

NOVEMBER 2023



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

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Meet Cynthia Lu, Seniors Food Programs Supervisor!

I work with the Burnaby Neighborhood House as the Senior Food Program Supervisor. I help coordinate food programs to support seniors in our Burnaby community. With this role, I can make a positive impact on the lives of those who need it the most within our community.



For fun, I enjoy spending quality time with my little dog, Lulu. We enjoy long walks in the park and warm cuddles during the cozy evenings.

One interesting fact about myself is my love of creating art. I enjoy crocheting beautiful patterns and painting my imagination onto a canvas.

SENIORS TEAM



Alexis Haig
Manager of Seniors' Services



Emily Chan
Seniors Food Programs Coordinator



Kathy Bobicki
Senior Peer & Caregiver
Support Coordination



Faryar Mohammadi
Seniors' Outreach
Program Coordinator



Cynthia Lu
Seniors Food Programs
Supervisor



Charlene Laramee
Seniors Transportation and
Information & Referral
Coordinator



Lea Kovalchuk
Seniors' Social and Day
Programs Coordinator



Rojan Nasiri
Seniors' Social and Day
Programs Activity Supervisor



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



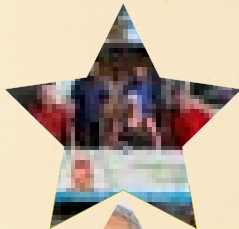
Lynn Leong
BC Housing Coordinator -
Doug Drummond



Marleni Curi Gomez
BC Housing Seniors
Activity Supervisor



PROVIDING
CHRISTMAS CHEER TO
PEOPLE WITH LOW
INCOME AND LIVING
IN BURNABY THROUGH
OUR TOY ROOM AND
SENIORS HAMPERS
PROGRAM.



The **BURNABY CHRISTMAS BUREAU** provides Christmas cheer to people with low income and living in Burnaby through our Toy Room and Seniors Hamper Program.

Last year, with the help of our donors and volunteers, we brightened the season for over 3150 people in need through the Burnaby Christmas Bureau.

Seniors can apply for a seniors hamper from November 1-30. Complete the application form and send it to Alexis by:

- mail (4460 Beresford St, Burnaby, BC V5H 0B8)
- fax (778-309-7899)
- or email (alexish@burnabynh.ca)

Applications forms are available at www.bbyservices.ca/programs-christmasbureau.php

Have questions?
Contact Alexis Haig
236-885-7281

Would you like to sponsor a senior's hamper?

Visit
www.bbyservices.ca/programs-christmasbureau.php
or call Alexis.

For more information on the **Burnaby Christmas Bureau Toy Room**

Visit
www.bbyservices.ca/programs-christmasbureau.php
or call Marney at (604) 292-3900

Keeping up-to-date with your immunizations is important to staying healthy as you get older.

What are the recommended vaccines for seniors (65+ years of age)?

COVID-19, flu, pneumococcal polysaccharide, and shingles.

Where can I get immunized?

Flu and COVID-19 vaccine appointment invitations are sent out through the Get Vaccinated system.

Seniors can book their combined flu/covid-19 immunizations at their local pharmacy. You can also book your appointment with your doctor or Public Health.

Booking an immunization appointment with Public Health?

Call 604-476-7087

Hours of operation: Monday to Friday (8:30 a.m.-4:30 p.m.)

How much do vaccines cost?

Covid-19, flu and pneumococcal polysaccharide vaccines are available to seniors at no charge. The shingles vaccine is available at cost.

Information about the RSV vaccine:

Health Canada has approved the first respiratory syncytial virus (RSV) vaccine for adults aged 60 and over. While this vaccine is not publicly funded (free to the public) at this time, the vaccine may be available for purchase from select pharmacies in BC this fall.

For more information on immunizations, please speak with your doctor, pharmacist or Public Health for details.

For more information, visit

<https://www.fraserhealth.ca/health-topics-a-to-z/immunizations/seniors-immunizations>



Sources: Seniors immunizations - Fraser Health Authority; immunizebc.ca

Meet Sandra's puppy

RAQZ!



How old is Raqz?

Raqz just turned 16 weeks old! He is a belated birthday present from my son.

What kind of Breed is Raqz?

He is a pomsky puppy - a cross between a Pomeranian and a Siberian Husky!

What a great name!

As you can see he looks like a raccoon - so 'Raqz' was chosen for short. His name was given to him from my 2nd son. So I stuck with it!

You may spot Sandra carrying Raqz in his Pet Pack carrier. Please stop to say Hello! 🐾



Want your pet featured in our next newsletter?

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

55+ Programs - North House



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



Community Cafe

Drop in to chat and relax, or take part in the activities and games going on that day. Bring your favourite game to share with others or learn something new. The Mahjong Club is now part of this group and will meet at this time.

Fridays | 1:00pm - 4:00pm



Brentwood



2055 Rosser Ave
604-299-5778
reception@bbysservices.ca

Qi Gong Classes

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.

Mondays | 2:00pm - 3:00pm

Saturdays | 2:00pm - 3:00pm *Brentwood Mall*

Holistic Stretching & Meditation Exercise

This slow, soft manner exercise is designed to be accessible to adults and seniors. With minimal instruction, participants can easily follow along and gradually understand the movements.

Fridays | 1:30pm - 2:30pm *Brentwood Mall*



Dementia Friendly Cafe

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

2nd Thursday of the month 1:00-2:30PM

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 from 10:00AM-11:30PM

To register for our Dementia programs, contact Faryar faryar@bbysseniors.ca or call 604-375-5778



Community Adult Yoga Program

November 7 - December 12

Every Tuesday for 6 weeks

10:00-11:00am

North House (4908 Hastings Street)

- Everyone (all ages and levels) are welcome
- Yoga can be done either on a yoga mat or chair
- Bring a yoga mat (if you have one), water bottle, and dress in comfortable clothes

**BNH Member +
Fee: \$5 donation
(Nov-Dec)**

Sign up Today



**Ann:
annr@burnabynh.ca**

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwələm), Squamish (Skwəwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.



Community Holistic Stretching & Meditation Exercise

“回春功 - Hue Chun Gong”

By Arsenio Chua

Gentle Exercise for All Ages

This slow, soft manner exercise is designed to be accessible to adults, seniors, and elderly seniors who are physically stable. With minimal instruction, participants can easily follow along and gradually understand the movements.



Benefits of Hui Chun Gong

Hui Chun Gong is a self-regulation and body-building exercise that combines motion and inaction to cultivate both the interior and exterior of the body. Experience rejuvenation and potentially feel younger as you practice.

Discover Your Inner Peace



Fridays: 1:30 pm to 2:30 pm



The Amazing Brentwood Mall

(Next to Purdy's Chocolate - 4567 Lougheed Hwy,

Learn from a Skilled Master



Arsenio will provide guidance in Mandarin, accompanied by background music. Even if you don't speak Mandarin, you can still follow along and understand the movements over time.



Registration Information

To register, please call or email us at:

Email: northinfo@burnabynh.ca

Phone: 604-294-5444

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South House



4460 Beresford St.
604-431-0400



For the program guide, contact Lea at leak@burnabynh.ca

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 range of activities: BINGO, cards, birthday celebrations, and more!

English Conversation Circle with Rowena

Every Friday morning (10:00-11:00am) continue developing your language skills and explore a variety of topics and themes!



Movement for Health

Enjoy different physical activities to help improve your health!

Bollywood Dancing

Wednesdays

1-2pm

Latin Beat

Fridays:

10-11am

Yuanji Dance

Fridays:

3-5pm

Tai Chi

Wednesdays

10-11am 24 Tai Chi (Beginners)

11am-12pm 24 Tai Chi (intermediate)

Fridays

1-2pm Tai Chi Sword

2-3pm 48 Tai Chi

Digital Cafe

Need help with your phone or computer? Drop by our Wednesday social on Nov 15 and get support with your device!

Workshop - Burnaby Public Library

On Wednesday, Nov 22nd, enjoy a talk with community librarian!



Burnaby Public Library

Friday Lunch

Meet new friends & enjoy a delicious meal (\$6) **Register by 2pm Thurs.**

Sew Fun!

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



Community Hall



5024 Rumble St.

TAPS Community Day Program - Thursdays!

Join TAPS and have fun chatting, playing games, and enjoying meals with others!

Transportation supports are available. Cost: \$6 for lunch

To register, contact the **Lea** at **604-431-0400** or leak@burnabynh.ca.

Burnaby Dementia Friends Café



Sep 28: Introduction to Brain Health

Learn how to maintain and improve your brain health.

- What is a healthy brain?
- What is dementia?
- Risk reduction
- Memory and brain training



Oct 26: Creating a Safe Home

Identify safety risks and prevent accidents at home.

- Safety measures for medications
- Food safety
- Hazardous substances



Nov 30: Preparing for Holidays

Learn how to minimize stress during the holidays.

- Explore tips to make holiday plans
- Prepare meaningful activities
- Learn how to maximize social connection



Dec 21: Meet the UBC IDEA LAB

Come have fun, play games, win prizes!

- See the "Social Robots" in action
- Play with the music headphones



When:

Last Thursday of
each month
In Sep, Oct, Nov, Dec
12:00–2:00 pm

Where:

South Burnaby
Neighbourhood House
4460 Beresford Street



Alzheimer Society
BRITISH COLUMBIA



We acknowledge the financial support of the Province of British Columbia and the United Way of British Columbia



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

To register, contact:
faryar@bbyseniors.ca
604-375-5778

SENIORS CONNECTIONS In-person Program



4460 Beresford St
(South House)

*Join our in-person program
twice a week!*

Wednesdays: 12PM - 2PM

Fridays: 11:00 AM - 1 PM (\$6 for lunch)

Monthly calendar available!

Come by our South House and pick up a copy
or call 604-431-0400 to have it emailed to you.

To register: Contact Lea at 604-431-0400 or leak@burnabynh.ca

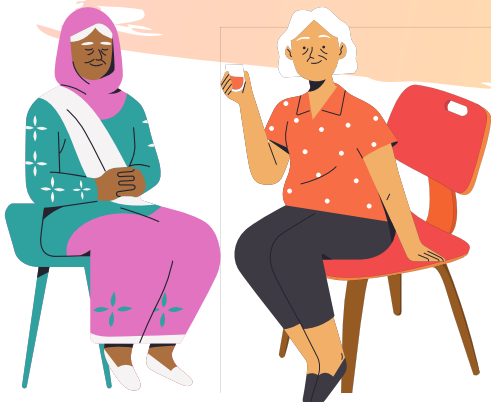
**Enjoy
lunch!**

**Socialize
with
friends!**

**Play
games!**

And much more!

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TAPS

Therapeutic Activation
Program for Seniors



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

Where?

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

Cost

Lunch: \$6/day

Annual BNH membership
fee required (\$5 per year)

Why Should You Join?

- Meet new friends and socialize in a supportive environment.
- Engage in safe low impact physical activities.
- Participate in creative programs including music, art and brain games.
- Meet experts and learn about the latest health and wellness topics.

Current Schedule

Thursdays
10 am - 2 pm



Who Can Come?

- Burnaby residents age 55+
- Able to independently take part in activities
- Experience barriers accessing community programs due to lack of support, transportation, mobility, or health challenges.



To Register, Please Contact:

Lea Kovalchuk
TAPS Coordinator
(236)-668-1712
leak@burnabynh.ca



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



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OCTOBER





Interested in Learning with Horses?
Contact Alexis to join the next visit! No
Experienced needed! 236-885-7281



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. 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 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*

Caregiver Appreciation Lunch

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! *Contact **Kathy** at kathyb@burnabynh.ca or 236-885-7303*

Friendly Phone Calls/Visitors

Stay connected through weekly phone calls or visits from a volunteer! *To sign up contact Kathy at kathyb@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*

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, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish. *Contact settlementprogram@burnabynh.ca or 604.431.0400 (South) or 604.294.5444 (North)*

Do You Need Tech Help?

North House

Mon: 10:00 AM - 12:00 PM

Tues: 1:00 PM - 3:00 PM

(4908 Hastings St, Burnaby)

604-294-5444

northcomputercafe@burnabynh.ca

South House

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

Sat: 10:00 AM - 12:00 PM

(from Sept 16 - Dec 16)

(4460 Beresford St, Burnaby)

604-396-7307

southcomputercafe@burnabynh.ca

Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

northcomputercafe@burnabynh.ca

Computer Drop-in

No registration
required

- Using laptops, phones, tablets
- Zoom, Google Search, Email basics
- Microsoft Suite Basics
- Multiple languages offered



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.



With funding from



In partnership with



THE UNIVERSITY OF BRITISH COLUMBIA
Learning Exchange



FACULTY OF
EDUCATION

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

VOLUNTEERS NEEDED!

DO YOU LIVE IN BURNABY?

ARE YOU 55+?



Community Outreach

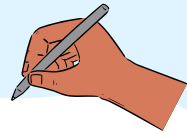
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

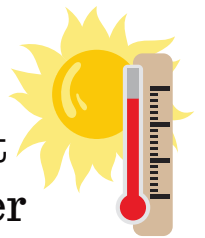
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



INTERESTED?

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

Thanks to our sponsors:



United Way
British Columbia

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



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Caregiver Lunch

Tax Planning for Assisted Living & Long-Term Care Options

Coming Next Month



**Thurs. December 7th,
12:30 to 4:00 PM,
Brentwood
2055 Rosser St.**

**Come learn about
navigating the health care
system and senior benefits**


Host: David Perkins CFP®, EPC, CEA
Senior Financial Planner
Assante Financial Management Ltd.

Contact Kathy Bobicki
to register

Burnaby's Caregiver Support Program
is funded by the Government of BC
and managed by the
United Way of BC



 [**kathyb@burnabynh.ca**](mailto:kathyb@burnabynh.ca)

 **236-885-7303**



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



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Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today.

Share your concerns, find balance and receive emotional support.

Coming Next Month



Family Caregivers Journey Series

**Please join us for a workshop about, “Walking the Caregiver Path.”
lunch and selfcare activity after**

Thursday, December 14

At Burnaby Neighbourhood
House, 4460 Beresford St

10:30 Coffee and Tea

11:00 Presentation

12:30 Lunch

1:00 - 2:00 Selfcare Activity

**To register or for more
info contact:**

Kathy Bobicki

Email: kathyb@burnabynh.ca

Phone: 604-431-0400



Funded by the Government of BC
and managed by United Way of
British Columbia



United Way
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Puzzles!

1

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

2

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

Answers

1

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

2

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

MEMBERSHIP 2023-2024



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 (604-294-5444)
4908 Hastings Street

South House (604-431-0400)
4460 Beresford Street

Brentwood (604-299-5778)
2055 Rosser Ave

You can purchase your membership by:

1. Dropping by our South, Brentwood, or North House
2. PayPal: https://burnabynh.ca/about_membership/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'

THANKYOU

Thank You to our Generous Sponsors!



BC HOUSING



United Way
British Columbia

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

Beedie