



March

2025

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

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**PHOTOS FROM
FEBRUARY** **20**

PUZZLES **28**



Sabrina Lou

Housekeeping & Food Programs Supervisor

I am the Housekeeping and Food Program Supervisor. I am responsible for registering new clients to the housekeeping program and scheduling cleaning services. Additionally, I assist seniors who speak Cantonese / Mandarin with their grocery shopping.

Outside of work, I enjoy spending time with my children, playing board games and cooking together.

I liked singing when I was younger and even participated in a few singing contests during high school.



MEET THE TEAM



Alexis Haig
Manager of Seniors'
Services



Hilda Eng
Kitchen
Coordinator



Greg Oudman
QUEST+ Project
Lead



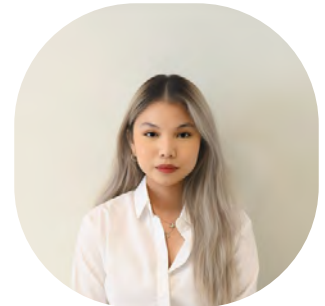
Gaby Rodriguez
Senior Peer &
Caregiver Support
Coordinator



Blenn Dioces
Caregiver &
Dementia Programs
Coordinator



Justine Tsui
Seniors
Community
Connector



Tina Nguyen
Seniors'
Volunteer
Supervisor

TAPS TEAM



Lea Kovalchuk
Seniors' Social and
Day Programs
Coordinator



Zeinab Ahmadizadeh
Seniors' Social and
Day Programs
Activity Supervisor



Shahnaz Gozal
Kitchen Supervisor

BC HOUSING TEAM



Lynn Leong
BC Housing
Coordinator - Doug
Drummond



Dee Batt
BC Housing
Coordinator



Sara Martinez
BC Housing Seniors
Activity Supervisor

BETTER AT HOME TEAM



Emily Chan
Better at Home
Coordinator



Cynthia Lu
Seniors Food
Program Supervisor



Kathy Bobicki
Seniors Transportation
Supervisor



Sabrina Lou
Housekeeping & Food
Programs Supervisor

🐾🐾🐾🐾🐾 Pet Feature 🐾🐾🐾🐾🐾

Meet Vinny - Juliana's dog!

His name is Vinny and he is a Shih-tzu. His favorite treat is peanut butter and he loves to dance.



We got him from the breeder in 2020 and he has been a part of our family since.



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

JOIN US FOR

Fresh Healthy

SOUP & BUN



\$2*

**11 AM - 1 PM
MONDAYS**

4908 Hastings St
(604) 294 5444
www.burnabynh.ca

* or pay what you can





Community Creative Workshop

Connect with a community of creative friends and dive into this creative hobby. Perfect for all skill levels!

February 18th - March 18th, 2025 (5 sessions)

Tuesday 2:30 - 3:30 pm

BNH North House (4908 Hastings St, Burnaby)

More information / Register:
Marina Ho  events@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəłəm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

Seniors Memory Club



SENIORS MEMORY CLUB is a **FREE**, multicultural social event that provides support for persons with memory loss and their care partners.



When: Most Saturdays, 10:00-11:30 am

Where: 2055 Rosser Avenue, Burnaby
What happens at Seniors Memory Club?

- We enjoy conversations, entertainment and fun activities in a safe and welcoming environment.
- We share stories and experiences in a supportive space.
- We participate in various social and cultural events that help keep our brain and body healthy.

For more information about this program and how to participate, contact Blenn Dioces at: 2368894065



United Way
British Columbia



Family Caregivers
of British Columbia



TUESDAY, MARCH 25, 2025

6:00 PM - 8:00 PM

*Dinner served around 6:15pm

Sharing Cultures Dinner

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

A celebration of **NOWRUZ**

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

Tickets are non-refundable unless cancelled by BNH

Menu:

Appetizer: Shirazi Salad

Main Dish: Shirin Polo (Chicken) Basmati Rice
(Vegetarian option available)

Dessert: Masghati (Pudding dessert)



****Dishes contain Almonds and Pistachios****



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COMMUNITY CAFE

1-3 PM ON THURSDAYS

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

Upcoming Special Workshop:
"GET YOUR BENEFITS & CREDITS!"



THURSDAY:
March 6, 2025
1:30PM - 2:30PM
SOUTH HOUSE -
3RD FLOOR
(4460 BERESFORD ST.)

PRESENTED BY:
CANADA REVENUE AGENCY
(CRA)

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UNCLASSIFIED - NON CLASSIFIÉ

GET YOUR BENEFITS AND CREDITS!

You may be eligible for benefits and credits – That's money in your pocket!

Join our free information session

Date: March 6, 2025

Time: 1:30pm to 2:30pm

Location: Burnaby Neighbourhood House – South House
4460 Beresford St, Burnaby

The Canada Revenue Agency (CRA) is hosting a presentation to share information on:

- Information about benefits and credits
 - Canada Child Benefit (CCB)
 - GST/HST Credit
 - Disability Tax Credit (DTC)
 - Canada Worker's Benefit (CWB)
- Ways to do your taxes
- Community Volunteer Income Tax Program (CVITP)
- Canada Revenue Agency (CRA) Services and Tools
- How to be Scam smart

For more information contact: Carina Fu at 604-431-0400

QUEST

Café



Supporting older adults who identify with the 2SLGBTQIA+ community

This café is an opportunity to come together and connect with fellow 2SLGBTQIA+ older adults.



2:00 pm - 4:00 pm



Tuesday | March 25, 2025



BNH South House
(4460 Beresford Street)
Banquet Hall 1, 3rd floor

**REFRESHMENTS
PROVIDED!**

It will feature Indira (Indi) Riadi, who will be presenting the methods and findings of her PhD research project, focusing on exploring the social determinants of mental health of 2SLGBTQ+ seniors who live in Vancouver's West End. Their findings touched on a few key themes including the importance of community-based services to improve mental wellbeing, social isolation, digital literacy during and after COVID-19, and current gaps in services. We will have time at the end for Q&A and open discussion.

For more information about us and what we do, or RSVP, please email:



QUESTPlus@burnabynh.ca



United Way
British Columbia

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



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Community Chinese Dance Program

The program will include Chinese folk dance and classical dance as the basic content.

Everyone is welcome! No previous dance experience needed.

South House - 4460 Beresford St.

Thursdays | 1pm-2:30pm

Apr 10 - June 19, 2025

(except April 24, May 29)

***Registration required, no drop-ins.**

**To register, please email Carina at
volunteer@burnabynh.ca**

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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



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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@bbysservices.ca



South 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 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!



4460 Beresford St.
604-431-0400



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, March 12th, 2025, enjoy a talk with Andrea, BPL's community librarian!

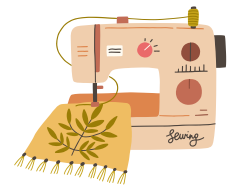
Friday Lunch

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?

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

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

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
- 12:30PM-2:30PM



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

“ Public Pension ”



Secure your future with a reliable Public Pension

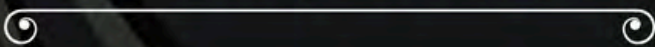
March 6, 2025

12:30-1pm: Lunch (Deli Sandwich)


1pm-2pm: Public Pension by Mariah Baldonero - Services Canada


2pm-3pm: Activity: Art by Razi

Free: For unpaid Caregivers



To register, contact Gaby:

 seniorpeercaregiver@burnabynh.ca

 604-375-5778



Brentwood House

2055 Rosser Ave

Stone Soup 2nd. floor



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Caregivers lunch Workshop

“ Vision Board ”



Turn your dreams into reality with a Vision Board—a powerful visual tool to inspire, focus, and manifest your goals!

MARCH 18, 2025

10:30 – 12pm: Vision Board by Gaby Rodriguez

12pm – 1pm: Lunch (Finger food)

Activity, Meditation Music

Free: For unpaid Caregivers



To register, contact Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778



South House
4460 Beresford St.
Banquet room 2,
Third floor



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February



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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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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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

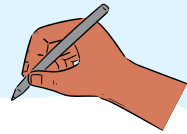
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

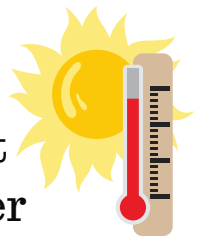
Join Senior Peer Support!



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

and



Burnaby Public Library

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

Conversatorio in Spanish

Burnaby Public Library, Bob
Prittie Metrotown Branch
10:30am-12pm

Spanish speakers welcome to:

- Share your experiences in Canada
- Meet other people
- Get reliable information about Canadian Taxation

February 25: Taxation I

- General information of Canadian taxation
- Get ready for filling taxes

March 25: Taxation II

- Taxation and Social Security
- Late tax filling

Book your spot by SMS, WhatsApp or e-mail

e-mail: irerir@burnabynh.ca / **Phone # :** 604-396-6955

www.burnabynh.ca

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- * For free
- * With a specialized guest speaker

WORD SEARCH

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

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

CLUES:

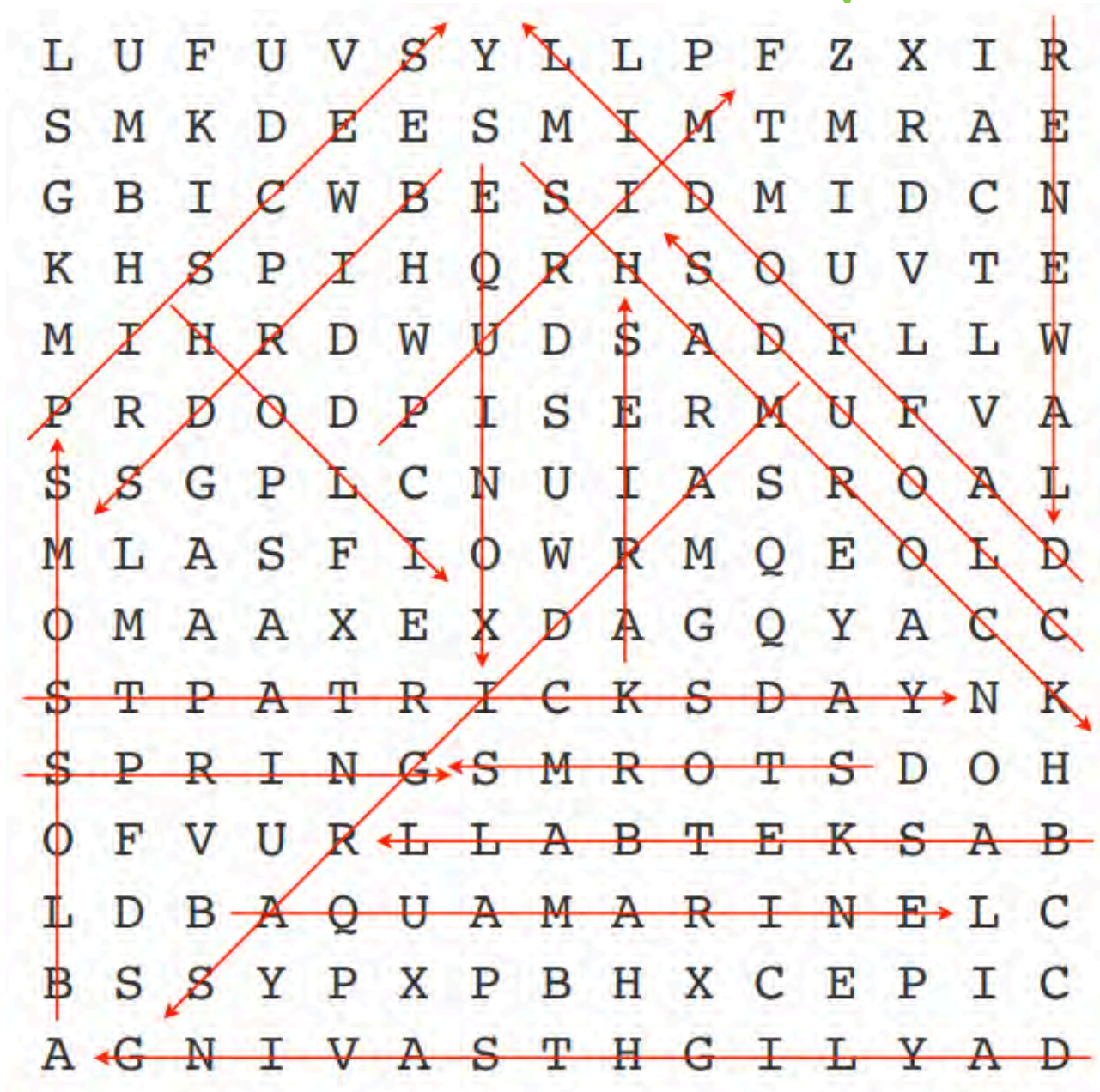
AQUAMARINE
 ARIES
 BASKETBALL
 BIRDS
 BLOSSOMS
 CLOUDS

DAFFODIL
 DAYLIGHT SAVING
 EQUINOX
 HOLI
 MARDI GRAS
 PISCES

PURIM
 RENEWAL
 SHAMROCK
 SPRING
 STORMS
 ST. PATRICK'S DAY



Solutions



Happy
St. Patrick's
Day




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

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

