

MAY 2023



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

Introducing Community Connections Coordinator, Xinrui!

IN THIS ISSUE

**STAFF
SPOTLIGHT** **1**

MEET THE TEAM **2**

**COMMUNITY
EVENTS** **3**

PET FEATURE **6**

55+ PROGRAMS **7**

**COMING SOON
- WALK & ROLL** **22**

PUZZLE **24**



My name is Xinrui and I am the new Community Connection Coordinator for the Settlement department. I work part time as I am finishing my masters in International Studies at Simon Fraser University.

I love to listen to seniors sharing hobbies, life stories or anything they would like to talk about! I am currently learning sign language and tai-chi.

BNH SENIORS TEAM



Alexis Haig

Manager of Seniors' Services



Kathy Bobicki

Senior Peer & Caregiver
Support Coordination



Emily Chan

Seniors Food Programs
Coordinator



Faryar Mohammadi

Seniors' Outreach
Program Coordinator



Charlene Laramee

Seniors Transportation and
Information & Referral
Coordinator



Lynda Young

TAPS Day Program and Social
Programs Coordinator



Habana Gutiérrez Vior

TAPS Day Program and Social
Programs Activity Supervisor



Leila Habib

BC Housing Coordinator - Byrne
Creek, Hall Towers 1 & 2,
Stratford Gardens



Lynn Leong

BC Housing Coordinator -
Doug Drummond



Marleni Curi Gomez

BC Housing Seniors
Activity Supervisor



WALK WITH YOUR DOC

SATURDAY, MAY 6, 2023

Confederation Park (at the track)

Join Mayor Mike Hurley, Dr. Davidicus Wong and a team of Burnaby family doctors for an invigorating community walk. Event gift available while supplies last.

- 9:30 am Walk check-in (at track)
- 10 am Healthy Physical Activity talk with Dr. Davidicus Wong (Confederation Seniors Centre)
- 10:45 am Welcome (Mayor Mike Hurley, Dr. Davidicus Wong & Burnaby Division Chair, Dr. Birinder Narang)
- 10:50 am Warm up
- 11 am Walk begins

Bring the family!



Register at walkwithyourdoc.ca
Click on the "Join a walk" tab and scroll down to sign up for the Burnaby walk.



Confederation Park
250 Willingdon Avenue

Walk with your Doc

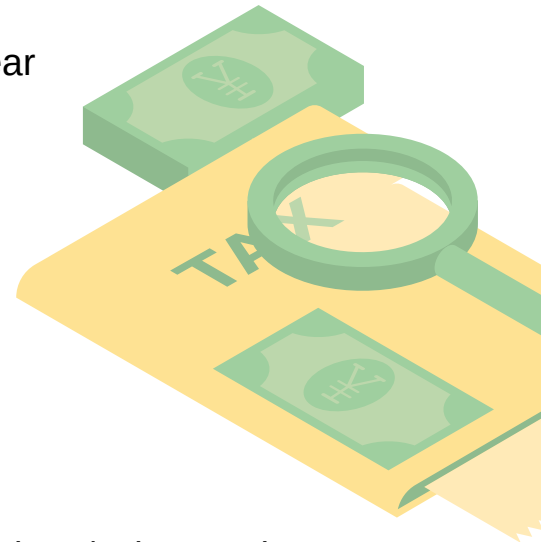
Burnaby
Division of Family Practice
An FPSC initiative



BNH'S EXTENDED INCOME TAX CLINIC RUNS MAY-JUNE

Criteria of Eligibility:

- Single individual with an income of \$40,000 or less per year
- Single parent with an income of \$45,000 or less per year
- A couple with an income of \$55,000 or less per year
- For each dependent/child, add \$3000 per child
- **You must be a Member of Burnaby Neighbourhood House (BNH) and a Burnaby resident**



Do you qualify for the Income Tax Clinic?

Please complete the pre-screening form at <https://burnabynh.ca/volunteer-income-tax-program/> (scroll half way down the page)

Please **DO NOT** fill out the pre-screen form until you have all your tax papers.

Questions? Contact taxsupervisor@burnabynh.ca or call 604-431-0400 (South) or 604-294-5444 (North) or 604-299-5778 (Brentwood)

If you qualify, a BNH representative will call you to book your appointment time.

Income Tax Clinics Locations:

South House

4460 Beresford Street

604-431-0400

North House

4908 Hastings Street

604-294-5444

Brentwood Community

Resource Centre

2055 Rosser Ave,

604-299-5778

This year income tax clinic has the option for a *drop off* or *in-person appointment*. For drop off taxes, the Tax Preparers come on site to input your information and speak with you by phone before making a submission to Canada Revenue Agency (CRA).

seniors first BC

Free Community Legal Clinics

We provide free 30-minute legal consultations to eligible seniors (55+) by appointment at locations across the Lower Mainland for legal issues such as:

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



Language Interpretation Available!

Eligibility

- Gross income: \$40K + \$10K per additional household member
- Asset test for Advance Planning services determined during booking.

Exceptions may be made on a case-by-case basis.

We cannot prepare court documents, and we do not advise on family and criminal law issues.

To confirm eligibility and to book an appointment, call **604-336-5653**.

Legal Clinic Locations

- SFBC Office in Vancouver – by appointment only.
- Kay's Place in Vancouver – every 1st Wednesday of the month, from 10 AM to 12PM.
- Minoru Centre in Richmond – every 4th Thursday of the month from 10AM to 12PM.
- Seniors' Services Society of BC in New Westminister – every 3rd Friday of the month from 2pm to 4pm.
- Newton Seniors Centre in Surrey – every first Tuesday of the month between 10am to 12pm.
- Burnaby Neighbourhood House South House – every 2nd Tuesday of the month between 10am and 1pm.
- Burnaby Community Services – every 4th Tuesday of the month between 10am to 1pm.
- VCH Deaf Well-Being Program in Burnaby – two Thursdays each month in the mornings and afternoons. ASL interpretation provided.

Get in Touch with Us!



604-336-5653



Info@seniorsfirstbc.ca



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca

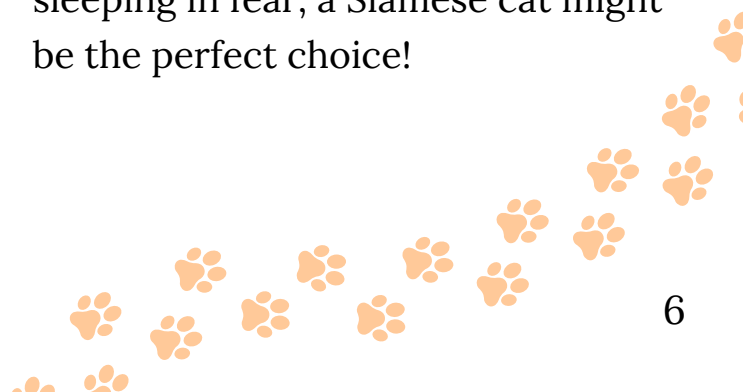
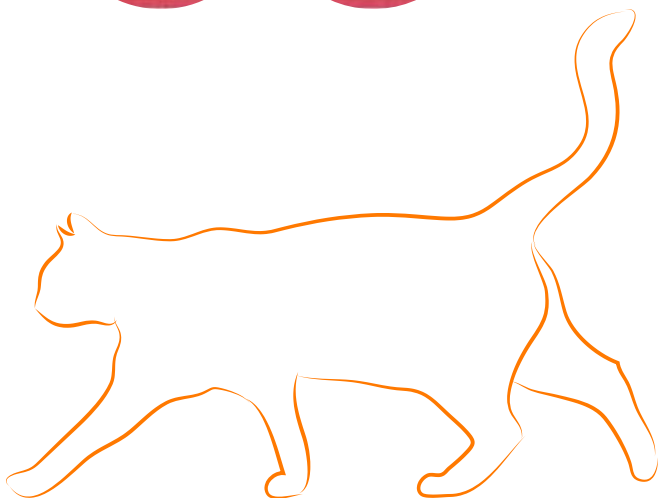
MATISSE D CAT

owner of Ana - Seniors' Shopping
Admin and Newsletter Editor



Meet Matisse D Cat. Yes, this quite talkative and vocal feline is named after the famous French painter. In fact, she's so chatty that one could describe her as having a "conversational" nature! Of course, this trait is related to her intelligence and social nature.

Can she paint? No, but she is as eccentric as an artist : she loves to wear socks on her head, the more they stink, the better. She also likes to sleep in the middle of the bed forcing her owners to the edges! Should they dare to move their feet in their sleep, they are promptly attacked. If you're looking for a feline friend to keep you entertained and sleeping in fear, a Siamese cat might be the perfect choice!

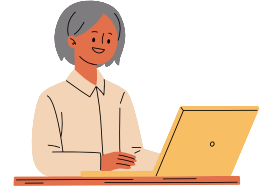


BNH Programs - North House & Brentwood

For more information
or to register for
programs, contact:



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



Learn to Play Chess

Play and learn strategies and tips in a fun and exciting way. Stay for the whole time or drop-in for a game or two. Please register with Janice at janiceh@burnabynh.ca. Fridays | 2:45 pm – 4:15 pm | In-Person at North House (Drop-in)



Qi Gong Saturday Class

Qi Gong is a personal practice that leads to fitness, flexibility, and internal peace that combines the physical benefits of exercise with the spiritual qualities of meditation. Saturdays | 2:00 pm – 3:00 pm | In-person at Amazing Brentwood Mall.



Learn to cut hair

Save money and learn how to cut your friends and family's hair! Please register with Janice at janiceh@burnabynh.ca. Fridays (4 sessions) | 9:30 am – 11:00 am | In-Person at North House.

Mahjong

Come share in our love of Mahjong! This community-led group will meet bi-monthly (Apr 21, May 5, and every other week onwards) at 11:00 am (North House) to play an Asian (Hong Kong style) version of the game.



Yoga

Join us for Yoga classes via Zoom. Certified Yoga teacher, Mayra Chavez, practices Pranayama (breaths), Asanas (poses), and meditation. Fridays | 7:30 am – 8:30 am | Online via Zoom



Monday Computer support

Do you need help learning how to use your electronic devices? Our volunteers can support you with your tech-related questions. Mondays | 10:00 am – 12:00 pm | In-Person at North House (Drop-in)



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

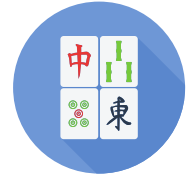


To register, email northinfo@burnabynh.ca.

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 Wednesdays (12:00-3:00pm) and Fridays (10:30-12:00pm) for a cup of coffee or tea and a wide variety of activities: mahjong, BINGO, cards, and more!

Chinese Community Social *New Day*

Join us to make friends and share your life experiences. Starting April 11, every other Tuesday from 1:00 to 3:30pm

来加入我们，和其他华裔长者交朋友，分享你的人生故事。4月11日开始，每隔一周的周二下午 1:00-3:30pm

Movement for Health *New Activities starting this month!*

Enjoy different physical activities to help improve your health!

Walking Group

Wednesdays

12-1pm

Tai Chi

Wednesdays

10-11am Sword 32 Tai Chi
11am-12pm 24 Tai Chi

Fridays

3-4pm 48 Tai Chi

Yuanji Dance

Fridays:

1-2pm

Bollywood Dancing

Wednesdays

1-2pm

Latin Dancing

Fridays:

10-11am

Workshop Series

On **May 19**, learn about Emergency Preparedness with Andrea, Community Librarian from Burnaby Public Library!

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 at 2pm.**

Sew Fun!

Practice your sewing skills every Friday afternoon (1:00-3:30pm)!



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

Settlement & Integration Program

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



Chinese Senior Social 华裔长者社交活动

- Join us to make friends and share your life experiences
来加入我们，和其他华裔长者交朋友，分享你的人生故事
- Starting April 11, every other Tuesday from 1:00 to 3:30pm
Meet in-person at BNH South House, 3rd Floor
4月11日开始，每隔一周的周二下午 1:00-3:30pm
在本拿比邻舍南部办公室三楼

了解详情或报名，请联系Dali

For more details, please contact Dali:
daliq@burnabynh.ca or call 236-877-2616

www.burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəłəm), Squamish (Sḵw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



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



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

SENIORS WALKING GROUP

A SENIORS CONNECTIONS PROGRAM

Join us Wednesdays from 12-1PM for a walk in South Burnaby!



JOIN TODAY!



Come chat with your neighbours and Alexis, Manager of Seniors Services!



INTERESTED?

Contact Alexis at alexish@burnabynh.ca or 604-431-0400

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Latin Dancing



With
Ivette



A Seniors Connections
Community Program

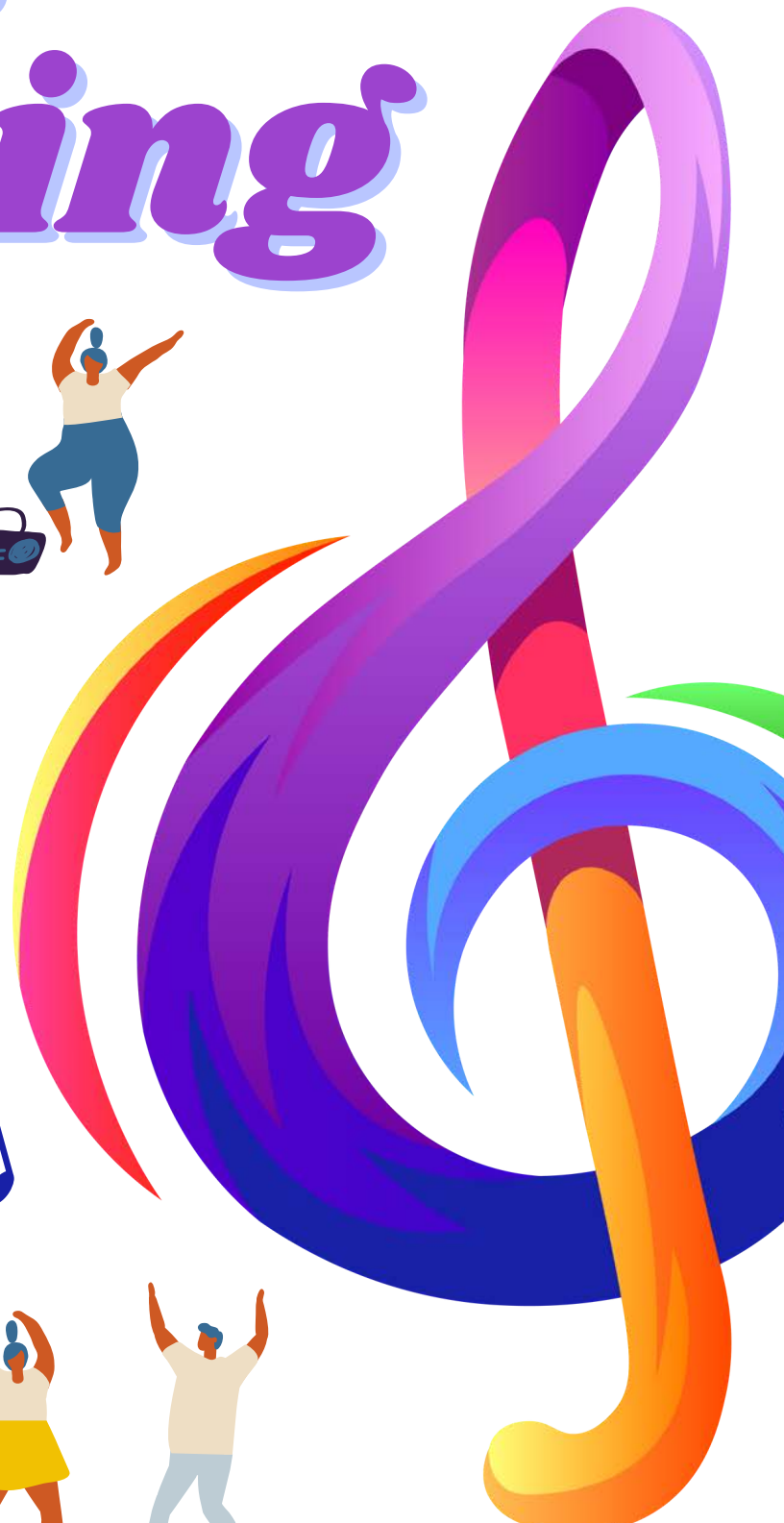
Fridays
10:00-11:00AM

South Burnaby
Neighbourhood House
4460 Beresford Street



Sign up today!

Contact Lynda at
lynday@burnabynh.ca or
604-431-0400



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JOIN TODAY



B O L L Y W O O D D A N C I N G !

A Seniors Connections Community Program

**Starting
May 17th!**

Wednesdays 1:00PM-2:00PM
South Burnaby Neighborhood House

To sign up:
contact Lynda at lynday@burnabynh.ca or 604-431-0400



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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@bby seniors.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! **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 **Lynda** at **604-431-0400** or lynday@burnabynh.ca.



April Memories



BNH Services Spotlight:



Seniors Form Filling and Information & Referral Clinics!

Need help completing your CPP, OAS, GIS, BC Housing Registry, SAFER, or BC Bus Pass Application? Trained volunteers will assist you with completing forms and provide information about local resources and services to help meet your needs.

By appointment. Please contact **Charlene** at **604-292-3901** or **charlenel@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 on prepared meals and grocery shopping, contact **Emily** at **778-288-3747** or **emilyc@burnabynh.ca**. For information on food hampers, contact **604-307-2945**

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

Share experiences, seek support and exchange resources with other family and friend caregivers. Every other Thursday from 6:00-8:00PM via Zoom or in-person from 10:30AM-12:30PM!

Caregiver Appreciation and Information Events

Join other family and friend caregivers on the first Thursday of every month from 1:00-3:00PM to share experiences, receive resources, and celebrate all that you do for your care recipient!

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

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 & Integration Program

COOK AND CHAT!

**Fridays
10 am - 12 noon
Starting on May 5th**



Free weekly cooking group via Zoom

- cook new healthy foods
- practice English
- meet new friends
- receive recipes each week by email
- get support with new recipes
- cook from your own kitchen
- learn to save money on groceries
- share cultural experiences

To join Lynn's cooking group, contact Lynn:

kitchens@burnabynh.ca

or call Lynn at 604-431-0400 to leave a message

www.burnabynh.ca

The 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.

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



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

Settlement & Integration Program

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

Conversation Circle (in-person)

Wednesdays 11:30am - 1:30pm
4460 Beresford Street, Burnaby
(BNH South House-1st floor)

**Do you want to improve your English conversation skills?
Come and join us!**

- Friendly and welcoming environment
- Small group to encourage participation
- Diverse topics about settlement and life in Canada
- Connect with other newcomers and make friends

April 26 to June 14, 2023

For more information to register, please contact Mayra:
Email: mayrag@burnabynh.ca

www.burnabynh.ca

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



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and Citizenship Canada

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et Citoyenneté Canada

Do You Need Tech Help?

Computer Drop-in

North House

Mon: 10:00 AM - 12:00 PM

****Tues: 1:00 PM - 3:00 PM****
(starting May 8)

(4908 Hastings St, Burnaby)
604-294-5444

South House

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

****Sat: 10:00 AM - 12:00 PM****
(from April 15 - Aug 26)

(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.





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



VOLUNTEERS NEEDED!

DO YOU LIVE IN BURNABY?

ARE YOU 55+?



Community Outreach

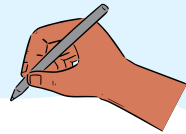
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

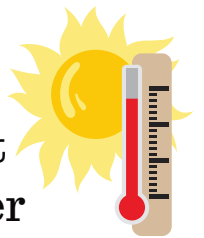
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



CONTACT

Kathy Bobicki at
kathyb@burnabynh.ca
or 236-885-7303

NEXT TRAINING

Monday, May 8th
1:00-5:00pm
Brentwood Community Resource Centre

Thanks to our sponsors:



United Way
British Columbia

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



BRITISH COLUMBIA



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Coming Soon



Sunday, June 11, 2023

Walk & Roll

A Walk for Burnaby Seniors' Health



The Walk & Roll walkathon is a family-friendly 2.5/5 km walk to highlight the importance of maintaining the physical and mental health of aging seniors in our neighbourhoods and raise awareness of the many community resources available to them. Team up and let's walk to raise funds for our seniors programs and services!



#walk&roll

Advanced registration required. Walkathon starts at 10 AM at BNH South House (4460 Beresford Street)

walk • donate • volunteer • burnabynh.ca



Pledge Form



Participant's Name:

Email:

Phone Number:

Please print clearly. Donor's full address is required to issue a tax receipt.

Only donations of \$15 or more will be issued a tax receipt.

All cheques payable to Burnaby Neighbourhood House

Supporter Name	Full Address	Email	Amount
Total amount			

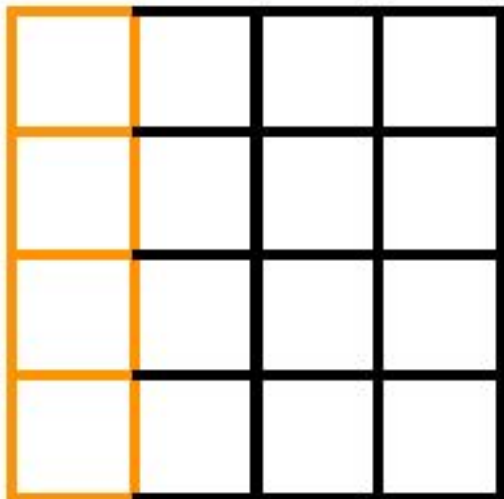
If you have cheques, make sure they are all signed, payable to Burnaby Neighbourhood House, with your name on the memo line.

Hand all the completed pledge form, cash/cheques to the Walk & Roll event on June 11th!

If you cannot make it to the walk but have raised funds, drop off at our South House office (4460 Beresford Street).

Secret Horse Message

Fill in the grid with the four-letter word answers.
Then, reveal the horse message in the orange boxes.

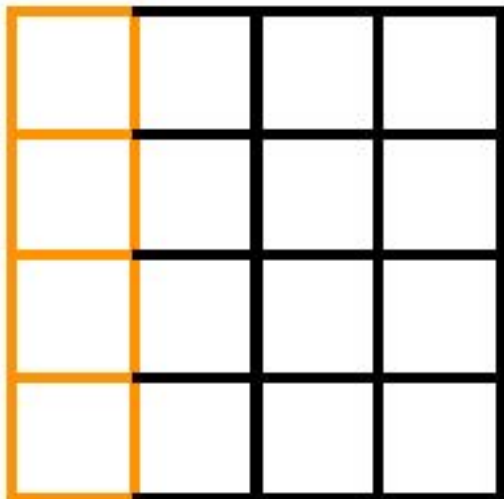


Icy pellets

Slightly flat circle

Fruity margarita ingredient

Plate or bowl

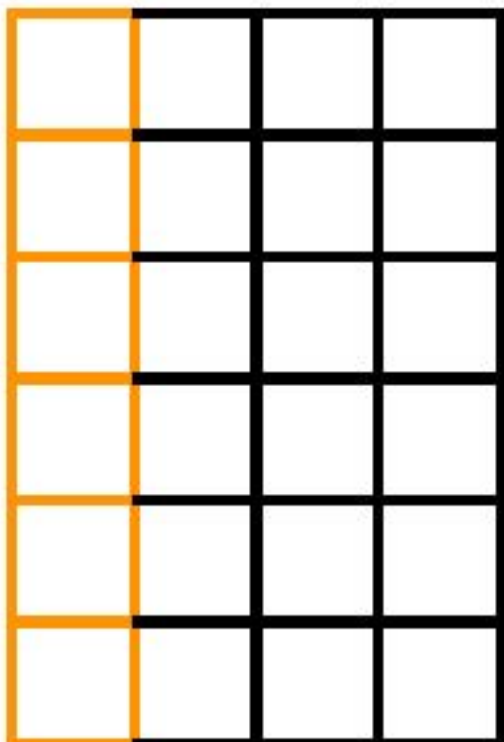


Stringed toy

Black gemstone

High hairstyle

Long strap to guide a horse



On a deer's foot

Plow-pulling team

Corner chess piece

Pucker-inducing flavor

TV show award

Male breeding horse



Secret Horse Message

(solution)

H	A	I	L	Icy pellets
O	V	A	L	Slightly flat circle
L	I	M	E	Fruity margarita ingredient
D	I	S	H	Plate or bowl
Y	O	Y	O	Stringed toy
O	N	Y	X	Black gemstone
U	P	D	O	High hairstyle
R	E	I	N	Long strap to guide a horse
H	O	O	F	On a deer's foot
O	X	E	N	Plow-pulling team
R	O	O	K	Corner chess piece
S	O	U	R	Pucker-inducing flavor
E	M	M	Y	TV show award
S	T	U	D	Male breeding horse

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

