

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

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GABY RODRIGUEZ

**Senior Peer and Caregiver
Support Coordinator**

My role at Burnaby Neighbourhood House is the new Seniors Peer Support and Caregivers Support Coordinator.

I love nature, swimming, hiking, and kayaking,

One thing people might not know about me is I was born in Mexico City and moved to Vancouver in 1996. I currently do tours around Vancouver.



MEET THE TEAM



Alexis Haig
Manager of Seniors'
Services



Gaby Rodriguez
Senior Peer & Caregiver
Support Coordinator



Blenn Dioces
Caregiver & Dementia
Programs Coordinator



Emily Chan
Better at Home
Coordinator



Cynthia Lu
Seniors Food
Programs Supervisor



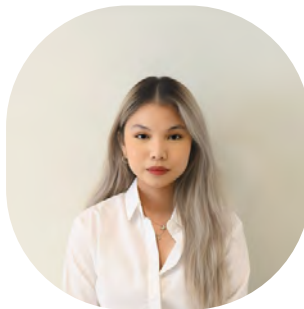
Hilda Eng
Kitchen
Coordinator



Kathy Bobicki
Seniors Supervisor
Transportations



Greg Oudman
QUEST+ Project Lead



Tina Nguyen
Seniors' Volunteer
Supervisor



Lynn Leong
BC Housing
Coordinator - Doug
Drummond



Dee Batt
BC Housing
Coordinator



Lea Kovalchuk
Seniors' Social and Day
Programs Coordinator



Zeinab Ahmadizadeh
Seniors' Social and
Day Programs Activity
Supervisor



Shahnaz Gozal
Kitchen Supervisor



Marleni Curi Gomez
BC Housing Seniors
Activity Supervisor

Pet Feature

Let's Meet Leo, Marleni's Guinea Pig!

What kind of breed is Leo?

He is a guinea pig



What's Leo favorite type of food?

He loves to eat lettuce.

How did Leo become a part of your family?

Leo was brought home as a gift to my children in 2020 during COVID-19.



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact Tina Nguyen at seniorvolunteer@burnabynh.ca



Burnaby Neighbourhood House

TAI CHI & SWORD CLASSES (55+)

Tai Chi 24 - Intermediate

Wednesdays 10:00 am - 11:00 am

Tai Chi Sword

Wednesdays 11:00 am - 12:00 pm

Tai Chi 24 - Beginner

Fridays 1:00 pm - 2:00 pm

Tai Chi - 48 Advanced

Fridays 2:00 pm - 3:00 pm

TO REGISTER:

Contact Lea at (236)-668-1712
or leak@burnabynh.ca



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 (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours

CARE

CONNECT

ENGAGE

BELONG

55+ PROGRAMS



North House

Soup Lunch

Enjoy a bowl of healthy soup with 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



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 | 1:00 – 4:00pm

Brentwood House

Qi Gong Classes

Qi Gong is a personal practice that leads to fitness, flexibility, and internal peace. It 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 Arsenio)



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



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 coffee or tea and a range of activities from BINGO to birthday celebrations!



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

Wednesdays
10–11am Tai Chi 24 (Intermediate)
11am–12pm Tai Chi Sword

Tai Chi

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 Social on the first Wednesday of each month and get support with your device!

Workshop - Burnaby Public Library



On Wednesday, January 8, 2025, enjoy a talk with Andrea, BPL's community librarian!

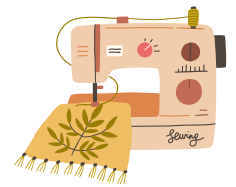
Friday Lunch

Meet new friends and enjoy a delicious meal (\$6)
Register on Friday from 10:30AM - 11:45AM.



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
- 1:00PM-2:30PM

- **Dementia Friends Café: South House**

- Last Thursday of each month
- 12:00PM-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-11:30AM

To register, contact Blenn at dementiacaregiver@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 | 1:00PM-3:00PM

- **Family Caregiver Journey - South House**

- Third Tuesday of each month | 10:30AM-2:00PM



New Day

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 Gaby at SeniorPeerCaregiver@burnabynh.ca or 604-431-0400

CAREGIVERS LUNCH WORKSHOP

“EMPLOYMENT INSURANCE BENEFITS AND FAMILY CAREGIVERS BENEFITS”



Join our Workshop to Learn how to access and navigate Employment Insurance benefits and support options for family caregivers.

January 21, 2025

12:30-1pm: Lunch


1pm-2pm: Presenter: Employment Insu. Benefits and Family caregivers Benefits by Service Canada

2pm-3pm: Activity: 2024 Group Art exhibition. you can take home the one you like and donate \$0.50

Free: For unpaid Caregivers

To register, contact Gaby:

 seniorpeercaregiver@burnabynh.ca

 **604-375-5778**



South House
4460 Beresford St
Banquet Room 1-Third Floor



United Way
British Columbia

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

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



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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 **Tina Nguyen** at **672-336-6280** or **seniorvolunteer@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 **672-377-5608**

For information on prepared meals and grocery shopping, contact **Cynthia** at **672-377-5608** or **seniorshopping@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 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** 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** or call **604-431-0400**.

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

**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 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 Cynthia 672-377-5608
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 Cynthia 672-377-5608
seniorshopping@burnabynh.ca



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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

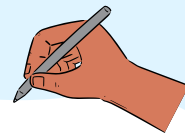
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

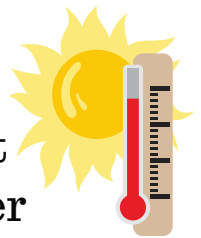
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



INTERESTED?

Contact Gaby 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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Settlement &
Integration
Program

Beginner English Conversation Circles

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

- Diverse topics about life in Canada
- Friendly and welcoming environment
- Connect with other fellow newcomers and make friends

Available Sessions:

- Mondays: 9:30am- 11:30am
 - January 6, 2025 - March 31, 2025
- Wednesdays: 5:30pm-7:30pm
 - January 15, 2025 - March 26, 2025

• **No Drop-ins**

• **Registration Required**

- **Location: Burnaby Neighbourhood House 4460 Beresford Street, Burnaby**

For more information to
register, please contact
Miguel:

MiguelLL@burnabynh.ca

WWW.BURNABYNH.CA

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



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

Settlement & Integration Program

Starting with English Your First Steps (Conversation Circle)

Start learning and speaking English with ease in our beginner conversation circle!

- Diverse topics about life in Canada
- Friendly and welcoming environment
- Connect with other fellow newcomers and make friends

Available Sessions:

- **Thursdays: 9:30am- 11:30am**
 - January 9, 2025 - March 27, 2025

• **No Drop-ins**

• **Registration Required**

- **Location: Burnaby Neighbourhood House 4460 Beresford Street, Burnaby**

For more information to register, please contact Miguel:

MiguelLL@burnaby nh.ca

WWW.BURNABYNH.CA

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(604)431-0400



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Financé par :

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et Citoyenneté Canada

Settlement & Integration Program

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

Taking care of your Mental Health Workshop 关注您的精神健康专题讲座



- Understand the importance of mental health in everyday life.
了解心理健康在日常生活中的重要性
- Discover tools to improve your emotional well-being.
探索改善情绪健康的工具
- Connect with others and find support in a safe environment.
与他人建立联系，在安全的环境中获得支持

2025年1月6日 周一下午
1: 30----3: 00 (中文)
地点: BNH South House
4460 Beresford Street

January 11, 2025 Saturday
1: 00--2: 30 pm (English)
Online by Zoom

For registration, please email 注册请发邮件至:
daliq@burnabynh.ca or miguell@burnabynh.ca

www.burnabynh.ca

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Financé par:
Immigration, Réfugiés
et Citoyenneté Canada

WordSearch

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



CLUES:

BLANKETS

CAPS

CHARITY

DIVE

DONATIONS

FREEZING

GLOVES

HOT COCOA

ICY

JUMP

LAKE

OCEAN

RUN

SNOW

SOUP

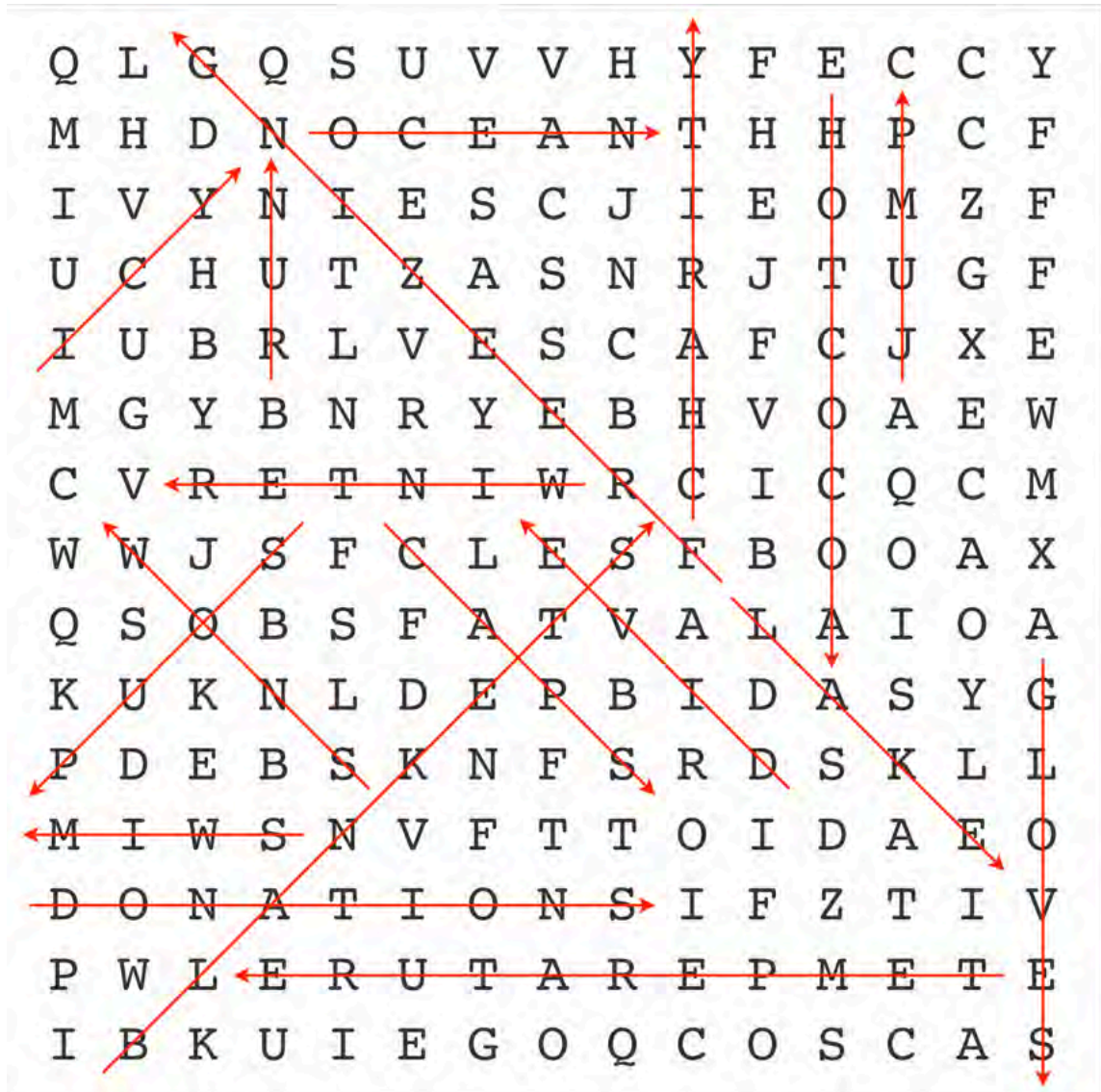
SWIM

TEMPERATURE

WINTER



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/ 

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!



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