



# JUNE 2024



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

## Meet Burnaby's Community Connectors - Debby and Zarif!

### IN THIS ISSUE

STAFF FEATURE 1

MEET THE TEAM 3

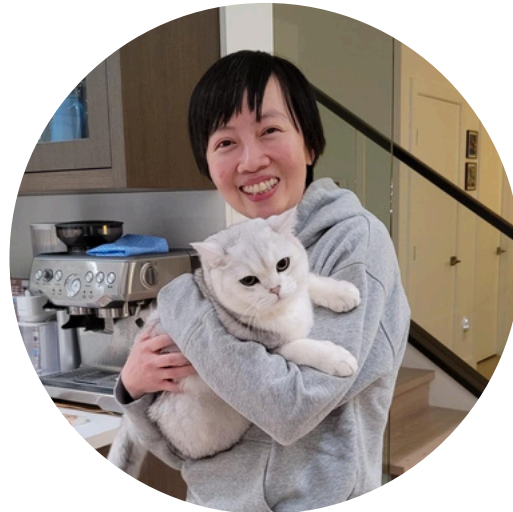
WALK AND ROLL 4

PET FEATURE 6

55+ PROGRAMS 8

PHOTOS FROM MAY 18

PUZZLES 28



### What is a "Seniors Community Connector"?

A Seniors Community Connector is a person who helps older adults in the community. They work with seniors one-on-one to connect them with helpful services and activities. This includes making referrals, helping them apply for programs, and introducing them to new opportunities. Their goal is to create a wellness plan that makes the seniors' lives better and helps them overcome problems they may face.

Turn to page 2 to learn what we do for the seniors in our community !



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

## What inspired you to become a community connector?

Debby

I grew up with my grandmother, seeing how important seniors are to families and communities. I adored her devotion to the family. Her love taught me to value seniors' contributions. My goal is to help seniors reconnect with others, find their identity, and live fulfilling lives.

The seniors I've met inspire me with their resilience, kindness, and wisdom. They appreciate the time we spend together, sharing stories. I'm grateful for their trust and the opportunity to be part of their lives.

Zarif

## How do we collaborate with each other ?

Zarif

We're excited to have Debby join our team! She's caring and passionate about helping seniors. Her social work background and ability to speak Cantonese and Mandarin are valuable assets. I speak Dari and Farsi, allowing us to support more seniors in their native language. Though we work for different organizations, we share the same goals and can be reached through either Burnaby Neighbourhood House or MOSAIC.

I'm thrilled to join the Burnaby Seniors Community Connectors team and appreciate Zarif's insights on connecting seniors with community support. Our collaboration allows us to exchange valuable resources and knowledge, ultimately creating a robust support network for seniors in Burnaby.

Debby

## What do you enjoy doing in your spare time?

Zarif

I enjoy spending time with my family and having picnic in a park or a beach. I love being in Nature or on rainy days hitting the pool for a relaxing hot tub and swimming.

I like reading, writing, running, planting and cooking. When I'm off from work, I mainly spend all my time doing those. Sometimes, I hang out with my friends, such as hiking and partying at home.

Debby

## What's one thing people may not know about you?

**Zarif:** That I love to learn music!

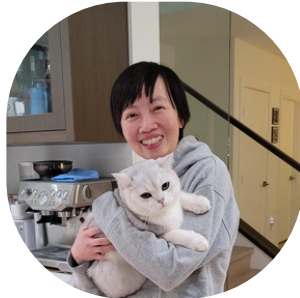
**Debby:** I hope I can complete my half Marathon next year!

*Thank You*

# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



**Debby Wong**  
Community Connector



**Blenn Dioces**  
Caregiver & Dementia  
Programs Coordinator



**Charlene Laramee**  
Seniors Transportation and  
Information & Referral  
Coordinator



**Emily Chan**  
Seniors Food Programs  
Coordinator



**Cynthia Lu**  
Seniors Food Programs  
Supervisor



**Leila Habibi**  
Senior Peer & Caregiver  
Support Coordinator



**Lea Kovalchuk**  
Seniors' Social and Day  
Programs Coordinator



**Malou Imus**  
Seniors' Social and Day  
Programs Activity Supervisor



**Hilda Eng**  
Kitchen Coordinator



**Tina Nguyen**  
Seniors' Volunteer  
Supervisor



**Rojan Nasiri**  
BC Housing Program  
Coordinator



**Lynn Leong**  
BC Housing Coordinator -  
Doug Drummond



**Marleni Curi Gomez**  
BC Housing Seniors Activity  
Supervisor





Sunday,  
June 23,  
2024

# Walk & Roll

A Walk for Burnaby Seniors' Health



The Walk & Roll walkathon is a family-friendly 3 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!

Advanced registration required

Walkathon starts at 9:30 AM at BNH South House (4460 Beresford Street)

#walk&roll

Register at [burnabynh.ca](http://burnabynh.ca) or scan QR code



Email [info@burnabynh.ca](mailto:info@burnabynh.ca) for more information

walk • donate • volunteer • [burnabynh.ca](http://burnabynh.ca)





# FREE PORTABLE AIR CONDITIONERS

Available for income qualified households and individuals referred by regional health authority programs



If you live in an income-qualified household and/or have received a recommendation letter from your regional health authority's Home Care Program you may be eligible for a free portable air conditioner (AC) through BC Hydro.

This program is available year-round. Homeowners can also choose to self-install their units, which may help in receiving a unit quicker, during summertime.

If you live in a home type that qualifies and are income qualified, consider applying for our [Energy Conservation Assistance Program \(ECAP\)](#) for additional energy saving upgrades, as well as an AC unit.

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## Apply online at

<https://www.bchydro.com/powersmart/residential/rebates-programs/savings-based-on-income/free-air-conditioner.html>

**For guidance and assistance, please refer to the digital cafe resources on page 17 & 18 where you can access helpful information and support.**

Source :

# PET FEATURE

## Meet Paul's pet – Misha!



**What kind of breed is she?**

She's a Tabby and she's almost 8 years old!

**Does she have any tricks or special talents?**

Misha used to play fetch! We would throw her a nerf ball and she would bring it back to us. She also likes to push the ball down the hall. She comes to the door when I leave and meows "goodbye".



**How did your furry friend find her way into your family?**

We got her from SPCA as a rescue. She was 7 months at that time. They found her on the streets in Williams lake.



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact Tina Nguyen at [seniorvolunteer@burnabynh.ca](mailto:seniorvolunteer@burnabynh.ca)



# 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/](http://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

### 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



4908 Hastings St

604-294-5444

[northinfo@burnabynh.ca](mailto: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.

Fridays | 1:00pm - 4:00pm

## Brentwood House

### 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\*

(temporarily facilitated by Rodolfo)



2055 Rosser Ave

604-299-5778

[reception@bbyervices.ca](mailto:reception@bbyervices.ca)



## South House

For the program guide, contact Lea at: [leak@burnabynh.ca](mailto: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!



4460 Beresford St.

604-431-0400







# COMMUNITY LANGUAGE CLASS

## LEARN ARABIC & FARSI

W/ FATEMEH

**LOCATION: NORTH HOUSE  
(4908 HASTINGS ST)**

**JUNE 28 - AUGUST 30  
FRIDAY MORNINGS  
10:00-11:00 AM**

**BNH MEMBERSHIP  
REQUIRED**

**\$5 ANNUAL FEE  
+  
\$5 COMMUNITY FEE**

**TO REGISTER OR FOR  
MORE INFORMATION  
PLEASE CONTACT  
ANNR@BURNABYNH.CA**



CARE

CONNECT

ENGAGE

BELONG

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# Caregiver Lunch

includes an overview about “Will “



**Thursday, June 6th**  
**12:30 to 3PM**


**Brentwood House**  
2055 Rosser Ave

Attend our free presentation on will planning and ensure your legacy is preserved just as you wish!

**Host: Ann Marie Carlson**  
**From Seniors Health and Wellness Institute**  
**Activity: small exhibition and talking about dolls**

Contact Leila to register:

 [Seniorpeercaregiver@burnabynh.ca](mailto:Seniorpeercaregiver@burnabynh.ca)

 **604-375-5778**

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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# Community Program

# English Conversation with Paul



**Every Friday**  
**June 7 - July 26, 2024**  
**12.30pm-2.30pm**  
**BNH South House**

## REGISTRATION REQUIRED!

To register, please contact Carina:  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



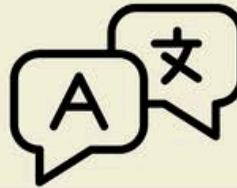
# Community Basic

.....

# Mandarin Program



Every Thursday  
June 6- June 20 &  
July 4 - July 25  
10.30am-12.30pm  
BNH South House



## REGISTRATION REQUIRED!

To register, please contact Carina:  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



# ADVANCE CARE PLANNING

You are invited to join our workshop!

Advance care planning is for everyone—no matter where you find yourself on your health care journey. Whether you are a young adult or older adult, are healthy or have a chronic illness, now is the best time for you to start planning. Many of us don't know where to begin, while others are unaware that we can have a say in our care.



- 01 Together, we will learn about the 5 steps of Advance Care Planning to allow you, and those who matter most to you, to start or continue planning. Discussion and provided resources will help you better understand how to share and document your wishes for future health and personal care.
- 02
- 03
- 04
- 05

## **Bryn Poschenrieder, MSW, RSW**

Clinical Resource Social Worker, Advance Care Planning | Fraser North  
Regional Advance Care Planning Team | Fraser Health

## **Christine Delos Santos**

Nurse Clinician, Advance Care Planning | Fraser North  
Regional Advance Care Planning Team | Fraser Health

To learn more, visit [www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp)



To register, contact Lea: [leak@burnabynh.ca](mailto:leak@burnabynh.ca) or 236-668-1712



**When:**  
**Friday, June 21st**  
**11am - 12pm**

**Where:**  
**Burnaby Neighbourhood South House,**  
**3rd Floor, 4460 Beresford St.**

Natural Healing Exercise-外丹功—Wai  
Dan Gong

# Qi Gong



**Every Saturday**



**2 PM – 3 PM**



**Amazing Brentwood Mall**

Next to Purdy's Chocolate

Facilitated  
temporarily by  
**Rodolfo**

## Wai Dan Gong

Is a self disciplinary exercise that relies on the circulation of a “Priori Chi” (Xian Tian Qi) over the whole body, thus strengthening the human’s defense system. It can build up stamina, cure ailments and prolong life. It is in accordance with the principle of natural healing. It’s easy to learn and beneficial for those who practice daily. It’s safe to practice and no side effects have ever been observed. This exercise fits most seniors.

The Qi Gong exercise is applicable to persons with partial disabilities and can be done sitting on a chair for those who have difficulty standing while exercising.

**BNH MEMBERSHIP  
REQUIRED  
(\$5 Annual Fee)**

Community Program  
Annual fee is **\$15**



**More info / Register:**

[annr@burnabynh.ca](mailto:annr@burnabynh.ca)





## 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 June 5th and get support with your device!



## Workshop - Burnaby Public Library

On Wednesday, June 19th, 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**.



# 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](mailto: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](mailto:alexish@burnabynh.ca) or 604-431-0400



# Mothers Day



# May





# 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](mailto: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](mailto: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](mailto:computercafe@burnabynh.ca) (See poster 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](mailto:settlementprogram@burnabynh.ca) or **604.431.0400**

## Sharing Cultures Dinners

Every month, BNH will host “Sharing Cultures” community dinners to bring neighbours together and learn about the diverse cultures that build our multicultural community. Attendees will enjoy a delicious dinner, participate in engaging activities, and connect with neighbours from different backgrounds and ages. BNH will welcome community members who would like to attend the dinners or who want to help with the organization of the event.

For more information please email [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca) or call **604-431-0400**.



**TUESDAY, JUNE 18, 2024**  
**6:00 PM - 8:00 PM**

\*Dinner served around 6.15pm

# Sharing Cultures Dinner

4460 Beresford Street, Burnaby  
(South House) - 3rd floor

Featuring a taste of

# PHILIPPINES

Food, Music, and  
Children's Activities

Buy tickets in advance at  
the South BNH Reception  
or call (604) 431-0400:

Adults (19+)	\$8
Youth (13-18)	\$8
Children (4-12)	\$5
Under 3	Free



### Menu:

Chicken Adobo  
Vegetable Pancit  
Dessert: Bilo-bilo





# 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](mailto: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](mailto:computercafe@burnabynh.ca)

## Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

[computercafe@burnabynh.ca](mailto: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.



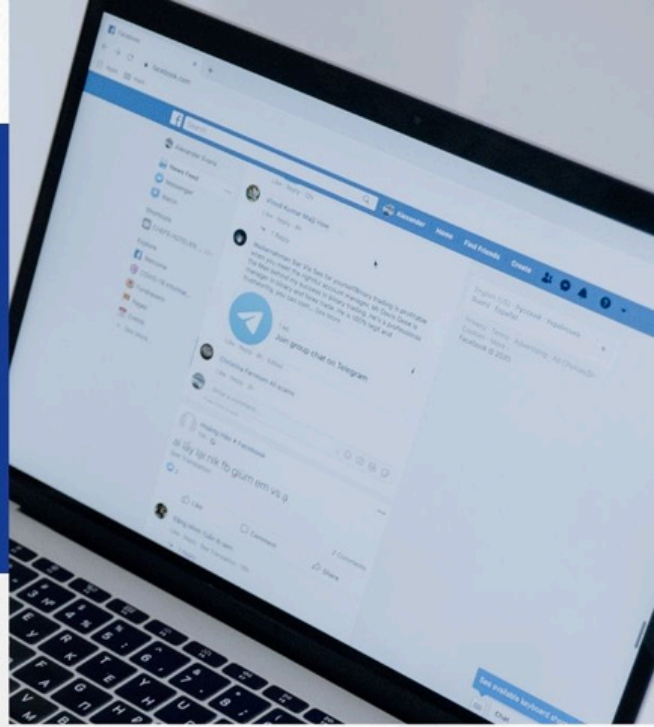
With funding from

In partnership with



# 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.

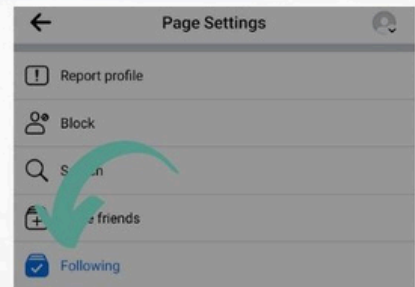
Newer phones can scan a QR code using their Camera app. If you cannot scan that way, you can install a QR code scanner from the App or Play Store.

### 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  
**Canada**

In partnership with



## Settlement & Integration Program

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



**CONVERSATION CIRCLE  
FOR ARAB WOMEN  
NEWCOMERS**  
**MAY 03-JULY 26**  
**ONLINE**  
**10:30 AM -12:00PM**



- Find new friends
- Connect with newcomers
- Improve your English.

For registration, please contact us:

**[sihamaa@burnabynh.ca](mailto:sihamaa@burnabynh.ca) ; Tel: 236 8772517**

**[WWW.BURNABYNH.CA](http://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.*



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



# Seniors Grocery Shopping

## Do you have difficulty grocery shopping for yourself?

Our grocery shopping and delivery program helps older adults maintain independence at home

**For who?** Older adults 55+ who live in Burnaby  
Member of Burnaby Neighbourhood House

We will call you once a week to obtain your grocery shopping list, place your order online and Superstore will do the shopping and delivery for you

## Registration required

For more information  
contact Emily 778 288 3747  
[seniorshopping@burnabynh.ca](mailto:seniorshopping@burnabynh.ca)



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**United Way**  
British Columbia

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



# 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!

**For who?** Seniors 55+ who live in Burnaby  
Member of Burnaby Neighbourhood House

### Pickup

BNH South House  
4460 Beresford St

### Delivery

Last Thursday of the month  
(Complete registration form)

**Meals are \$7 each**  
**Subsidy available**

For more information  
contact Emily 778 288 3747  
emilyc@burnabynh.ca



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**United Way**  
**British Columbia**

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

# 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

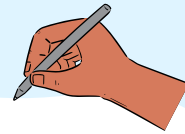
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

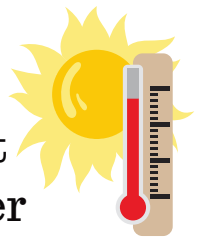
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



## INTERESTED?

Contact Leila at [seniorpeercaregiver@burnabynh.ca](mailto:seniorpeercaregiver@burnabynh.ca) or 604-431-0400

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



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the T̓sleil-Wauthuth (səlilwətaʔt̓), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# PUZZLES



Fill in the boxes with words or terms that begin with each of the letters in *VINES*. Add your own category in the last row.

## VINES

Categories	V	I	N	E	S
Plants					
Adjectives					
Eight-Letter Words					
Actors (first or last name)					
Books					
Your Choice					

## Time to Get Outdoors

Use the clues to fill in the crossword.





## ACROSS

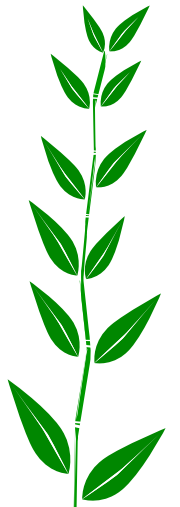
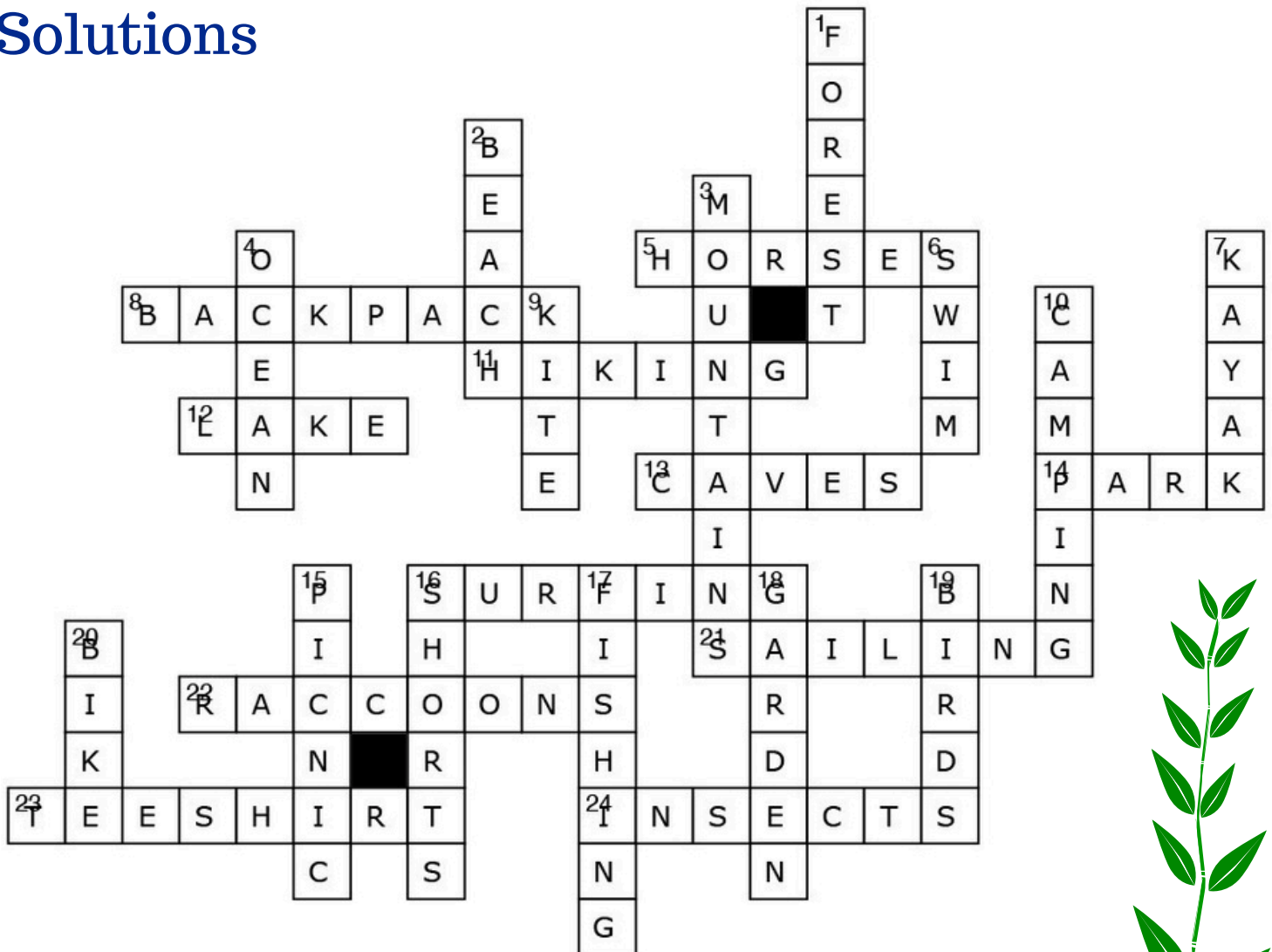
5. Mustangs and Appaloosas
8. Hiker's bag
11. On a trek
12. Trout's home
13. Spelunking spots
14. Recreational area
16. Hanging five or ten
21. Regatta activity
22. Masked critters
23. Casual top
24. Mosquitoes and bees

## DOWN

1. Ranger's workplace
2. Surfer's hangout
3. K2 and Everest
4. Large body of water
6. Lake activity
7. Canoe-like boat
9. Toy on a string
10. Woodland activity
15. Outing with a basket
16. Bermuda wear
17. Retiree's pastime
18. Plot for growing plants
19. Hawks and doves
20. Two-wheeler



## Solutions




# 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/](https://burnabynh.ca/about_membership/) 

Or give us a call, or drop by either of our Houses:

**North House** (604-294-5444)    **South House** (604-431-0400)    **Brentwood** (604-299-5778)  
4908 Hastings Street    4460 Beresford Street    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/](https://burnabynh.ca/about_membership/)
3. E-Transfer: send your fee to [finance@burnabynh.ca](mailto:finance@burnabynh.ca) with the password 'membership'

THANK  
YOU

## Thank You to our Generous Sponsors!



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