

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

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Karn Singh Sahota

Welcome Place Navigator - South House

My role is to empower community members in navigating resources that best meet their needs, both within BNH and in the broader community. This role also includes front desk reception, managing volunteers, responding to email inquiries, and most importantly creating a welcoming, and inclusive lobby environment for all visitors.

My favorite thing to do outside of work is spend time with friends over a caffeinated beverage.

One thing that others may not know about me is that I have a black belt in Tae Kwon Do.



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

Pet Feature

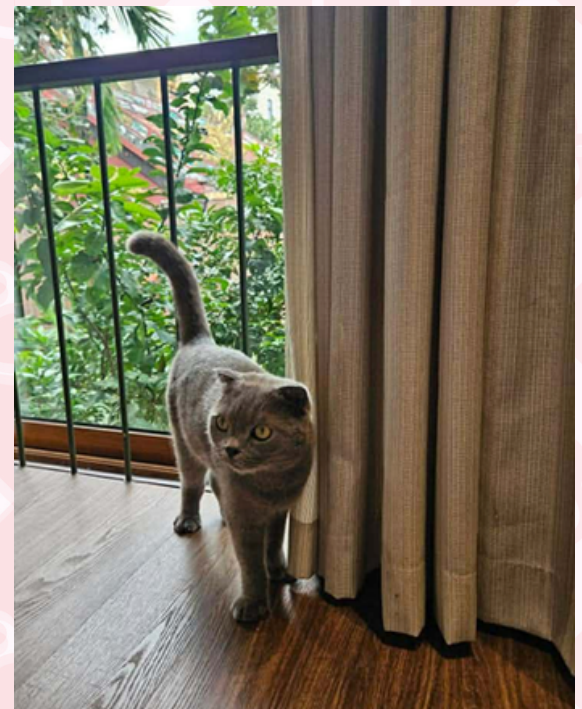
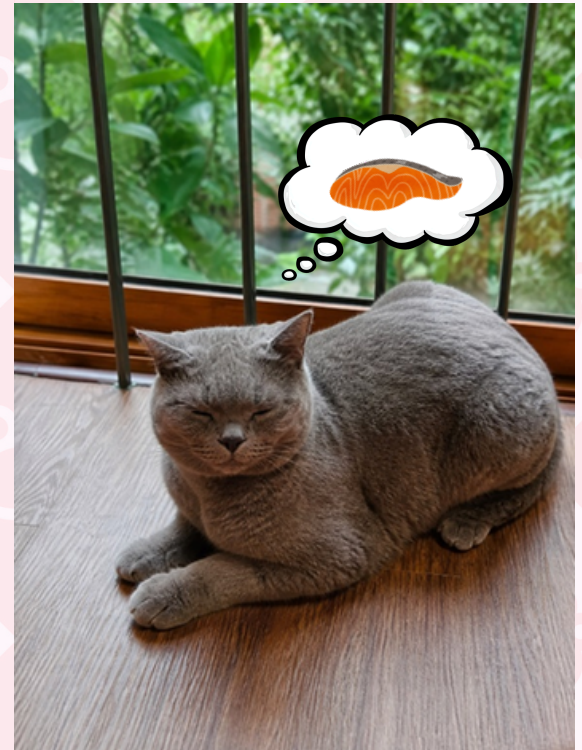
Meet Nox – Eric's best friend and his household leader

Nox is a British Shorthair with a plush blue-gray coat, round cheeks, and a permanently composed expression that makes every room feel like their kingdom.

Nox is obsessed with freeze-dried salmon bites and has a strange attachment to a single worn-out feather wand that no newer toy has ever replaced.

Nox can somehow open slightly closed doors with one paw... and has an almost supernatural ability to find the sunniest spot in the house within seconds.

Nox was originally “just a visit” to meet some kittens, but after calmly walking over, sitting down like they owned the place, and falling asleep beside you, it became pretty obvious who had chosen who.





For more information, contact Lea at:
leak@burnabynh.ca or (236) 668-1712
or reach our front desk at
(604) 431-0400

Seniors Connections Program

Walk and Tour the Burnaby Public Library



WEDNESDAY, May 13 2026

- **10:30 AM - Meet at South House Reception (Burnaby Neighbourhood House, 4460 Beresford St)**
- **10:30-10:40 AM - Walk to Bob Prittie Metrotown Library (6 minutes, with librarian)**
- **10:40 AM-12:00 PM - Library tour + overview of resources and events**
- **12:00-12:15 PM - Walk back to South House**
- **12:15-12:45 PM - Soup and snacks social**
- **1:00 PM-1:30PM - Group exercise**



For more information, contact Lea at: leak@burnabynh.ca or
(236) 668-1712 or reach our front desk at (604) 431-0400

Senior Connection 55+



Dental Health Presentation

by Maple Dental

Friday, May 15 2026

11am-12pm

**Location: Burnaby Neighbourhood House
(South House) 4460 Beresford Street on
the 3rd floor Banquet Hall**

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

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!

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, May 13th, 2025, enjoy a talk with Andrea, BPL's community librarian!



Friday Lunch

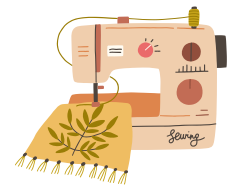
Meet new friends and enjoy a delicious meal (\$7)

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+

MORNING CHAIR YOGA

Wednesdays

9:00AM - 9:45AM

Reconnect your mind, body, and
breath through guided yoga sessions
in a calm and nurturing environment.

Schedule

May 6

May 13

May 20

May 27

For more information, contact Lea at:
leak@burnabynh.ca or (236) 668-1712 or reach our
front desk at
(604) 431-0400

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community driven and community funded
agency located on the unceded territories of
the Tsil'it Waut'wuth (solilwetaʔ), l'wilawetlem
(le'le'wəlam), Squamish (Sḡwəwú'mesh
úwumixw) and Musqueam (x'məθle'əwəm)
nations with a unique focus on neighbours
supporting neighbours.



Seniors Connections 55+



Wednesday, May 20th 2026

Connection for Wellbeing



Have you ever noticed how our thoughts and reactions often run on autopilot?

About the presenter: Shima

Shima has completed her medical training at Tehran University in Iran, and that background has shaped her interest in well-being from both a practical and holistic perspective. Shima facilitates small group sessions focused on well-being, helping people feel more present, calm, and connected.

Details:

This session offers increasing awareness, reducing stress, and supporting overall well-being.

Date & Time

Wednesday, May 20th
12:30-1:30pm

Location

Banquet Hall 2 (3rd Floor)
Burnaby Neighbourhood
House South 4460 Beresford
Street, Burnaby

*For more information, contact Lea at: leak@burnabynh.ca or (236) 668-1712
or reach our front desk at
(604) 431-0400*

BURNABY NEIGHBOURHOOD HOUSE IS A COMMUNITY DRIVEN AND COMMUNITY FUNDED AGENCY LOCATED ON THE UNCEDED TERRITORIES OF THE TSLEIL-WAUTHUTH (SƏLILWƏTƏŦ), KWIKWETLEM (K'IK'ƏƏƏM), SQUAMISH (SKWƏWÚMESH ÚXWUMIXW) AND MUSQUEAM (X'MƏƏK'ƏYƏM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.





Community Repair C A F E



Bring your small appliances, clothing, electronics, computers, or bicycles that need fixing.



FREE advice or repair help from our volunteers.



Sundays

- May 31, 2026
- June 28, 2026



Location

100-4460 Beresford St,
Burnaby, BC V5H 0B8
(Third floor)



Time

10am-2pm

For more information, contact Lynn at kitchens@burnabynh.ca



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Burnaby Repair Cafe
Upcoming Sessions:
May 31, 2026, June 28, 2026
kitchens@burnabynh.ca

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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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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 SeniorPeerCaregiver@burnabynh.ca or 604-431-0400

MANY VOICES PROJECT PRESENTATION

By Burnaby Village Museum

Friday, May 22nd 2026

Banquet Hall 1 (3rd floor) Burnaby Neighborhood House South - 4460 Beresford Street Burnaby



WHAT IS IT?

A project by Burnaby Village Museum to record and preserve stories from people connected to Burnaby.

AGENDA

11am-12pm Presentation

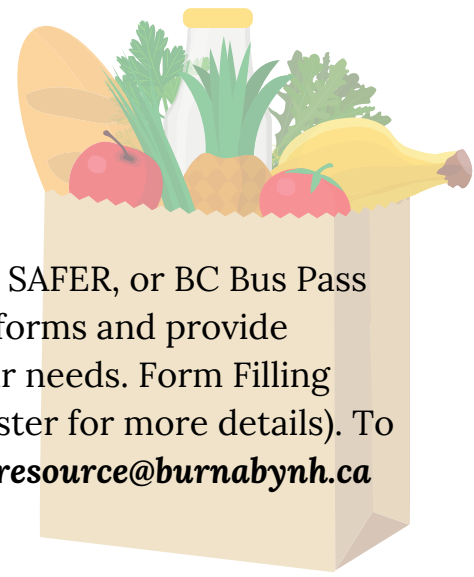
12pm-1pm Informal Chat and Q&A







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

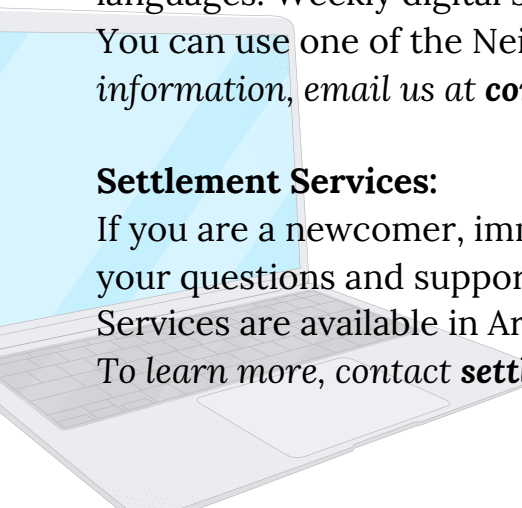
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi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

**Trained volunteers can help
with applications for:**

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement
- BC Housing Registry
- Shelter Aid for Elderly Renters
- BC Bus Pass Program

Summer Edition



May - September Drop-in Schedule (excluding holidays)

South House (4460 Beresford St): 1st Monday of the month, 12-2pm

Brentwood (2055 Rosser Ave): 2nd Tuesday of the month, 10am-12pm

Brentwood (2055 Rosser Ave): 3rd Wednesday of the month, 10am-12pm

Volunteers can also help
navigate community
resources and services!



For more information, contact **Cheri** at
seniorsresource@burnabynh.ca or **236-308-8049**



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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



We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwəwú7mesh (Squamish), səliłwətał (Tsleil-Waututh), and kʷikʷəyəm (Kwkwewem) 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

Beginner English Conversation Circle

Start learning and speaking English with ease in our beginner conversation circle!

- Learn basic English words and phrases for everyday use.
- Practice simple conversations in a relaxed and friendly setting.
- Slow-paced and supportive environment to help build confidence.

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:

May 6, 2026 – June 24, 2026 (Every Wednesday).

Time: 3:00 PM – 5:00 PM.

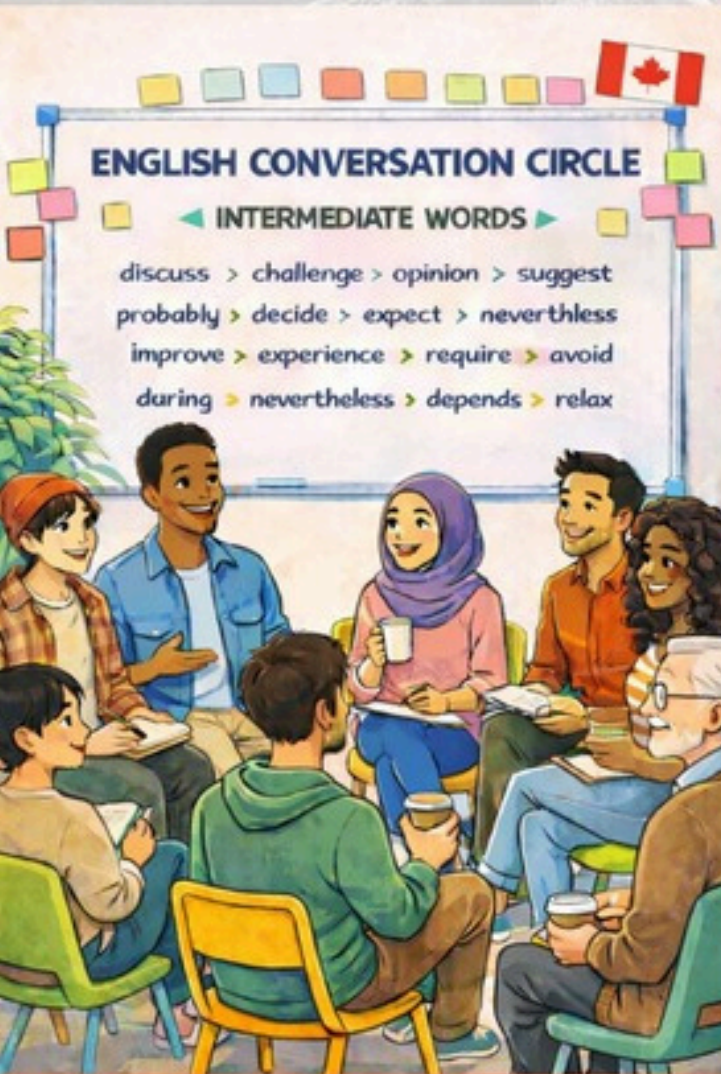
Location: Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby).

Registration Details:

For more information to register, please contact Osama:

Osamaa@burnabynh.ca

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Settlement & Integration Program

Intermediate English Conversation Circle

Join a friendly and supportive space to practice English through conversation.

- Build confidence speaking about everyday topics and experiences.
- Expand vocabulary and improve fluency through guided discussions.
- Practice expressing opinions, sharing stories, and asking questions.
- Connect with others and build community while improving your English.

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:
May 7, 2026 – June 25, 2026 (Every Thursday).

Time: 9:30 AM – 11:30 AM.

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

Registration Details:

For more information to register, please contact Osama:

Osamaa@burnabynh.ca

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

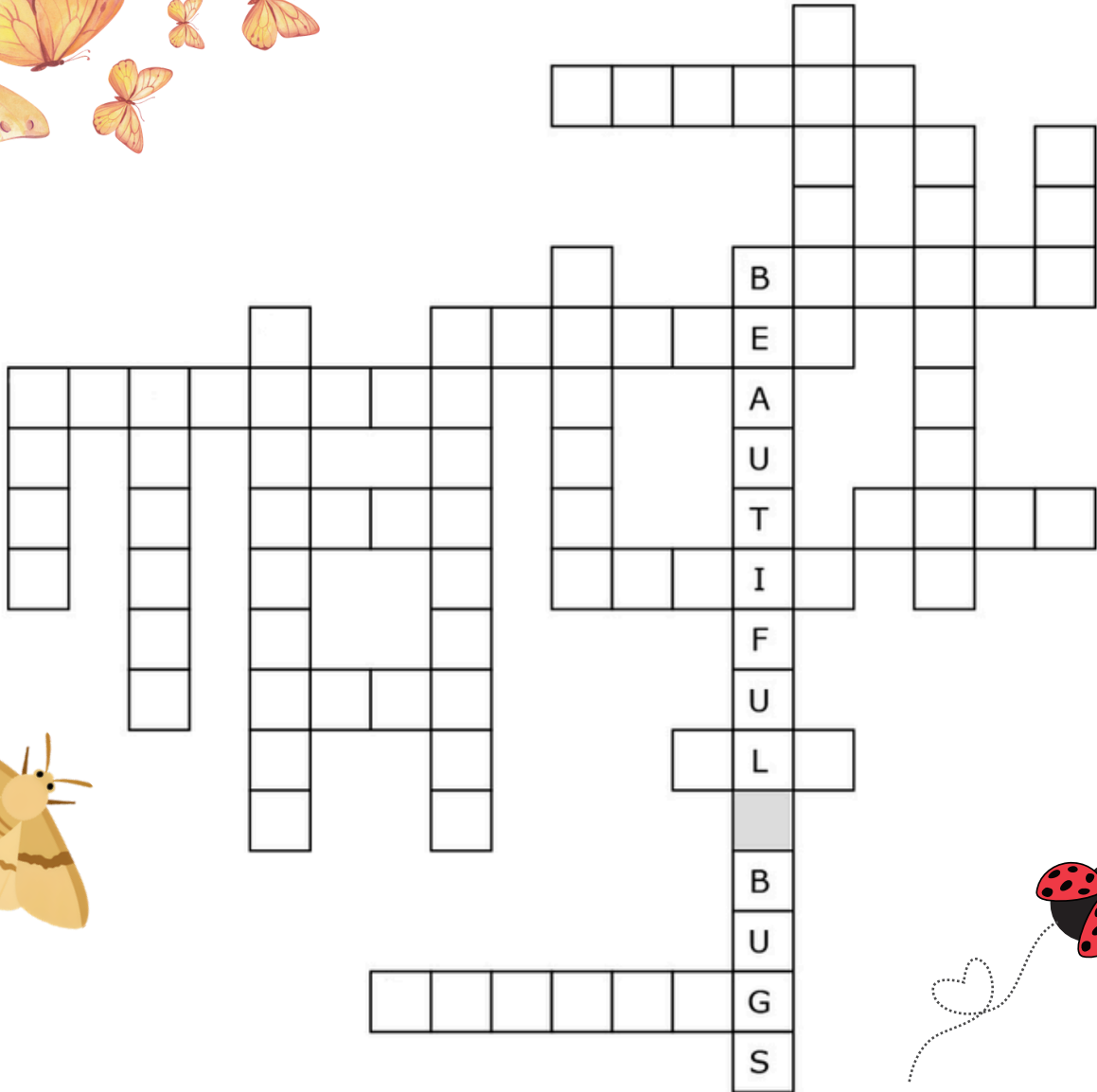


No registration
required

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.



Puzzle



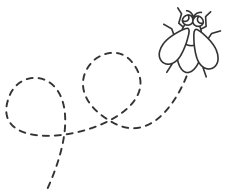
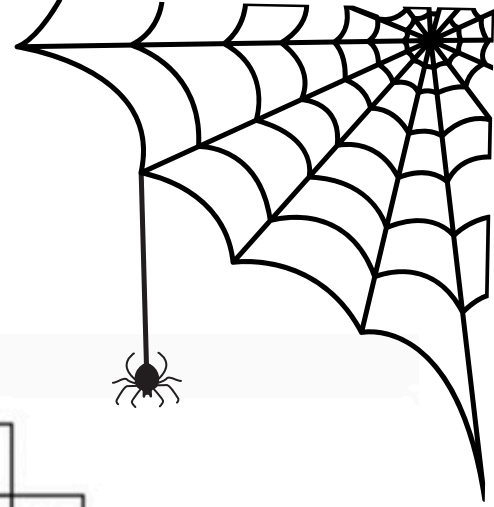
FLY
FLEA
MOTH
TICK
WASP
APHID

BEETLE
CICADA
COCOON
HORNET
SPIDER
CRICKET

LADYBUG
ANTENNAE
MOSQUITO
BUTTERFLY
COCKROACH
BEAUTIFUL BUGS



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

