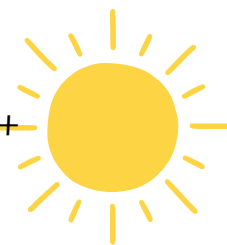




# JUNE



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



## IN THIS ISSUE

## Message from Seniors Manager

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Summer is upon us! As we get ready for the sunny months ahead, please remember to prepare for extreme heat events and create a plan to check in with your neighbours. If you know a community member that needs a wellness check during a heat wave, please call 236-885-7281

To kick-off our summer events, I encourage you to join us at South Burnaby Neighbourhood House on June 14th for our 3rd Annual Walk & Roll fundraiser! Funds from the Walk will support BNH's seniors programs and will raise awareness of issues facing seniors in Burnaby. There will be resource tables, a photo booth, door prizes and more! Whether you fundraise or join on the day to walk, we would love to have you participate!

See Page 2 for  
more info!

Alexis Haig



**BURNABY NEIGHBOURHOOD HOUSE**  
PRESENT



# WALKATHON

WALKING FOR SENIORS HEALTH

**SATURDAY JUNE 14**

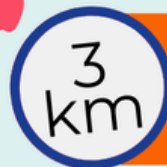
CHECK-IN 9:30 AM

WALK 10:00 AM

BNH SOUTH HOUSE

4460 BERESFORD ST

FAMILY FRIENDLY EVENT!



**FREE!**  
**Registration Required**

MORE INFORMATION

**BURNABYNH.CA**



**WALK | DONATE | VOLUNTEER | #WALK&ROLL**

Seniors Advocate



**Foundation**



Seniors Ally



**Burnaby**  
Primary Care Network

**INTEGRAL**  
PEST SERVICES

**SETON**  
VILLA

Seniors Supporter

**coastcapital**



**IG** WEALTH MANAGEMENT



THE UNIVERSITY  
OF BRITISH COLUMBIA



# 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 Caregiver  
Supervisor



**Justine Tsui**  
Seniors  
Community  
Connector



**Dali Qu**  
Chinese Caregiver  
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 member Nicky's Dachshund, Kirby!

This is Kirby! He is an English cream long-haired dachshund and is 14 months old! Kirby is from Alberta. I got him from a breeder when he was 8 weeks old. He was the only one in the litter who had a pink nose!



Kirby loves zooming around parks and picking up sticks that are bigger than him. He also loves to go to the dog park and meet new friends - big and small! He is not a fan of car rides or being inside the house if he seems other dogs having fun.



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



# Sharing Cultures Dinner



FEATURING A TASTE OF:



**CANADIAN  
CHINESE**

Food – Entertainment – Activities for All

Buy tickets in advance at:

**North House**

(4908 Hastings St)

**Brentwood House**

(2055 Rosser Ave)

\$8 Adults & Youth

\$5 Children (3-12)

Free Under 3

Call 604.294.5444

**Wednesday, June 11th, 2025**

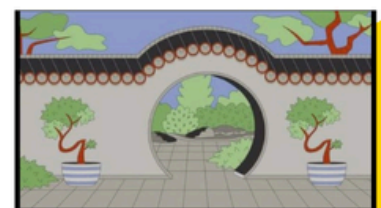
**6:00–8:00pm**

**Brentwood Park Alliance Church**

1410 Delta Avenue, Burnaby

(Park at the Back and Follow the  
Stairs Down)

Menu:  
Chow Mein  
Chop Suey  
Soy Chicken  
Almond Pudding





# JOIN US FOR

*Fresh Healthy*

# SOUP & BUN



**\$2\***

**11 AM - 1 PM  
MONDAYS**

4908 Hastings St  
(604) 294 5444  
[www.burnabynh.ca](http://www.burnabynh.ca)

**\* or pay what you can**







# Mahjong Club

BNH Membership  
Required

Every Monday  
11:30am - 1:30pm

BNH Brentwood House  
2055 Rosser Ave

More Info / Register  
[annr@burnabynh.ca](mailto:annr@burnabynh.ca)



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

# 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](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 | 1:00 – 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](mailto:reception@bbysservices.ca)



## South House



4460 Beresford St.  
604-431-0400



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 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, June 16th, 2025, enjoy a talk with Andrea, BPL's community librarian!



Burnaby Public Library

## Friday Lunch

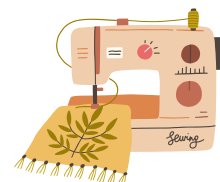
Meet new friends and enjoy a delicious meal (\$6)

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**.





# QUEST+

## Café



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

**Join us for an opportunity to come together and  
connect with fellow 2SLGBTQIA+ older adults!**



**3:00 pm - 5:00 pm**



**Last Tuesday of each month**



**BNH Brentwood House**

2055 Rosser Street  
2nd floor

**REFRESHMENTS  
PROVIDED!**

Come socialize at our monthly  
cafe with a 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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# Burnaby DUDES *club*

**A Brotherhood  
for Men's Wellness**

Every Monday  
6:00pm-8:00pm  
5024 Rumble Street

Contact us:  
604-562-3447  
[BurnabyDudes@gmail.com](mailto:BurnabyDudes@gmail.com)



# 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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# Community Repair Cafe

**10am–2pm on Saturdays**  
**March 29, May 31, June 28, 2025**

-  Bring your small appliances, clothing, electronics, computers, or bicycles that need fixing
-  **FREE** advice or repair help from our volunteers
-  **BNH Community Hall (5024 Rumble St. )**
-  For more information, contact Lynn at [kitchens@burnabynh.ca](mailto:kitchens@burnabynh.ca)



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

# Online Working Caregiver Group



**Are you a working caregiver for an adult 55+? Are you feeling overwhelmed?**

Connect with other caregivers today.

Share your concerns, find balance and receive emotional support.

## Tuesday, June 24 - Online

7:00-8:15pm

Join us once a month to freely share your caregiving experience, seek valuable support, and connect with others who are also caring for a loved one and working.

Registration required.

## To register or for more info contact:

Gaby Rodriguez

Email: [seniorpeercaregiver@burnabynh.ca](mailto:seniorpeercaregiver@burnabynh.ca)

Phone: 604-375-5778

BURNABY'S CAREGIVER PROGRAM IS FUNDED BY THE GOVERNMENT OF BC, MANAGED BY UNITED WAY OF BC AND THE CITY OF BURNABY COMMUNITY GRANT PROGRAMS



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



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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 **Cheri** at [seniorsresource@burnabynh.ca](mailto:seniorsresource@burnabynh.ca)

## Better at Home - Food Programs

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors in Burnaby. For information on prepared meals and grocery shopping, contact **Cynthia** at **672-377-5608** or [seniorshopping@burnabynh.ca](mailto:seniorshopping@burnabynh.ca)

For information on food hampers, contact **BNH Food Hub team** at **672-377-5608**

For information on Better at Home Seniors Transportation and Light Housekeeping Services, contact **Citizen Support Services (City of Burnaby)** at **604-294-7980**

## Seniors Community Connector

We provide short-term one-on-one support to connect isolated seniors (55+) with community resources. This includes making referrals, helping you apply for programs, and create a wellness plan with you. The goal is to improve the connection to community and sense of overall well-being. Support is available in English, Cantonese, Mandarin, Spanish, Farsi and Dari.

For more information, contact **Justine** at **236-858-4979** or [srsconnector@burnabynh.ca](mailto:srsconnector@burnabynh.ca)

## Digital Literacy Program

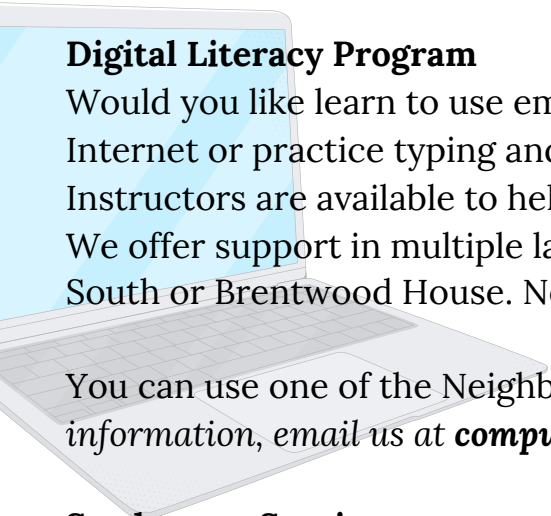
Would you like learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Computer Instructors are available to help community residents with their computer learning needs. We offer support in multiple languages. Drop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



# Do You Need Tech Help?

## North House

Mon: 10:00 AM - 12:00 PM

(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

## Brentwood

Wed: 10:00 AM - 12:00 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

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

(4460 Beresford St, Burnaby)

604-396-7307

[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.







# 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](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 Cynthia 672-377-5608  
[seniorshopping@burnabynh.ca](mailto:seniorshopping@burnabynh.ca)



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## MOSAIC / Burnaby Neighbourhood House Seniors Community Connector

# Let's talk about your health and wellness goals

Our Community Connector uses Social Prescribing to offer non-medical support that assists older adults to identify and achieve personal health and wellness goals. We help to find appropriate local programs and services followed by regular check-ins to ensure participants are on track.

### Eligibility

- 55 years of age or older.
- Experiencing, or at risk of:
  - Social isolation and/or loneliness
  - Frailty
  - Barriers to accessing community-based resources
  - Frequent trips to primary care or ER

### Referrals Can Be From:

- Self-referral
- Friends, Family, & Community Members
- Health Care Providers

### For more information or to make a referral please contact:

#### **Burnaby Neighbourhood House Seniors Community Connector**

srsconnector@burnabynh.ca

**Office:** 604-431-0400

**Mobile:** 236-858-4979

100-4460 Beresford Street

<https://burnabynh.ca/>



#### **MOSAIC**

#### **Seniors Community Connector**

cares@mosaicbc.org

**Office:** 604-438-8214

**Fax:** 604-438-8260

315-7155 Kingsway, Burnaby, BC V5E 2V1



Funded by the Government of BC and managed by  
United Way British Columbia



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



CARE CONNECT ENGAGE BELONG



# 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](mailto:Info@seniorsfirstbc.ca)



1281 W Georgia St #502, Vancouver



[SeniorsFirstBC.ca](http://SeniorsFirstBC.ca)

# VOLUNTEERS NEEDED!

## DO YOU LIVE IN BURNABY?

## ARE YOU 55+?

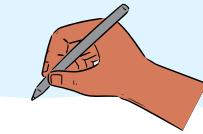


Community  
Outreach

Welcoming  
Ambassador



1-on-1  
Peer  
Support



Form Filler

Dementia  
Ambassador



Seniors  
Transportation

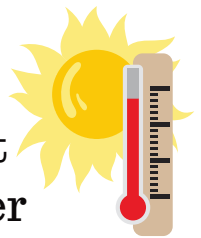
**Join Senior Peer Support!**



Friendly  
Phone  
Caller or  
Visitor



Extreme Heat  
Wellness Caller



## INTERESTED?

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

Thanks to our  
sponsors:



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# WORD SEARCH

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



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

## CLUES:

BREAK  
CANCER  
COOKOUT  
COTTAGE  
DIPLOMA  
FATHER'S DAY

FIREFLIES  
FLAG DAY  
GEMINI  
JUNETEENTH  
PEARL  
ROSE

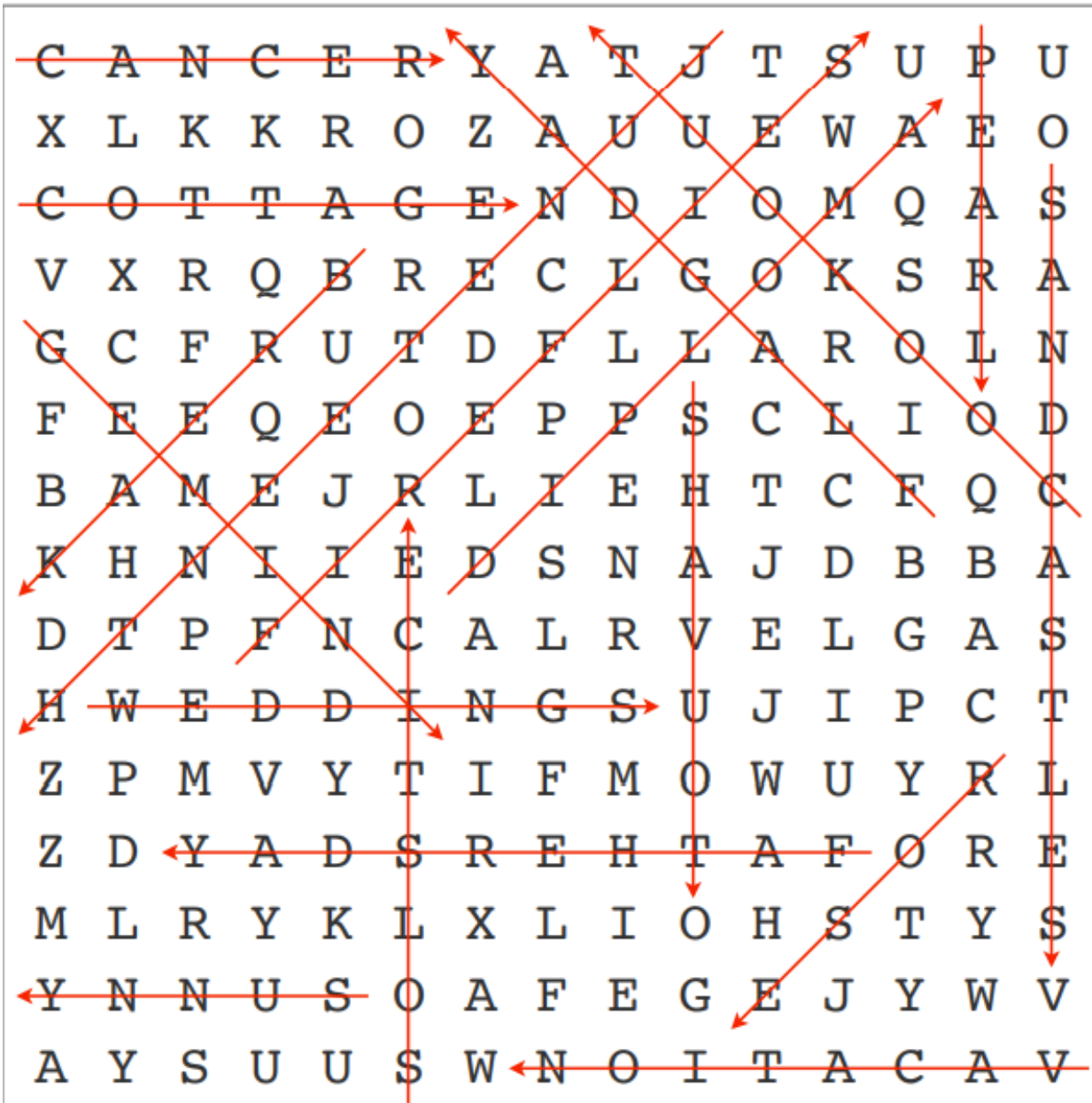
SANDCASTLES  
SHAVUOT  
SOLSTICE  
SUNNY  
VACATION  
WEDDINGS





# SOLUTION

*Sunny Days*




# 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)

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/](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

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& Northern Vancouver Island

