

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

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Sanamdeep Kaur
Practicum Student

I am a practicum student from UBC in the Bachelor of Social Work program. My role focuses on learning, gaining hands-on experience, and building community exposure.

Outside of work, I enjoy cooking and exploring all kinds of Indian food, especially trying new recipes and flavors.

One thing people might not know about me is that I love hiking and spending time in nature.



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

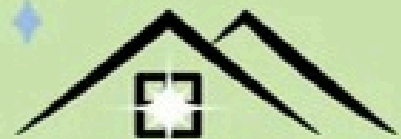


Join us as we celebrate our volunteers, supporters and another year of making Burnaby a great place to live.

2026

22
JANUARY

5:30PM - 8:00PM



BNH SOUTH HOUSE
4460 Beresford St.
AND ON ZOOM

AGENDA

- 5:30 pm to 6:00 pm ★ Check In
- 6:00 pm to 6:30 pm ★ Annual General Meeting - Ted Wiens, Chair
- 6:30 pm to 6:35 pm ★ Greetings from City Council
- 6:35 pm to 7:00 pm ★ Thank you and Recognitions
- 7:00 pm to 7:30 pm ★ Volunteer Appreciation
- 7:30 pm to 8:00 pm ★ Social and snacks

Advance registration (In-Person or Zoom) is required by Friday, January 16, 2026.

Registration link: <https://us06web.zoom.us/join/registration/pN14QIahS70gNflokD4yw9t/registration>

For more information, contact 604-431-0400 or email simoneg@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salishwaxh), Kwikwetim (kwikwetim), Squamish (sqwamish) and Musqueam (musqueam) nations with a unique focus on neighbours supporting neighbours.

Meet Selina's dynamic feline duo: Lily and Apple

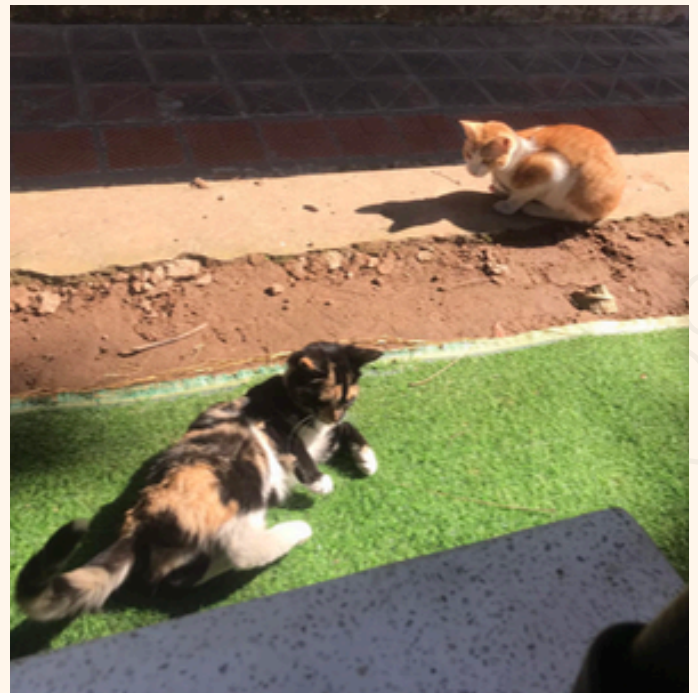


Lily, a domestic shorthair with a bright orange/ginger coat, has been ruling Selina's household for the past three years. She's confident, curious, and absolutely obsessed with laser pointers. If there's a red dot on the wall, Lily is already three steps ahead, plotting her next pounce.

Apple, the calico domestic shorthair, joined the family a little later — but it was clearly meant to be. Formerly the neighbour's cat, Apple officially became part of Selina's household last October after her original family moved away. Since then, she's been busy making herself at home, bonding closely with Lily, and exploring the outdoors like a seasoned adventurer.

Together, they're an impressive athletic team. Both are excellent climbers, but Apple takes things to the next level with her surprisingly high jumps — blink, and she's already on the tallest perch.

Whether they're chasing laser dots, climbing to new heights, or enjoying each other's company, Lily and Apple bring double the personality, double the mischief, and double the love to Selina's home.



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

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!

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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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

Line Dancing
Wednesdays
3–4pm

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

Qigong
Wednesdays
10:45–11:15am

What's the difference between Qigong and Taichi?

Qigong is a broad category of energy-cultivation practices using breath and movement for health. Tai Chi is a specific, structured martial art that applies Qigong principles through slow, flowing forms to build balance and internal energy. In short: Tai Chi is a type of Qigong, while Qigong also includes simpler, repeatable exercises—like exercise versus ballet

Workshop - Burnaby Public Library

On Wednesday, January 14th, 2025, enjoy a talk with Andrea, BPL's community librarian!



Friday Lunch

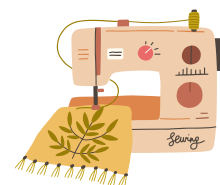
Meet new friends and enjoy a delicious meal (\$7)

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



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**.



SENIORS CONNECTIONS 55+
JOIN US FOR

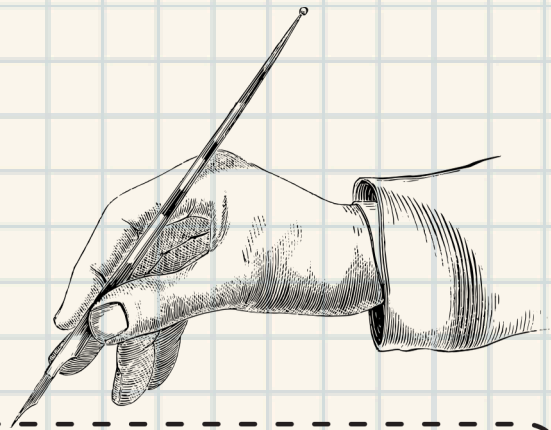
NATIONAL HANDWRITING DAY

Friday, January 23
11am-12pm

Location: Burnaby Neighbourhood House South
4460 Beresford Street

Activities:

- write a letter practice
- on writing templates
- learn to write words in
- different languages
- share your writing style
- letter paper, pens, and
- writing templates will be available!



Benefits of handwriting:
Supports literacy, memory,
self-expression, and
cognitive development

Let us cherish, preserve and spread
the gift of knowledge

A collection of white Mahjong tiles with red and blue characters, some showing the 'Five' (伍) and 'Green Dragon' (青龍) patterns.

JOIN US!

SENIORS CONNECTIONS MAHJONG

FREE DROP-IN MAHJONG

FOR BNH MEMBERS
ALL SKILLS WELCOME
55+ SENIORS

12:15PM-1:45PM

EVERY FIRST WEDNESDAY OF THE MONTH
NOVEMBER TO END OF JANUARY

LIGHT LUNCH AVAILABLE FOR \$4
BURNABY NEIGHBOURHOOD HOUSE
(SOUTH HOUSE)

**4460 BERESFORD 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

Need a Family Doctor?

Want to share your input on healthcare access in BC?

Learn about the BC Health Connect Registry

January 28, 2026 1:00pm-3:00pm
BNH South House
(4460 Beresford St., Burnaby, Jubilee Room)

Join Us!

BC Health Connect Registry Information & Registration Assistance Drop-in Session

in collaboration with UBC Medical Student, Emma

Registration Requires:

- Personal Health Number
- Address
- Email and Phone Number

Questions? Contact Cheri at
seniorsresource@burnabynh.ca
or 236-308-8049



Option to complete a brief anonymous survey to share your experiences with healthcare, and help improve healthcare access for older adults in our community!

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Community Repair Cafe

10am–2pm on Sundays

**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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December





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

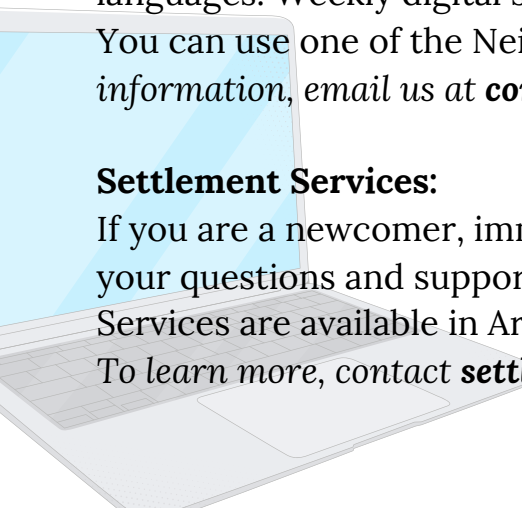
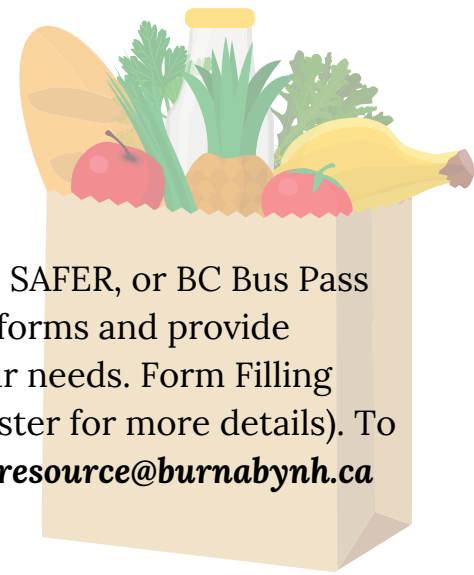
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi 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**





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



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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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.



Minds in Motion®

「身心活動」

專為早期阿茲海默症或其他腦退化患者及其親友或照顧者而設的健身及社交活動。

A fitness and social program for people living with early-stage dementia.



活動簡介

Minds in Motion® 「身心活動」是一個讓阿茲海默症或其他腦退化症者，能夠與他們的親友或照顧者一起享受的健身及社交活動。

每節分為兩部份，第一部份由專業健身教練指導進行簡易的運動。第二部份可因應個別興趣或需要而參與輕鬆互動的遊戲或社交聯誼。現場提供茶點。**照顧夥伴必須參加。**

SESSION OUTLINE

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Light refreshments provided. **Care partners must attend.**



地點 WHERE

Burnaby Neighbourhood House -
South Community Hall
5024 Rumble Street, Burnaby



時間 WHEN

8 週 (星期五) Eight Fridays

2026 年 1 月 16 日至 3 月 6 日 January 16 to March 6, 2026
上午 11:00 a.m. - 下午 1:00 p.m.



報名方法 REGISTRATION

致電「腦退化中文熱線」Call the Chinese First Link®
Dementia Helpline:
1-833-674-5007 或/or Lyanne 778-357-1541.



收費 COST

\$40

8 個星期，包括 2 位參加者 (一名腦退化患者及一名照顧者)。可於任何時間開始，登記費將根據開始時間按比例加減。

For the eight-week session, for both participants (one person living with dementia and one care partner). Start at any time, prices are pro-rated.



*參加者可自行選擇戴口罩與否。若想了解更多有關安全協議的信息，請瀏覽網頁 *Masks are optional. Learn more about safety protocols at alzbc.org/COVID-safety.

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



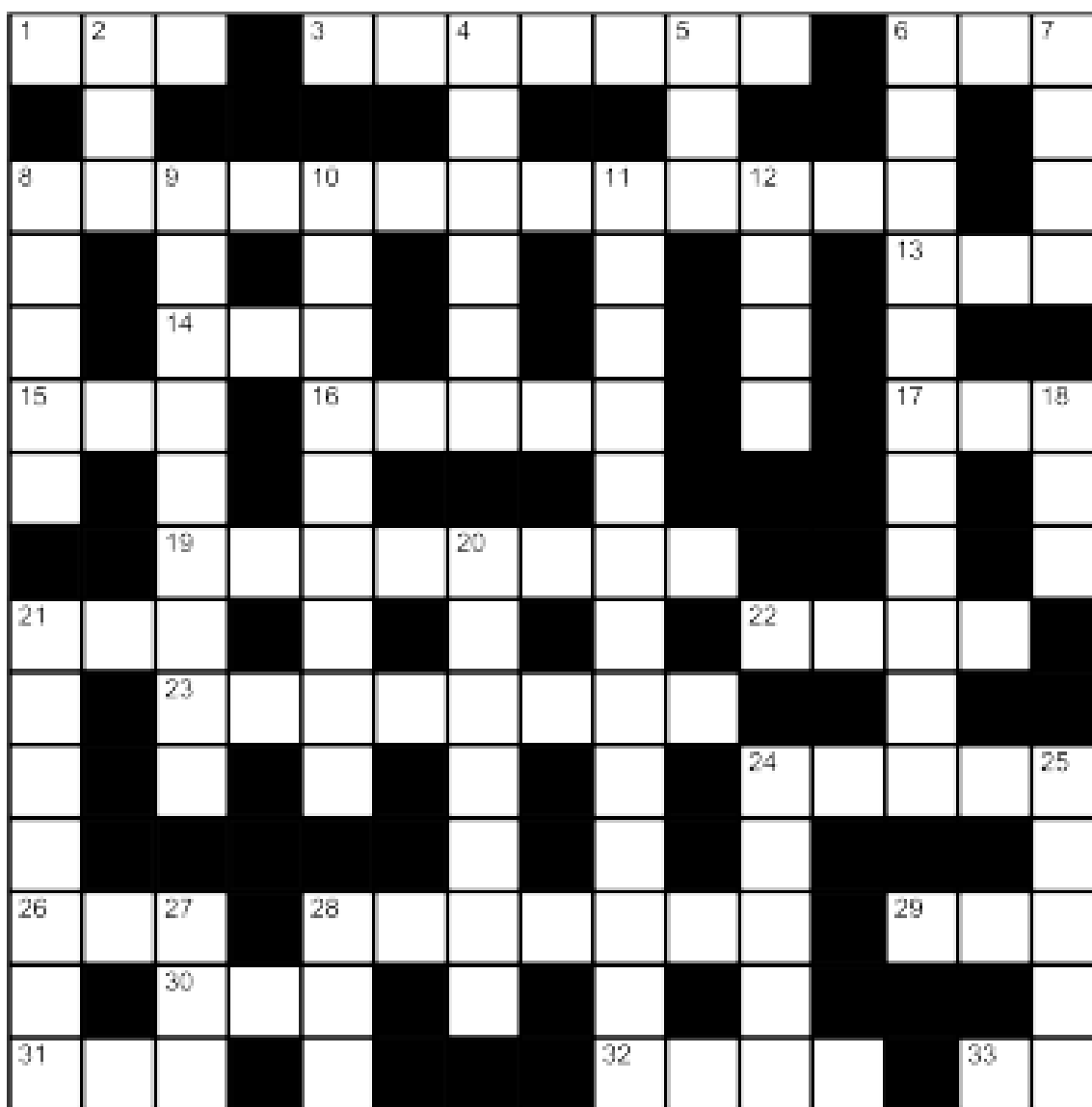
1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca



Crossword



Across

1. Preserves
3. Least difficult
6. Squid's defense
8. Music to support a solo instrument
13. Dust remover
14. None; zero
15. Disc jockeys, abbrev.
16. Give the slip
17. Archaeological site
19. Closing something

21. Warmed the bench

22. Slo-o-ow leak

23. At the _____ hour (in the nick of time)

24. Sucrose, for one

26. ____ and outs

28. Place to store china

29. Break a commandment

30. Meadow

31. In high spirits

32. Folk follower

33. "You Are __ Sunshine"

Down

2. Circle segment
4. Poem subsection
5. A character from *Casablanca*
6. Presenting
7. Double-decker checker
8. "All kidding ____..."
9. Was made of
10. Groups of atoms
11. Global; multiple countries

12. "Green with ____"

18. Neon or helium, for example

20. As a result

21. Coming down in flakes

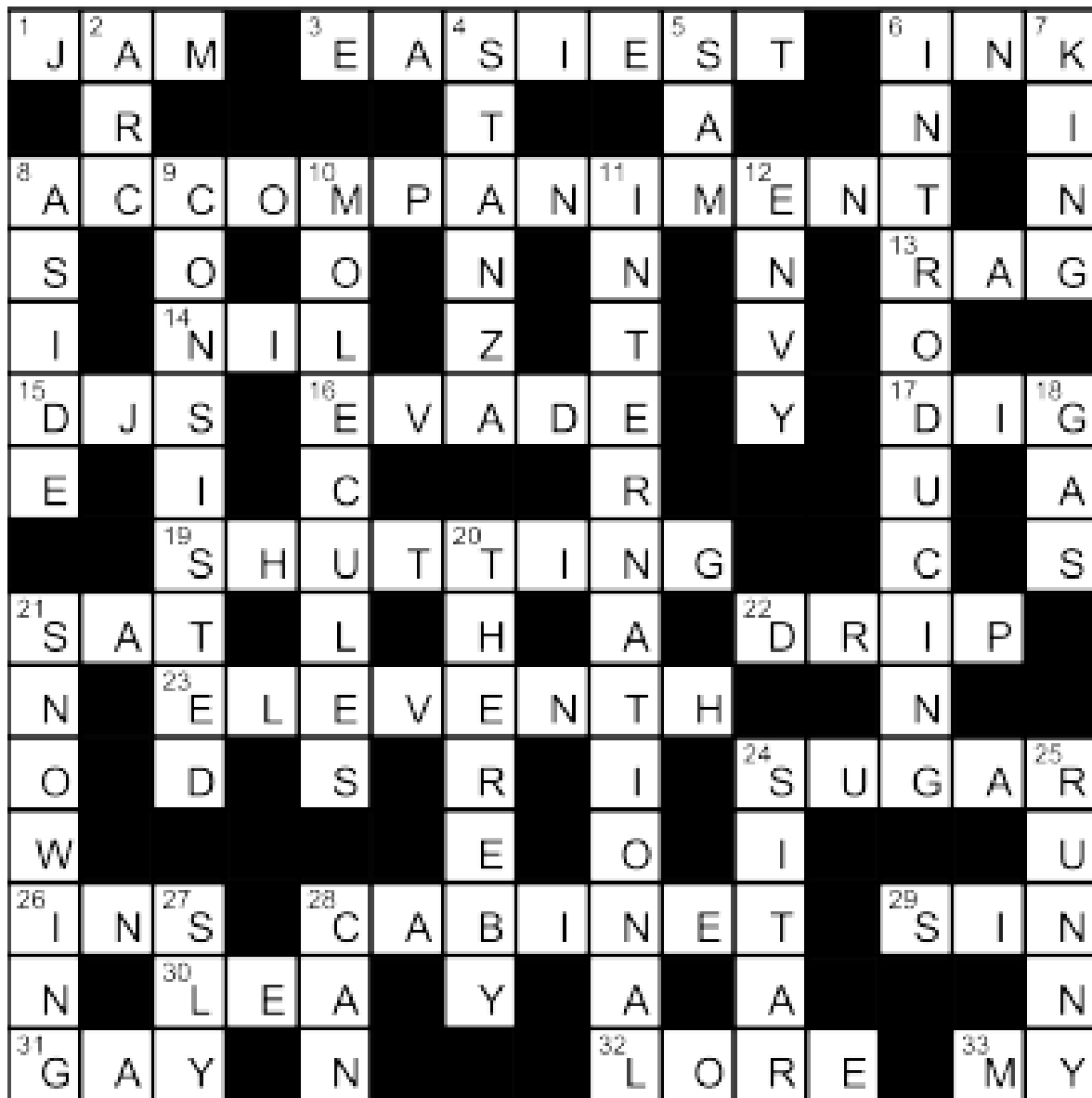
24. Stringed Indian instrument

25. Like the yolk of a poached egg

27. Cunning

28. Soup container in store

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/ 

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'

THANK
YOU

Thank You to our Generous Sponsors!



BC HOUSING



British Columbia

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

Beedie/