

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

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Mila Monroy

Seniors' Connections Volunteer

My program do my volunteer work is TAP Senior every Thursday. What I do is Set-up Time for Program between 9 to 10am with the others volunteers and staff.

10am participants arrive and I help them preparing Coffee, Tea, biscuits and then we have a Chats. I usually help them in everything that they need until the times that they leave. Then I help to Take-down Time/Clean-up.

In my free time, I like listening music, watching TV and go to the theatre .

I think others don't know about me that I used to play theatre. I was also a theater actress in my country (Peru)for a long time; I did it as a hobby and belonged to a local theater group called Talía Teatro de Arte in my city (Arequipa).





STREET PARTY

BBQ COMBO
(HALAL AVAILABLE)

FREE EVENT
FOR EVERYONE

CONNECT • CELEBRATE • BELONG

TUESDAY, JULY 28TH | 4PM- 7PM

4460 Beresford St, Burnaby, BC

FUN FOR ALL AGES!

Live Performances • Family Activities • Face Painting • Community Vendors • Local Organizations • Food Available for Purchase
Everyone is Welcome!



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

Climate and Mobility Study Recruitment

SFU and UBC researchers are exploring how warm weather affects walking for older adults in their neighbourhoods. Participants will receive \$100 (cash) for the full completion of the study.

Your Experience is Important!



Who Can Join?



What You Will Do?

- Adults 55 or older
- Have a mobility-related difficulties (e.g., difficulty walking, climbing stairs, balance issues, or pain)

1) Pre-Meeting (1 hour)

- Learn about the study
- Consent & survey
- Choose walking route within study area

2) Main Session (1-2 hours)

- Walk-along interview and short survey
- Wear small temperature sensors

3) Follow-Up Session(1-2 h)

- Discuss early findings



Contact Us!

Letitia Zhu(Project Coordinator)
604-782-0525
letitia_zhu@sfu.ca

Sasha Rodriguez (Research Assistant)
778-862-5403

50
MOSAIC



SENIORS TAKE ON *Things* we never talk about

Musical Theatre production

Back by popular demand!!

A sensitive exploration of aging, stereotypes, elder abuse, connection, and humour. An original musical performed entirely by immigrant seniors!

July 21 1:30 - 3:00 pm & 6:30 - 8:00 pm
July 22 1:00 - 2:30 pm (for MOSAIC staff only)
July 22 6:30 - 8:00 pm



Anvil Centre Theatre
777 Columbia Street, New Westminster



Register to get your
FREE tickets today!



seniors@mosaicbc.org



604-362-4318
604-671-7281

Meet Mango and Orange David Feline Duo of Friends

Orange is a Domestic Shorthair with soft orange fur and a fluffy tail. His favourite treat is freeze-dried chicken, and his favourite thing to do is nap in strange places. Orange's hidden talent is squeezing into tiny spaces and falling asleep almost anywhere. He became part of our family after David adopted him from a local animal shelter, and his calm and gentle personality made everyone love him right away.



Mango is also a Domestic Shorthair. He loves crunchy treats and feather toys that he can chase around the house. His hidden talent is opening cabinet doors with his paws whenever he wants to explore. David adopted Mango from the same shelter a few months later. Although he was shy at first, he soon became playful and affectionate, bringing lots of joy, laughter, and energy to David's home.

DO YOU NEED TO FILE/REFILE TAXES FOR 2024 OR EARLIER?



**BNH CAN HELP YOU FILE TAXES
FOR THE LAST 2-10 YEARS**

**WE NOW OFFER TAX CLINICS
YEAR ROUND**

DO YOU QUALIFY?

Fill out the form at this QR code



QUESTIONS?

Call Michaela at 604 299 5778



Lookout

Housing + Health Society

LOOKOUT ETHICAL EMPLOYMENT PROGRAM

LEEP

Information Session

July 16th @ 1:30pm



What we offer:

- ✓ Workshops
- ✓ Certifications
- ✓ Counselling
- ✓ Career Support
- ✓ and more

At Brentwood House
2055 Rosser Avenue

All at your own pace!

To register please contact Sofia:
CESS_Assistant@burnabynh.ca
(604) 299-5778



This program is funded by the Government of Canada
and the Province of British Columbia.



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, July 8th, 2026, enjoy a talk with Andrea, BPL's community librarian!



Friday Lunch

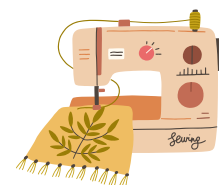
Meet new friends and enjoy a delicious meal (\$7)

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

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



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THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY
THE GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC



United Way
British Columbia

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

Yang-Style Tai Chi for Caregivers

地址 Address:
Banquet Hall 2
4460 Beresford
Street, Burnaby

DATE

日期

JUNE 30--AUGUST 25, 2026

2026年6月30日---8月25日

TIME

时间

EVERY TUESDAY 1:30---2:45 PM

每周二下午 1:30---2:45

Eligibility

报名条件

Must be caring for someone aged 55+

55岁以上人士的照顾者

Join us

报名

daliq@burnabynh.ca

236-877-2616



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

本那比鄰舍

www.burnabynh.ca



Chinese Caregiver Support Group 華語照顧者 支持小組

If you are providing ongoing care and support for a family member or a friend who are 55+ and with health condition, disability or age-related needs, we are here to support you.

如果您長期照顧一位55歲以上、有健康問題或照護需求的家人或朋友，我們在這裏支持你！

Join our group sessions or individual support to connect, share, relax, and recharge with fellow caregivers.

歡迎參加我們的小組活動或個別支援服務，與其他照顧者交流分享、放鬆身心，並為自己充電。

✨ Free event | Light refreshments provided
All unpaid caregivers welcome
免費活動/提供茶點
歡迎所有無償照顧者參加



CARE FOR CAREGIVERS

- One-on-one Support 一對一諮詢
- Emotional Support 情感支持
- Healthcare system navigation 健康系統引導
- Connection to Community Services 連接社區資源
- Knowledge and Skill Enhancement 護理知識和技能提升

To join, please email or call Dali:
報名請致電: (236)877-2616
daliq@burnabynh.ca



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

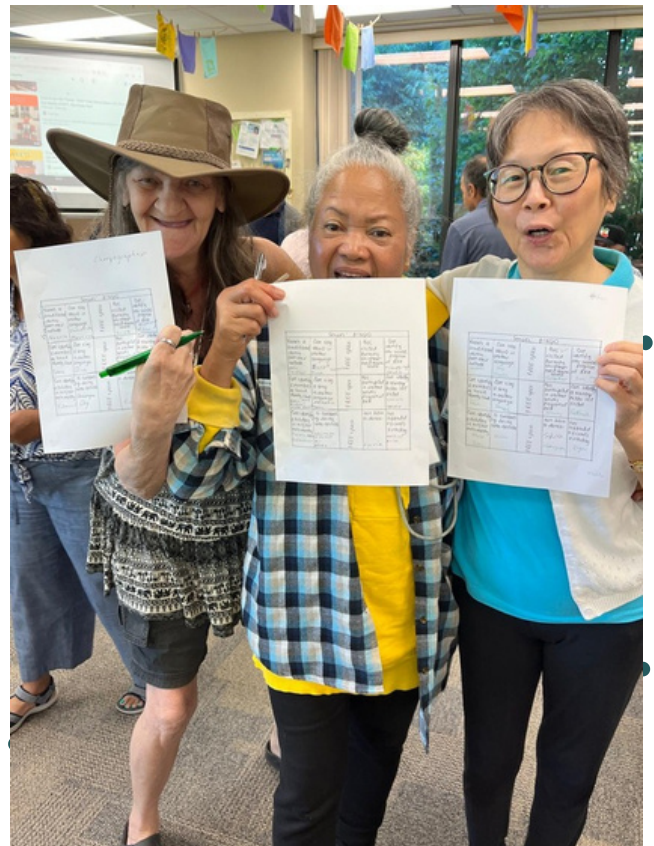
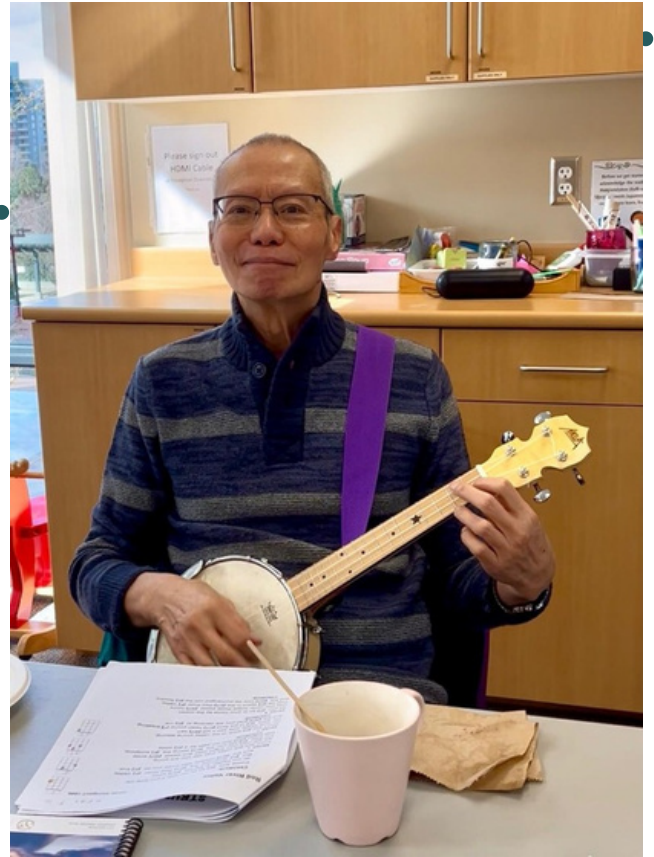
THE BURNABY CAREGIVER SUPPORT PROGRAM IS
FUNDED BY THE GOVERNMENT OF BC AND
MANAGED BY UNITED WAY OF BC



June



Senior Painting 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. Drop-in Form Filling Clinics are available at each BNH House (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

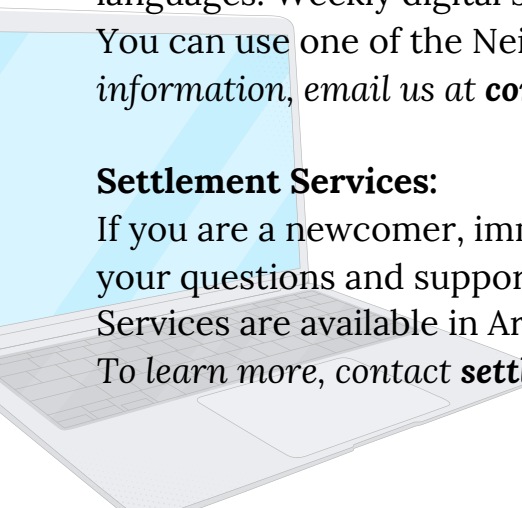
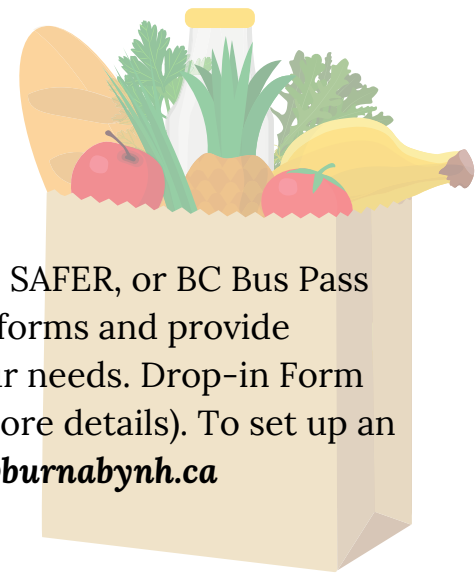
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi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



United Way helping seniors remain independent.

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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



United Way
British Columbia

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



**BRITISH
COLUMBIA**



MOSAIC
Engaging Newcomers, Enriching Communities



CARE CONNECT THRIVE BELONG

We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the x'məθk'a'yəm (Musqueam), Skw'wú7mesh (Squamish), səliwətał (Tsleil-Waututh), and k'ik'a'łəm (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

Online English Conversation Circle:

Practice for Everyday Life for Learners with Basic English

An online conversation circle for learners with basic English who want to build confidence in speaking.

- Talk about everyday topics like shopping, appointments, and daily routines.
- Learn useful vocabulary and common expressions.
- Gain confidence speaking in a comfortable online environment.

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.

Technology Requirements :

- Access to a computer, tablet, or smartphone.
- Reliable and stable internet connection.
- Ability to join and participate on Zoom.

Session Details

Date:

June 2, 2026 – July 21, 2026
(Every Tuesday).

Time: 6:00 PM – 7:30 PM.

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

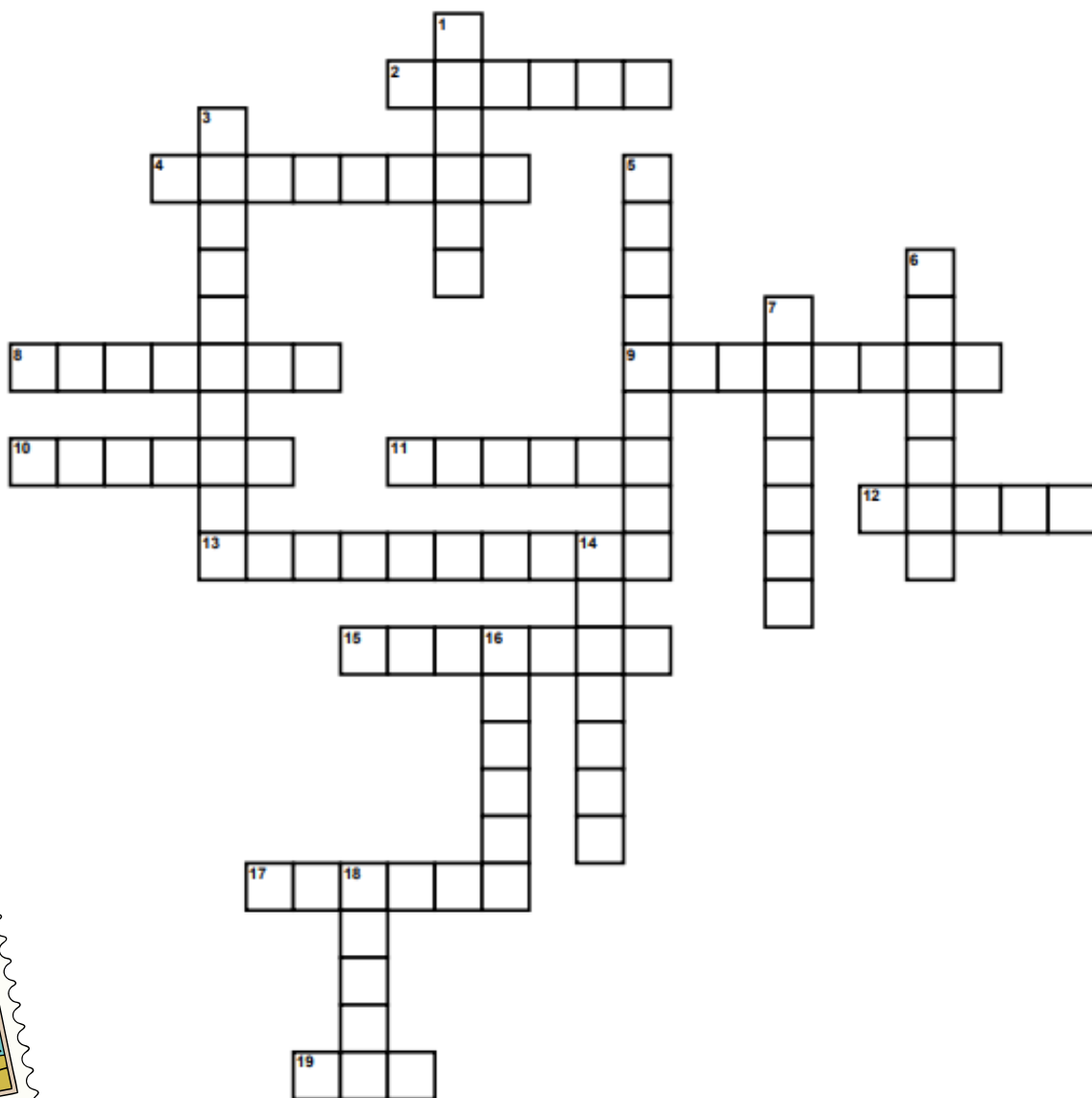
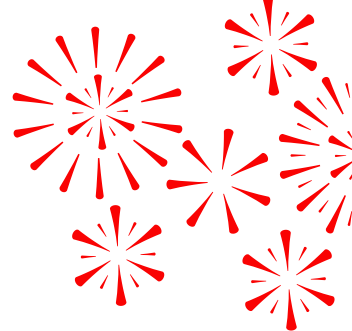


Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours supporting neighbours.





Puzzle



Across

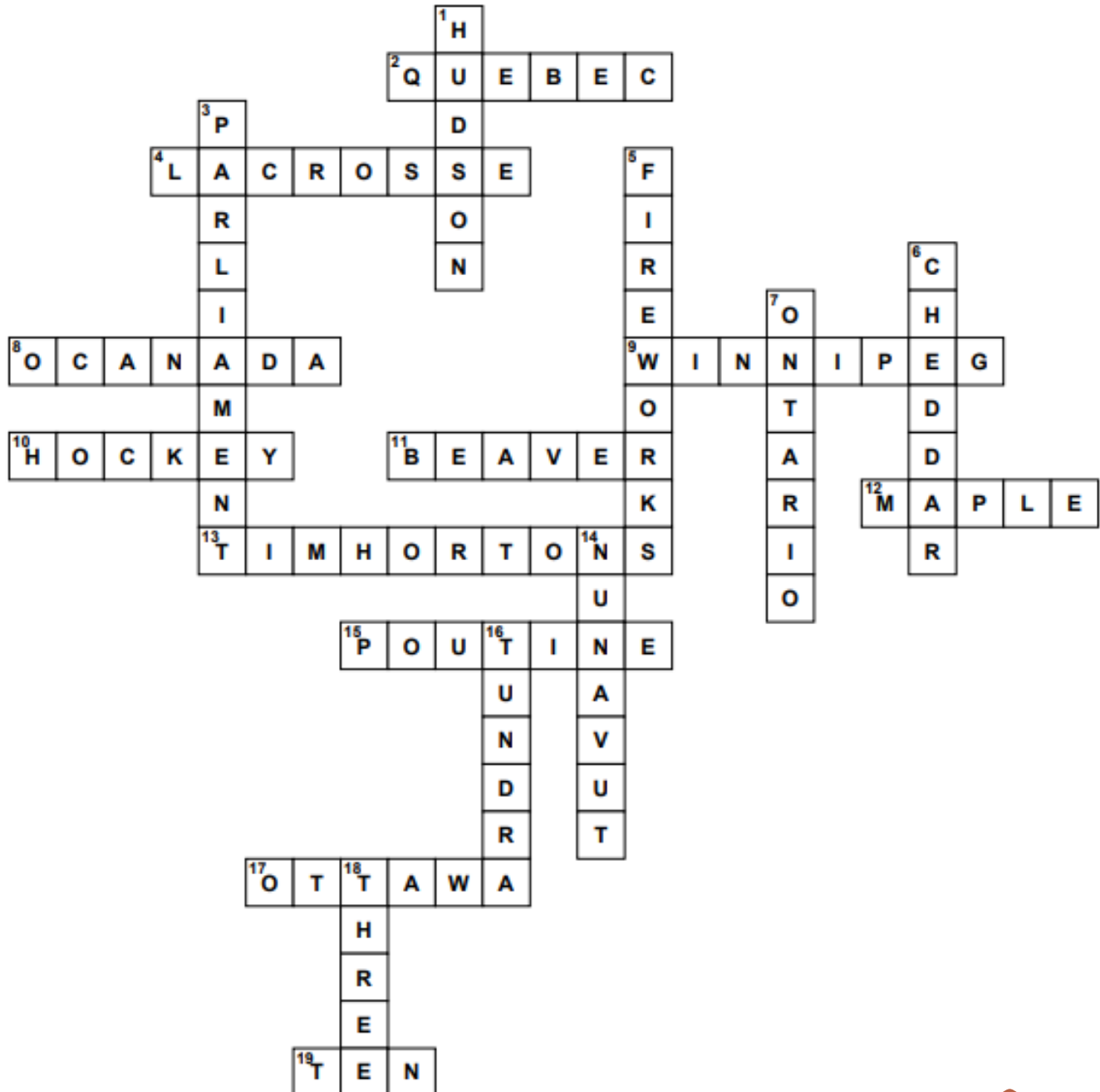
- [2] French Speaking province
- [4] Canada's national summer sport
- [8] Our national anthem
- [9] Capital of Manitoba
- [10] Canada's national winter sport
- [11] Canada's National Animal
- [12] Favourite Syrup
- [13] Famous Coffee
- [15] Popular Canadian dish from Quebec
- [17] Canada's capital city
- [19] Number of provinces in Canada

Down

- [1] Big Bay
- [3] Federal Government of Canada
- [5] On Canada Day we celebrate with _____
- [6] Most popular cheese in Canada
- [7] Has the largest population out of all provinces
- [14] Last Province or territory to join Canada
- [16] Biome found in Canada
- [18] Number of territories in Canada



Solution



MEMBERSHIP 2026-2027



Memberships are in effect for 365 days from the registered date and are 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/get-involved/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/get-involved/membership/>
3. E-Transfer: send your fee to info@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

