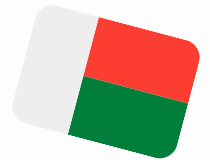
MONTHLY SESSIONS

TRAVELOGUES

FRIDAY, APR 8 AT 3:00 PM



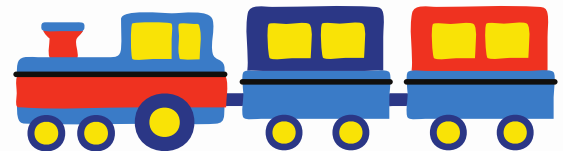
Join us for an afternoon of travel and adventure to
- **Madagascar**, *the world's second-largest island country!*



.....

EXPLORE BURNABY

FRIDAY, APR 22 AT 3:00 PM



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

- Burnaby Central Railway- A dreamland for railroad enthusiasts - it opens Friday April 15th!



MONTHLY SESSIONS

FARSI CHAT چت فارسی

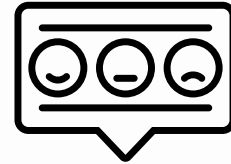
THURSDAY, APR 28 AT 4:30 PM

Connect with other Farsi speaking seniors in your community!

.....

BNH FEEDBACK GROUP

MONDAY, APR 25 AT 3:00 PM



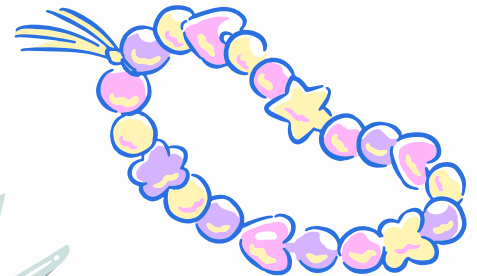
We greatly appreciate your feedback! Come share your thoughts on our Seniors' Newsletter, programs and services!

.....

ART CHAT: BEADED BRACELETS!

THURSDAY, APR 14 AT 1:00 PM

Participate in a new art project each month. This month, let's create our own colourful and unique bracelets - or whatever jewelry you would like - to welcome Spring!



Supplies available! -

Contact Ann/ Alexis **by Apr 7th**
at 604.431.0400 or annf@burnabynh.ca



Thank you to the United Way of British Columbia and BC Housing for the funding that makes 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 Ann/ Alexis at annf@burnaby nh.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 ANN/ ALEXIS AT
ANNF@BURNABYNH.CA OR 604.431.0400**



APR 2022

TELEPHONE PROGRAM

Contact Ann/ Alexis at
604.431.0400 or email
annf@burnabynh.ca

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 1:00 PM Books & Beyond	6 3:00 PM Meditation	7 10:00 AM Burnaby Public Library	8 3:00 PM Travelogues
11 1:00 PM Move Your Body	12 1:00 PM Books & Beyond	13 3:00 PM Meditation	14 10:00 AM Burnaby Public Library ----- 1:00 PM Art Chat	15 BNH CLOSED
18 BNH CLOSED	19 1:00 PM Books & Beyond	20 3:00 PM Meditation	21 10:00 AM Burnaby Public Library	22 3:00 PM Explore Burnaby
25 1:00 PM Move Your Body 3:00 PM Feedback Group	26 1:00 PM Books & Beyond	27 3:00 PM Meditation	28 10:00 AM Burnaby Public Library ----- 4:30 PM Farsi Chat	29