

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

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Michaela Volpe

Welcome Place and Community
Engagement Supervisor

I work a dual role at BNH currently! I am both the welcoming place and the Community Engagement supervisor for Brentwood House! My dual role allows me to interact with the community more directly and get feedback from the community to implement into our programming.

Outside of work, I love producing theatre and art with other LGBTQIA+ folks in my community! I worked with Burnaby Pride as their event planner and organizer for the last two years!



february 28, 2026



across the
country,
close to home.

A winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness... because it's cold out there.

coldest
***night**
OF THE YEAR

walk | fundraise
donate | volunteer
team up with friends
cnoy.org



BURNABY
COMMUNITY
SERVICES



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 Mochi — Duyen’s Cat and Beloved Companion



Mochi is a domestic shorthair cat with lovely lynx-point colouring, featuring a cream-coloured coat with soft grey markings on her face, ears, and tail. While she doesn't have a known pedigree, her Siamese-like features and expressive eyes give her a gentle, elegant presence that makes her instantly lovable.

Her favourite treat is tuna—hands down. The moment she hears a can open, she comes running. When it comes to toys, she prefers simple things that let her use her instincts, especially small toys she can chase, pounce on, and carry off like a prized catch.

Mochi's hidden talent is her incredible ability to play hide-and-seek. She can fit into the smallest, most unexpected spots around the house and completely disappear. She seems to take pride in finding the tightest spaces possible, quietly observing before popping out at just the right moment.

She became part of the family after being adopted from a shelter, where she made the choice very clear. As soon as Duyen's daughter sat down, Mochi was the first cat to approach her, calmly walking over and settling in as if she already knew she was home. That quiet connection made the decision easy—it felt meant to be. From that moment on, Mochi was already part of the family.



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact [at seniorvolunteer@burnabynh.ca](mailto:seniorvolunteer@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 (Skwxwú7mesh Úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

SENIORS CONNECTIONS 55+

Introduction to

EXTREME CLUTTER

WORKSHOP

by



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

WEDNESDAY, FEB 11
at 12:45 p.m

Where: Burnaby Neighbourhood House
South House at the 3rd Floor (Banquet Hall 2)
4460 Beresford St. #100, Burnaby

Join us for an engaging workshop that builds awareness of **clutter and hoarding disorder**.

Learn what it is, why it occurs, its impact, and how communities can support affected individuals through assessment and collaboration.



If you have any questions, please reach Lea at 236-668-1712.

Email: leak@burnabynh.ca

Or reach our front desk at 604-431-0400

All proceeds go to
BNH Seniors Connections programs

Fundraising **Garage Sale**

Friday, Feb. 20, 2026



Visit any time from

10am-12pm

at the 3rd Floor Banquet
Hall 1

**Clothing, decor,
household objects,
books and many
more!**

**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
EMAIL: LEAK@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!



JOIN US!

SENIORS CONNECTIONS
MAHJONG

FREE DROP-IN MAHJONG

FOR BNH MEMBERS
ALL SKILLS WELCOME
55+ SENIORS

12:15-1:45PM

EVERY FIRST WEDNESDAY OF THE MONTH

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



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
9:15-10am(Beginner)
3-4pm

Tai Chi
Wednesdays
10-10:45am Tai Chi 24
(Intermediate)
11:15am-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, February 11th, 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**.



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



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



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



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (selilwetaʔ), Kwikwetlem (kwikwəʔəm), Squamish (Skwxwú7mesh Úxwumixw) 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, 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

Knitting Hearts Connect Workshop



A 6-week workshop where participants learn to crochet fidget blankets designed to provide comfort and sensory calming. Completed blankets will be donated to VPD Victim Services, seniors with dementia, and victim services clients.

為期 6 週的工作坊，帶領參加者學習鉤織安撫觸感毯，透過觸覺刺激帶來安定與舒緩。完成的作品將捐贈給溫哥華警察局受害者支援服務、失智長者及受害者支援計畫的服務對象。

2026.02.02—2026.03.16

Every Monday 每周一下午 3:00—4:30pm



BNH South House 3rd Floor
4460 Beresford Street, Burnaby

We provide all materials. Limited spaces.
我們提供所有材料，名額有限。

Eligibility 報名條件：55+ 長者，and

- **PRs, or Family & Friend Caregivers**
永久居民或親友照顧者

Registration Required

活動需報名註冊，請聯係
please contact Dali:
236-877-2616
daliq@burnabynh.ca

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



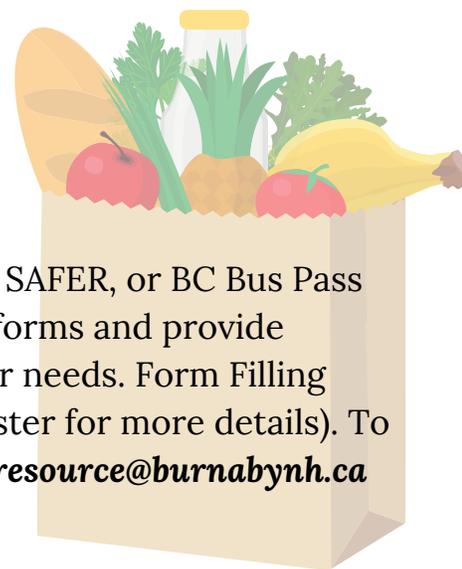
United Way
British Columbia

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

THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY THE
GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC



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**

**Better
at Home**



United Way helping seniors remain independent.

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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



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

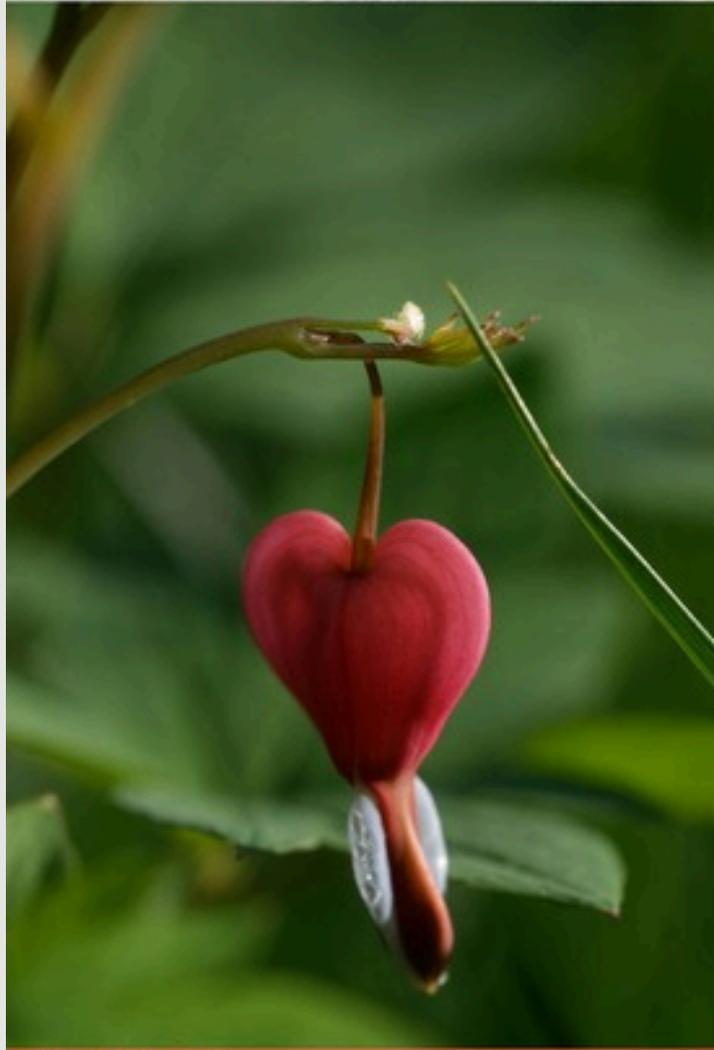
**No registration
required**



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), Sḵwəwú7mesh (Squamish), səliwəʔəʔ (Tsəlil-Wautub), and kʷíkwəy̓əm (Kwíkwetlem) 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.



Settlement & Integration Program

Your Heart Matters: A Talk about Women's Heart Health

Join us in this heart-health talk with Najah Adreak to learn:

- What heart disease is.
- How heart disease is different in women, including signs and symptoms.
- Risk Factors for heart disease.
- How you can take heart healthy action.
- Tips for talking with your health care provider.

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.

Session Details

Date: February 3rd, 2026.

Time: 12:00 - 2:00 PM.

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

Room: Banquet Room 2 (Third Floor).

Registration Details:

For more information to register, please contact Dali:

Daliq@burnabynh.ca

We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwəwú7mesh (Squamish), səliwətaʔ (Tsəl-waututh), and kʷikwəy̓əm (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.

Newcomers Welcome!



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.

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.

Session Details

Date:
January 13, 2026 to March 24, 2026
(Every Tuesday).

Time: 2 PM - 4 PM.

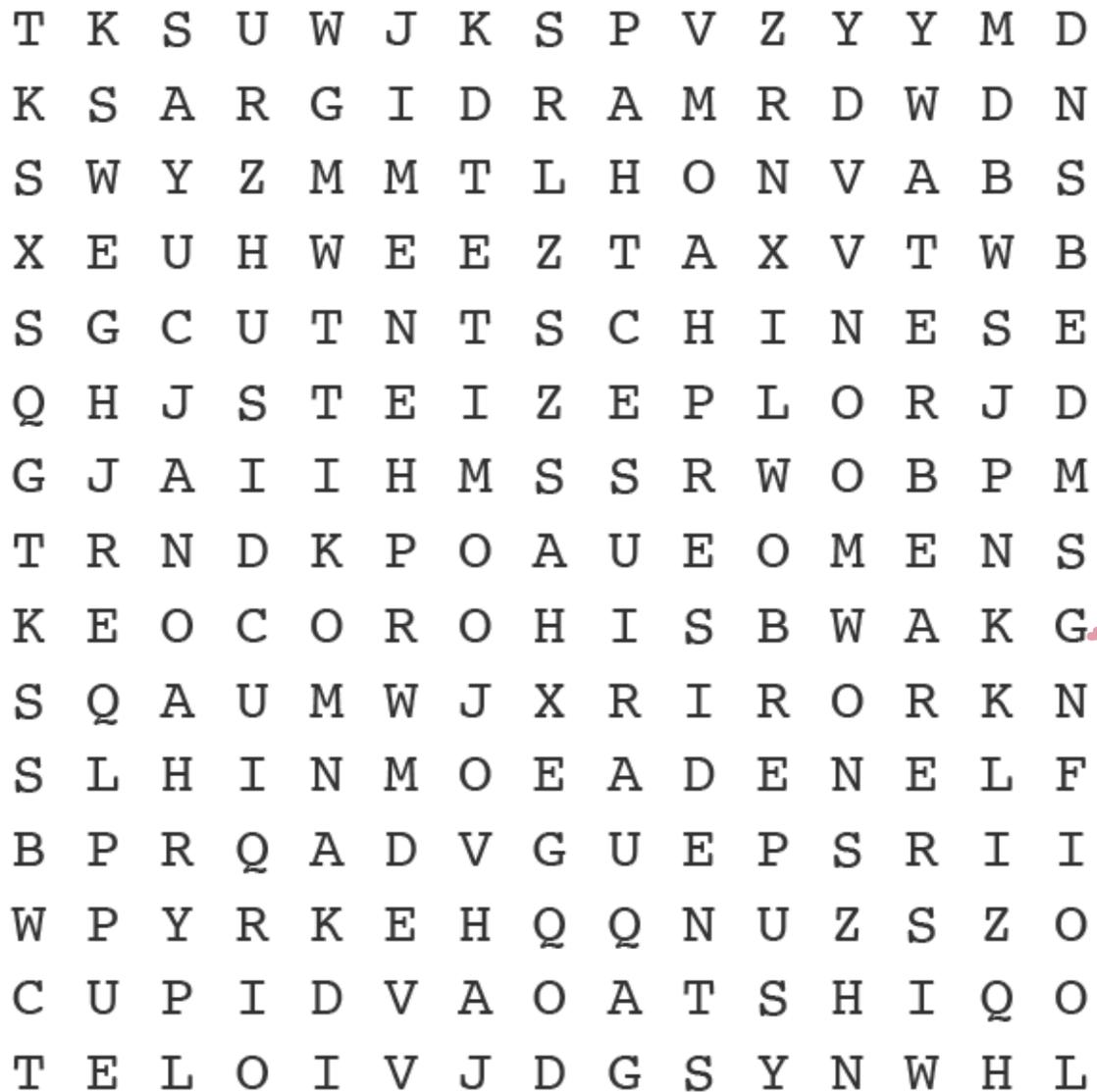
Location: Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby).

Registration Details:

For more information to register, please contact Miguel:

MiguelLL@burnabynh.ca

Wordsearch



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

AMETHYST

FISH (Pisces)

SHADOW

AQUARIUS

GROUNDHOG (Day)

SNOW MOON

BLACK HISTORY

MARDI GRAS

SUPER BOWL

CANDY

PISCES

VALENTINE'S (Day)

CHINESE (New Year)

PRESIDENTS' (Day)

VIOLET

CUPID

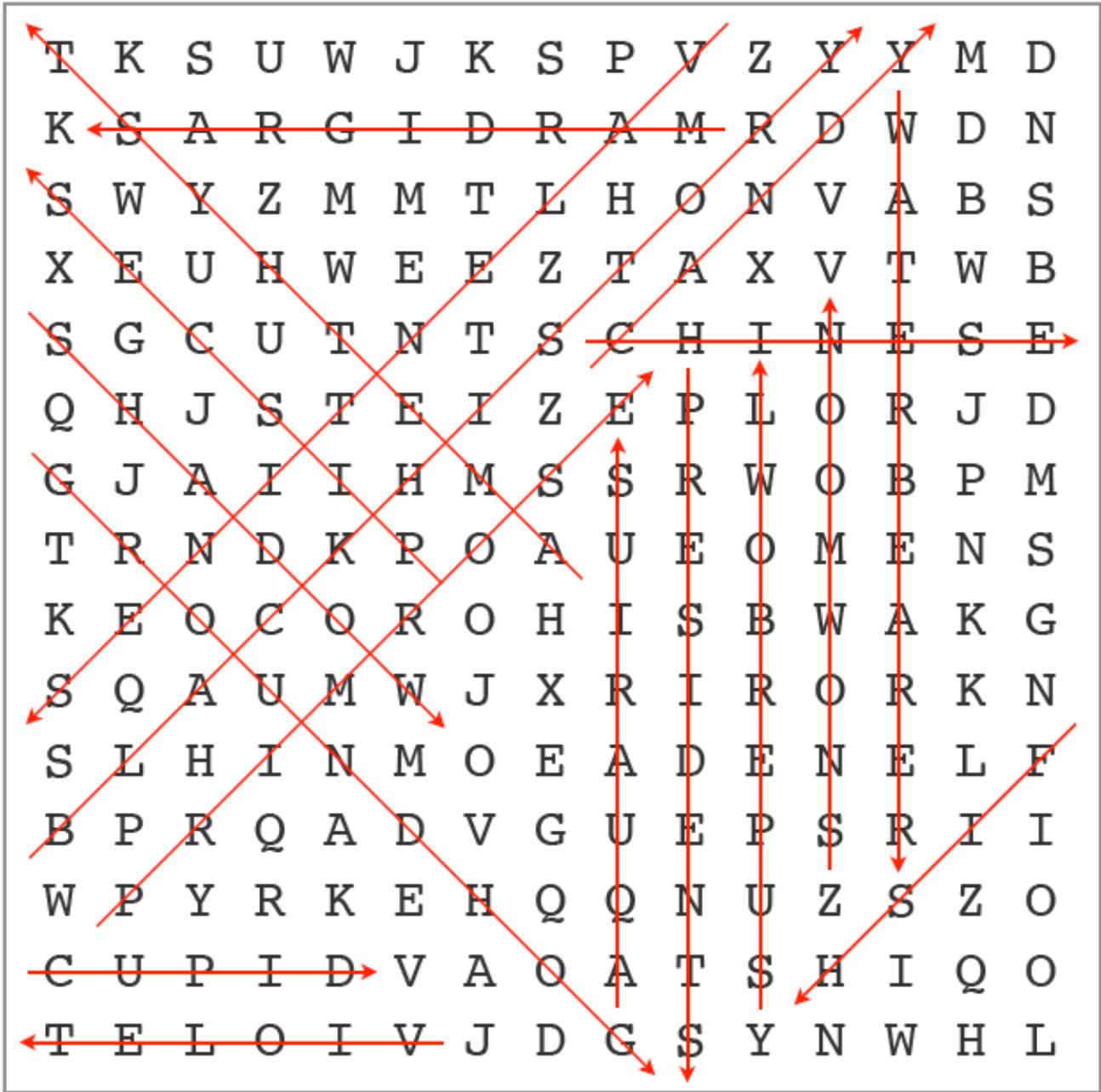
PRIMROSE

WATER BEARER
(Aquarius)





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!



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

