

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

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55+ PROGRAMS

**PHOTOS FROM
NOVEMBER** **17**

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Curtis Cheung
Practicum Student

I'm a practicum student from UBC at BNH, and I've had the opportunity to work in many areas of the neighbourhood house, including seniors, food hub, and volunteer support.

My favourite activity is singing and playing guitar! I love many kinds of music! Something that other people might not know about me is that I know how to juggle.



**All BNH Houses will be closed from
December 25, 2025 to January 2, 2026**

LET IT GROW LET IT GLOW



Small gifts. Big Momentum.
Keeping the **lights on** at Burnaby
Neighbourhood House this winter.



We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səliłwətał (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**

Holiday Market

Come and explore a vibrant marketplace featuring unique products from newcomer women entrepreneurs. Enjoy festive vibes, shop for gifts, connect with your community, and support and empower newcomer women!

Free Entry - All are Welcome!

**JOIN OUR
HOLIDAY MARKET**



Event Details

Date: December 23rd, 2025.
Time: 2:00 PM - 6:00 PM.

Location: BurnabyNeighbourhood House - South House (4460 Beresford Street, Burnaby).



Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

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 Leo & Kaiser: The Gentle Guardians of Pablo's Home



Leo and Kaiser have been loyal members of Pablo's family for more than eight years, growing from young, energetic pups into gentle, trusted companions. In the foreground of the photo sits Leo, a Golden Retriever with a warm presence and a calm, affectionate spirit. Right behind him is Kaiser, the ever-watchful German Shepherd, steady and observant with a protective heart. Different in breed but united in loyalty, the two have formed a bond not only with each other but with everyone in the household.

Their playful nature shines brightest whenever a ball or chew toy is nearby—nothing excites them more. They could play for hours, running, chasing, or simply enjoying time together.

Yet even with all their fun-loving energy, one of their most remarkable qualities is their gentleness, especially with Pablo's son. Both dogs have an instinctive sense of care, remaining calm and patient as they watch over him like furry guardians.

Over the years, Leo and Kaiser have become more than pets—they're family. Their presence fills the home with comfort, laughter, and companionship, always offering love in the simplest yet most meaningful ways. They have grown alongside Pablo and his loved ones, weaving themselves into everyday life and becoming a cherished part of the family's story.

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



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

FUNDRAISING GARAGE SALE

Friday, Dec 5, 2025

ALL PROCEEDS GO TO BNH SENIORS PROGRAMS

Visit any time from
9:45AM-11:45AM
AT THE 3RD FLOOR BANQUET HALL

BURNABY NEIGHBOURHOOD HOUSE
- SOUTH HOUSE
4460 BERESFORD ST. #100, BURNABY

CLOTHING | DECOR
HOUSEHOLD OBJECTS
BOOKS | AND MANY MORE!

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

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



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 (kʷikwəɬəm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on **neighbours supporting neighbours.**

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, December 10th, 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 10:30 AM - 11:45 AM.



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**.





SENIORS CONNECTIONS 55+



CHRISTMAS

Lunch

TICKETS \$10

Let's celebrate together!



FRIDAY, DECEMBER 12

When: 11am-1pm

**Where: Burnaby
Neighbourhood House**

- South House

3rd Floor, 4460 Beresford St.

TICKETS AVAILABLE DEC 1st!

**Purchase your ticket at \$10 to
reserve your spot at the front
desk.**

First-come, first-served. Limited availability!
For more information, contact Lea at 236-668-1712
or 604-431-0400 or email leak@burnabynh.ca

A cluster of white Mahjong tiles with red and blue markings, including a red dragon and a blue dragon, is positioned in the top left corner.

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

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, 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 or 604-431-0400

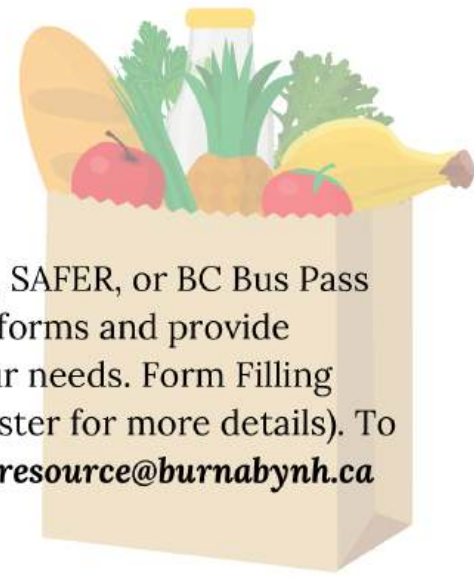


November





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**



United Way helping seniors remain independent.

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

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 (salilwataʔ), Kwikwetlem (kwikwəʔlam), 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.



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Settlement & Integration Program


Intro to AI & Digital Skills for Newcomers

Learn the basics of AI and build confidence using everyday digital tools. A beginner-friendly session to help newcomers stay safe, informed, and connected online.

- **Workshop #1 – The Use of AI in the Modern World**

 December 1, 2025

- **Workshop #2 – Digital Literacy**

 December 8, 2025

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

Date:

- Workshop #1 - December 1, 2025
- Workshop #2 – December 8, 2025

Time: 9:30 a.m. – 11:00 a.m.

Location: Burnaby Neighbourhood House – South House
4460 Beresford Street, Burnaby

Room: Banquet Room 1 (3rd Floor)

Session Details

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

WWW.BURNABYNH.CA

OPIOID FIRST AID TRAINING



Settlement & Integration Program

Opioid First Aid Training

Join us in this event to learn about:

- Recognizing the signs and symptoms of opioid poisoning.
- What naloxone is and how it works to reverse an opioid poisoning.
- Understanding how opioids and naloxone affect the body.
- How to respond confidently to an opioid poisoning emergency.

To register, please contact Mona at Monaa@burnaby nh.ca

Session Details

Date: Saturday, December 13th, 2025.

Time: 1:00 - 3:00 PM.

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.



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 & Southern Vancouver Island



seniors first BC

Free Community Legal Clinics

We provide free 30-minute legal consultations to eligible seniors (55+) by appointment at locations across the Lower Mainland for legal issues such as:

- Understanding legal proceedings and what to expect in courts or tribunals.
- Drafting advance planning documents. (e.g. wills, powers of attorney).



Language Interpretation Available!

Eligibility

- Gross income: \$40K + \$10K per additional household member
- Asset test for Advance Planning services determined during booking.

Exceptions may be made on a case-by-case basis.

We cannot prepare court documents, and we do not advise on family and criminal law issues.

To confirm eligibility and to book an appointment, call **604-336-5653**.

Legal Clinic Locations

- SFBC Office in Vancouver – by appointment only.
- Kay's Place in Vancouver – every 1st Wednesday of the month, from 10 AM to 12PM.
- Minoru Centre in Richmond – every 4th Thursday of the month from 10AM to 12PM.
- Seniors' Services Society of BC in New Westminster – every 3rd Friday of the month from 2pm to 4pm.
- Newton Seniors Centre in Surrey – every first Tuesday of the month between 10am to 12pm.
- Burnaby Neighbourhood House South House – every 2nd Tuesday of the month between 10am and 1pm.
- Burnaby Community Services – every 4th Tuesday of the month between 10am to 1pm.
- VCH Deaf Well-Being Program in Burnaby – two Thursdays each month in the mornings and afternoons. ASL interpretation provided.

Get in Touch with Us!



604-336-5653



Info@seniorsfirstbc.ca



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca



Community Repair Cafe

10am–2pm on Sundays

COMING NEXT YEAR!

**January 25, February 22,
March 29, 2026**



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



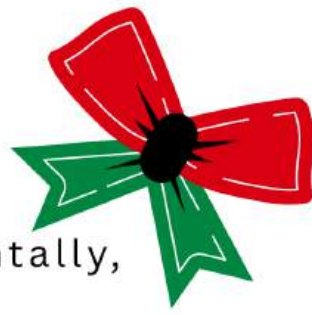
Supported by:

metrovancouver



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Wordsearch



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



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



ARCHER (Sagittarius)

BOXING DAY

CAPRICORN

CHRISTMAS

COLD MOON

COUNTDOWN

FEAST

HANUKKAH

KWANZAA

NARCISSUS

NEW YEAR'S EVE

PRESENTS

SAGITTARIUS

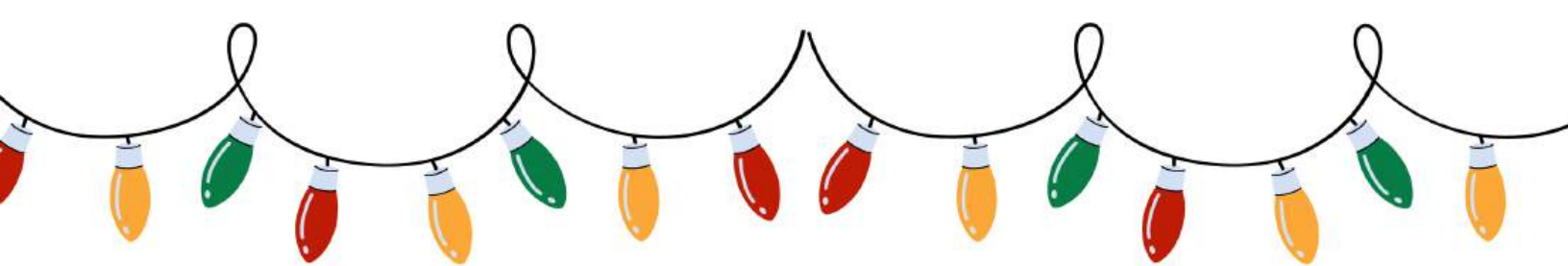
SEA GOAT (Capricorn)

SOLSTICE

TRADITIONS

TURQUOISE

VACATION



Solution

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




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/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'

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