

DECEMBER 2022



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

A Holiday Message from Alexis, Manager of Seniors' Services

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Seasons Greetings!

As we end 2022, I fondly reflect on the programs, events - and memories - that we have created! We launched several new programs, including our TAPS adult day program, Seniors Memory Club, and Caregiver Appreciation Lunches. We also brought back popular community events like our Summer Street Party and "Celebrating Burnaby Seniors" program and service fair!



I would like to extend my heartfelt thanks to our volunteers! From cooking seniors' lunches to our dedicated front desk volunteers that welcome and greet each community member that walks through our doors - thank you! We could not do any of this work without you!

We will be closed December 26, 2022 to January 2nd, 2023. Our offices will re-open on Tuesday, January 3rd, 2023.

Wishing you Happy Holidays and a very Happy New Year!



Gift wrap Fundraising

DEC 1-DEC 24, 2022

Metropolis at Metrotown

*On the second floor near the Plenty store

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyám) nations with a unique focus on neighbours supporting neighbours.

IMPORTANT UPDATE - FOOD HUBS IN DECEMBER

Our North and South Food Hubs will be closed the week of December 19 and the week of December 26. For those who receive Foodbank deliveries - the last day for delivery will be Monday, December 19th. If you have any questions, please contact 604-431-0400 (South) or 604-294-5444 (North). For seniors foodbank deliveries, contact Emily at 778-288-3747.

Every donation turns on a **light** at the Burnaby Neighbourhood House

KEEP THE LIGHTS ON



During this holiday season, help keep the lights on at both Houses and ensure our programs can continue to respond to the many local needs.

Every \$2 turns on a **light.**

DONATE ONLINE

BURNABYNH.CA




DONATE IN-PERSON

South House reception



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəʔləm), Squamish (Skw̓wú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



Seniors First BC is a non-profit society that provides information, advocacy, and support to seniors across BC.

Free Legal Clinics for Low-Income Seniors in Burnaby

Seniors First BC provides free 30-minute legal consultations to seniors* at



South Burnaby Neighbourhood House
4460 Beresford St.
between 10am-1pm
2nd Tuesday of each month



Burnaby Community Services
2055 Rosser Ave
between 10am-1pm
4th Tuesday of each month

Volunteer, pro bono lawyers can help with various legal issues, including:

- Understanding legal proceedings and what to expect in courts or tribunals
- Assisting with adult guardianship
- Drafting advance planning documents (e.g. wills, power of attorney)

Due to time constraints, lawyers at the clinics cannot prepare court documents and do not advise on family and criminal law issues

***Eligibility Criteria:**

- Income ceiling (gross): \$40k + \$10K per additional household member
- Assets (net): \$150,000 max

Get in touch with us!

To confirm you are eligible and to book an appointment, call: 604-336-5653

Learn more about our legal programs online:

seniorsfirstbc.ca/programs/legal-programs

seniors first BC

Let's Meet KAYA!



What kind of breed is Kaya?

She is a full breed Siberian husky.

Does she have any nicknames?

Baby Girl, Kaya Bean, Psycho.

Does Kaya have a special talent?

She likes to do zoomies around the house and people. Ha-ha!

What's your favourite memory with her?

It is when I first got her and she just cuddled up with me and wanted to get picked up.

What is Kaya's favourite toy?

Her favourite toy is a stuffy that is sea horse she is so gentle with it and her favourite food is doggy cookies.

BNH Programs - North House

For more information
or to register for
programs, contact:



604-294-5444
northinfo@burnabynh.ca
4908 Hastings St



Seniors Monday Program (In-person)

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

Mondays 10:00 am – 12:00 pm

Digital Cafe (In-person)

Come get more comfortable using your electronic device with us! Our volunteers are available to support you with your computer learning needs, answer your questions, and even assist with filling out online application forms.

Mondays 10:00 am – 12:00 pm



Qi Gong (Hybrid)

Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. Join us in enhancing your own awareness of your energy!

Mondays 2:00 – 3:00 pm (Hybrid: Zoom and in-person at Burnaby Community Services)

EAL Conversation - Intermediate (In-person) Pre-registration REQUIRED

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 | 12:00 – 1:00pm or 3:00 – 4:00pm | North House

Thursdays | 11:00am – 12:00pm | Amazing Brentwood Mall (4567 Lougheed Hwy)

Quilting & Crafting for a Cause (In-Person)

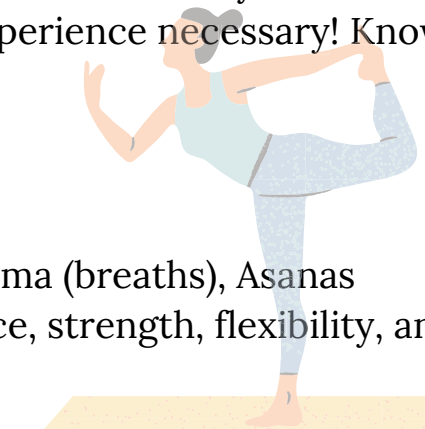
Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

Tuesdays 1:00 pm – 3:00 pm

Yoga (online 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. Everyone is welcome!

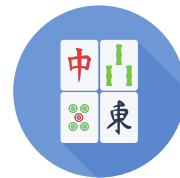
Fridays 7:30 am – 8:30 am on Zoom



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 Wednesday Afternoons (12:00-2:00pm) and Friday mornings (10:30-12:00pm) for a cup of tea or coffee. Meet new friends over conversations, or playing board games or cards. Love BINGO? We always play BINGO the first Friday of the Month!

Movement for Health

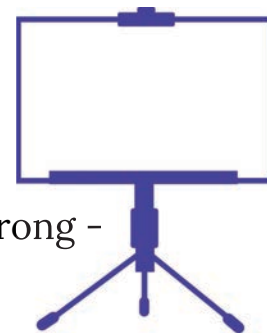
Whether you are a beginner or advanced, join our Tai Chi classes as we practice slow-flowing movements and focused breathing.

Wednesdays:

- 10:00-11:00am Tai Chi (Intermediate)
- 11:00-12:00pm Tai Chi (Beginner)

Fridays:

- 3:00-4:00pm Tai Chi Sword
- 4:00-5:00pm Tai Chi (Advanced)



Workshop Series

Join us on December 9th from 10:45-11:45am for a health talk called "Be Strong - Overcoming Obstacles"

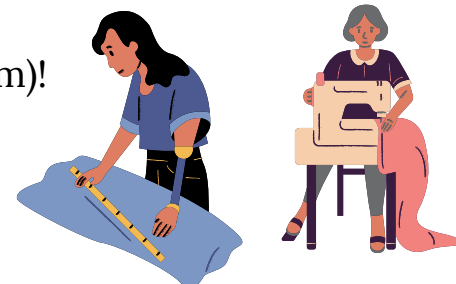


Friday Lunch

Join us on Fridays to meet new friends while enjoying a nutritious and delicious meal for \$5. Registration is required - please sign-up by Thursday afternoon.

Sew Fun!

Practice your sewing skills every Friday afternoon (1:00-2:30pm)!



Our South House 55+ Program Calendar is available for pick-up at South BNH, or via email - contact Emily at emilyc@burnabynh.ca



Seniors' Holiday Lunch

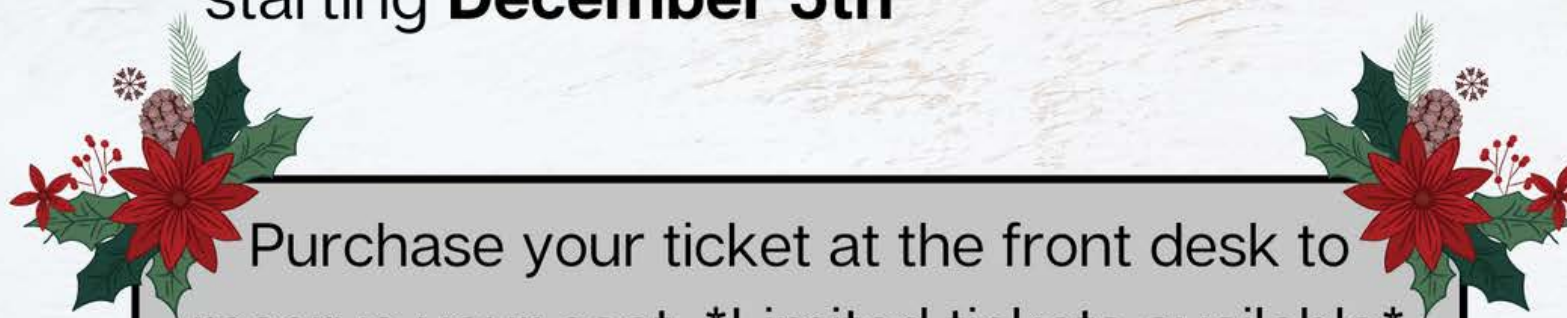
Come and enjoy a delicious roast turkey meal with your neighbours to celebrate the holidays!

(Vegetarian Meals available)

Where: BNH - SOUTH House

When: December 23, 2022 , 11:30 - 1:30pm

Cost: \$7 (subsidies available), tickets on sale starting **December 5th**



Purchase your ticket at the front desk to reserve your seat. *Limited tickets available*

Call **604-431-0400** for more information!



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DEMENTIA FRIENDLY CAFÉ

Gathering of seniors, those with memory loss, and their family and friend caregivers



Dementia Friendly Café is in-person

December Dementia Friendly Café:

(Presented by the University of British Columbia IDEA Lab)

Join us to celebrate and support Social Connections and Healthy Aging in our community.

- Games & Prizes
- Sing along to celebrate the holiday season
- Take pictures with old and new friends
- Have fun!



When:

Thu, Dec 8th, 2022

1:00—3:00 PM

Where:

2055 Rosser Avenue

Register:

Contact Faryar at
faryar@bbyseniors.ca

or

604-375-5778



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Supported by the Province of British Columbia

We acknowledge the financial support of the Province of British Columbia.

Across Burnaby



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 Burnaby Community Services (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 10:00AM-11:30PM at Burnaby Community Services (2055 Rosser Ave)

To register for our Dementia programs, contact Faryar 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, contact **Kathy** at kathyb@burnabynh.ca or **236-885-7303**

TAPS Community Day Program - on Thursdays! **New day - Mondays - starting soon!**

Are you experiencing health or mobility barriers? Finding 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.

TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

Where?

BNH Community Hall
5024 Rumble St., Burnaby

Cost

Registration: FREE with \$5 annual
BNH membership fee

Lunch: \$5/day

Current Schedule

Thursdays

10:30am - 2:00pm

Mondays & Fridays
Coming Soon!



To Register,
Please Contact:

Alexis Haig

TAPS Coordinator

(604) 431-0400

✉ alexish@burnabynh.ca

A new, low-cost, social activity
day program for Burnaby seniors!

Why Should You Join?

- Opportunity to meet new friends in a supportive environment.
- Physical activity programs like light, safe exercises designed for seniors, stretching, outdoor walks.
- Health and wellness programs like sensory sessions, music & art, brain games.
- Meet experts and learn about nutrition, managing chronic conditions, relaxation, pain management etc.

Who Can Come?

- Registered, 55+ Seniors in Burnaby.
- Able to independently take part in activities.
- Unable to access social programs due to lack of support, transportation, mobility, or health challenges.

BNH TAPS program is funded by the Government of BC and managed by United Way of BC



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Senior Peer Support

- Do you want to make changes in your life?
- We have trained senior volunteers who can help you think of possible solutions to these issues and assist you in exploring your options.
- Possible topics; Caregiver for a family or friend, loss of independence, retirement, connecting to your community, isolation and loneliness

For more information contact Kathy at

236.885.7303 / 604-431-0400

or

kathyb@burnabynh.ca

BURNABY'S SENIOR PEER SUPPORT PROGRAM IS FUNDED BY THE GOVERNMENT OF BC, MANAGED BY UNITED WAY OF BC AND SUPPORTED BY FAMILY CAREGIVERS OF BC AS WELL AS BC COMMUNITY GAMING GRANT



United Way
British Columbia

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



Family Caregivers
of British Columbia



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BNH Services Spotlight:



***New* Seniors Form Filling and Information & Referral Clinics!**

Need help completing your CPP, OAS, GIS, BC Housing Registry, SAFER, or BC Bus Pass Application? We have launched Seniors Form Filling and Information & Referral clinics at each of our BNH offices! Trained volunteers will assist you with completing forms and provide information about local resources and services to help meet your needs.

Burnaby Community Services

1st Saturday of every month - 10:00am - 12:00pm

North House:

2nd Tuesday of every month - 3:15pm - 4:30pm

South House

3rd Thursday of every month - 3:30pm - 5:00pm

3rd Saturday of every month - 10:00am - 12:00pm

Last Monday of every month - 10:00am - 11:50am

By appointment only. Please book an appointment with Alexis - 604-431-0400 or alexish@burnabynh.ca

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

Family and Friend Caregiver Support Group (Online and In-person)

Share experiences, seek support and exchange resources and information with other family and friend caregivers. Every other Monday from 6:00-8:00PM via Zoom and in-person!

Caregiver Appreciation and Information Sessions

Join other family and friend caregivers on the first Thursday of every month to share experiences, receive resources, and celebrate all that you do for your care recipient!



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



FROZEN MEALS FOR SENIORS

Do you have trouble cooking for yourself at home?

Our excellent kitchen team prepares, portions, and freezes home-cooked meals in our licensed kitchen!

These meals are available for purchase at **BNH South House**

Each meal is **\$5** (subsidies to help with cost are available)

You can pay with **cash, cheque, debit, or credit card**

For more information, please contact Emily
604 431 0400 emilyc@burnabynh.ca

Proudly supported by:

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HelpAge

Canada



United Way
British Columbia



Do You Need Tech Help?

In-person

Computer Drop-in

North House

Mon: 10:00 AM – 12:00 PM
(4908 Hastings St, Burnaby)
604-294-5444

South House

Mon: 12:00 PM – 2:00 PM
Thurs: 3:00 PM - 5:00 PM
(4460 Beresford St, Burnaby)
604-396-7307

Questions? Email
literacy@burnabynh.ca



www.burnabynh.ca

Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours supporting neighbours.



BNH Services Continued:



Settlement Services:

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer 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)

Settlement Programs:

English Conversation Circle for Spanish Speakers

South House

Tuesdays (Nov 1 – Dec 13) | 9:30 am – 11:30 am

English Conversation Club for Newcomers

Online

Wednesdays (Nov 2 – Dec 14, 2022) | 1:30 pm – 3:00 pm

English Conversation Circle for Farsi and Dari Speaking Seniors

South House

Wednesday, Dec 7 and 21 | 1:00 pm – 2:30 pm

Conversation Circle for Farsi/Dari Speaking Newcomers

Online

Thursdays (sept 15- Dec 15) | 2:00PM-3:00PM

Conversation Circle

South House

Saturdays: Dec 10 and 17 | 10:30 am – 12:30 pm

Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations



Welcome to BC - Orientations (in 1st language) for Newcomers

Language	Contact our Case Managers for registration	Orientation 1: General information on life, resources and systems in BC, dealing with stress of migration, etc.	Orientation 2: Federal & Provincial Benefits	Orientation 3: Money, budgeting, banking and Financial systems and tools
Arabic:	Karima Osman karimao@burnabyh.ca; C: 236-877-2517	1st Monday of each month 11am – 1pm	2nd Monday of each month 11am – 1pm	3rd Monday of each month 11am – 1pm
Mandarin:	Dali Qu daliq@burnabyh.ca; C: 236-877-2616	2nd Monday of each month 10am–12pm	3rd Monday of each month 10am–12:00pm	3rd Monday of each month 10am –12pm
Dari:	Arman Zamani armanz@burnabyh.ca; C: 604-657-2163	1st Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm
Farsi:	Maryam Torabizadeh maryamt@burnabyh.ca; C: 236-877-2531	1st Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm
Filipino:	Avelina Dioces avelinad@burnabyh.ca; C: 236-889-4065	2nd Thursday of each month 11am–1pm	3rd Thursday of each month 11am–1pm	3rd Thursdays of each month 11am–1pm
Spanish:	Monica Tinajero Macarty monicam@burnabyh.ca; C: 236-878-9405	1st Thursday of each month 11am – 1pm	2nd Thursday of each month 11am – 1pm	3rd Thursday of each month 11am – 1pm
Vietnamese:	Duy Tong duyt@burnabyh.ca; C: 604-396-6955	1st Friday of each month 2pm – 2:30pm	2nd Friday of each month 2pm – 2:30pm	3rd Friday of each month 2pm – 2:30pm

www.burnabyh.ca

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4460 Beresford Street
Burnaby, BC V5H 0B8
(In front of Metrotown Skytrain)
(604)431-0400

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Volunteer Opportunities



Apply to become a volunteer at
burnabynh.ca/get-involved-volunteer/
Or contact Janice at janiceh@burnabynh.ca
or 604-294-5444

55+ Social and Recreational Program Lead

Lead a game or art activity! Wednesdays and Fridays - times are flexible.

Senior's Transportation Volunteer

We are looking for car owners to pick up seniors at their residences and drive them to medical appointments across Metro Vancouver. (1 year commitment)

Senior Peer Support Volunteer

Are you 55+ and interested in helping others? Volunteers provide 1-on-1 support to a fellow senior through challenging times in their lives. You will receive 6 weeks of training before starting your role.

Seniors Food/Meal Delivery volunteers

Deliver groceries and/or prepared meals to isolated seniors living in Burnaby. Time and day flexible.

Meals On Wheels:

- 1. Depot Driver:** Driving our Meals on Wheels minivan, take our delivery containers to and pick up meals from our caterer in Richmond (Bridgeport area). Mondays 7:45am-9:45am
- 2. Route Delivery Drivers:** We need volunteers to come with their vehicle to our Brentwood office to pick up meals and deliver to clients on one of our routes in Burnaby. Wednesdays or Fridays from 10:30AM-12:30PM. Weekly or on-call opportunities.
- 3. Delivery Box Cleaner:** Help clean, sanitize and organize our meal delivery containers. Wednesdays or Fridays from 1:00pm-3:00pm.

Gift Wrap Volunteers and Supervisors

Interested in wrapping gifts, customer service, or fundraising? Supervisor opportunities available! - involves handling cash and supervision of gift wrappers. At Metrotown, Mon to Sun, 2 shifts (Mall Hours)



Handmade Workshop
**QUILTING
&
CRAFTING
FOR A CAUSE**

By Ruth Kustner



Program Info:

Tuesdays: 1:00-3:00 pm



at BNH North House

4908 Hastings St.

Join us for heartwarming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. Other crafts are also welcome.

*No experience required *



For more information or to register:



604-294-5444 or



northinfo@burnabynh.ca

The program is funded by Neighbourhood Small Grants.

vancouver foundation

neighbourhood small grants 





BURNABY NEIGHBOURHOOD HOUSE

VIRTUAL CLASS VIA ZOOM

LET'S YOGA!

Discover many wonderful yoga poses to incorporate into your daily practice! This will re-balance your life, improve your immunity system and increase your capacity to focus.

Certified Yoga teacher who will be practicing Pranayama, Asanas, and Meditation.

FRIDAYS | 7:30 AM - 8:30 AM



To register, email northinfo@burnabynh.ca.

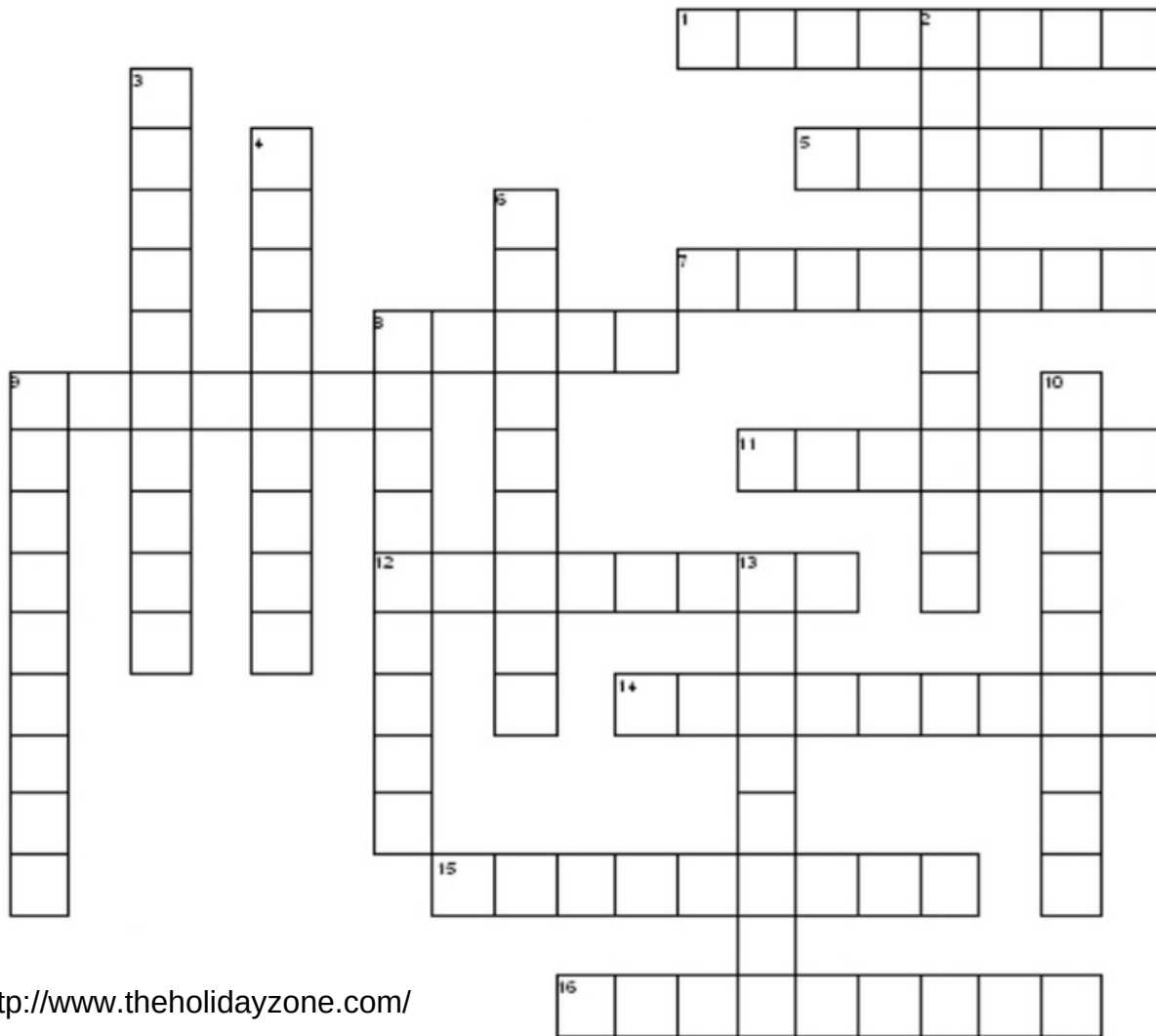
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SUDOKU

Instructions: Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle. Each column, row and 3x3 subgrid **must** only contain each number once.

	7	5	8	6			3	1
6			2				7	
2			1				6	
4			6		9	8		7
	9	7	4		5	3		6
		6						
		3		4				2
		9	3	2				4
	2	4	9				8	3

WINTER CROSSWORD



source: <http://www.theholidayzone.com/>

ACROSS

1. A piece of winter clothing that keeps children warm and dry as they play in the snow.
5. It _____ last night.
7. A rounded handful of snow that may be thrown.
8. The adjective form of snow (as in "Stopping by the Woods on a _____ Evening")
9. A person made of snow.
11. Look outside! It's _____.
12. The absence of snow. ("It's been a _____ winter.")
14. A flat object that people use to travel in surf-like position down hills of snow.

15. A single piece of snow.
16. A type of winter storm.

DOWN

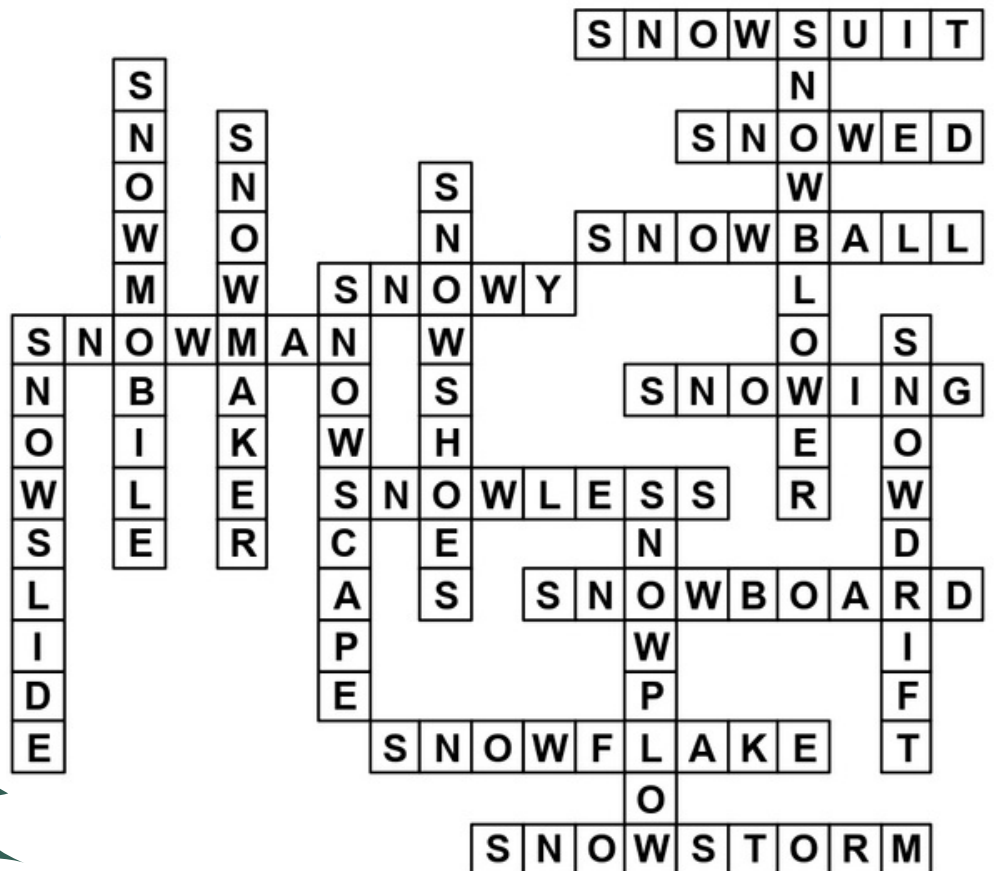
2. A tool people use to remove snow from sidewalks.
3. A vehicle that may be driven across snow.
4. A machine that creates artificial snow.
6. Something people use to help them walk across snow.
8. A landscape covered with snow.
9. An avalanche of snow.
10. A large bank of snow.
13. A machine used to remove snow from roads.



Puzzle Solutions

9	7	5	8	6	4	2	3	1
6	4	1	2	5	3	9	7	8
2	3	8	1	9	7	4	6	5
4	5	2	6	3	9	8	1	7
8	9	7	4	1	5	3	2	6
3	1	6	7	8	2	5	4	9
1	8	3	5	4	6	7	9	2
7	6	9	3	2	8	1	5	4
5	2	4	9	7	1	6	8	3

*Happy
holidays*



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).

BNH is the umbrella organization for Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach. Membership to BNH includes membership to these societies.

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 Sponsors!



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

