

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

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Ayna Yaghoubinia

Team Lead - Senior Program

At BNH, I provide translation and interpretation in Farsi and Dari for dementia and caregiver programs to ensure smooth communication. I also help seniors feel connected and supported, using creative art sessions to boost their confidence and reduce stress. I work closely with the seniors team to ensure everything is culturally sensitive and helps newcomer seniors settle in comfortably. I guide them to the right BNH programs, step in to cover other services when needed, and help out wherever I can.

Outside of work, I enjoy visiting Vancouver's art galleries, teaching painting workshops for kids and adults, tending to my garden, and taking in the city's gorgeous natural scenery.

Something others might not know? I'm always eager to learn, picking up something new every day, even if it's just one word in a new language.



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



For any further questions please contact Lea at
604-431-0400 or 236-668-1712



FUNDRAISING SALE

OCTOBER 3RD FRIDAY

ALL PROCEEDS GO TO BNH SENIORS PROGRAMS

Visit any time from

9:45am-11:45am

at the 3rd floor Banquet Hall
BurnabyNeighbourhood South
4460 Beresford St.#100, Burnaby



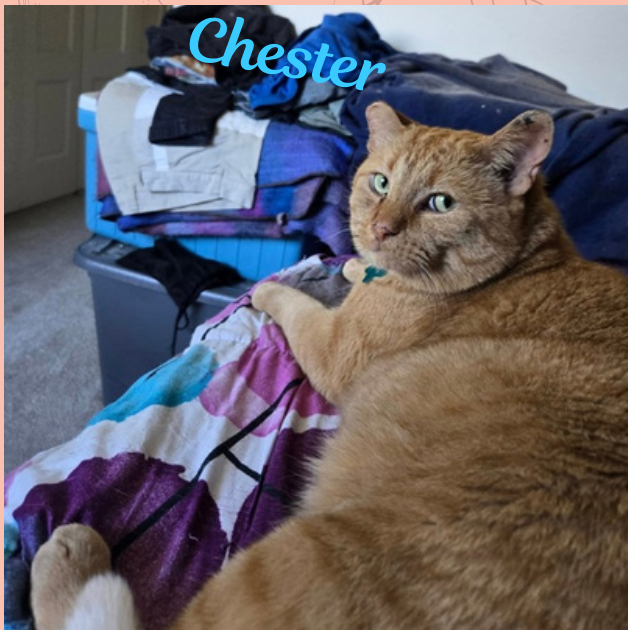
CLOTHING | BAGS | HOUSEHOLD OBJECTS
| RECORDS | AND MANY MORE!

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Watuth (tsəl-wə-tuθ) (x^wməθk^wəyəm), Kwikwetlem (kwik-wə-ləm) Squamish (Skwəw'wəzmesh Ūxwumixw) and Musqueam (mə-skeem) nations with a unique focus on neighbours supporting neighbours.

Purrfectly Orange: Sonia's Trio of Feline Friends

Lexie – The Wise Matriarch

At an incredible 20 years old, Lexie is living proof that cats really do have nine lives. Her hidden talent is simply her longevity—still strong, curious, and dignified after two decades of companionship. Lexie joined the family years ago as a friend for Sonia's senior cat, Toby. When Toby sadly passed away in 2021, Lexie carried on with grace, becoming the elder presence of the household.



 Chester – Chester is the foodie of the bunch—treats are his true love! While his siblings bat at toys, Chester is happiest when snacks are involved.

 Riley – One of the younger pair, Riley isn't much into treats but is always up for a good play session. Toys are his jam, and he brings an energy that balances Lexie's serenity.



Together, this orange trio makes Sonia's home a lively, loving place. From Lexie's long-lived wisdom to Riley's playful energy and Chester's snack-seeking adventures, there's never a dull moment. Sonia sums it up perfectly: "I love my three orange cats!" 

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



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



3rd Thursday 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 QUEST+
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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55+ PROGRAMS



North House



4908 Hastings St
604-294-5444
northinfo@burnabynh.ca

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



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

South House



4460 Beresford St.
604-431-0400



For the program guide, contact Lea at: leak@burnabynh.ca

Seniors Social and 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

Line Dancing
Wednesdays

9-9:45am Beginner Class (SEP-NOV)
3-4pm Line Dancing

Workshop - Burnaby Public Library

On Wednesday, October 15th, 2025, enjoy a talk with Andrea, BPL's community librarian!



Friday Lunch

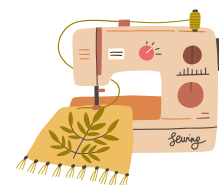
Meet new friends and enjoy a delicious meal (\$7)

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: \$7 for lunch
To register, contact **Lea** at **604-431-0400** or **leak@burnabynh.ca**.





SENIOR'S CONNECTIONS 55+

Drop in Social

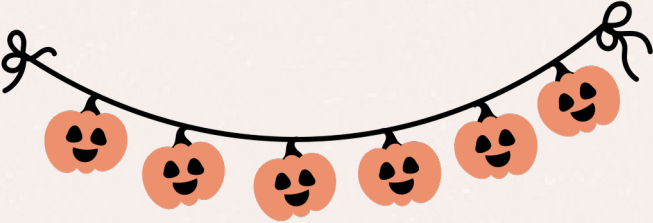
HALLOWEEN

COSTUME PARTY

October 29 12:15pm - Light lunch available \$4

October 31 11:00am - Lunch available \$7

3rd Floor Banquet Hall, Burnaby Neighbourhood South



PUT ON YOUR COSTUME AND JOIN US!

For any further questions please contact Lea at

604-431-0400 or 236-668-1712

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Seniors Connections 55+ BUS TRIP PUMPKIN PATCH OUTING

Oct 17 Friday at Emma Lea Farms

**PUMPKIN PICKING
OAT MAZE**

**APPLE PIE MILKSHAKE
ICE CREAM TREATS
APPLE CIDER
CHILI**

\$10 PER PERSON

**REGISTER IN
PERSON ON:
FRIDAY, OCTOBER 3RD
9:30AM|3RD FLOOR,
BANQUET HALL**

For any further questions please contact Lea at
604-431-0400 or 236-668-1712

BUS TRIP



PUMPKIN PATCH OUTING



Join us for a cozy autumn trip
8 spots available for \$10 per senior

Oct 27 Monday at Emma Lea Farms

Bus Pick Up @ North House

Pumpkin picking

Oat maze

Apple Pie Milkshake

Ice cream treats

Apple cider

Chili

**REGISTER IN PERSON
ON MONDAY**

SEP 29 OR OCT 6

AT BNH NORTH

BETWEEN

9:30-4:00

4908 Hastings St, Burnaby

For any further questions please contact Lea at 604-431-0400 or 236-668-1712



Community Repair Cafe

10am–2pm on Sundays
September 28, October 26,
November 30, 2025

-  Bring your small appliances, clothing, electronics, computers, or bicycles that need fixing
-  **FREE** advice or repair help from our volunteers
-  **BNH South House (4460 Beresford St. – 3rd floor)**
-  For more information, contact Lynn at kitchens@burnabynh.ca



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

Dementia Programs - South and Brentwood House



Burnaby Dementia Cafes - Brentwood and South House

For Burnaby residents living with dementia and their families & friends. Join us to socialize, learn from guest speakers, and participate in therapeutic activities.

- **Dementia Friendly Café: Brentwood House**

- 2nd Thursday of each 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 club - a weekly opportunity to play games, exercise, socialize, sing, share stories, and celebrate each other!

- 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

1-on-1 Caregiver Support

Trained volunteers provide one-on-one support to family and friend caregivers who are feeling isolated, frustrated or overwhelmed in their caregiver role.

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



Gentle Movement Class

COMMUNITY CAFE

Drop in, relax, chat, engage in gentle movement practices directed by Helena, and build connections in the community!



Mahjong and Arts and Crafts will resume after class each week.

Email Southcommunity@burnabynh.ca to register.

**BNH
Membership
Required**



South House (4460 Beresford St)

October 8th till November 27th, 2025

1-2pm every Thursday

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September





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. Form Filling Clinics are available at each BNH House and are drop-in (See poster for more details). To set up an appointment contact **Cheri at 236-308-8049** or seniorsresource@burnabynh.ca

Better at Home - Food Delivery 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

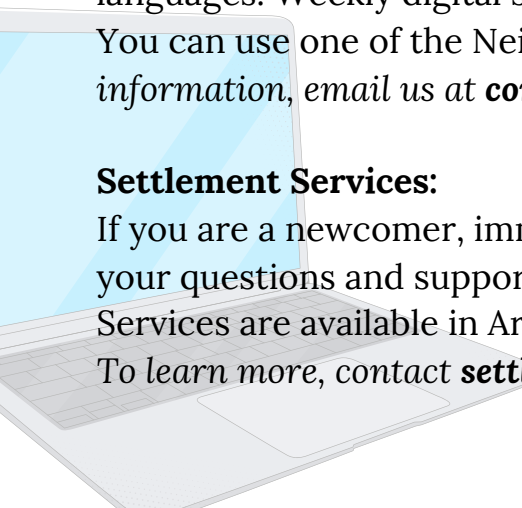
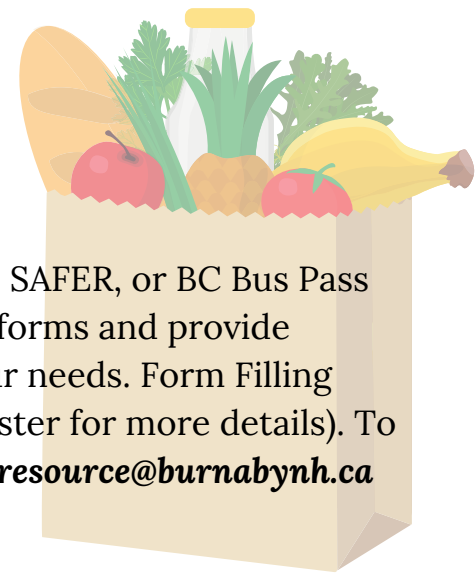
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi and Dari. For more information, contact **Justine at 236-858-4979** or srsconnector@burnabynh.ca

Digital Literacy Program

Would you like to learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Instructors are available to help you with your digital learning needs. We offer support in multiple languages. Weekly digital support is available at all BNH Houses. 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**



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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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



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



United Way helping seniors remain independent.

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.



We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səliłwətaʔ (Tsleil-Waututh), and kʷikʷəłəm (Kwikwetlem) Peoples. Each Nation has distinct histories and distinct traditional territories that fully or partially encompass the city. We encourage you to learn more about the Host Nations whose ancestors have occupied and used these lands, including parts of present-day Burnaby, for thousands of years.

WWW.BURNABYNH.CA



Settlement & Integration Program

Newcomers Welcome Space

Looking to meet new people and feel more at home in the community?

- Come by for a relaxed hangout with conversation, casual games, and warm drinks.
- Whether you join an activity or just come to chat, it's a great way to connect in a welcoming space made for newcomers.

For more information please contact Miguel:
MiguelLL@burnabynh.ca

Session Details

Hands on Planning Session

Date: Join us every Thursday **Time:** 12:30pm- 2:30pm
from September 11, 2025 to December 18, 2025
(except the last Thursday of each month)

Location: Burnaby Neighbourhood House
(4460 Beresford Street, Burnaby)

Room: Third Floor
(Banquet Room 1)

Eligibility:

We are funded by Immigration, Refugees and Citizenship Canada (IRCC) and, in accordance with their requirements, we focus on supporting permanent residents and convention refugees, while also welcoming all community members.



Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada



Settlement & Integration Program

Beginner English Conversation Circle for Farsi Speakers

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

- Learn basic English words and phrases for everyday use.
- Practice simple conversations in a relaxed and friendly setting.
- Slow-paced and supportive environment to help build confidence.

For more information to register, please contact Miguel: MiguelL@burnabynh.ca

Session Details

Date: September 25, 2025- December 4th, 2025 (Every Thursday)

Time: 9am- 11am

Location: Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby)
Room: Third Floor, (Banquet Room 1)

Hands on Planting Session

Eligibility:

We are funded by Immigration, Refugees and Citizenship Canada (IRCC) and, in accordance with their requirements, we focus on supporting permanent residents and convention refugees, while also welcoming all community members.



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



United Way
British Columbia

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



**BRITISH
COLUMBIA**



MOSAIC
Engaging Newcomers, Enriching Communities



LEARN CONNECT 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



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca

[illegible][illegible][illegible]

A word search grid is displayed, featuring the letters R, I, N, and S in the top row. The grid is surrounded by a decorative border of autumn leaves and a jack-o'-lantern.

WORDCROSS

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



AMBER
AUTUMN
CARROT
COMFORT
CREATIVITY
ENERGY

FIRE
LUCKY
PROSPERITY
PUMPKIN
RED
SAFFRON

STIMULATING
SUNSET
TANGERINE
WARMTH
WARNING
YELLOW



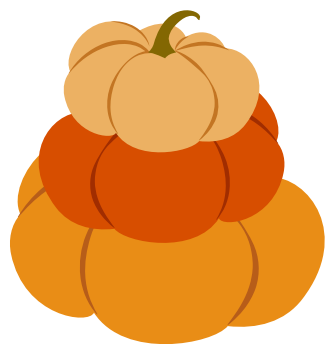
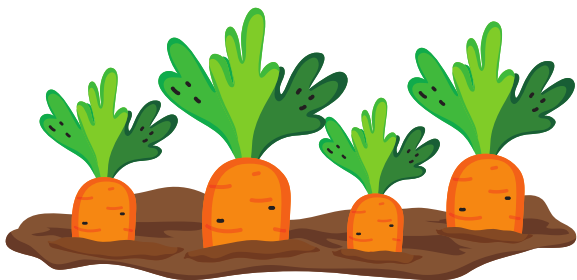
Solution





Solution

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



MEMBERSHIP 2025-2026



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/
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