

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

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### Ludmila Ratkiewicz Welcome Place Navigator

I am a Welcome Place Navigator at Burnaby Neighbourhood House, supporting newcomers by connecting them with community resources and helping them feel welcomed and settled.

Outside of work, I love traveling, exploring new places, and spending time in nature.

One thing people might not know about me is that I have a background in law, where I worked closely with and supported diverse communities. Today, I bring that same commitment into my work through community support and holistic practices like Reiki and family constellations, helping people feel more connected, supported, and empowered.



# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



**Hilda Eng**  
Kitchen  
Coordinator



**Greg Oudman**  
QUEST+ Project  
Lead



**Dali Qu**  
Chinese  
Caregiver  
Supervisor



**Blenn Dioces**  
Caregiver &  
Dementia Programs  
Coordinator



**Cheri Staples**  
Seniors' Resource  
Navigator



**Justine Tsui**  
Seniors  
Community  
Connector



**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](mailto:engagement@burnabynh.ca)

[southcommunity@burnabynh.ca](mailto:southcommunity@burnabynh.ca)



# Meet Pearl - Thanh's Lovely Companion and Friend



Pearl is a fluffy white domestic long-haired cat with a calm and gentle personality. She loves soft treats and small toys, but her favorite thing is a simple cardboard box where she can curl up and nap. Pearl has a special talent for finding the coziest spots and turning them into her perfect resting place. She also likes to gently hold your hand when she wants you to stay with her a little longer.

Pearl became part of the family a few years ago and quickly brought a sense of peace and comfort to the home. She enjoys quiet moments and loves being near her people. With her soft fur and sweet nature, Pearl brings warmth and smiles to everyone around her.



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](mailto: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

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

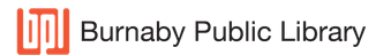
Qigong  
**Wednesdays**  
10:45-11:15am

## 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, April 8th, 2025, enjoy a talk with Andrea, BPL's community librarian!



## Friday Lunch

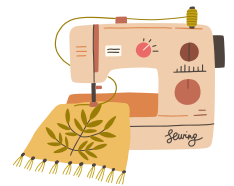
Meet new friends and enjoy a delicious meal (\$7)

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**.





**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



# 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



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

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



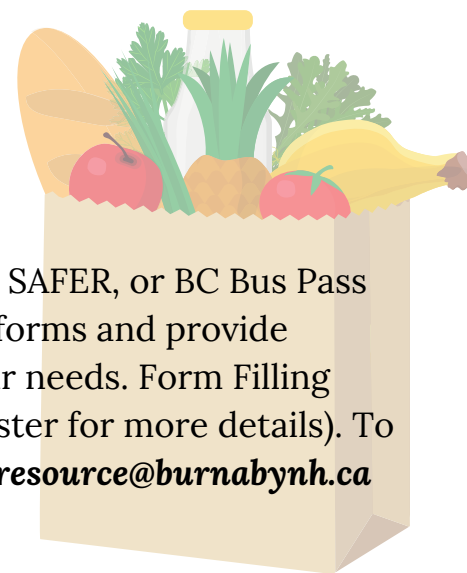


# March





# 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**

**Better  
at Home**



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-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəɬəm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) Nations with a unique focus on neighbours supporting neighbours.



# Frozen Subsidized Meals for Seniors

**Are you a lower income senior, who is having challenges cooking for yourself at home?**

Burnaby Neighbourhood House partners with Better Meals to offer a weekly Frozen Meal delivery to registered participants

## For who?

- Seniors 55+ who live in Burnaby
- Experiencing frailty, isolation, and lower income

**Cost of meals are subsidized,  
based on your notice of assessment**

**Please contact to register 672  
377 5608  
seniorshopping@burnabynh.ca**





## 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



**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 x̱m̱əḷḵʷájam (Musqueam), Sḵw̱wú7mesh (Squamish), səllwətəf (Tsleil-Waututh), and ḵíḵw̱əlam (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

We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the x'məθk'aým (Musqueam), Słwyaú7mesh (Squamish), sal@watał (Tsilil-Waututh), and k'ik'ałam (Kwkwetlem) 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

# Comfort & Savings: Home Energy Workshop

Join us in this workshop with EmpowerMe to learn:

- How to reduce energy use in your home and cut your monthly bills.
- How to read and understand your electricity and gas bills.
- Simple ways to improve heating, cooling, and overall home comfort.
- What government rebates and energy-saving programs you can apply for.
- And more...

### 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:** April 14th, 2026.

**Time:** 2:00 PM - 3:00 PM.

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

**Room:** Banquet Room 1 (Third Floor).

### Registration Details:

For more information to register, please contact Osama:

**Osamaa@burnabynh.ca**

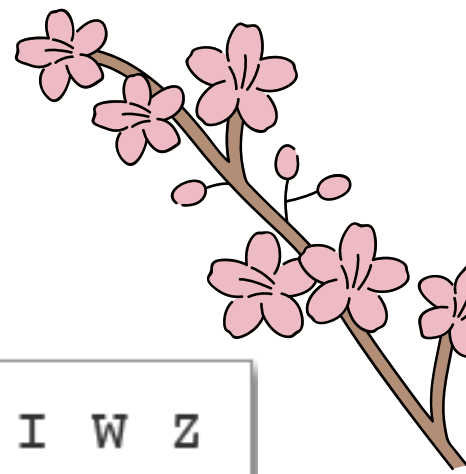


Funded by:

Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada



# Puzzle

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

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BLOOMS

CHICKS

DAISY

DIAMOND

EARTH DAY

EASTER

JELLY BEANS

JOKES

PASSOVER

PINK MOON

RAINCOAT

TAURUS

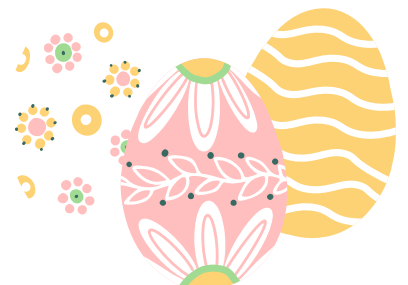
TAX DAY

THUNDER



# Solution

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




# 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

## Thank You to our Generous Sponsors!



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

