

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

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**Ashianna Juma**  
Practicum Student



I am a student from Douglas College, and I'm at Burnaby Neighbourhood House to complete my 4th year practicum for my Bachelors of Social Work. Currently, I am working with the Seniors team, and am learning a lot.

I am always on the lookout for a good book! Outside of school and practicum you can find me at the library taking out way more books than I can read before they are due back.

If I love a movie or TV show, I could re-watch it countless times and never get bored.



# 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

# Meet Finn — The Gentle Soul with a Nose for Adventure

Finn is a wise and wonderful border collie mix who found his forever home with Jenny after being rescued by the SPCA. Though he came to them as a senior with a difficult past, Finn's gentle spirit quickly shone through. He learned the rhythms of home life with grace and became a loyal protector of his family.



In time, Finn lost his sight—but not his spark. Out on walks, he sported his signature goggles, charming everyone who crossed his path. Finn has a soft spot for cozy things (and a rather mischievous fondness for paper!). Flyers, books, or even cardboard boxes—nothing escaped his keen sense of “paper-detecting.” His humans learned to guard their mail carefully, but they wouldn't trade his sweet quirks for anything.



Finn reminds everyone that love, comfort, and curiosity can thrive at any age—and that true companionship always finds its way home. ❤️



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

# Join us for Soup + Bun

social meal

\$2

\*or by donation



11 AM - 1 PM  
MONDAYS

Everyone welcome!



BurnabyNeighbourhoodHouse  
- North House

4908 Hastings St

(604) 294 5444

[www.burnabynh.ca](http://www.burnabynh.ca)



United Way  
British Columbia



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



**JOIN US!**

# **SENIORS CONNECTIONS MAHJONG**

**FREE DROP-IN MAHJONG**

**FOR BNHMEMBERS  
ALL SKILLSWELCOME  
55+ SENIORS**

**12:15-1:45PM**

**EVERYFIRST WEDNESDAY OF THE MONTH  
NOVEMBER TO END OF JANUARY  
LIGHT LUNCH AVAILABLE FOR \$4  
BURNABY NEIGHBOURHOOD  
HOUSE (SOUTH HOUSE)**

**4460BERESFORD ST. #100,  
BURNABY**



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

# 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](mailto: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!

### Community Repair Cafe

Sunday, November 30th (10:00 am-2:00 pm), bring your small appliances, clothing, electronics, computer bicycles that need fixing!



## 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, November 12th, 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



## 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**.



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

# Peer and Caregiver Support - Across Burnaby

## Caregiver Support

Enjoy a nutritious lunch, a guest presenter, and a self-care activity every month with other family and friend caregivers!

- **Caregiver Lunch - Brentwood House**

- First Thursday of each month | 1:00 PM-3:00 PM

- **Family Caregiver Journey - South House**

- Third Tuesday of each month | 1:30 PM-4:00 PM

- **Working Caregiver Support - Zoom Meeting**

- Third Tuesday of each month | 7:00 PM-8:15 PM

## 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.

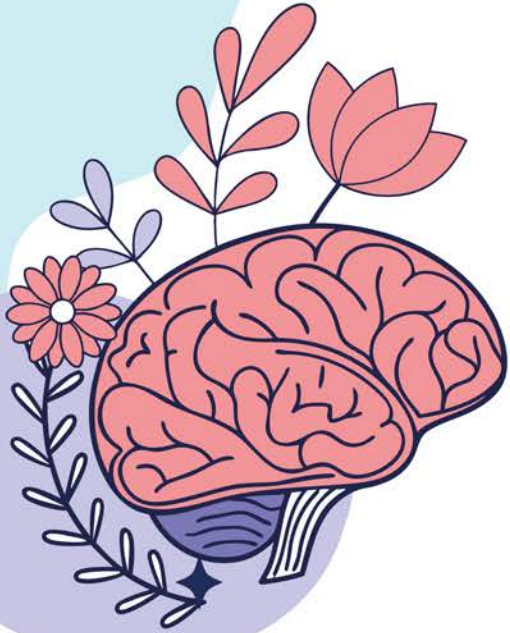
To register, contact Gaby at [SeniorPeerCaregiver@burnabynh.ca](mailto:SeniorPeerCaregiver@burnabynh.ca) or 604-431-0400



# CAREGIVERS LUNCH & LEARN

## MENTAL HEALTH WORKSHOP

By Anne Mary from Seniors Helping Seniors



### Benefits of Mindfulness:

Mental well-being is just as important as physical health. This interactive workshop offers evidence based strategies to help participants manage stress, boost emotional resilience.

Ph. (604) 375-5778



United Way  
British Columbia

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



Funded by the Government of BC & managed by United Way British Columbia, and funded by City of Burnaby

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səl ilíw w̓ ətəʔ), Kwikwetlem (kʷikʷəɬ ə ɬ ə m), Squamish (Sḱwəx ʒ wú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓ ə m) nations with a unique focus on neighbourssupporting neighbours.



November 6, 2025

Lunch: 12:30- 1:00

Spaghetti



Mental Health: 1pm -2pm

By Anne Mary from Seniors Helping Seniors



Activity: 2-3 pm

Xmas craft with Judy



2055 Rosser Ave.

Brentwood House,  
2<sup>nd</sup>. floor

Please register with Gaby Rodriguez at  
[seniorpeercaregiver@burnabynh.ca](mailto:seniorpeercaregiver@burnabynh.ca)



# Caregiver Lunch & learn



*"Strategies to create a free stress Holiday"*

**PRESENTED BY GABY**

**TUESDAY, 18 NOV. 2025**  
**1:00–3:00 PM**

**Where:**

**BNH South House**  
**4460 Beresford St.**  
Banquet Room (3rd Floor)  
Ph.: 604-375-5778

**Lunch:**

**1:30 – 2:00 PM | Lentil soup**

**Presenter:**

**2:00 – 3:00 PM | "Strategies to Create a Stress-Free Holiday"**  
**by Gaby**

**Activity:**

**3:00 – 4:00 PM | Vision Board with Gaby**



**Please register with Gaby Rodriguez at**  
**[seniorpeercaregiver@burnabynh.ca](mailto:seniorpeercaregiver@burnabynh.ca)**

Funded by the Government of BC & managed by  
United Way British Columbia, and funded by City of  
Burnaby



Working with communities in BC's  
Interior, Lower Mainland, Central  
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# WORKING CAREGIVERS ONLINE GROUP



## TOPIC: MEMORY AND AGING

### **When:**

**Tuesday, November 18th, 2025  
7:00 PM – 8:15 PM**

### **Where:**

**Zoom**

**Please register with Gaby at  
[seniorpeercaregiver@burnabynh.ca](mailto:seniorpeercaregiver@burnabynh.ca)  
Ph. (604)375-5778**

### **Presenter:**

**Sylvia Helmer – “Memory and  
Aging”  
(Seniors Helping Seniors)**

### **Activity:**

**Guided Meditation**



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



Funded by the Government of BC & managed by United  
Way British Columbia, and funded by City of Burnaby



# GentleMovementClass

## 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](mailto: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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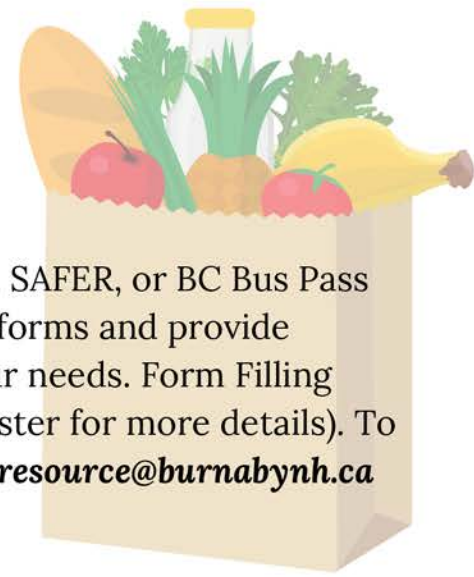


October





# 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](mailto: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](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-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](mailto: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](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**

# 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](mailto: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](mailto:seniorshopping@burnabynh.ca)



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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.



## Settlement & Integration Program

# Finding Work in Canada: A Discussion for Newcomers

**We want to hear your story!**

**This one-hour group conversation invites newcomers and immigrants to share their experiences, challenges, and ideas about finding work in Canada. Your voice will help us design programs that make it easier for newcomers to succeed in the job search.**

**For more information to register, please contact Miguel: [MiguelLL@burnabynh.ca](mailto:MiguelLL@burnabynh.ca)**

## Session Details

**Date:** Thursday, November 20, 2025

**Time:** 12:30 - 1:30 pm.

**Location:** Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby)

**Room:** Banquet Room 1 (3rd Floor).

## 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.



## 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](mailto: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)

## 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.

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](http://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@burnaby nh.ca](mailto:MiguelLL@burnaby nh.ca)

## Session Details

**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



## 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](mailto: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](mailto: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



# 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)

# Remembrance Day Word Search

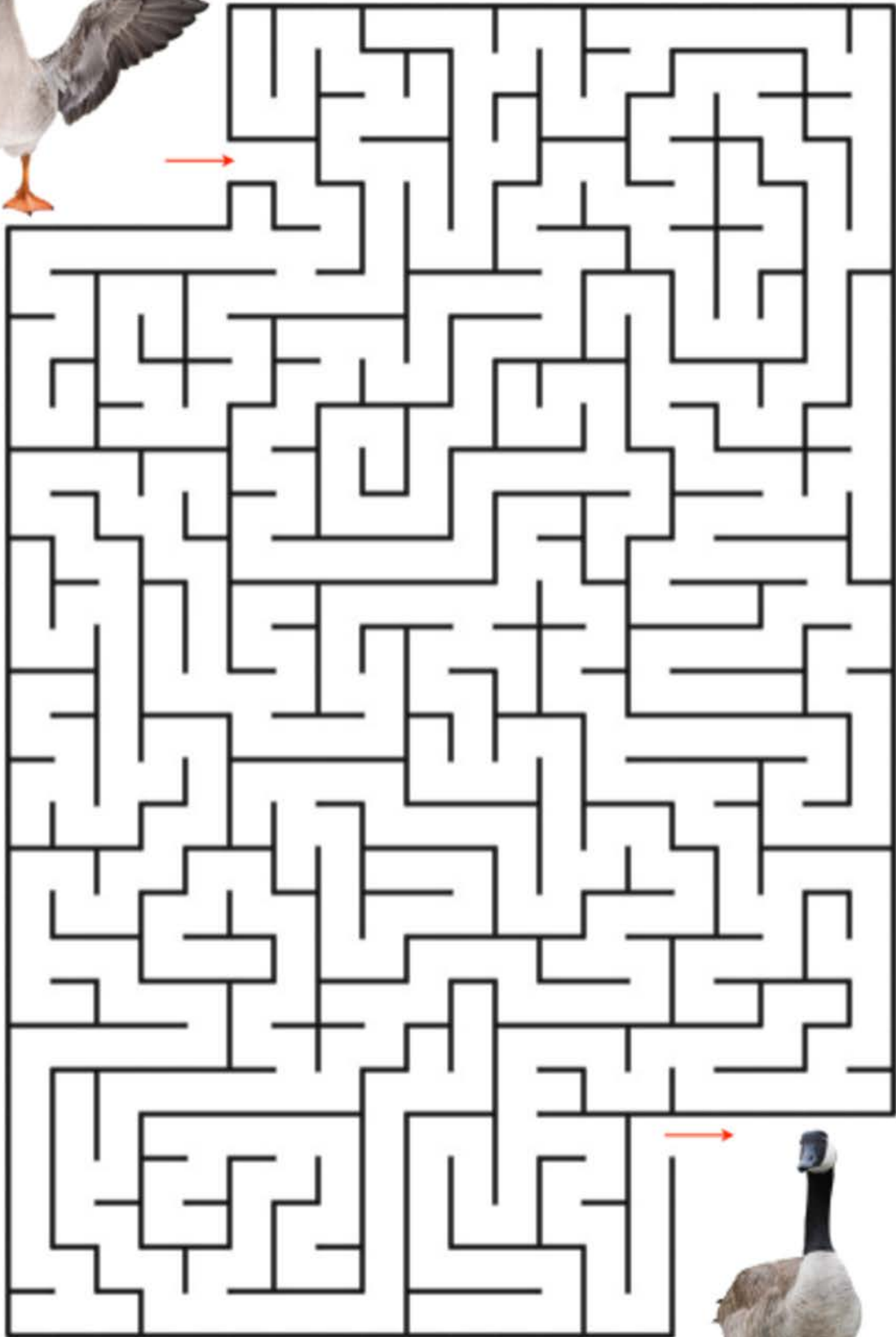


## Word List

|          |          |          |
|----------|----------|----------|
| BATTLE   | INFANTRY | PEACE    |
| CEMETERY | LOYALTY  | PRIDE    |
| DAY      | PARADE   | SOLDIERS |
| DUTY     | PATRIOT  | THANKS   |

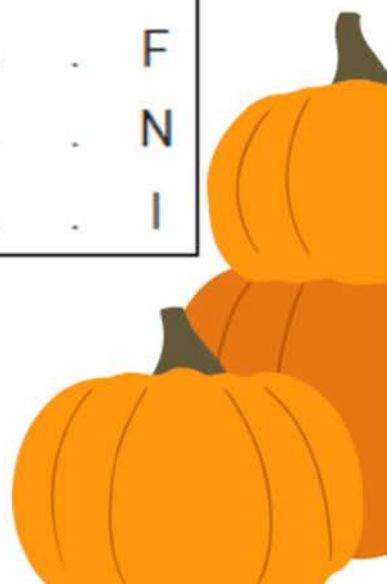
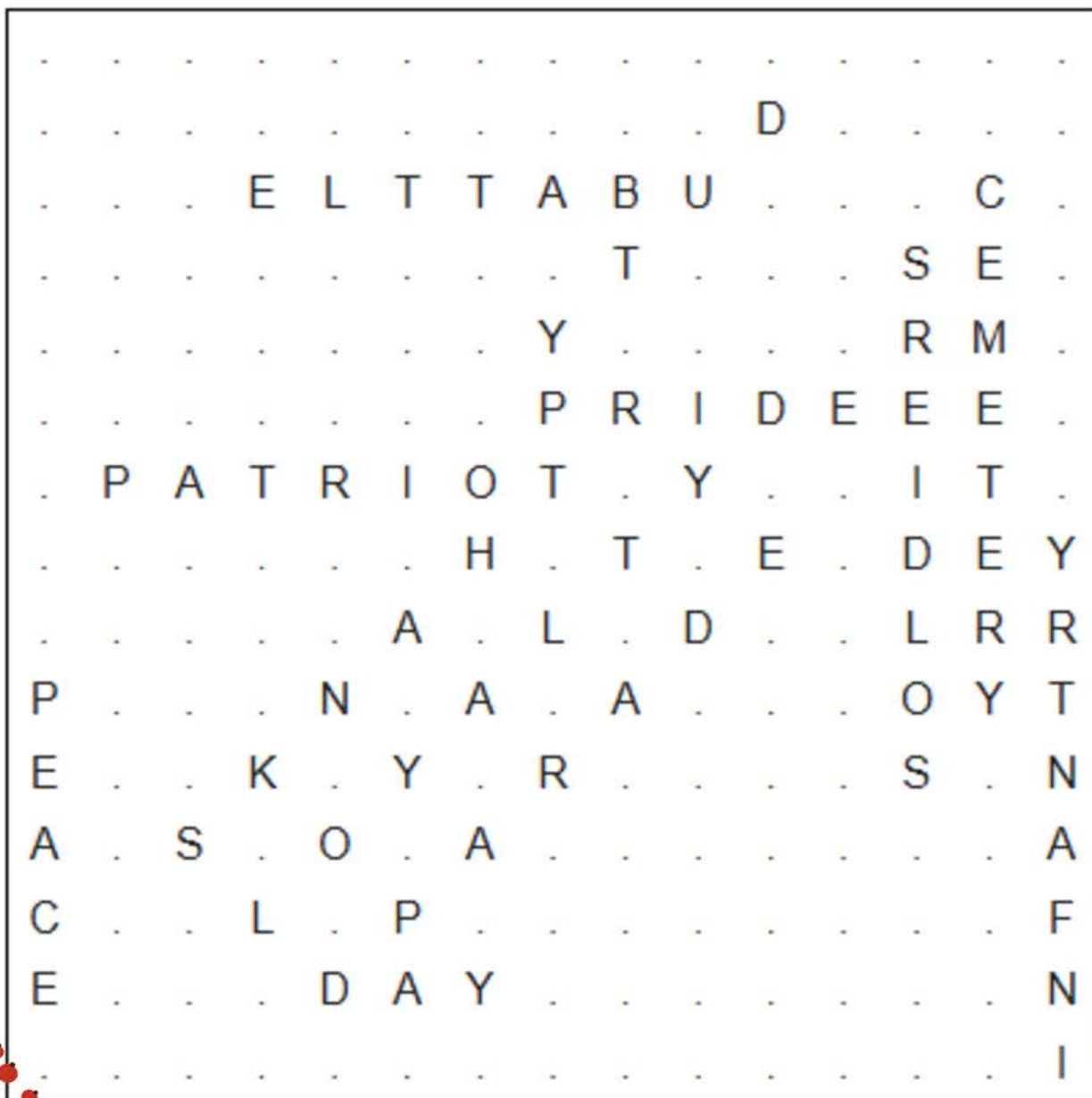


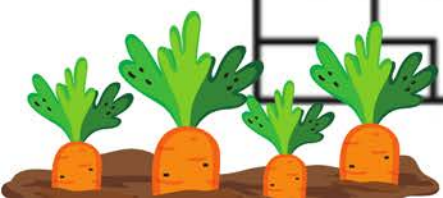
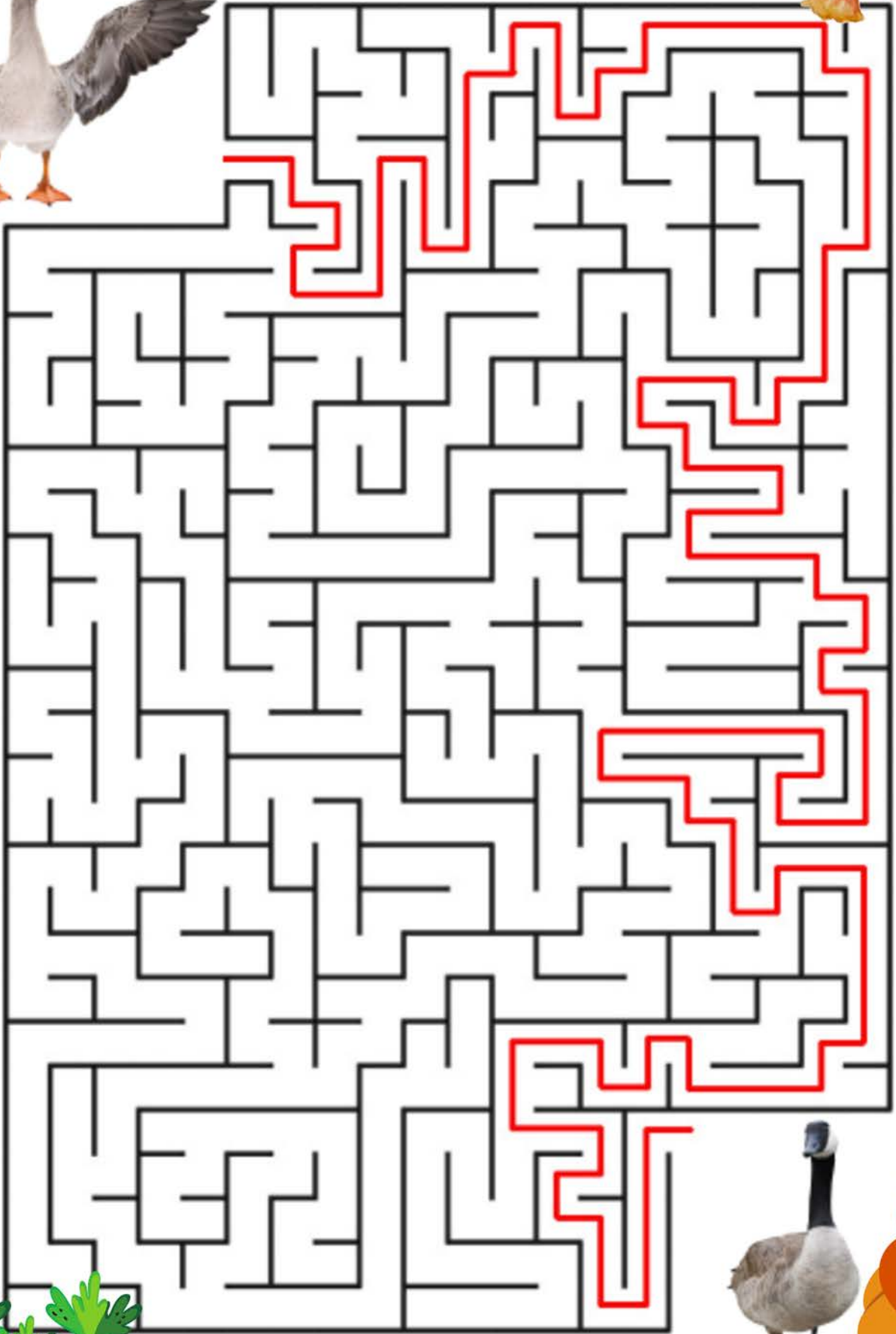
# GOOSEHUNT!





# Solution





# 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/](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

