

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

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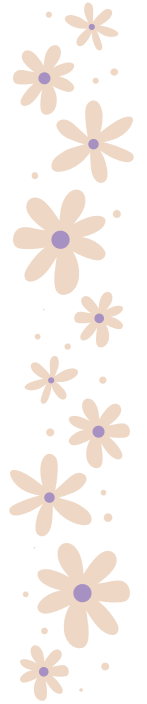
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Meet Tina Nguyen Senior's Volunteer Supervisor



My role at BNH is Volunteer Supervisor for the Seniors Programs.

I enjoy baking and cooking for my loved ones during my time off and it is the best way for me to cope with stress.

I love hosting and I will find any excuse to have my family and friends over for a gathering





Alexis Haig
Manager of Seniors'
Services



Leila Habibi
Senior Peer & Caregiver
Support Coordinator



Charlene Laramee
Seniors Transportation and
Information & Referral
Coordinator



Emily Chan
Seniors Food Programs
Coordinator



Cynthia Lu
Seniors Food Programs
Supervisor



Kathy Bobicki
Caregiver & Dementia
Programs Coordinator

MEET THE TEAM



Lea Kovalchuk
Seniors' Social and Day
Programs Coordinator



Malou Imus
Seniors' Social and Day
Programs Activity Supervisor



Hilda Eng
Kitchen Coordinator



Amala Sajeevan
TAPS Kitchen Supervisor



Tina Nguyen
Senior's Volunteer
Supervisor



Rojan Nasiri
BC Housing Program
Coordinator



Lynn Leong
BC Housing Coordinator -
Doug Drummond



Marleni Curi Gomez
BC Housing Seniors Activity
Supervisor



Ideas that Connect Neighbours

The Neighbourhood Small Grants program supports neighbours of any age, experience or background take part in building community.

Need help with your application?



Branka Vlastic
NSG Coordinator
brankav@burnabynh.ca

Apply for up to \$500 and bring your project idea to life!

[Deadline for applications - April 18th](#)

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: [@nsgnetwork](#)





2024 BNH INCOME TAX CLINIC

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

[http://](http://burnabynh.ca/volunteer-income-tax-program/)



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 Tseil-Wauthuth (səlilwətaʔ), Kwikwetlem (kwikwələm), Squamish (Skwəwú7mesh 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 Monro 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





BURNABY COMMUNITY ASSEMBLY

BIG IDEAS WORKSHOP

A Public Dialogue with the Burnaby
Community Assembly

Tuesday, April 9
6:30 - 8:30 PM

Bonsor Recreation Complex
Banquet Hall (2nd Floor)
6550 Bonsor Avenue
Burnaby, BC

Register Today
tinyurl.com/bigideasworkshop

Have questions?
Email info@burnabyassembly.ca

www.burnabyassembly.ca

SFU

MORRIS J. WOSK
CENTRE FOR DIALOGUE

Community Cafes



BNH Membership required.

Drop in, relax, chat, engage in activities/games, and build connections in the community!

South House
(4460 Beresford St)
1-4pm on Thursdays

Enjoy coffee, tea and treats. Visit our website to find out about special programming: burnabynh.ca/get-involved_adult/

North House
(4908 Hastings St)
1-4pm on Fridays



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) 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

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*

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 (12:00-2:00pm) 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 April 3rd and get support with your device!

Workshop - Burnaby Public Library

On Wednesday, April 17th, enjoy a talk with Andrea, BPL's community librarian!



Burnaby Public Library

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 ARTS & CRAFTS PROGRAM



Location: BNH South House (4460 Beresford St.)

***Cost: \$10 non-refundable supply fee**



**Every Thursday, April 4-25 (4 sessions)
10:30am-12:00pm**

Register in advance, email Carina at
volunteer@burnabynh.ca

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It's Not Right!

Neighbours, Friends & Family for Older Adults

You are invited to join us for this dynamic workshop. The workshop teaches people how to recognize warning signs of abuse of older adults and to respond safely and supportively. True to life scenarios are explored to facilitate discussion and to build skills. The agenda will include:

- Examples of the warning signs/risk factors of adult abuse and learning how to recognize them.
- Discussions about ageism.
- Video scenarios of situations of abuse and neglect.
- Skill building opportunities (how to respond safely/supportively and how to have conversations about suspected abuse).

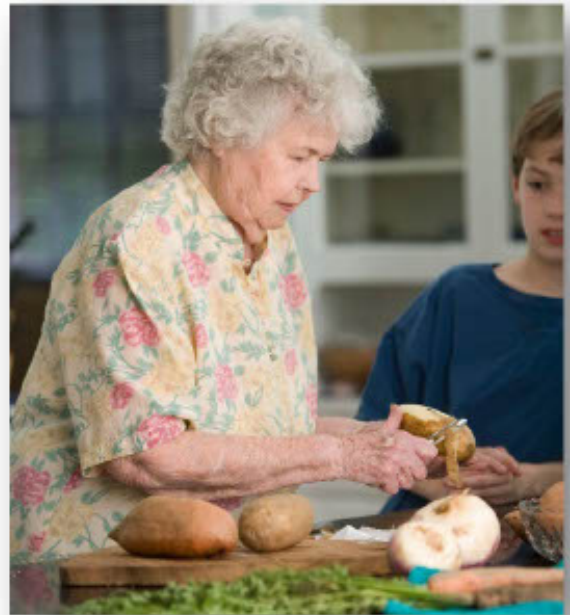
Come join us – everyone is welcome!

Date: Friday, April 12th

Time: 11:00 AM - 12:00 PM

**Location: Burnaby Neighbourhood House
South Office 3rd Floor**

**Register: Contact Lea at
leak@burnabynh.ca or 236-668-1712**



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.

www.bccrns.ca



It's Not Right!
Neighbours, Friends & Families for Older Adults



A Proactive Guide to Fall Prevention

Local Homecare company Empathy Health delivering a valuable presentation on fall prevention.



April, 19th

Seniors
Connections
Program



11 am - 12 pm



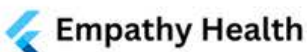
BNH South



Huthayfah



Presented by:



TAPS

Therapeutic Activation
Program for Seniors



Where?

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

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

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.

Cost

Lunch: \$6/day
Annual BNH membership fee required (\$5 per year)

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

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



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

VOLUNTEER APPRECIATION EVENT!



MARCH



A special thank you to our youth - Bethel and Alexis



MARCH



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

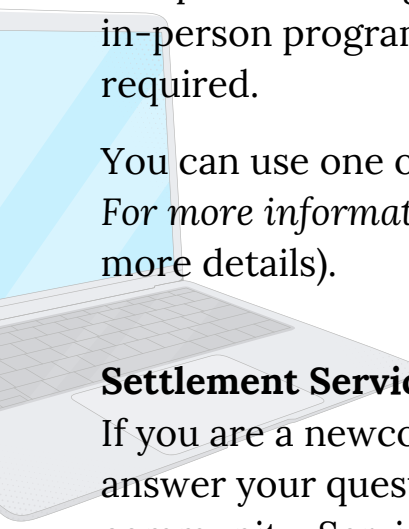
Would you like learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Computer Instructors are available to help community residents with their computer learning needs. We offer support in multiple languages. Drop 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 computercafe@burnabynh.ca (See page 20 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

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

In-person Conversation Circle

Mondays 2:00-3:30 pm
Burnaby Neighborhood House
4460 Beresford Street, Burnaby

- No Drop-ins
- Registration Required
- Registration Deadline: April 8th, 2024

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

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

April 15th - May 20th, 2024

For more information to register, please contact
Xinrui: xinruil@burnabynh.ca

WWW.BURNABYNH.CA

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Caregiver Journey Lunch Understanding Communication!



**Thurs. April 18th ,
10:30 to 2PM,
South House
4460 Beresford, Banquet
Hall 1**

Contact Leila to
register:

 Seniorpeercaregiver@burnabynh.ca

 **604-375-5778**

**Join us for a session where
we'll share valuable tips on
how to communicate
effectively with in
collaboration with the
Alzheimer's Society.
Speaker : Sabrina Manhas
Activity: Chair Yoga**

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



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



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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)

(4460 Beresford St, Burnaby)

604-396-7307

computercafe@burnabynh.ca

Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

computercafe@burnabynh.ca

Computer Drop-in

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

**No registration
required**



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

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
(at foot 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.

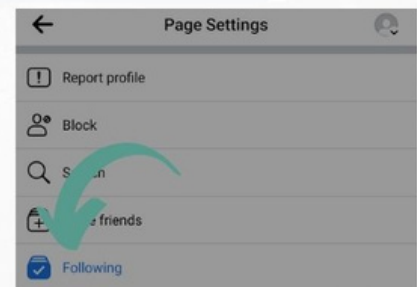
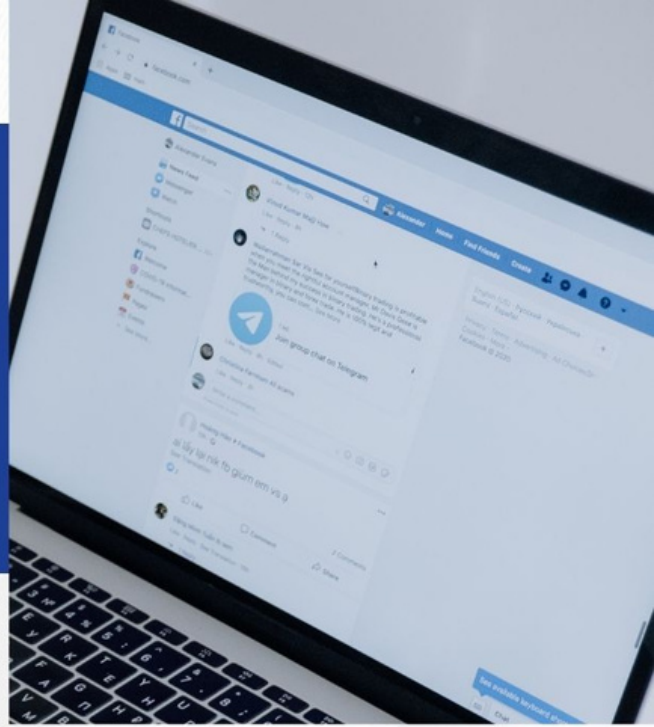
Newer phones can scan a QR code using their Camera app. If you cannot scan that way, you can install a QR code scanner from the App or Play Store.

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.

With funding from



In partnership with



THE UNIVERSITY OF BRITISH COLUMBIA
Learning Exchange





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**

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Proudly supported by:

HelpAge

Canada



United Way
British Columbia



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

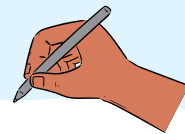
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

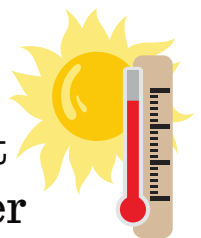
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



INTERESTED?

Contact Leila at seniorpeercaregiver@burnabynh.ca or 604-431-0400

Thanks to our sponsors:



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

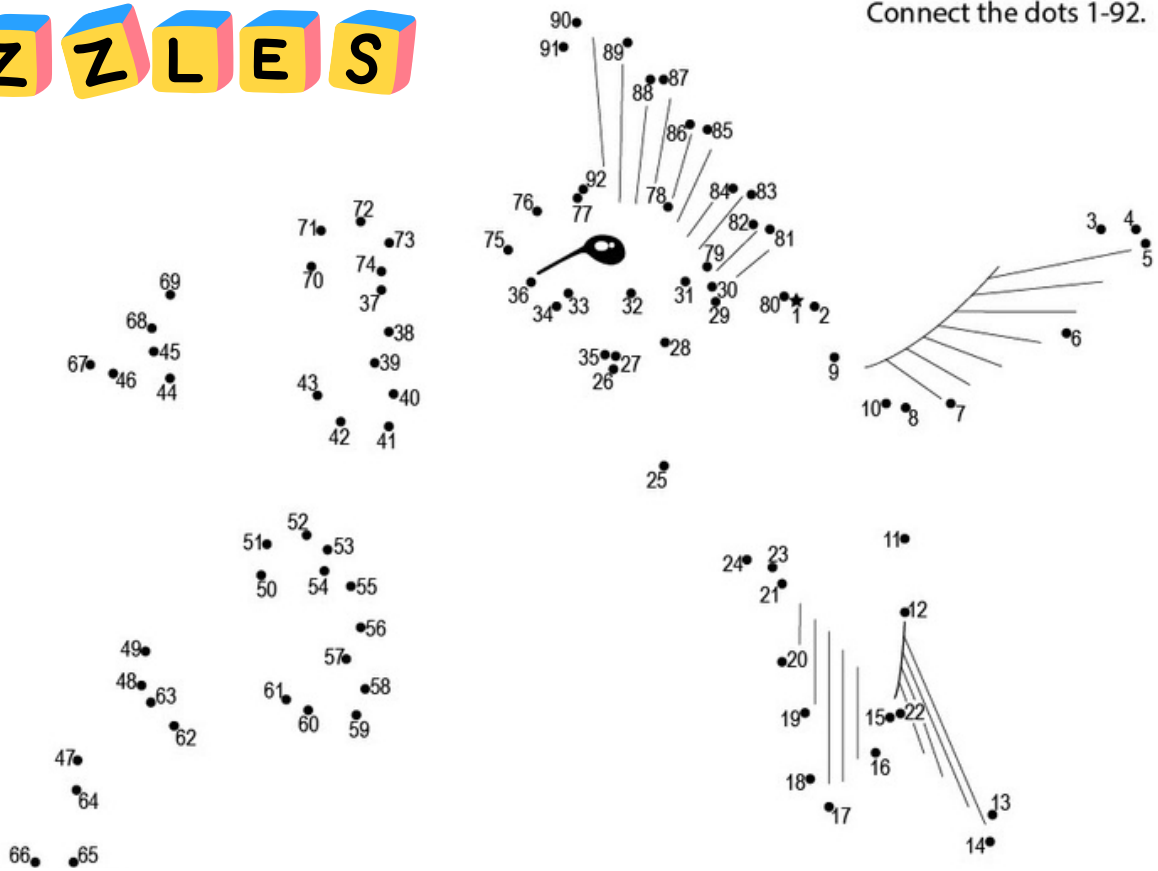


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PUZZLES

Connect the dots 1-92.



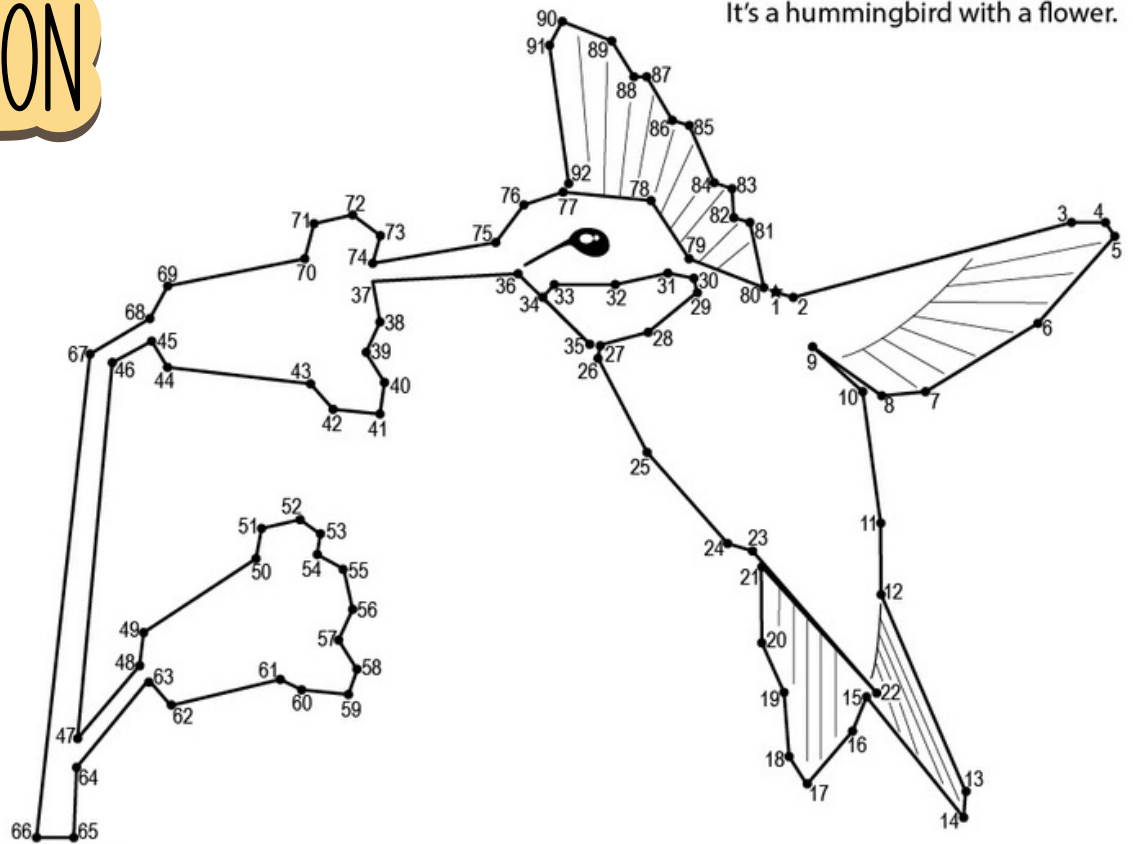
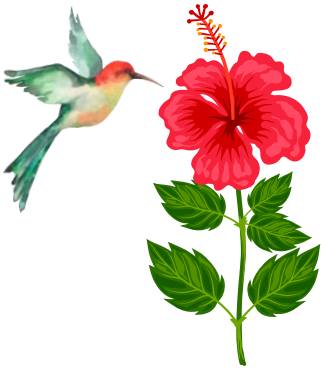
Peanut Butter and Jelly Sandwich

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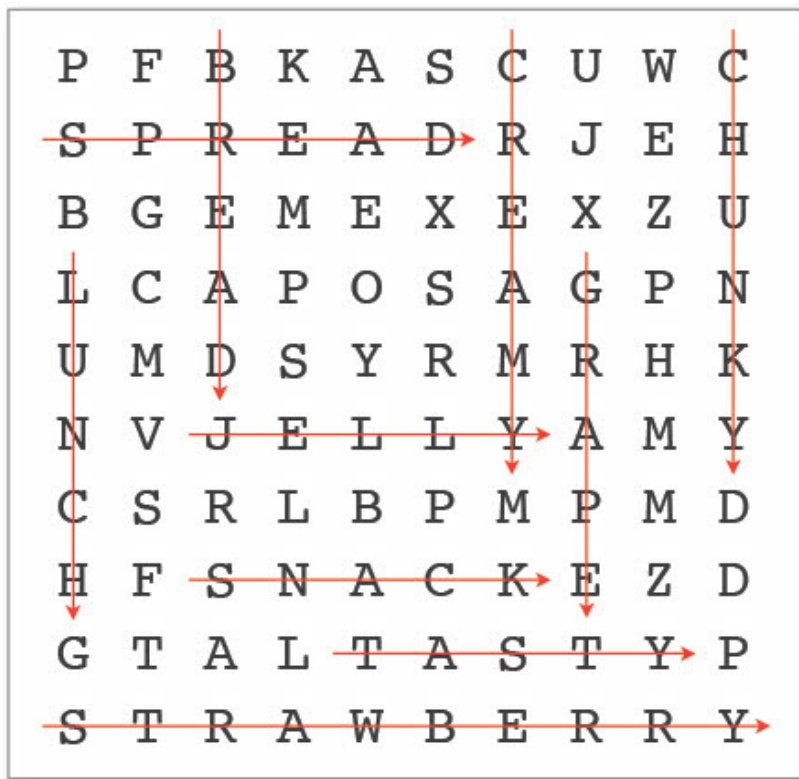


- BREAD
- CHUNKY
- CREAMY
- GRAPE
- JELLY
- LUNCH
- SNACK
- SPREAD
- STRAWBERRY
- TASTY

SOLUTION



Peanut Butter and Jelly Sandwich (solution)




MEMBERSHIP 2024-2025



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
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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'

THANK
YOU

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