

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

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**Olena Kadevych**

### Seniors' Connections Volunteer

I volunteer with the Seniors' Connections Program, where I help with registration, setting up the room, collecting payments, and cleaning up after events. I also volunteer with the Seniors' TAPS Program, where I help prepare lunches and wash dishes.

In my free time, I enjoy reading books, learning languages — currently English and French — and taking photos of flowers and nature.

One fun fact about me is that I was born on Sakhalin Island, very close to Japan, so I have loved seafood for as long as I can remember. I have also lived near several seas and oceans, and I love walking by the water.



# 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

# This month, we're excited to introduce Tinh, the beloved companion of Khanh!

Tinh is a handsome gray-and-white domestic cat with an irresistibly sweet face and a talent for finding the coziest spots in the house.

His favourite toy is a feather wand. He loves chasing, pouncing, and showing off his hunting skills during playtime.



Tinh's hidden talent is his incredible ability to fall asleep anywhere, anytime! Whether it's a basket, a chair, or an unexpected corner of the house, he can turn any spot into the perfect nap location.

Tinh joined Khanh's family three years ago after being adopted from a friend. Since then, he has become a cherished family member, bringing comfort, companionship, and plenty of adorable moments every day.

Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact [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!

## 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, June 10th, 2025, enjoy a talk with Andrea, BPL's community librarian!



## Friday Lunch

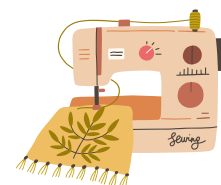
Meet new friends and enjoy a delicious meal (\$7)

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**.



# DO YOU STILL NEED TO FILE YOUR 2025 TAXES?



## BNH IS OFFERING TAX CLINICS ONCE-A-MONTH UNTIL FEB 2027

### South - Third Thursday - 1 to 4pm

May 21, June 18, July 16, Aug 20,  
Sept 17, Oct 15, Nov, 19, Dec 17

### Brentwood - Fourth Tuesday - 10 to 1pm

May 26, June 23, July 28, Aug 25,  
Sept 22, Oct 27, Nov 24, Dec 22

Register with the QR code  
or call Michaela at 604 299 5778




### What you need:

- All income tax slips and your notice of assessment for last year
- Government-issued photo ID and Social Insurance Number
- If you are renting, bring info about your rent amount and duration
- BNH Membership (\$5 per year)





# 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](mailto:kitchens@burnabynh.ca)**



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 Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

**Burnaby Repair Cafe**  
**Upcoming Sessions:**  
May 31, 2026, June 28, 2026  
[kitchens@burnabynh.ca](mailto: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](mailto: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](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**

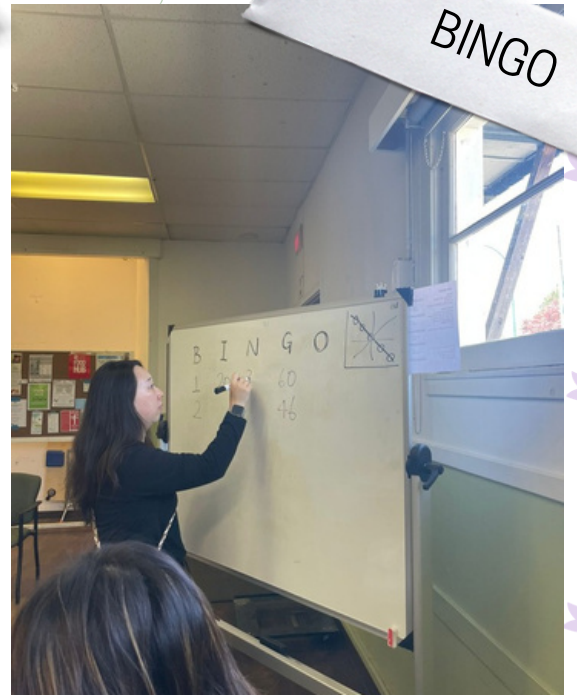
- Third Tuesday of each month | 7:00 PM-8:15 PM

## 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

# Art Therapy Workshop



# BINGO

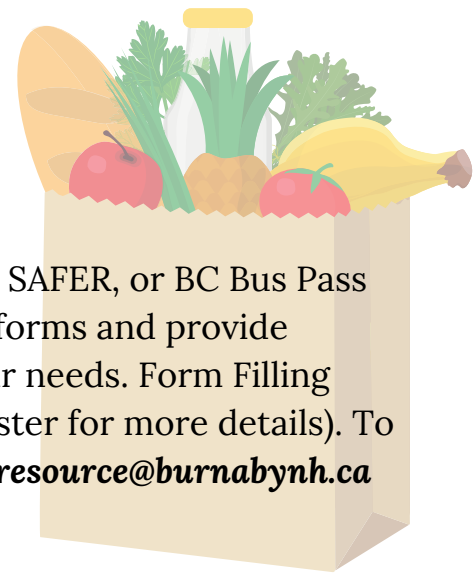
Practicum Student with Program Participant







# 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

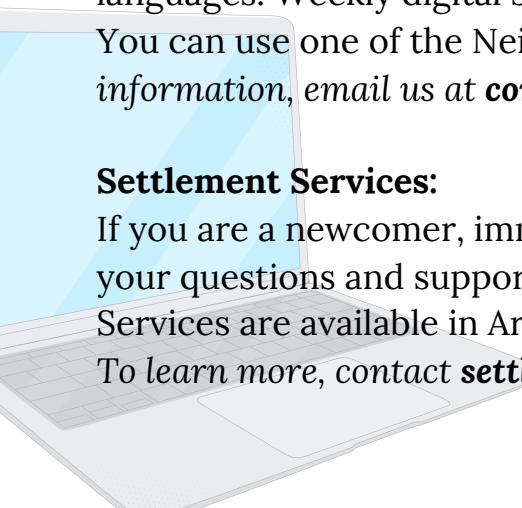
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi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



## 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.

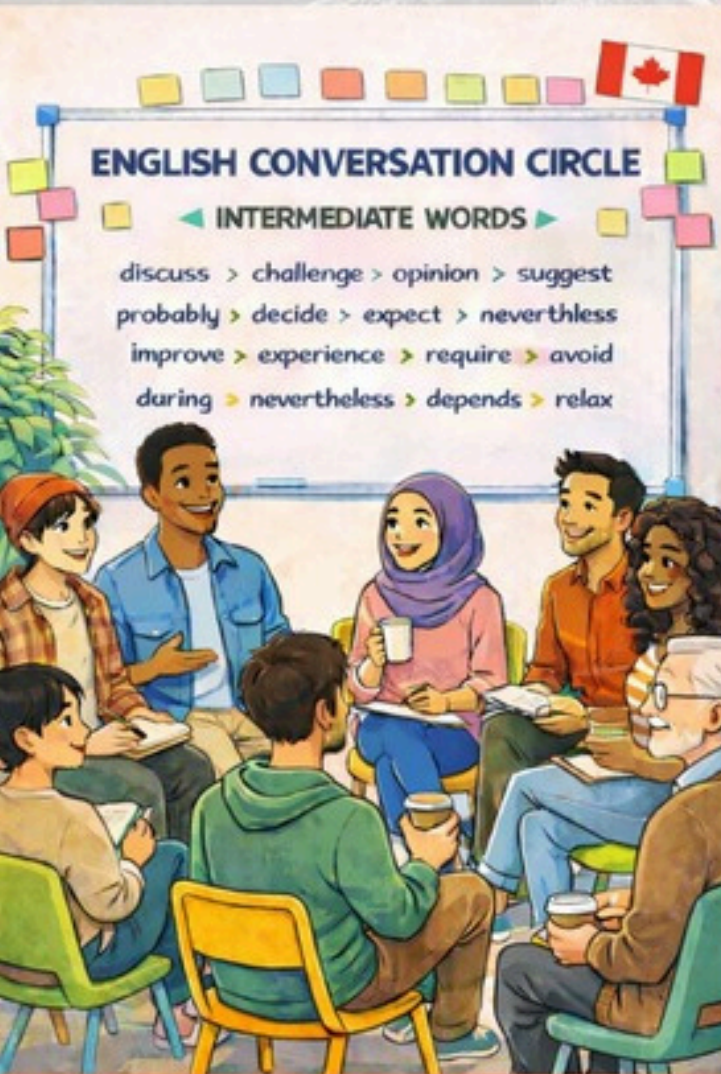
**Location:** Burnaby Neighbourhood House - South House (4460 Beresford Street, Burnaby).

### Registration Details:

For more information to register, please contact Osama:

[Osamaa@burnabynh.ca](mailto: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](mailto: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

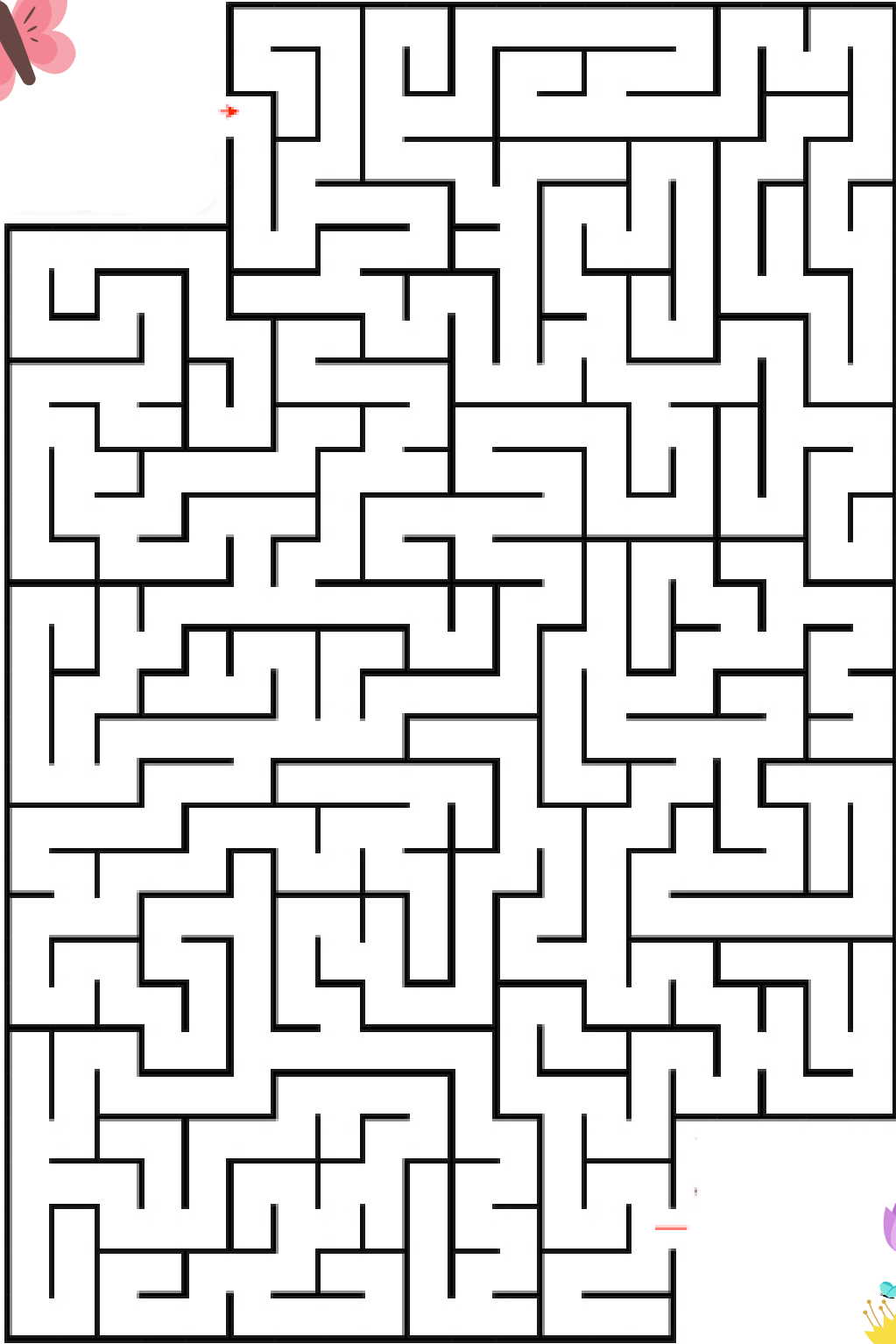
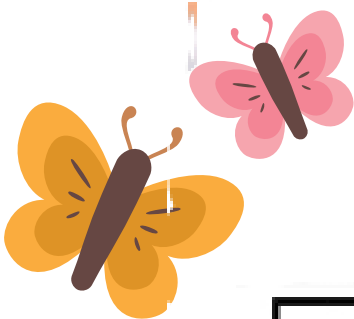


No registration  
required

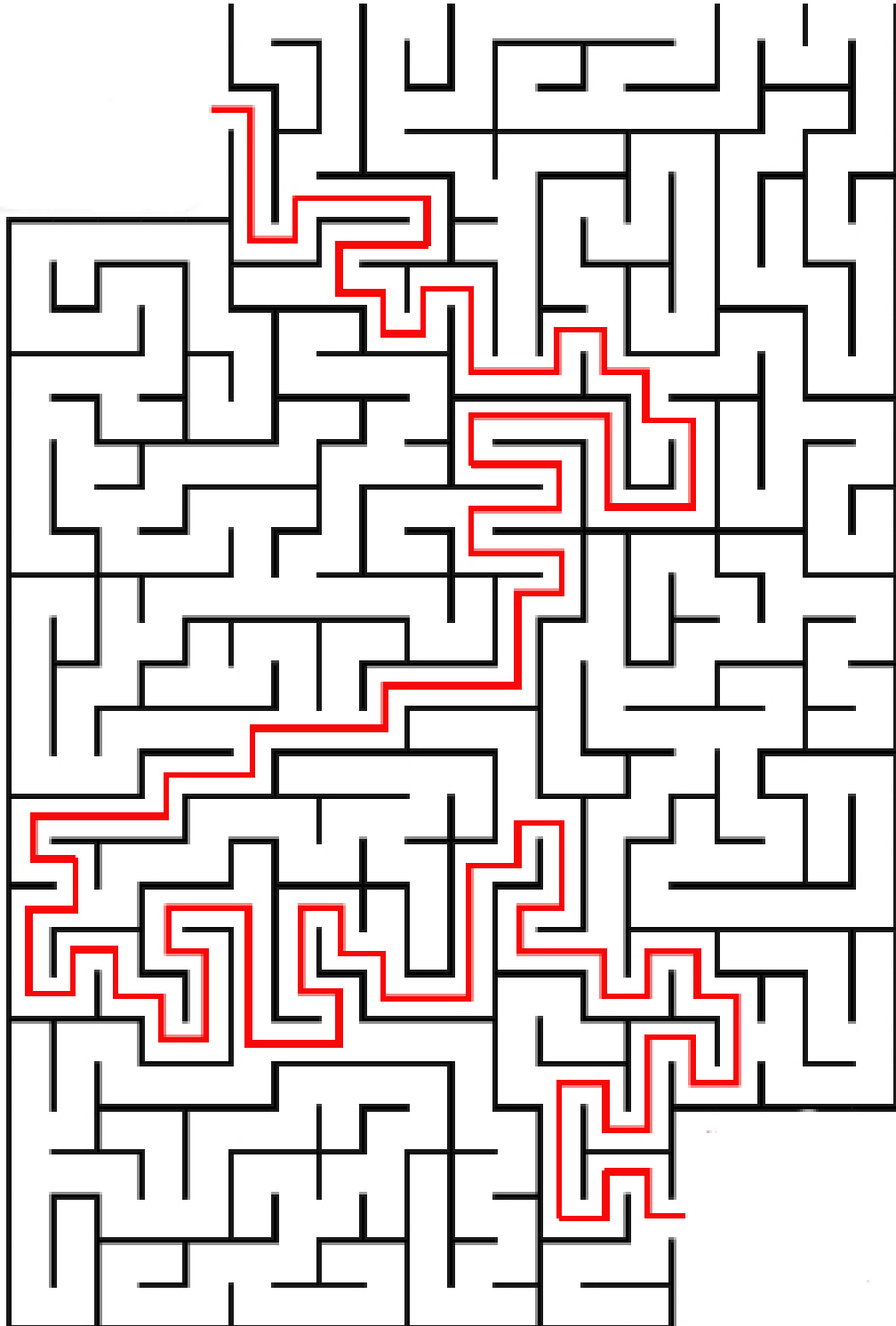
Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours supporting neighbours.



# Puzzle



# 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/](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  
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