



MARCH 2024

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

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Meet Malou Imus, Activity Supervisor!

My role at BNH is Seniors Social and Day Program Activity Supervisor. In this role I'm supporting and supervising activities in TAPS and Seniors Social connections. I'm working along with the Seniors Program Coordinator and volunteers.



Teaching Dances and listening to music makes me extra motivated! I love being socially engaged to community activities and coordinating special events like birthdays

I really love listening and watching motivational videos like TED TALKS most of the time while doing house chores.



Meet the Team



Alexis Haig

Manager of Seniors' Services



Kathy Bobicki

Caregiver & Dementia Programs
Coordinator



Emily Chan

Seniors Food Programs
Coordinator



Charlene Laramie

Seniors Transportation and
Information & Referral Coordinator



Leila Habibi

Senior Peer & Caregiver
Support Coordinator



Cynthia Lu

Seniors Food Programs
Supervisor



Amala Sajeevan

TAPS Kitchen Supervisor



Lea Kovalchuk

Seniors' Social and Day Programs
Coordinator



Malou Imus

Seniors' Social and Day Programs
Activity Supervisor



Rojan Nasiri

BC Housing Program Coordinator



Lynn Leong

BC Housing Coordinator - Doug
Drummond



Marleni Curi Gomez

BC Housing Seniors Activity
Supervisor



2024 BNH INCOME TAX CLINIC

Check your eligibility and
fill out the pre-screen
online form:

http://



burnabynh.ca/volunteer-
income-tax-program/

QUESTIONS



taxassistant@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwataʔ), Kwikwetlem (k'ikwələm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

Registrations is required for appointments. All tax services are free of charge, but you must be a member of the BNH. Individual \$5 or Family \$10 (cash or cheque only).

- Brentwood House - Tuesday 10 am-1 pm (In person Appointments)
- North House - Thursday 10 am-3 pm (In person Appointments)
- South House - Saturday 10 am-3:30 pm (In person Appointments)

Poetry in Motion

A Multilingual Event

Poetry in Motion — an event in many languages — celebrating culture and languages in Burnaby. Send us a traditional poem to share!

Is there a poem that you know that is important in your first language?

We are asking people to share a poem in their first language — this poem should be known and have shared or cultural meaning to others.

Why share a poem?

Sharing a poem is:

- sharing place,
- sharing culture,
- sharing story,
- sharing language,
- celebrating your community,
- learning from each other

Word count: Poems should be a maximum of 125 words, a part of a longer poem can be shared

Are you interested in reading your poem at the event? Some poems will be part of a reading event on April 27. Please tell us if you would like to read your poem out loud when you email us.

Email poems by March 25 to Melody Monroe melody.monro@fraserhealth.ca

Please include:

- Name of Poem
- Name of Poet
- Poet's Year of Birth
- Poet's Year of Death (if applicable)
- What country is the poem from?
- What language is the poem written in
- English translation if possible

At this time we are not asking people to submit their own personal writing or poems.

About the Event

Date: Saturday, April 27, 2024

Time: TBD

Location: Lougheed area

Poetry in Motion will be a poetry and walking event, for all ages, along a public trail. This event is about celebrating the voices of diverse cultures in the community of Burnaby — through spoken and written poetry. Poems (or parts of poems) will be printed and placed along the trail.

All are welcome, but registration is required. More details to be shared soon.

Part of Burnaby Connect Fest!
www.connectfest.ca





MOSAIC
Engaging Newcomers, Enriching Communities



Seniors Take On

“
**Things We
NEVER
Talk About**
”

Come join the Musical Theatre Premier Show that explores the challenging issues of elder abuse and myths about age-appropriate behaviour, while enjoying the fun that is sometimes forgotten as we age. The musical is performed by immigrant seniors!



March 13, 2024 1:30-3:00 pm



Michael J Fox Theatre
7373 MacPherson
Avenue, Burnaby



Register for free tickets



seniors@mosaicbc.org
604-362 4318

Funded by the
Government of Canada's
New Horizons of Seniors Program

Canada

Photo by Dave Moreno on

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year



How to Apply

CDCP Application Phases

Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Canada.ca/dental



Government of Canada

Gouvernement du Canada

by Service Canada

Canada

Meet Janice's pet Guinea Pigs: Coco, Cinnamon and Porky pig!



What are their names and what kind of breed are they?

Coco (left, dark brown), is an Abyssinian guinea pig. He weighs 1660 grams!

Cinnamon (in the middle) is a Sheltie guinea pig

Porky Pig (right, red eyes) is an American Crested guinea pig

Do they have any tricks or special talents?

Coco lets us flip him on his belly to rub his tummy. Porky pig likes jumping from your hands and likes to put his two paws up for cilantro. Cinnamon likes to climb up your body and hide in your armpit. He does this to tell you he wants to go home.

Do they have a favorite food or toy?

All 3 love cilantro, kale, parsley, dandelion (the one you can pick anywhere in Burnaby!), dill, and of course grass. They love watermelon in the summer!

How did they come to be in you family?

We had one guinea pig and as they are social animals we decided to look for a buddy for him. Well, it was 2 more buddies as Cinnamon and Porky were bonded so we had to have them be together forever. Now, all three of them are best friends forever! We had to learn about how to look after guinea pigs and find nutritious grass, herbs, fruits and lots of hay for their diet. They live a very healthy and active lifestyle, just like humans.

As they are prey animals, we keep them in an open area - no cages.





CARE CONNECT ENGAGE BELONG



TAI CHI MONDAYS

An Art Embracing the Mind, Body and Spirit

for beginners



MONDAYS

Starting Feb 5, 2024



10:30AM-12:30PM



BNH BRENTWOOD HOUSE

2055 Rosser Ave

BNH Membership required (\$5/individual or \$10/family) + Community Program Fee: \$5

Join us for a fully guided meditative 2 hours of exercise exploring a gentle flow of progressive movements delivered by a certified instructor, Marina Ma, with over 35 years teaching experience.



To register,

Email annr@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwətaɬ), Kwikwetlem (k'w'ikwəɬəm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

55+ Programs

North House



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

Soup Lunch

We're so excited to be bringing it back – soup on Mondays! Enjoy a bowl of healthy soup and a fresh bread bun (\$2), and connect with your neighbours.

Mondays | 11:00 am – 1:00 pm



Community Yoga Class

Yoga is incredibly beneficial to our overall well-being – it improves many things including flexibility and mental health. It can help reduce anxiety and stress while increasing your strength. Everyone can enjoy the benefits. Join us for this gentle morning class running for 6 weeks from January 9 to March 12.

Tuesdays | 10:00am – 11:00am

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.

Fridays | 1:00pm – 4:00pm



Brentwood House



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

EAL Class with Chitra

Explore the world of language with our Community EAL class led by Chitra! Immerse yourself to boost your reading, writing and conversation skills!

Wednesdays | 1:00pm – 2:00pm

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 *at the Amazing 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 | 1:00pm – 2:30pm *New Location – Brentwood House*



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

Senior's Social & Games

Join us Wednesdays (12:00-2:00pm) 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!



Yoga
Wednesdays
2-2:45pm

Latin Beat
Fridays:
10-11am

Yuanji Dance
Fridays:
3-4:45pm

Tai Chi
Wednesdays
10-11am 24 Tai Chi (Beginners)
11am-12pm Tai Chi Sword

Fridays
1-2pm 24 Tai Chi
2-3pm 48 Tai Chi

Digital Cafe with Mal

Need help with your phone or computer? Drop by our Wednesday Social on March 6th and get support with your device!

Workshop - Burnaby Public Library



Burnaby Public Library

On Wednesday, March 13th, enjoy a talk with Andrea, BPL's community librarian!

Friday Lunch

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

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 **Lea** at **604-431-0400** or leak@burnabynh.ca.

COMMUNITY ADULT YOGA PROGRAM

SENSORY INTEGRATION YOGA
(ISY)

March 5 – March 26
(Every Tuesday)
2 pm–3 pm

Promote body awareness
from the senses, integrating
breathing, meditation,
asanas or yoga postures

JOIN US TODAY!

Sign up or for more info, please contact
Carina: volunteer@burnabynh.ca

◆ BNH Member + ◆
Fee: \$5 donation

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TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

Where?

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

Cost

Lunch: \$6/day

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

Current Schedule

Thursdays

10 am - 2 pm



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.

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



United Way
British Columbia



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Dementia Programs - South and Brentwood House



Burnaby Dementia Cafes - Brentwood and South House

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

- **Dementia Friendly Café: Brentwood House**
 - 2nd Thursday of the month
 - 1:00-2:30PM
- **Dementia Friends Café: South House**
 - Last Thursday of each month
 - 12:00-2:00PM



Seniors Memory Club - Brentwood House

Join our dementia-friendly and multicultural event - a weekly opportunity to play games, exercise, socialize, sing, share stories, and celebrate our togetherness.

- Most Saturday from 10:00AM-11:30PM

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

Peer and Caregiver Support - Across Burnaby

Caregiver Support

Enjoy a nutritious lunch, guest presenter, and a self-care activity every month with other family and friend caregivers!

- **Caregiver Lunch - Brentwood House**
 - First Thursday of each month | 1:00-3:00PM
- **Family Caregiver Journey - South House**
 - Third Thursday of each month | 10:30-2:00PM

New Date



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.

Friendly Phone Calls/Visitors

Stay connected through weekly phone calls or visits from a volunteer!

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



February





February



Do You Need Tech Help?

North House

Mon: 10:00 AM - 12:00 PM

Tues: 12:00 PM - 2:00 PM

new hours

(4908 Hastings St, Burnaby)

604-294-5444

computercafe@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

(closed on long weekends)

Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

computercafe@burnabynh.ca

(4460 Beresford St, Burnaby)

604-396-7307

computercafe@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

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 in Burnaby.

For information on food hampers, contact **604-307-2945**

For information on prepared meals and grocery shopping, contact **Emily** at **778-288-3747** or **emilyc@burnabynh.ca**.

Digital Literacy Program

Would you like learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Computer Instructors are available to help community residents with their computer learning needs. We offer support in multiple languages. Drop in to this in-person program at the North , South or Brentwood House. No registration required.

You can use one of the Neighbourhood House devices or bring your own device. For more information, email us at **southcomputercafe@burnabynh.ca** or **northcomputercafe@burnabynh.ca**. (See page 16 for more details).

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.

To learn more, contact **settlementprogram@burnabynh.ca** or **604.431.0400**

Settlement & Integration Program

COOK AND CHAT!

Fridays
10 am - 12 noon



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 Burnford Street
Burnaby, BC V5H 0B8
(On front of Metrolink Skytrain)
(604)431-0400



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

BNH DIGITAL LITERACY EXCHANGE PROGRAM NOW HAS A FACEBOOK PAGE!

This means that you can get our announcements about different events and workshops all in one place.

Here's how to follow us:

1. Scan the QR code provided.

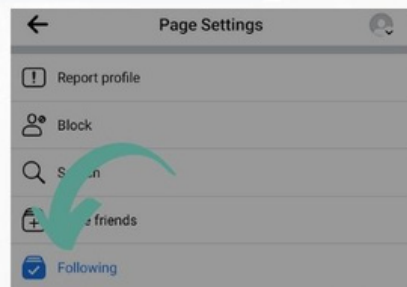
Newer phones can scan a QR code using their Camera app. If you cannot scan that way, you can install a QR code scanner from the App or Play Store.

2. Once you see our Facebook page, click the three dots aligned vertically.

If you are not logged in to your Facebook account, the website will prompt you to enter your credentials.

3. In the next page, click "Follow."

Now, whenever we post news or tips on the Facebook Page, you can see our posts in your Facebook Feed.



Make sure that the QR code you are scanning comes from a trustworthy source; otherwise, you might be sent to a dangerous website.



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 pickup at
BNH South House (4460 Beresford St)

Each meal is **\$7**

Please pay by **cash** when meals are picked up

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

Proudly supported by:

HelpAge

Canada



United Way
British Columbia

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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 Westminster – 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

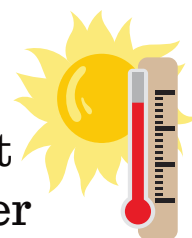
Join Senior Peer Support!



Friendly
Phone
Caller or
Visitor



Extreme Heat
Wellness Caller



INTERESTED?

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

Thanks to our
sponsors:

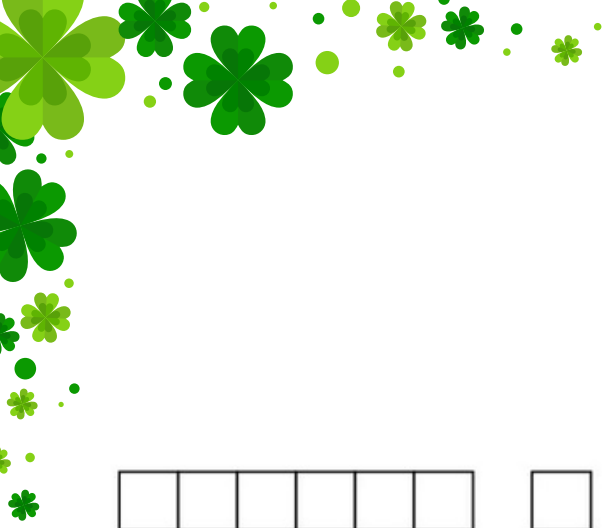


Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



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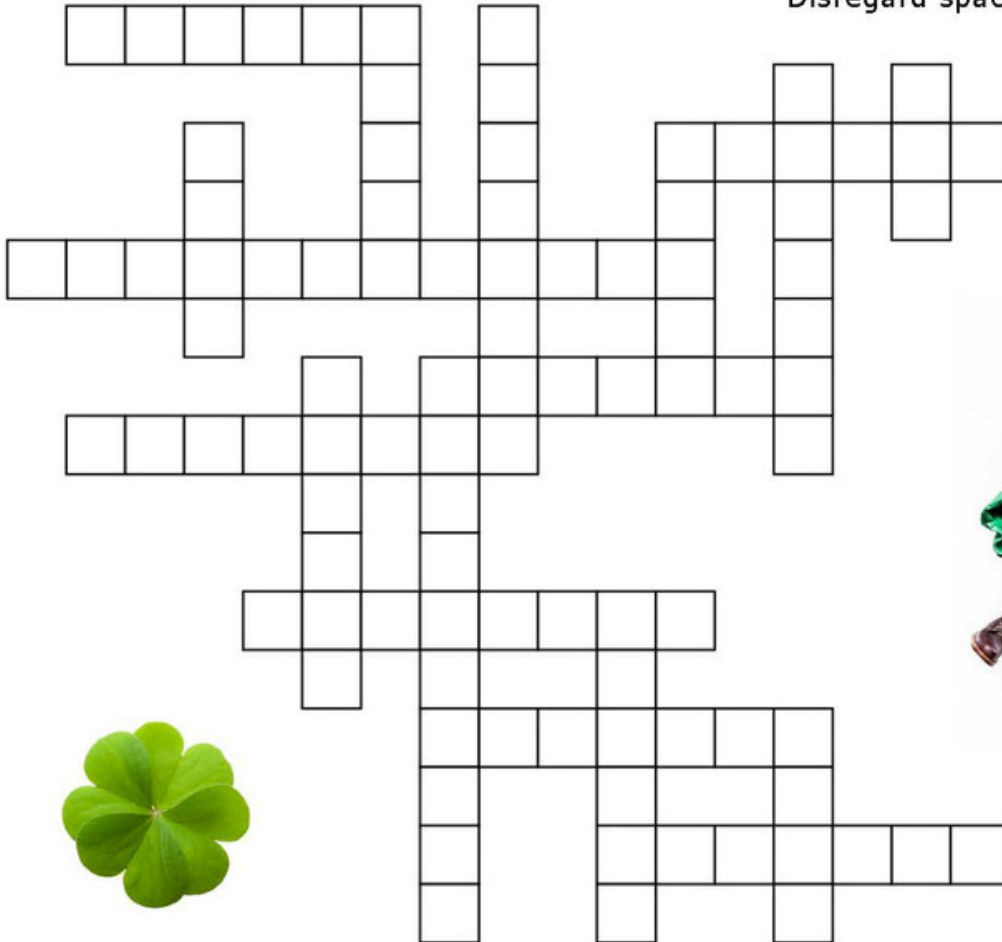


Puzzles!



The Lucky Irish

Fit the list of words into the puzzle.
Disregard spaces between words.



JIG
GOLD
HARP
GREEN
RUGBY
CELTIC
CLOVER
DUBLIN
GAELIC
BELFAST
HURLING
IRELAND
LEGENDS
LIMERICK
PASTURES
POTATOES
LEPRECHAUN
BLARNEY STONE



©ActivityConnection.com



Happy St. Patrick's!

Under the Rainbow Scrabble



Use the clues to find words that are associated with rainbows. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

R	A	G	P
R	R	R	I
E	A	C	H
E	S	I	P
M	N	U	N
R	E	R	D
B	P	L	E
L	S	S	E
U	Y	U	V
E	E	E	N
F	N	L	O
L	A	R	A
N	O	D	S
G	E	W	E
K	Y	B	M
I	S	R	T
W	I	C	L
A	O	G	U
D	T	E	H
P	R	R	T
E	T	T	Y

1. Rainbow shape _____
2. Grass color _____
3. Precipitation _____
4. Light-bending crystal _____
5. Violet or lavender _____
6. Crimson _____
7. Sky color _____
8. Bright star, near Earth _____
9. Number of rainbow colors _____
10. Banana color _____
11. Disappear gradually _____
12. Pumpkin color _____
13. It's above your head _____
14. Shining; vivid _____
15. Thin fog, soft drizzle _____
16. H₂O _____
17. Rain source _____
18. Lovely _____

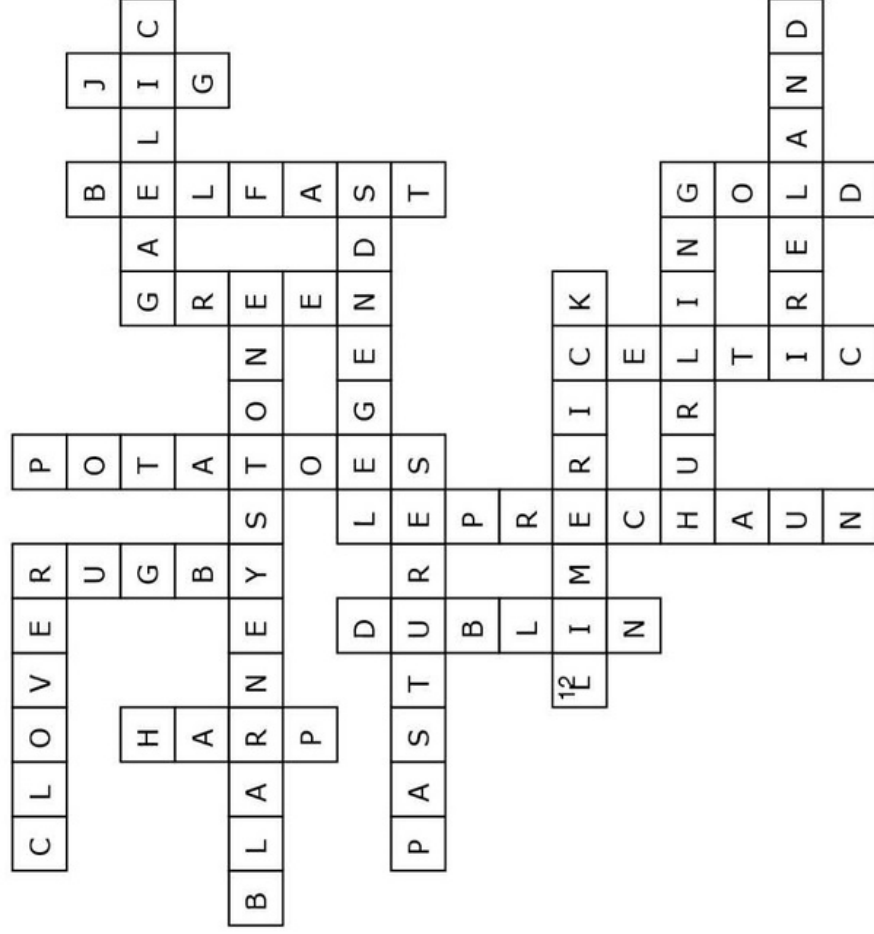


Under the Rainbow Scrabble

(solution)

The Lucky Irish

(solution)



1. Rainbow shape arch
2. Grass color green
3. Precipitation rain
4. Light-bending crystal prism
5. Violet or lavender purple
6. Crimson red
7. Sky color blue
8. Bright star, near Earth sun
9. Number of rainbow colors seven
10. Banana color yellow
11. Disappear gradually fade
12. Pumpkin color orange
13. It's above your head sky
14. Shining; vivid bright
15. Thin fog, soft drizzle mist
16. H2O water
17. Rain source cloud
18. Lovely pretty

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/