

*The latest news and updates for
Burnaby Neighbourhood House Members 55+*

Meet Kim Dunbar - Program Manager for Burnaby Meals on Wheels!

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1) What is your role at BNH?

I am the Program
Manager for
Burnaby Meals on
Wheels.

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2) What do you love about your role?

I love being able to
help seniors access
healthy nutrition
and work with such
an incredible group
of volunteers.

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3) Tell us something interesting about yourself!

I have 3 kids, 2 cats and a puppy!

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Meet Kim's puppy on page 6!

IMPORTANT UPDATES

Don't forget to renew your BNH membership!

Memberships are in effect from Sept 1 - Aug 31 each year, and a requirement for participating in BNH programs. Annual memberships are \$5 for individuals and \$10 for families (subsidies available).

COVID-19 BNH Policy:

Burnaby Neighbourhood House recommends mask-wearing when in our buildings and programs. Please note that some select in-person programs will continue to require masks, such as our computer cafes. Unsure if your program requires mask-wearing? Please call our office (South: 604-431-0400 or North: 604-294-5444). Thank you for your cooperation!

COVID-19 Vaccine Booster Doses:

Need to book your COVID-19 vaccine booster? Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/>

Need a ride to a COVID-19 vaccine appointment? Transportation is available:

1: Register for your vaccine at <https://www.getvaccinated.gov.bc.ca/s/>

2: Complete the form (online only): <https://www.fraserhealth.ca/bookaride>

3: Fraser Health will contact you within 1-3 business days with the date and time of your appointment and transportation details.

Thank you Fraser Health, Translink, BC Transit, and HandyDART!

Need assistance? Contact Alexis at 604-431-0400 or email alexish@burnabynh.ca

COVID-19 Rapid Tests

You can get free rapid antigen testing kits from a local pharmacy! Remember to bring your Personal Health Number.



BACK TO SCHOOL FOR FOOD HUBS

DONATIONS NEEDED



DROP-OFF LOCATIONS

North House

4908 Hastings St
Mon to Fri
9:30 am - 4:30 pm

South Hall

5024 Rumble St
Tues and Wed
9:30 am - 12:30 pm



INDIVIDUAL SNACK & FOOD ITEMS NEEDED:

Granola Bars

Crackers

Cheese Sticks

Apple Sauce

Fruit Cups

Juice boxes

Shelf stable milk drinks

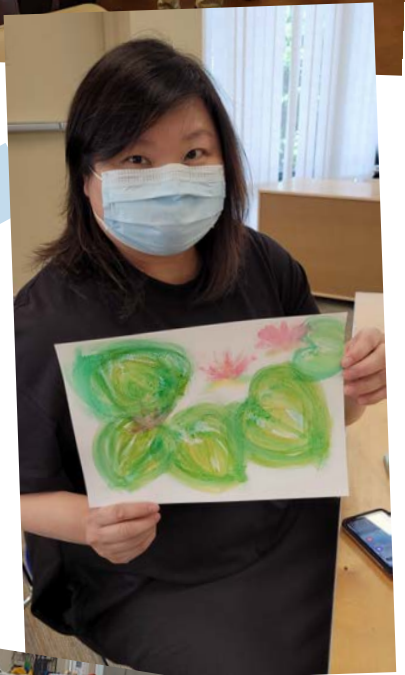


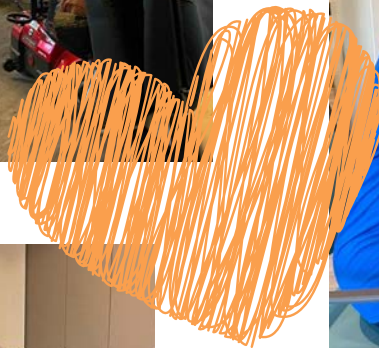
Photos from the Summer!

We are so happy to share with you these lovely moments from the programs which happened throughout the summer!



**Thank you for
participating!**





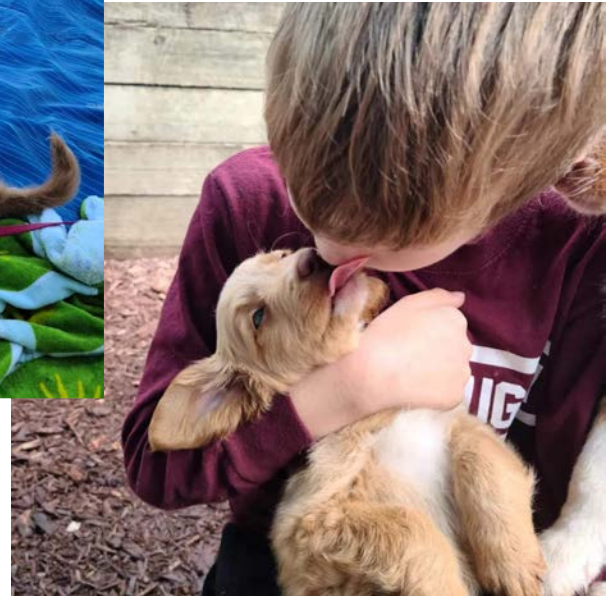
Meet Kim's puppy: Kiwi!

What kind of breed is Kiwi?

She's an Aussiedoodle.

Does she have a special talent?

Yes, staring into peoples eyes and making them fall in love with her!



What is your favourite memory with her?

Camping! She went camping with my kids and I on the BC Day long weekend and she was as happy as a clam just hanging out with us, tied up on her long leash. No whining or barking at all! We also found out that she can swim well; although she would prefer not to be dropped into the lake repeatedly to test this theory.

What is Kiwi's favourite toy or food?

A squirrel that makes crinkly noises. It's nicknamed "roadkill" as it's flat with no stuffing!

BNH Programs - North House

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



Computer Support (In-person)

Join us for coffee, tea, and snacks. Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

Mondays 10:00 am – 12:00 pm



EAL Conversation (In-person)

Are you an intermediate English speaker waiting for a chance to meet new people, learn Canadian culture, and boost your English? Join our EAL program to bring your English conversation to a next level.

Mondays 3:00pm – 4:00pm



Slow Deep Breathing with the Essence of Pranayama – (online via Zoom)

Breathing is living and is the essence of life. Pranayama is an ancient practice of controlling your breath. In Sanskrit, “prana” means life energy and “yama” means control. The practice involves breathing exercises and patterns which strengthen the connection between your body and mind. A regular practice of controlled breathing brings us numerous benefits to all of our existence: body, mind, spirit!

Learn to pay attention to the breath and how to manipulate it with the help of specific rhythms and breathing techniques!

Please join us every Monday and Thursday, starting August 15, 2022 from 7 am to 8 am. This is a Drop-In class. You can join us when you are available.

Mondays & Thursdays from 7-8 am



BNH Programs - North House (cont'd)

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



Quilting & Crafting for a Cause (In-Person)

Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

Tuesdays 1:00 pm - 3:00 pm

Qi Gong

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 practice can add to anyone's repertoire for health, stress management, and fitness. Join us in enhancing your own awareness of your energy!

Mondays 2:00 pm - 3:00 pm on Zoom

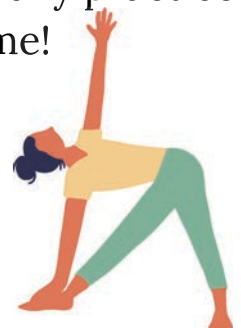
Thursdays 9:45am - 10:45am at Willingdon Heights Park



Yoga (online via Zoom)

Join us for Yoga classes via Zoom. Certified Yoga teacher, Mayra Chavez, practices 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 your stress and physical tension. Everyone is welcome!

Fridays 7:30 am - 8:30 am on Zoom



BNH Programs - South House



For more information or to register for programs, contact:
604-431-0400
4460 Beresford St.



Senior's Social & Games

Join us Friday mornings for a cup of tea or coffee. Meet new friends over conversations, or playing board games or cards.



Movement for Health

Join us Wednesdays for our Tai Chi (from beginners to advanced) or Tai Chi Sword classes, as we focus on slow-flowing movement and focused breathing.



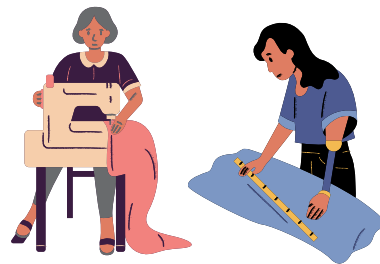
Computer Cafe

Have your computer and other tech questions answered at our computer cafe



Lunch (In-person)

Join us on Fridays to meet new friends while enjoying a nutritious and delicious lunch for \$5.



Sew Fun!

Practice your sewing skills every Friday afternoon!

Please pick up the Program Schedule, or have it e-mailed to you. Contact **Emily at 604-431-0400** or **emilyc@burnabynh.ca**



Across Burnaby



Going forward and until further notice, the Seniors Memory Club and Dementia Friendly Café, will be in-person.

Dementia Friendly Cafe

Each month join others living with dementia and their families & friends as we socialize and participate in workshops by guest speakers.

2nd Thursday of the month from 1:00-2:30PM at 2055 Rosser Ave



Seniors Memory Club

Join our dementia- friendly, multicultural, and intergenerational event. This is an opportunity for playing games, exercising, socializing, singing, sharing stories, and celebrating our togetherness.

Most Saturday mornings from 10:30AM-11:30PM at 2055 Rosser Ave

To register for our Dementia programs, contact faryar@bbyseniors.ca or call (604)-375-5778



Friendly Phone Calls

Do you sometimes feel lonely and want a person to talk with? Stay connected through weekly phone calls from a volunteer! To sign up contact Alexis at alexish@burnabynh.ca or 604-431-0400



Senior Peer Support

Trained volunteers provide one-on-one support to seniors who are experiencing anxiety, social isolation, frustration, or difficulties because of life changes.

To register, email Kathy at kathyb@burnabynh.ca or call 236-885-7303

BNH Services Spotlight:



Computer Support

Need tech support? We provide 1-on-1 computer support to help you apply for benefits and more!

- South House: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm
- North House: Mondays 10:00am–12:00pm
- Virtual or phone: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm

Cannot make these times? We have flexible online tutoring: we will pair you with a volunteer who will meet you online to answer your questions. Volunteers can support you in English, Cantonese, Farsi, Mandarin, Korean, French and Punjabi languages.

To book computer support, call 604-396-7307 or email literacy@burnabynh.ca

TAPS Community Day Program - on Thursdays

Are you experiencing health or mobility barriers that make it difficult to socialize and participate in community programs? Join TAPS and have fun chatting, playing games, and enjoying meals with others! Transportation supports are available. Cost: \$5 for lunch.

To register, contact the Alexis at 604-431-0400. Registration is required.



Grocery and Meal Delivery Program

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors who are living with health challenges and experiencing food insecurity.

For more information: Contact Emily at 778-288-3747 or emilyc@burnabynh.ca

Settlement Services:

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer to your questions and support your settlement and integration in your new community. Services are available in Arabic, Cantonese, Mandarin, Farsi, Dari, Pashto, Filipino, Spanish, and Vietnamese.

Contact settlementprogram@burnabynh.ca or 604-431-0400 (South) or 604-294-5444 (North)



BNH Services Continued

Family and Friend Caregiver Support Group (Online)

Share experiences, seek support and exchange resources and information with other family and friend caregivers. 2nd and last Monday of the month 6:00-8:00PM on Zoom

Caregiver Appreciation and Information Sessions

Join other family and friend caregivers on August 4th for an appreciation lunch!

For more information on Caregiver Support, contact Kathy at kathyb@burnabynh.ca or 236-885-7303

Volunteer Opportunities

55+ Social and Recreational Program Lead - lead a game or art activity! Have a talent or skill you would like Times and days are flexible.

Lunch (In-person)

Join us on Fridays to meet new friends while enjoying a nutritious and delicious lunch for \$5.

Senior's Transportation Volunteer– We are looking for responsible car owners who are willing to pick up senior clients at their residences and drive them to medical appointments throughout Metro Vancouver. This is a long-term role (at least 1 year) with mileage reimbursement.

Senior Peer Support Volunteer– Are you 55+ and interested in helping others? Volunteers provide one-on-one support and guidance to a fellow senior through challenging times in their lives. You will receive 50 hours of online training before starting your role (next training date TBD).

Our **Seniors Food/M Meal Delivery volunteers** will deliver groceries and/or prepared meals to isolated seniors living in Burnaby. Wednesdays and Thursdays – time of day flexible. You will need access to a car.

CONTINUING SUPPORT & EDUCATION SERIES

Flu and Covid-19 Booster Vaccination

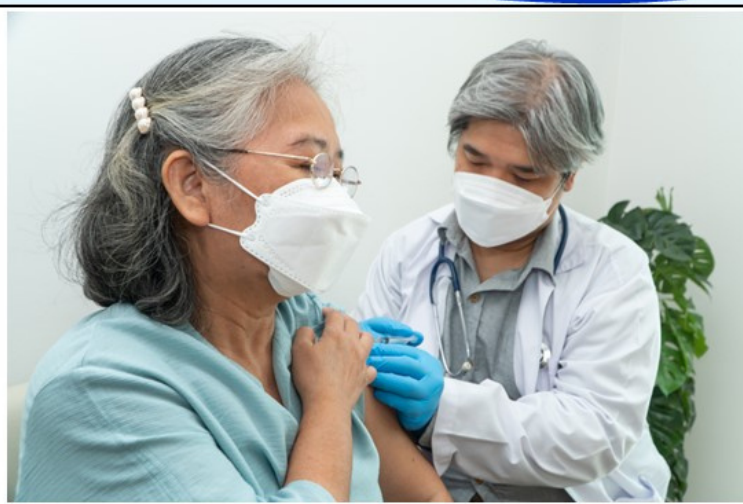
Who: Seniors and Family/Friend Caregivers

Date: Wednesday, September 28th

Time: 10:00-11:30 am

Speaker: Tim Lim (Clinical Pharmacist and Lecturer at the UBC Faculty)

This Workshop will happen online



For registration and inquiries please contact:

faryar@bbyseniors.ca or 604-375-5778



Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Burnaby Family and Friend Caregiver Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC

**Burnaby Neighbourhood
House Presents:**

WE ARE BURNABY

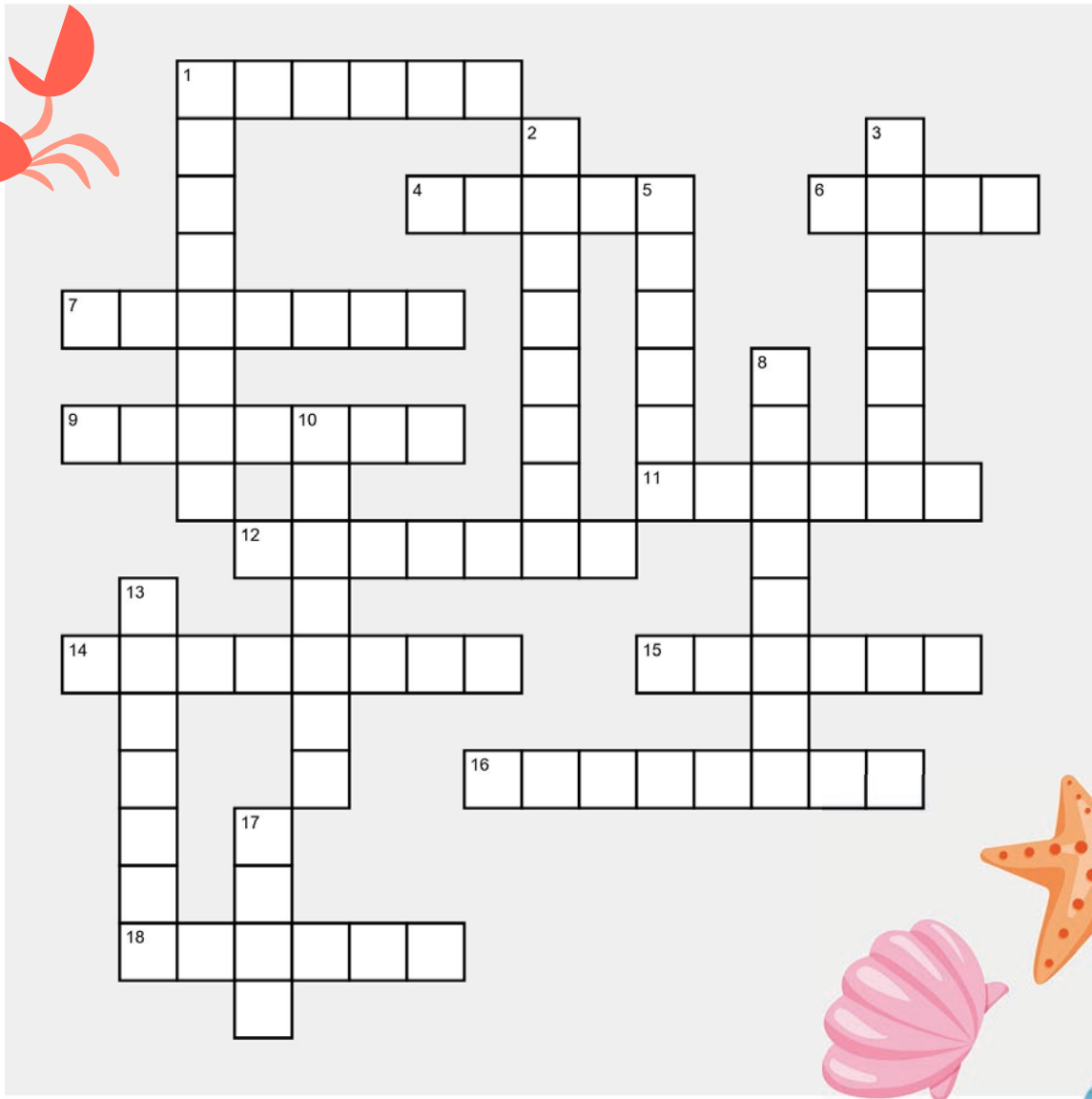
We Are Burnaby is an online magazine that features local stories by community members. Through short stories, poems, music, art, photography, and other forms of storytelling and visual works, we welcome you to share your voice, wisdom, and creativity with the Burnaby community.

**SHARE YOUR STORY WITH
YOUR COMMUNITY.**

**Submit your story at
weareburnaby@burnabynh.ca**



Crossword Puzzle - Summer



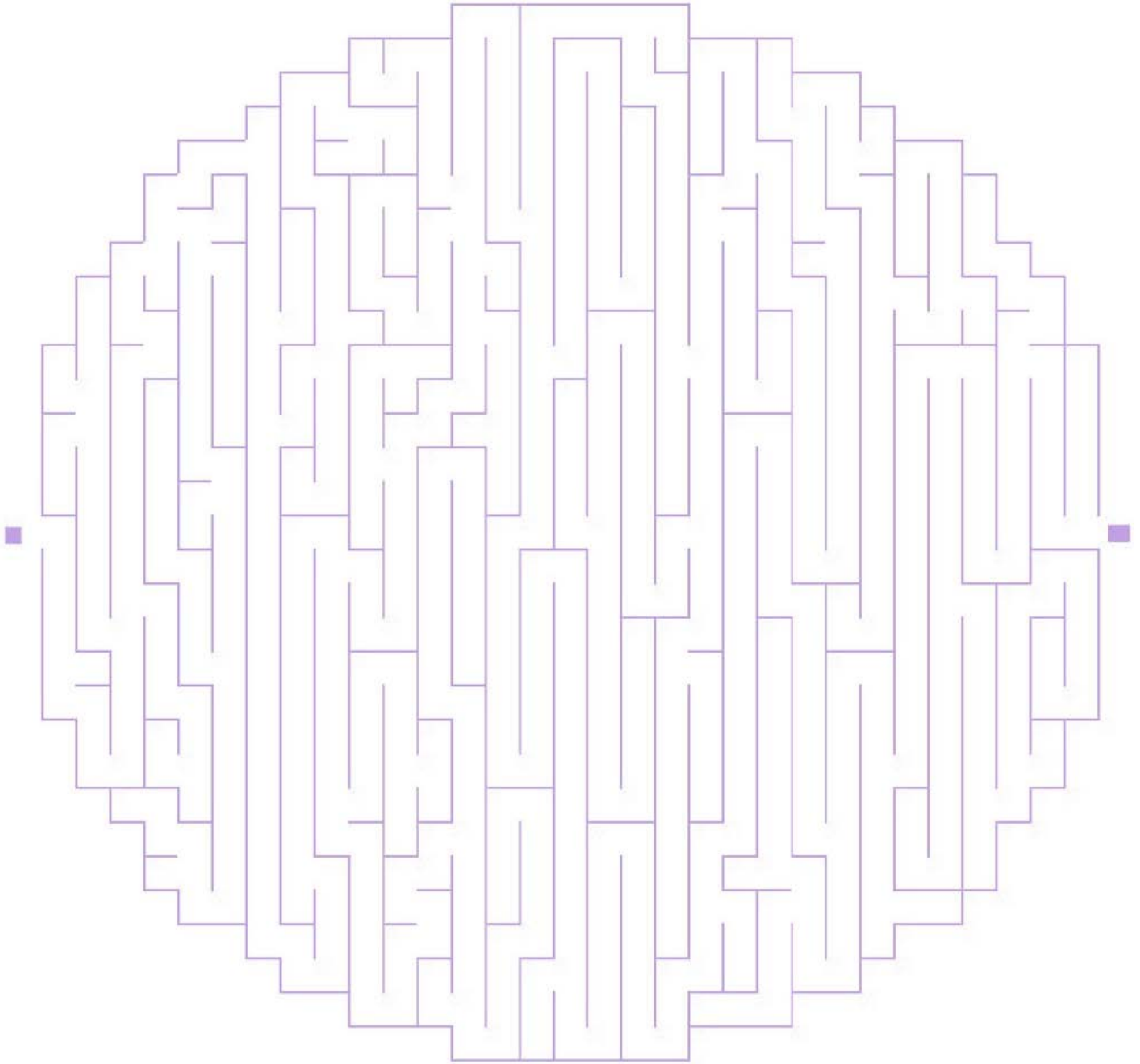
ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

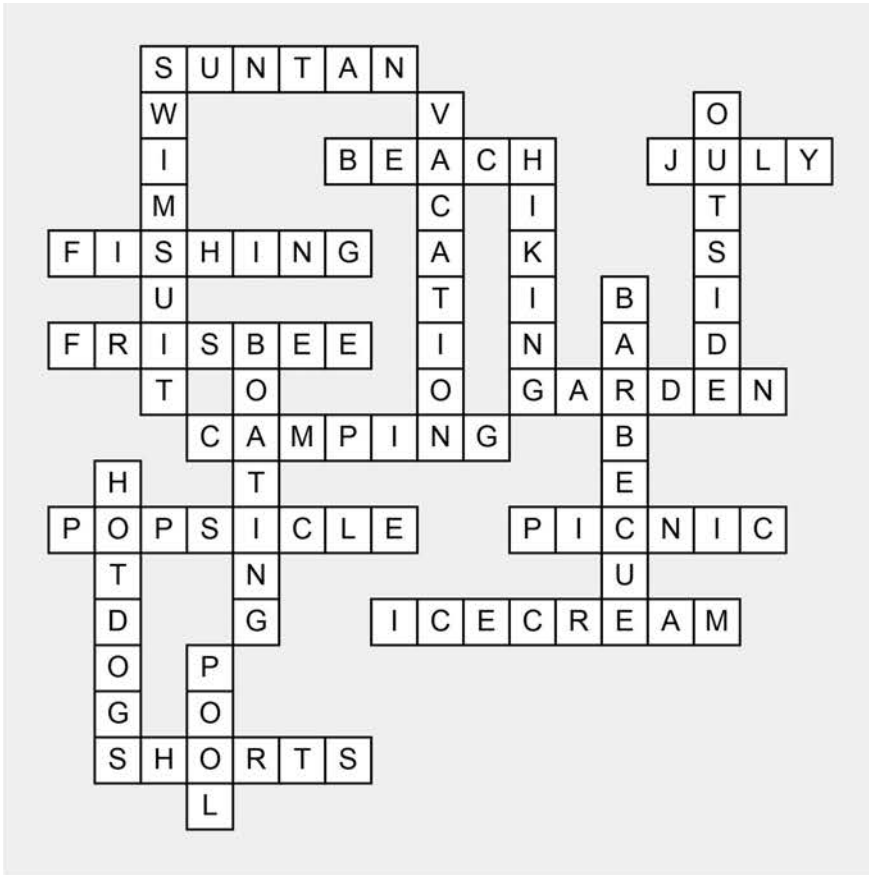
- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

Solve this maze!

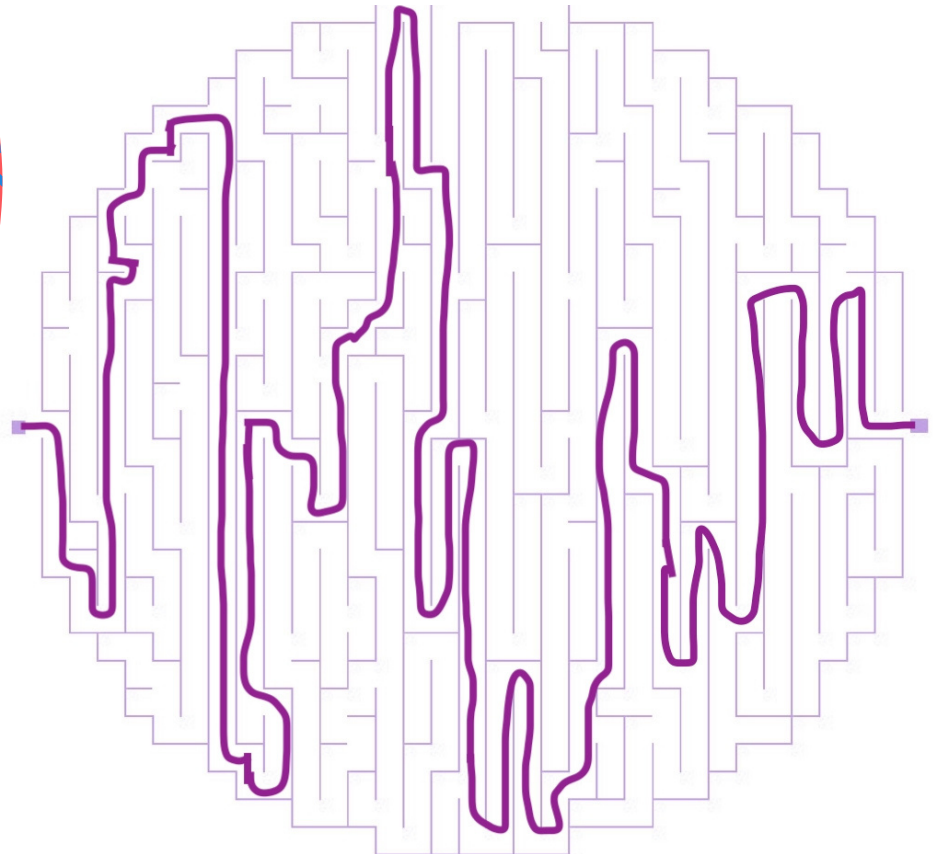


Source: fun-stuff-to-do.com

Puzzle Solutions



YOU
DID
IT!



BNH MEMBERSHIP 2022-2023



Memberships are in effect from September 1 to August 31st each year, and a requirement for participating in any BNH programs. Annual membership fees are \$5 for individuals and \$10 for families (subsidies are available).

Become a member or renew your membership by completing our membership form at: https://burnabynh.ca/about_membership/

Or give us a call, or drop by either of our Houses:

North House at 604-294-5444
4908 Hastings Street

South House at 604-431-0400
4460 Beresford Street

You can purchase your membership by:

1. Dropping by our South or North House
2. PayPal: https://burnabynh.ca/about_membership/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
4. Credit card: call 604-431-0400 (South) or 604-294-5444 (North)

THANKYOU

Thank You to our Generous Program Sponsors!



BC HOUSING



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Beedie