

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

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Dali Qu

Chinese Caregiver Support Program Supervisor

I work at BNH as a Settlement Counsellor for Chinese-speaking newcomers as well as the Program Supervisor for Chinese Caregiver Support program. Stay tuned for more updates on the Chinese Caregiver Support program and feel free to contact me at daliq@burnabynh.ca

I am a licensed immigration consultant. I also have TESOL certificate and used to be an English teacher.

I enjoy doing crafts and organizing things, such as tidying up and arranging daily necessities and kitchen supplies.



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



Maryam Torabizadeh
Farsi/Dari Senior
Program Supervisor



Justine Tsui
Seniors
Community
Connector



Dali Qu
Chinese Caregiver
Support Program
Supervisor



TAPS TEAM



Lea Kovalchuk
Seniors' Social and
Day Programs
Coordinator



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

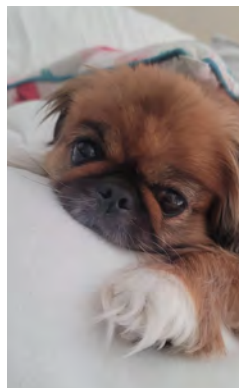
Meet Lulu- Cynthia's dog!

Lulu is a 15-year-old Pekingese with a soft coat, big expressive eyes, and the personality of a true princess. She's independent by nature and loves her naps, often sleeping the day away in her favorite cozy spots.



But don't let her relaxed attitude fool you—Lulu always wants to know what's going on. She'll nudge open doors just to keep an eye on her people, making sure she's never too far out of the loop. When it's time for a walk, she'll bark with purpose, reminding everyone that the princess has a schedule to keep.

Quiet, curious, and full of gentle charm, Lulu brings calm and comfort to everyone lucky enough to know her.



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



NEIGHBOURHOOD HOUSE WEEK

Come Join the Fun!

**FREE
EVENT**



South House Event

📍 4460 Beresford St.

🕒 3PM – 5PM

May

6

2025



Brentwood House Event

📍 2055 Rosser Ave.

🕒 4PM–6:30PM

May

7

2025



North House Event

📍 4908 Hastings St.

🕒 1PM–4PM

May

9

2025



Event Activities:

Performances | Coffee, tea & snacks

Kids' Activities | Meet your Neighbours

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



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**



LEARN ARABIC AND FARSI



**April 25th -
June 17th, 2025**



**Fridays
11:00am-12:00pm**



**BNH North House
4908 Hastings St.**

**More information/ Register:
annr@burnabynh.ca**



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EAL WITH FATEMEH

April 29 – June 24, 2025



Boost your confidence in speaking English through fun, interactive lessons while connecting with a supportive community.

BNH North House
4908 Hastings St.

TUESDAYS

**11:00 am -
12:00 pm**

More Information / Register:
annr@burnabynh.ca

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QUEST+

Café



**Supporting older adults who identify
with the 2SLGBTQIA+ community**

**Please join us for an opportunity to come together and
connect with fellow 2SLGBTQIA+ older adults.**



2:00 pm - 4:00 pm



Last Tuesday of each month



BNH South House

(4460 Beresford Street)

Banquet Hall 1, 3rd floor

**REFRESHMENTS
PROVIDED!**

Our monthly cafe will usually focus on education, information or entertainment. Please email us at the address below for more information about next month's cafe!

**For more information about us
and what we do, 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 CAFE MAHJONG CLUB



Join
Us!

Every Thursday
1pm-3pm

BNH South House
4460 Beresford St.

For more info, contact:
volunteer@burnabynh.ca



- ▶ All levels are welcome
- ▶ BNH Membership Required
- ▶ Drop in to play and have fun

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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



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



Community Mahjong Club

It offers a fun and social environment for friendly games, improve skills, and connect with others over this classic tile-based game

- Mondays : 11:00am – 1:30pm

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

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

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

Workshop - Burnaby Public Library

On Wednesday, May 14th , 2025, enjoy a talk with Andrea, BPL's community librarian!



Burnaby Public Library

Friday Lunch

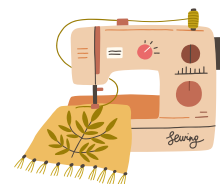
Meet new friends and enjoy a delicious meal (\$6)

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



Registration
Required

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



United Way
British Columbia



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Dementia Programs - South and Brentwood House



Burnaby Dementia Cafes - Brentwood and South House

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

- **Dementia Friendly Café: Brentwood House**
 - 2nd Thursday of the month
 - 1:00PM-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

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

" Healthy Eating "



Join our workshop to discover simple tips for healthy eating and feeling your best!

➤➤➤➤ **MAY 1, 2025**

- Lunch: 12:30 – 1 pm Vietnamese rice wraps
- Presenter: 1 – 2 pm Workshop about Healthy Eating for Seniors, by Seniors Health and Wellness institute
- Activity: 2-3 pm Chair yoga with Gaby



2055 Rosser Ave.
Brentwood House,
2nd. floor

To register, contact Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778

Free: For unpaid Caregivers



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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Caregivers Lunch Workshop

" Zentangle "



Discover the relaxing art of Zentangle,
a meditative drawing method that sparks creativity and calm!

➤➤➤➤ **MAY 20, 2025**

- Presenter: 10:30 am – 12:30 pm Zentangle with Judy
- Lunch: 12:40 pm – 1:40 pm Fried rice
- Activity: 2-3 pm Brain game

Free: For unpaid Caregivers

To register, contact Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778



South House,
4460 Beresford St.
3rd. floor



United Way
British Columbia

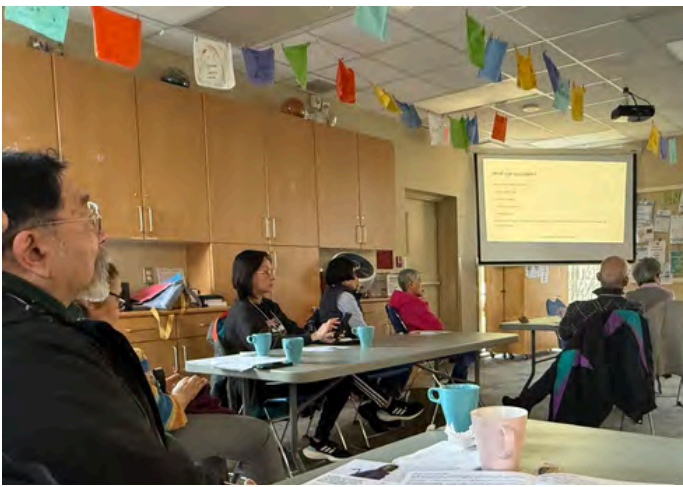
Working with communities in BC's
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APRIL



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

(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

Brentwood

Wed: 10:00 AM - 12:00 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

computercafe@burnabynh.ca

(4460 Beresford St, Burnaby)

604-396-7307

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.





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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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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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 Westminster – every 3rd Friday of the month from 2pm to 4pm.
- Newton Seniors Centre in Surrey – every first Tuesday of the month between 10am to 12pm.
- Burnaby Neighbourhood House South House – every 2nd Tuesday of the month between 10am and 1pm.
- Burnaby Community Services – every 4th Tuesday of the month between 10am to 1pm.
- VCH Deaf Well-Being Program in Burnaby – two Thursdays each month in the mornings and afternoons. ASL interpretation provided.

Get in Touch with Us!



604-336-5653



Info@seniorsfirstbc.ca



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca

VOLUNTEERS NEEDED!

DO YOU LIVE IN BURNABY?

ARE YOU 55+?



Community
Outreach

Welcoming
Ambassador



1-on-1
Peer
Support



Form Filler

Dementia
Ambassador



Seniors
Transportation

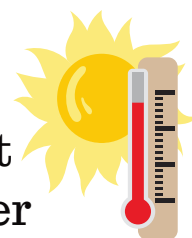
Join Senior Peer Support!



Friendly
Phone
Caller or
Visitor



Extreme Heat
Wellness Caller



INTERESTED?

Contact 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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WORD SEARCH



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

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



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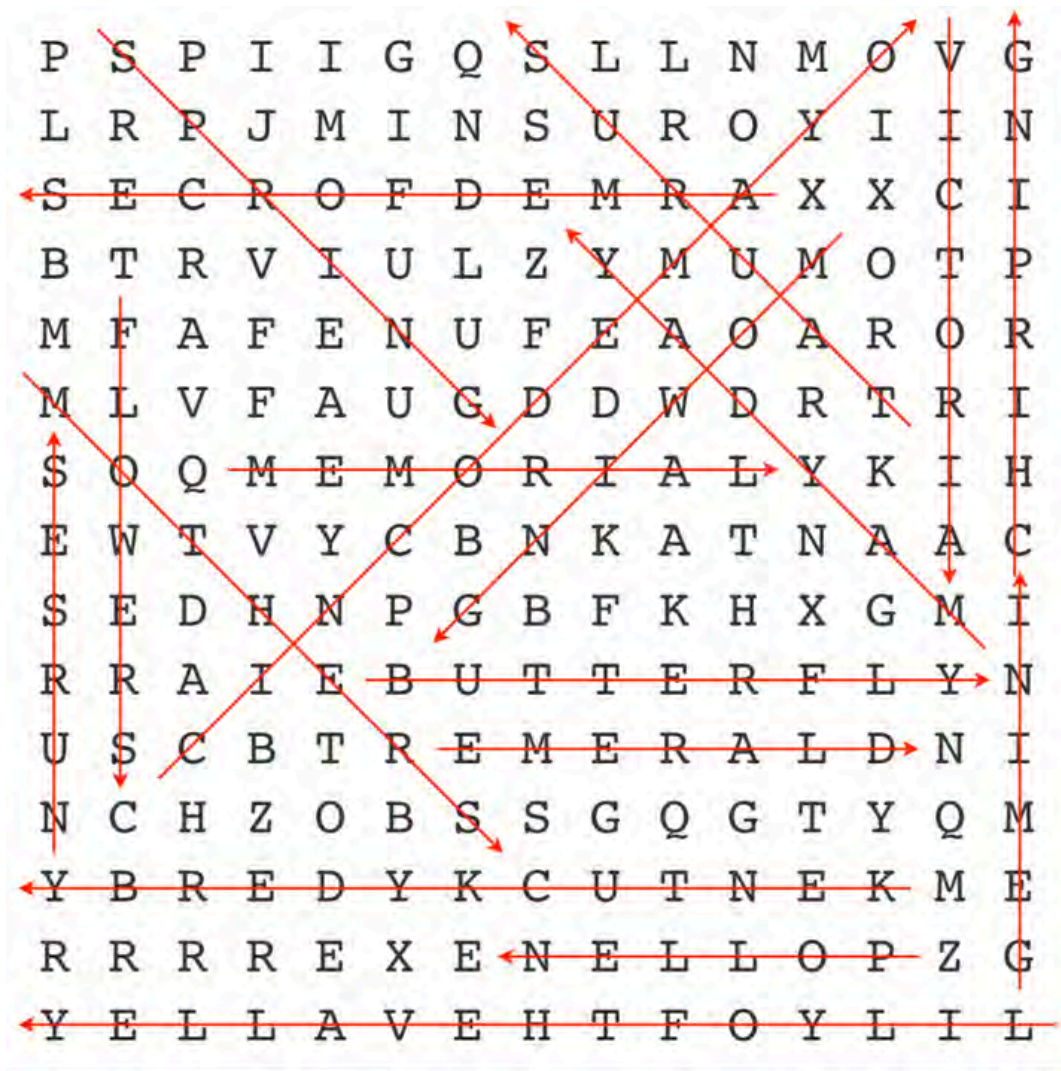
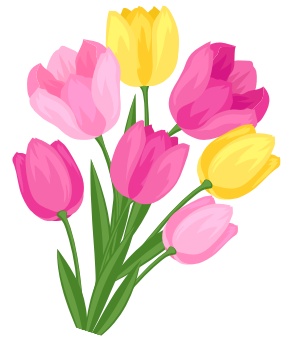
ARMED FORCES (Day)
BUTTERFLY
CHIRPING
CINCO DE MAYO
EMERALD
FLOWERS

GEMINI
KENTUCKY DERBY
LILY OF THE VALLEY
MAY DAY
MEMORIAL (Day)
MOTHER'S (Day)

MOWING
NURSES (Day)
POLLEN
SPRING
TAURUS
VICTORIA (Day)



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

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



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Interior, Lower Mainland, Central
& Northern Vancouver Island

Beedie