

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

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Eddie Pham

Volunteer Supervisor for Senior Program

As the new Seniors Volunteer Supervisor at Burnaby Neighbourhood House, I support and coordinate volunteers in seniors' programs, from recruitment and training to scheduling and recognition. I also collaborate with other local senior-serving agencies through the Burnaby Community-Based Senior Services (CBSS) Network on shared volunteer initiatives. My role focuses on creating a welcoming space for seniors and volunteers, supporting events, and handling related administrative tasks.

Before coming to BNH, I used to work as an administrator at Eagle Ridge Hospital, where I supported volunteer programs and quality improvement projects. I also studied Health Science for my Undergraduate Program, and I'm passionate about supporting the community and volunteerism.

I enjoy spending time exploring different cuisine, playing sport with my friend and designing digital art and craft. If you have any question or interest in our Senior Volunteer program, please feel free to reach out to me at seniorvolunteer@burnabynh.ca

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
Supervisor



Cheri Staples
Seniors' Resource
Navigator



Eddie Pham
Seniors'
Volunteer
Supervisor

TAPS TEAM



Lea Kovalchuk
Seniors' Social and
Day Programs
Coordinator



Vivian Ling
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



Burnaby Neighbourhood House

Summer Social!

**Thursday | July 24, 2025
5:00PM – 8:00PM**

FUN ACTIVITIES FOR ALL AGES:

Bouncy Castle

Music | DJ

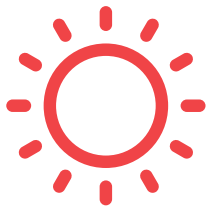
Entertainment

Community Resources

HOT DOG/CHIPS/DRINK \$5



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səl'ilw'w'ətaɣ̓), Kwikwetlem (kwikwəł'əm), Squamish (Sḱwx̱ x̱wú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓'əm) nations with a unique focus on neighbour supporting neighbours.



Heat can be dangerous!

Tips to help seniors prepare for heat

Talk to your family doctor or nurse practitioner about your heat plan

- Some conditions and medications can make heat more dangerous
- Heat is especially risky for seniors



Use water to cool down

- Drink plenty of water
- Wear wet clothing or damp towels
- Put an ice pack against your neck
- Take cool baths or showers
- Place your feet in cool water



Make plans for someone you know to check on you

- Check-ins should be at least twice a day when it is very hot



Keep your home cool and watch its temperature

- Keep windows and blinds closed during the day and open them at night
- If your home is over 31°C, go to a building with air conditioning. If you can't, use water to cool down.
- Fans don't cool the air, so don't blow hot air at yourself. It can make you hotter, not cooler. Use fans to move cool air in from outside.



Learn the signs of heat exhaustion vs heat stroke



Heat exhaustion is not as dangerous as heat stroke but can lead to heat stroke. Call 8-1-1 for advice if you have symptoms.

Heat Exhaustion:

- Feeling sick/throwing up
- Headache/muscle cramps
- Rapid heart beat and breathing
- Skin rash or heavy sweating
- Take action: move to a cool space, drink water, cool skin with water

Heat Stroke:

- Dizzy/fainting
- Confused
- Take urgent action: Call 911 or take someone to a hospital, bathe in cool water or cover with wet towels until help arrives
- Less coordinated
- Very hot/red skin



Part of a Burnaby-based project to respond to extreme heat events.

www.burnabypcn.ca/heat-safety-for-seniors

Sponsored by



Created by





APPLY TO BENEFIT FROM THE BC FARMERS' MARKET COUPON PROGRAM!

Check first if you fit all these conditions:

1. A low-income member of the Burnaby Neighbourhood House.
2. Pregnant or Senior or Children under 19 at home.
3. Willing to commit to attending the markets and using their coupons according to the criteria.

To apply, submit your name and complete the pre-screening
at any Burnaby Neighbourhood House location.

Application deadline: July 4th, 2025 at 3:30 pm.

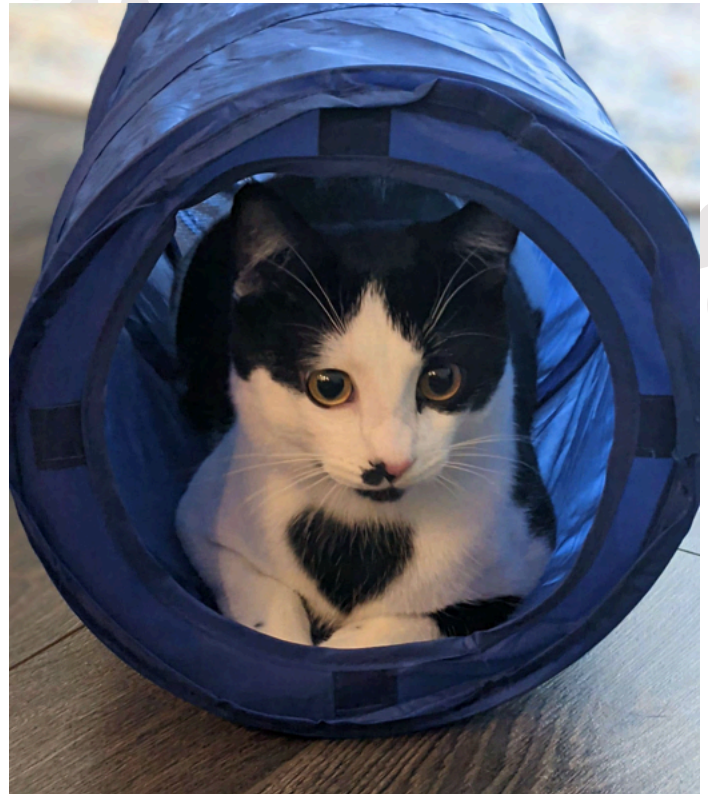
4908 Hastings St. 604-2945444. northinfo@burnabynh.ca



Meet Cheri's Cat, Winston



This is Winston, Cheri's beloved cat and the undisputed king of mealtimes. A domestic short-hair with a distinctive "cow cat" fur pattern, Winston is as charming as he is striking. He became part of Cheri's family after being adopted from a local shelter, quickly settling in and making himself right at home.



When he's not zooming through his favorite tunnel or playing with his trusty toy, Mr. Carrot, Winston impresses everyone with his uncanny ability to know exactly when dinner is served—never a minute early, never a minute late.



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**





EVERYDAY ENGLISH

Together We Learn

Facilitated by Priyanka Kapoor

FRIDAYS

July 4 – Sep 19, 2025



11:00 AM – 12:30 PM



BNH NORTH HOUSE

4908 Hastings St., Burnaby

What You will learn :

- Enhance on Practical communication
- Build confidence in speaking, listening, reading, and writing
- Focus on real time situations
- Safe space for learners for beginners



REGISTER NOW



604-294-5444



annr@burnabynh.ca

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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
- 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



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



Burnaby Public Library

Friday Lunch

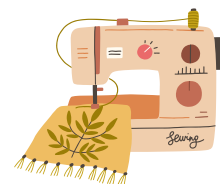
Meet new friends and enjoy a delicious meal (\$6)

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**.



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 EAL

(ENGLISH AS AN ADDITIONAL LANGUAGE)

WITH FATIMA



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

BNH Brentwood House
2055 Rosser Ave

TUESDAYS

**11:00 am -
12:30 pm**

More Information / Register:
annr@burnabynh.ca

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From Stressed to Supported: A Workshop for Family Caregivers

從壓力中走出來：家庭照顧者支持工作坊



English & Chinese 中英雙語

Time 時間:
July 16, 2025
2:00--3:30pm
2025年7月16日下午

Venue 地點:
2055 Rosser Avenue,
Burnaby

Understanding Stress 瞭解壓力

Know the source, hear your voice
認清壓力來源，聆聽內心聲音

Facing stress 正視壓力

Let stress be seen, let emotions out
壓力不隱藏，情緒有出口

Managing Stress 應對壓力

Find the way, reclaim your strength
找到方法，活出力量

**For registration, please
email or call Dali 注册請致電:**
daliq@burnabynh.ca
(236) 877-2616

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.



4:00 pm - 6:00 pm



Last Tuesday of each month



BNH Brentwood House

2055 Rosser Street
2nd floor

**REFRESHMENTS
PROVIDED!**

Come socialize with others at our monthly cafe with an educational, informational or entertainment focus. Please email us at the address below if you'd like specific 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



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.

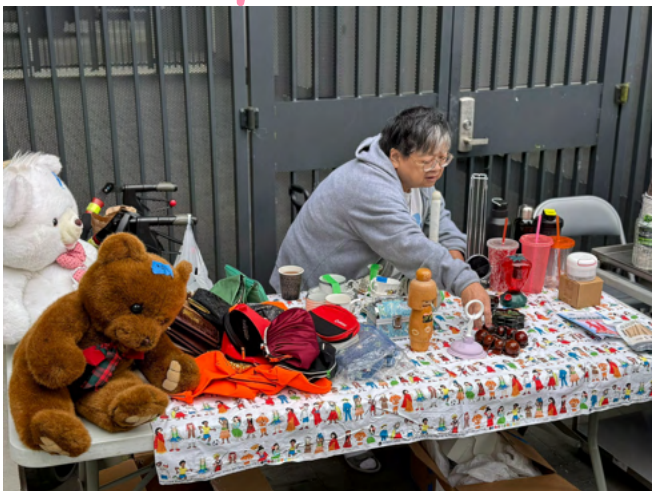
To register, contact Gaby at SeniorPeerCaregiver@burnabynh.ca or 604-431-0400



WALKATHON



JUNE





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 236-308-8049 or 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

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

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

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 Form Filling

NEW Drop-in format

Trained volunteers are available to help you complete:

- CPP • BC Housing Registry
- OAS • BC Bus Pass
- GIS • SAFER



South House: 1st Monday of the month, 12-2pm

North House: 2nd Tuesday of the month, 12-2pm

Brentwood: 3rd Wednesday of the month, 10am-12pm

**Excluding holidays*

Volunteers can also help navigate community resources and services!



For more information, please contact **Cheri** at seniorsresource@burnabynh.ca or **236-308-8049**



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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
seniorsshopping@burnabynh.ca



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United Way
British Columbia

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



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

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
Experiencing frailty, isolation, and/or low income
Member of Burnaby Neighbourhood House

Pickup

BNH South House
4460 Beresford St

Delivery

Once a week on
Tuesday or Thursday

**Meals are \$7 or less with
completed subsidy form**

Please contact Cynthia to register

672 377 5608

seniorshopping@burnabynh.ca



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United Way helping seniors remain independent.

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

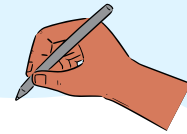
Welcoming
Ambassador



1-on-1
Peer
Support



Form Filler



Dementia
Ambassador



Seniors
Transportation

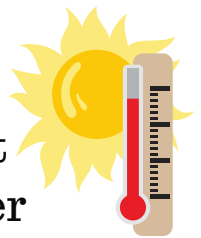
Join Senior Peer Support!



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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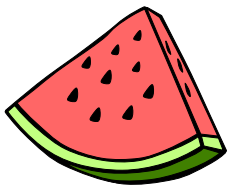


Wordsearch

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



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



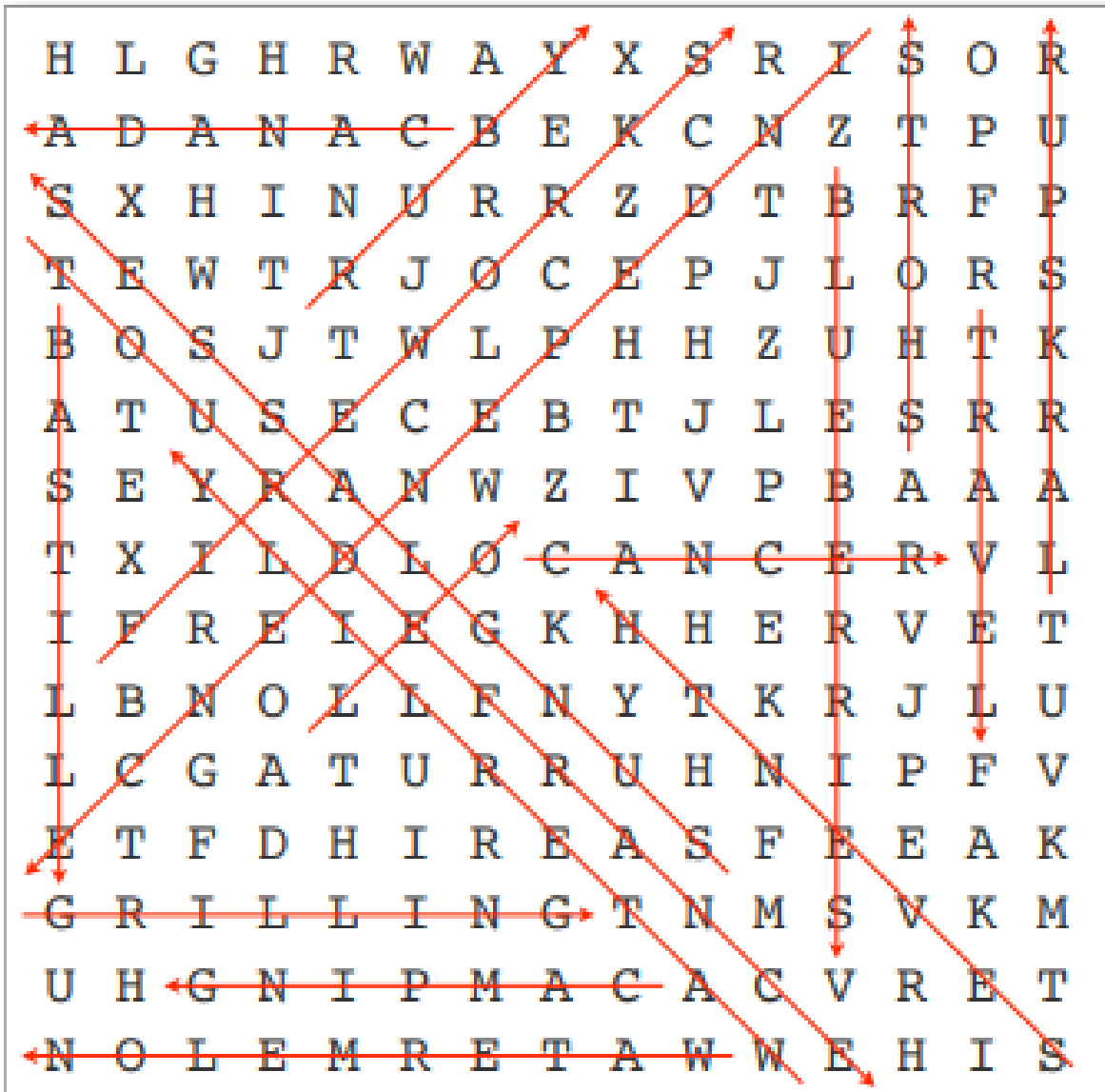
BASTILLE (Day)
BLUEBERRIES
CAMPING
CANADA (Day)
CANCER
FIREWORKS

GRILLING
INDEPENDENCE (Day)
LARKSPUR
LEO
RUBY
SEVENTH

SHORTS
SUNGLASSES
TOUR DE FRANCE
TRAVEL
WATER LILY
WATERMELON



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'

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