

FOOD PROGRAMS

Frozen Meals:

Available for delivery on Tuesdays through Better Meals (\$9 each; subsidy available)

Meals on Wheels:

Hot Western or Chinese meals delivered to your home

Grocery Delivery:

We will call you, order your groceries, and have them delivered



Contact Cynthia
672-377-5608

seniorshopping@burnabynh.ca

Community Food Hub

Supporting low income individuals and families with food hampers

604-307-2945

foodhubcoord@burnabynh.ca

southfoodhub@burnabynh.ca

SETTLEMENT SERVICES

Services are available in Arabic, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish.

604-431-0400

settlementprogram@burnabynh.ca

Visit Us!

South House:

4460 Beresford St
(604) 431-0400

North House:

4908 Hastings St
(604) 294-5444

Brentwood House:

2055 Rosser Ave
(604) 299-5778

www.burnabynh.ca

Thank You Sponsors!



United Way helping seniors remain independent.



Funded by:



Immigration, Refugees and Citizenship Canada

Canada

Senior Services



CARE

CONNECT

ENGAGE

BELONG



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

CAREGIVER SUPPORT

Engage, interact, & learn to support your loved ones!

- Lunches
- One-to-One Support
- Education
- Referrals



PEER SUPPORT

Trained volunteers provide one-on-one support, including goal setting, problem solving, information and referral

Contact
seniorpeercaregiver@burnabynh.ca

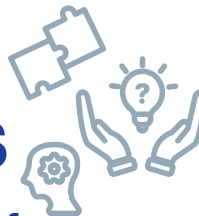
FORM FILLING

We can help you fill:

- CPP
- BC Housing Registry
- OAS
- SAFER
- GIS
- Bus Pass Applications

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

DEMENTIA PROGRAMS



Dementia Friendly Cafe

- Socialize with peers
- Participate in activities and interactive presentations

Seniors Memory Club

- Light exercise
- Brain stimulating activities
- Dementia-friendly, multicultural space

Contact Blenn at 236-889-4065
dementiacaregiver@burnabynh.ca

SENIORS TRANSPORTATION

Assists Burnaby residents to medical and dental appointments

Contact Kathy at 236-885-7303
seniorstransport@bbysservices.ca

COMMUNITY CONNECTOR

Working with seniors one-on-one to connect them to services and activities in the community

Contact Justine at 236-858-4979
srsconnector@burnabynh.ca

SOCIAL PROGRAMS

Seniors Connections:

Wednesday and Friday Socials

- Lunch (\$7)
- Presentations
- English Conversation Class
- Tai Chi, Yoga, Dance Classes, and more!

TAPS Day Program:

Socialize and engage in physical and mental activities and lunch (\$7)

Contact Lea
236-668-1712
leake@burnabynh.ca



COMPUTER CAFE

Computer instructors are available to help with computer learning

Contact
604-396-7307
computercafe@burnabynh.ca