

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

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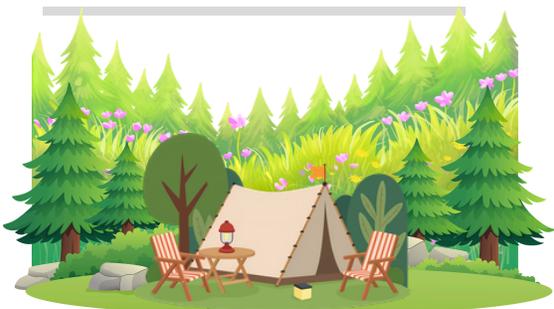


Dave Kent

Community Engagement Coordinator

I'm the Community Engagement Coordinator. It's a leadership role and feels like being a traffic control person at a busy intersection, directing people towards resources, activities and opportunities. I provide initiative, supervision, and project management for our programs and events. I also network with other organizations in Burnaby to promote BNH programs and discover resources to share with our communities.

I love spending time in nature, like walking in the forest, skiing in the mountains, or chilling at the beach. I'm a Certified Career Development Professional (CCDP) and have a business called The Career Engineer, helping people get hired, change careers, and find purpose.



21ST ANNUAL FUNDRAISER GALA

DISCO PARTY

MARCH 14, 2026 | 6:00 PM

DELTA HOTELS BURNABY

★ \$175 PER TICKET

★ \$1400 TABLE OF 8

FOR TICKETS: BURNABYNH.CA

A charitable tax receipt of \$64 will be provided for each gala ticket purchased.

PRESENTED BY:



DINNER | ENTERTAINMENT | GAMES | AUCTION | MORE

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



NEED HELP FILING YOUR 2026 INCOME TAX?

CHECK YOUR ELIGIBILITY AND FILL OUT
OUR PRE-SCREENING FORM HERE:



Questions?

engagement@burnabynh.ca

southcommunity@burnabynh.ca



Meet Atlas - Alice's Lovely Companion and Friend

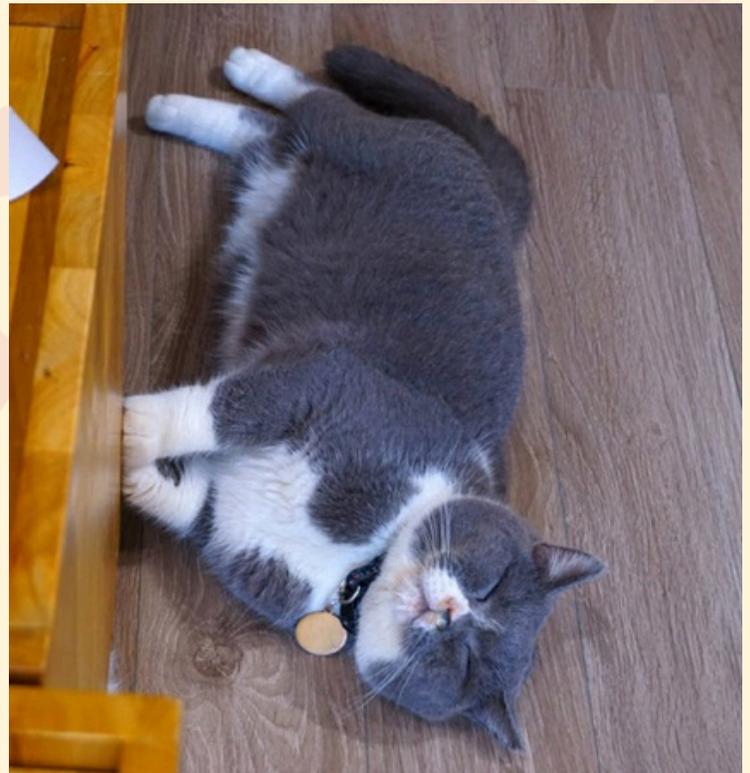


Atlas is a domestic shorthair with a plush grey-and-white coat that makes him look permanently well-dressed. His soft grey back contrasts beautifully with his bright white chest and paws, giving him a classic, tidy appearance. Though he doesn't have a documented pedigree, his round face, solid build, and calm green eyes give him a dignified, almost teddy-bear presence that makes him impossible not to admire.

His absolute favourite treat is anything salmon-flavoured. The sound of a treat bag rustling is enough to make him appear instantly—quiet, focused, and ready. When it comes to toys, Atlas prefers interactive play. Feather wands and anything that moves unpredictably bring out his inner hunter, though he still manages to look composed while doing it.

Atlas's hidden talent is his ability to sit perfectly still for long periods, as if he's posing for a portrait. He has mastered the art of observation. Whether it's watching birds outside the window or monitoring household activity from a strategic spot, he takes his self-appointed "supervisor" role very seriously.

He joined the family after being spotted online in a rescue listing. The moment they met him in person, he calmly walked over, sat down directly in front of them, and made steady eye contact. No fuss, no theatrics—just quiet confidence. That silent introduction was all it took.



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



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, March 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



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



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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 Monday of each month
- 1:00PM-3:00PM



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

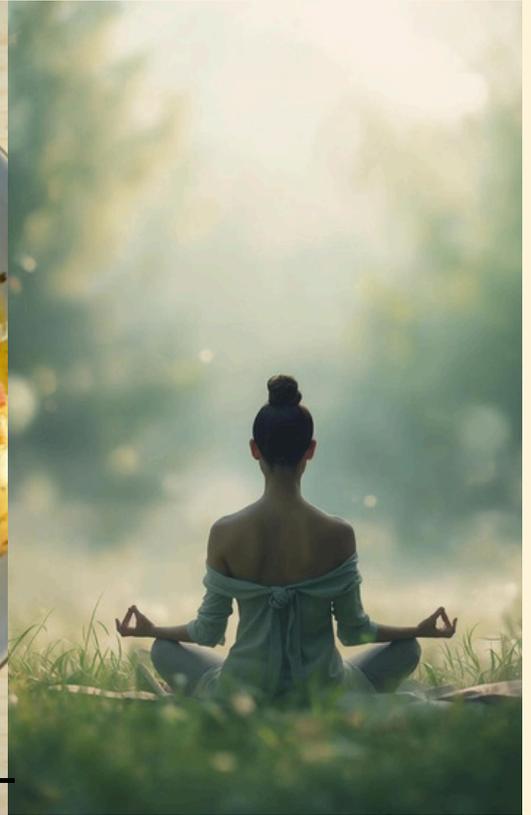
1-on-1 Caregiver Support

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

Caregiver Lunch

Caring for yourself



Tuesday
March 17, 2026
South House 4460
Beresford St.

Workshop: 10:30 am Learning coping strategies for caregivers
Lunch: 11:30 am Ham and Potatoes Souffle

Activity: 12:30 pm Body Scan Meditation

Fee: Free for caregivers

Contact Gaby to register:

 Seniorpeercaregiver@burnabynh.ca



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 (salilwətaʔ), Kwikwetlem (kwikwələm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəy̍əm) nations with a unique focus on neighbours supporting neighbours.

Spanish Caregivers preparando para Taxes



Lunes, Marzo 9 de
11:30 AM to 1:00 PM
North House
4908 Hastings St
Gratuito: For
Caregivers

11:30 am Botanas y bebidas

12 pm Taller Preparando para tus
declaraciones de impuestos.

1 pm Actividad de cuidado personal:
Meditacion de grupo

Registrate, con Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778



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by United Way British Columbia, and funded
by City of Burnaby

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Everything You Need to Know About Healthy Teeth

關於健康牙齒您需要知道的事



Workshop in English and Mandarin
英文及普通話講座

Friday, March 20, 2026

3月20日, 周五下午

3:30--5:00pm

BNH South House 3rd Floor
本那比鄰舍南部辦公室三樓

4460 Beresford Street,
Burnaby

Topics 講座內容

- Understanding dental insurance
瞭解牙醫保險
- How do I take care of my teeth
怎樣護理牙齒健康
- When to see a dentist
什麼時候應該看牙醫了

Registration 報名

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



**Chinese Caregiver
Support Group**

**華語照顧者
支持小組**

本那比鄰舍
www.burnabynh.ca



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



Volunteer Trip to Burnaby Art Gallery



Dementia Friends Cafe



Valentine's Day Art Workshop



Caregiver Knitting Workshop

February

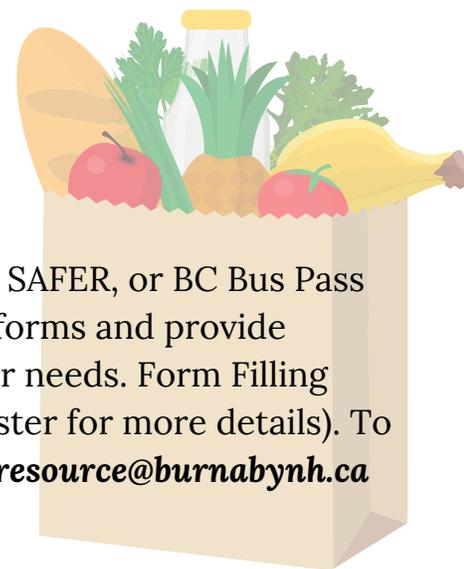


Lunar New Year Celebration



Social Prescribing Volunteer Workshop

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.



New Neighbours Podcast



CANADA



**Settlement &
Integration
Program**

**Tune in to real stories and perspectives from newcomers
as we share lived experiences, celebrate culture, and
build community one conversation at a time.**

<https://tinyurl.com/podcast-bnh>



We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the x̱m̱əḅḵw̱ám (Musqueam), Sḡw̱w̱7mesh (Squamish), saḻwəḷ (Tseil-Waututh), and ḵw̱iḵw̱əḷəm (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.



Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

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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.

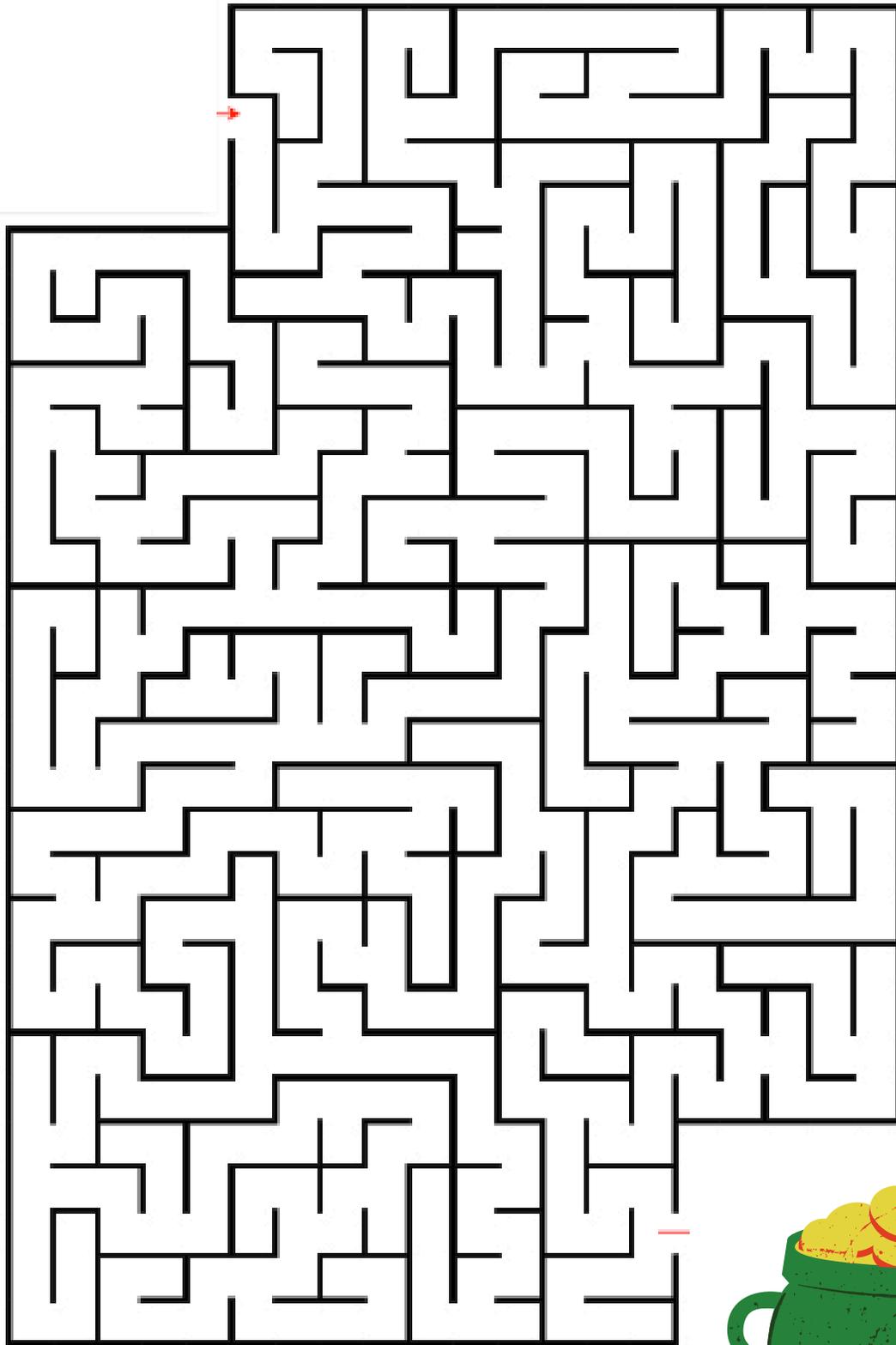
Location: Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby).

Registration Details:

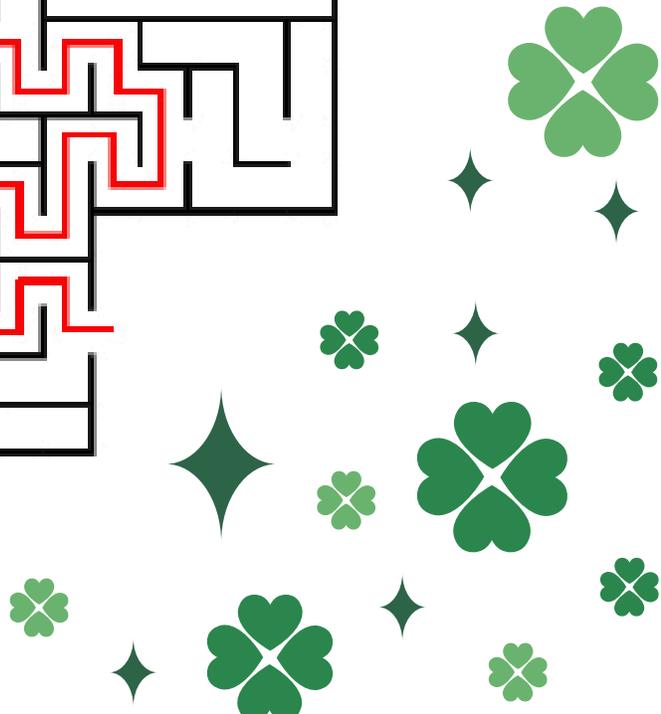
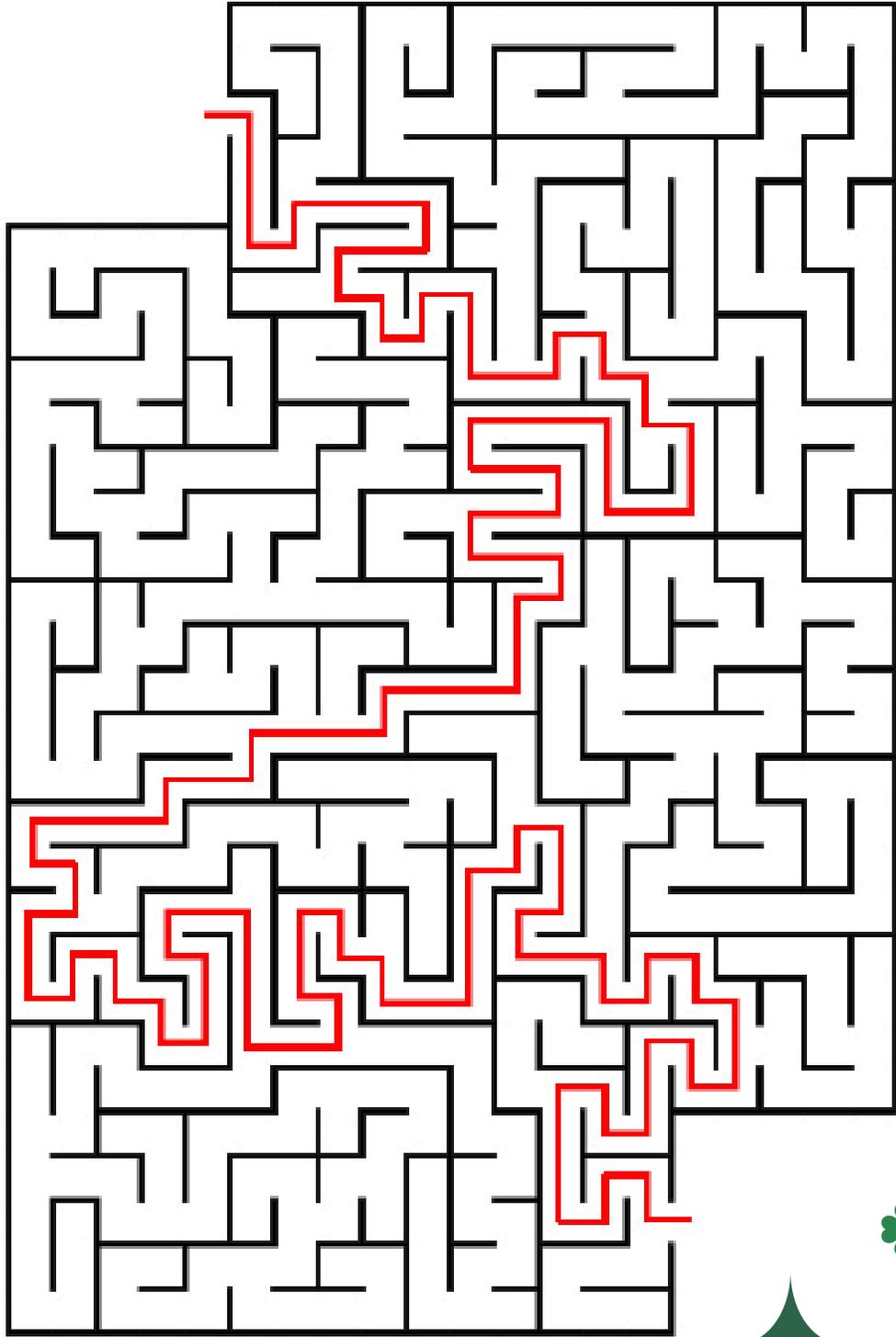
For more information to register, please contact Miguel:

MiguelLL@burnabynh.ca

MazePuzzle



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

