

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

HAPPY
HALLOWEEN

IN THIS ISSUE



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**PHOTOS FROM
SEPTEMBER** **18**

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Sang Eun Lee

Korean Caregiver Supervisor



I am the Korean Caregiver Program Supervisor. I support Korean-speaking family and friend caregivers by providing emotional support, connecting them with community services, and helping them access resources that make caregiving a little easier while supporting a healthy balance between caregiving and their own well-being. My goal is to help caregivers in the Korean community, who may face cultural and language barriers when seeking support, feel connected, understood, and supported.

Outside of work, you might find me on the badminton court with my local club. I enjoy a good rally, a friendly competition, and the chance to catch up with friends between games.

I also work part-time at a daycare! Between supporting caregivers at BNH and spending time with little ones, I get to connect with people across generations. Let's just say the topics of conversation change quite a bit from one workplace to the other!



HARVESTING HOPE

BURNABY'S LOCAL FOOD BANK

There is a **seat** for everyone at the **table**

Food insecurity can affect anyone.

This October, help ensure 2,600+ Burnaby residents have food at the table.

SCAN ME



DONATE ❤️

Go to burnabynh.ca/donate or support us with an in-kind donation.

With cash donations, we are able to purchase perishables through wholesalers at a significantly reduced cost.



South House

4460 Beresford St
604 431-0400



North House

4908 Hasting St.
604 294-5444



Brentwood House

2055 Rosser Ave.
604 299-577B

MEET THE TEAM



Alexis Haig
Manager of Seniors'
Services



Hilda Eng
Kitchen
Coordinator



Dali Qu
Chinese
Caregiver
Supervisor



Blenn Dioces
Caregiver &
Dementia Programs
Coordinator



Sang Eun Lee
Korean Caregiver
Supervisor



Mozhgan Ghadimi
Farsi Caregiver
Supervisor



Justine Tsui
Seniors
Community
Connector



Eddie Pham
Seniors'
Volunteer
Supervisor



Cheri Staples
Seniors' Resource
Navigator

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



Nayra Reis
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



VOLUNTEERS

∴ **NEEDED** ∴

One Drive. A Meaningful Difference.

Volunteer Meal Delivery Driver

- 🚗 Deliver meals to seniors across Burnaby
- ❤️ Provide friendly, reliable community support
- 📅 ^{July}17 Shifts Available on Mondays, Wednesdays and Fridays | 10 AM–12:30 PM

Volunteer Driver for Senior Transportation

- 🚗 Drive Burnaby seniors to and from medical appointments
- ❤️ Provide friendly, safe & reliable transportation
- 📅 ^{July}17 Flexible schedule | Minimum 2 drives per month

Apply to become a volunteer driver:

<https://burnabynh.ca/get-involved-volunteer/>

What to expect:

- ✓ Short informal interview
- ✓ Online volunteer orientation
- ✓ Mileage reimbursement provided

Questions?

✉️ seniorvolunteer@burnabynh.ca

All applicants must complete the Burnaby Neighbourhood House volunteer application process.

Call For VOLUNTEERS

Role: Caregiver Support

Help us support and assist caregivers to fulfill their roles caring for their loved ones, as well as maintain their own self-care.

- Provide a listening ear and emotional support.
- Help reduce feelings of isolation and loneliness.
- Share caregiver resources and community services.
- Encourage self-care and caregiver well-being.
- Help caregivers identify goals and connect with appropriate supports.



Sign up to volunteer by
contacting us at:

 #672-336-6280

 seniorvolunteer@burnabynh.ca



REGISTER NOW



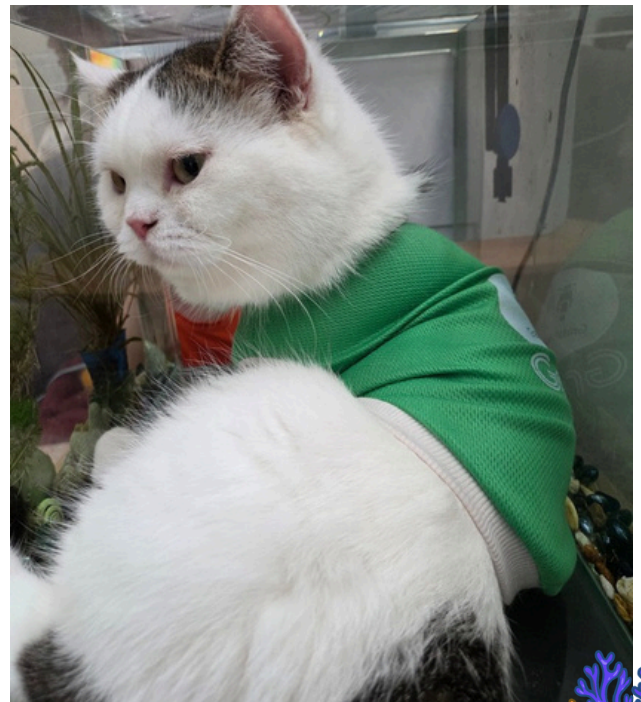
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwətləm), Squamish (Sḵwəwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

Meet Remy: Travis's Furry Best Friend



Remy is Travis's beloved pet. He is a domestic shorthair cat with soft white fur and cute grey tabby markings on his head and tail. His favourite treats are tasty cat treats, and he loves chasing little toys around. His hidden talent is being a great model—he can sit still and give a serious, funny look whenever someone takes his picture!

Remy became part of Travis's family when Travis was looking for a furry companion. When they first met, Remy's sweet face and gentle personality immediately won Travis over. They quickly became best friends, and Remy has been a happy part of the family ever since.



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact at seniorvolunteer@burnabynh.ca





Seniors Connections 55+

ENGLISH CONVERSATION CIRCLE



Mondays

Oct 5, 2026 12:30-2pm

~~Oct 12, 2026~~ Stat Holiday - No program

Oct 19, 2026 12:30-2pm

Oct 26, 2026 12:30-2pm

**BURNABY
NEIGHBOURHOOD HOUSE
NORTH HOUSE
4908 HASTINGS ST,
BURNABY**

**ALL LEVELS WELCOME!
NO REGISTRATION
REQUIRED**

**For more information, contact us at
seniorsocial_dayprgm@burnabynh.ca
To reach our front desk: (604) 294-5444**

**To sign up to be a member of Burnaby Neighbourhood House, please register
through our website: <https://burnabynh.ca>**

"Burnaby Neighbourhood House is a community-driven and community-funded agency located on the unceded territories of the Tsleil-Waututh (səlílwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw), and Musqueam (xʷməθkʷəy̓əm) Nations, with a unique focus on neighbours supporting neighbours."

This program is generously
supported by



United Way
British Columbia



Join us for Soup and Bun Social Meals

*Everyone welcome!
Eat, chat, and connect!*



\$2

**or by donation*

Mondays 11am-1pm

 Burnaby Neighbourhood House
North House - **4908 Hastings St.**

(604)-294-5444 | www.burnabynh.ca

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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 (12:15–1:45pm) and Fridays (10:00–1:45pm) for coffee or tea and a range of activities from BINGO, arts and crafts to educational workshops!



MOVEMENT FOR HEALTH

Enjoy different physical activities to help improve your health!

DROP IN PROGRAMS

Qigong

Wednesdays

10:45–11:15am

Latin Beat

Fridays:

10–11am

Yuanji Dance

Fridays:

3–4:45pm



REGISTRATION PROGRAMS (MORE INFO ON NEXT PAGE)

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

Tai Chi

Fridays

1–2pm 24 Tai Chi

2–3pm 48 Tai Chi

Yoga

Wednesdays

2–2:45pm

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



Burnaby Public Library

Workshop - Burnaby Public Library

On Wednesday, October 7th, 2026, enjoy a talk with Andrea, BPL's community librarian!

Friday Lunch Program presented by PARC Retirement Living

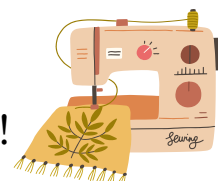
Meet new friends and enjoy a delicious meal (\$7)

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

REGISTRATION ONLY OCT - DEC 2026 PROGRAMS

Burnaby Neighbourhood House (South House) 4460 Beresford St. #100

WEDNESDAYS

TAI CHI 24 Intermediate

10:00-10:45am, Oct 7 - Dec 23

(Completion of Beginners Tai Chi Required)

TAI CHI Sword

11:15-12:00 pm, Oct 7 - Dec 23

(Completion of Beginners Tai Chi Required)

Yoga

2:00-2:45pm

Oct 7 - Dec 23

Line Dance

3:00-4:00pm

Oct 7 - Dec 23

FRIDAYS

TAI CHI 24 Beginners

1:00-2:00pm, Oct 2 - Dec 18

TAI CHI 48 Advanced

2:00-3:00pm, Oct 2 - Dec 18

(Completion of Beginners Tai Chi Required)

Please Note:

- One class per person.
- If you took this class within the last 3 months, please leave the spot for a new participant. (You may re-register Oct 1st if space is available)
- Starting October 1st, everyone may register for additional classes if space is available.

HOW TO REGISTER

A) USE PHONE TO SCAN QR CODE

OR

B) GO ON OUR BNH WEBSITE: BURNABYNH.CA

OR

C) VISIT: [HTTPS://FORMS.GLE/3BZIZT7F9FSGBLBV8](https://forms.gle/3BZIZT7F9FSGBLBV8)



scan QR code

REGISTRATION START DATE:

MONDAY, SEPTEMBER 14 2026 AT 11AM

NOT GOOD WITH TECHNOLOGY? COMPUTER SUPPORT IS AVAILABLE AT OUR DIGITAL CAFES:

DROP IN!



- MONDAYS AT SOUTH HOUSE 12-2PM (4460 BERESFORD ST. #100)
- MONDAYS AT BNH NORTH HOUSE 10-12PM (4908 HASTINGS ST)
- WEDNESDAYS AT BNH BRENTWOOD HOUSE 10-12PM (2055 ROSSER AVE)
- THURSDAYS AT SOUTH HOUSE 3-5PM (4460 BERESFORD ST. #100)



For any questions, contact us at seniorsocial_dayprgm@burnabynh.ca

To reach our office: 604-431-0400

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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

- September 27, 2026
- October 25, 2026
- November 29, 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:
• September 27
October 25
November 29
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



You're invited to our

FALL PROGRAMS FOR SENIORS

برنامه‌های پاییزی ویژه سالمندان
فارسی‌زبان



Activities Include:

Painting Workshop

October 7, 11 a.m. to 12:30 p.m.

Yoga for Joyful Aging

October 21, 11 a.m. to 12:30 p.m.

Self-Care and Well-Being

November 4, 11 a.m. to 12:30 p.m.

Culture and Storytelling

November 18, 11 a.m. to 12:30 p.m.

Farsi Calligraphy

December 2, 11 a.m. to 12:30 p.m.

Yalda & Christmas:
Celebrating Light & Love

December 16, 11 a.m. to 12:30 p.m.



For more info:

farsicaregiver@burnabynh.ca

236-878-9405

Location: 4460 Bresford St.

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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



United Way
British Columbia

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



September





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

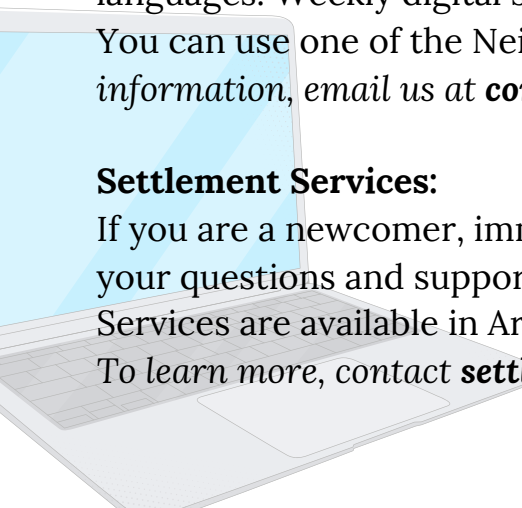
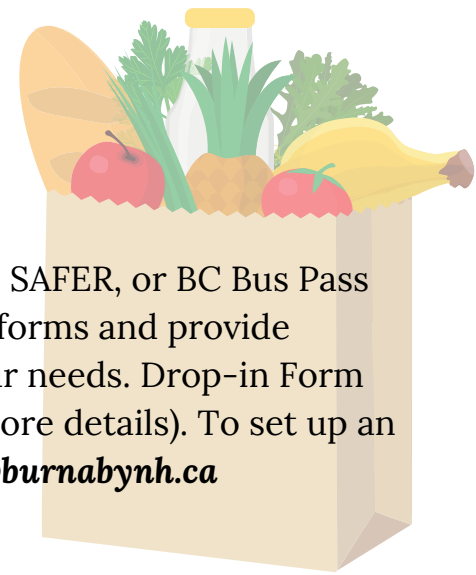
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi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

Fall-Spring Edition

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



October - April Drop-in Schedule (excluding holidays)

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

North House (4908 Hastings St): 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



United Way helping seniors remain independent.



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



ONLINE ENGLISH CONVERSATION CIRCLE

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

Requirements:

- Be permanent resident or protected person.
- Have access to a computer, tablet, or smartphone.
- Have reliable and stable internet connection.
- Be able to join and participate on Zoom.



Date: September 22 - October 27, 2026 (every Tuesday).

Time: 6:00 - 7:30 PM.

Format: Online via ZOOM.

For more information about this program and how to participate, contact Osama at

OsamaA@burnabynh.ca

WWW.BURNABYNH.CA

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Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

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

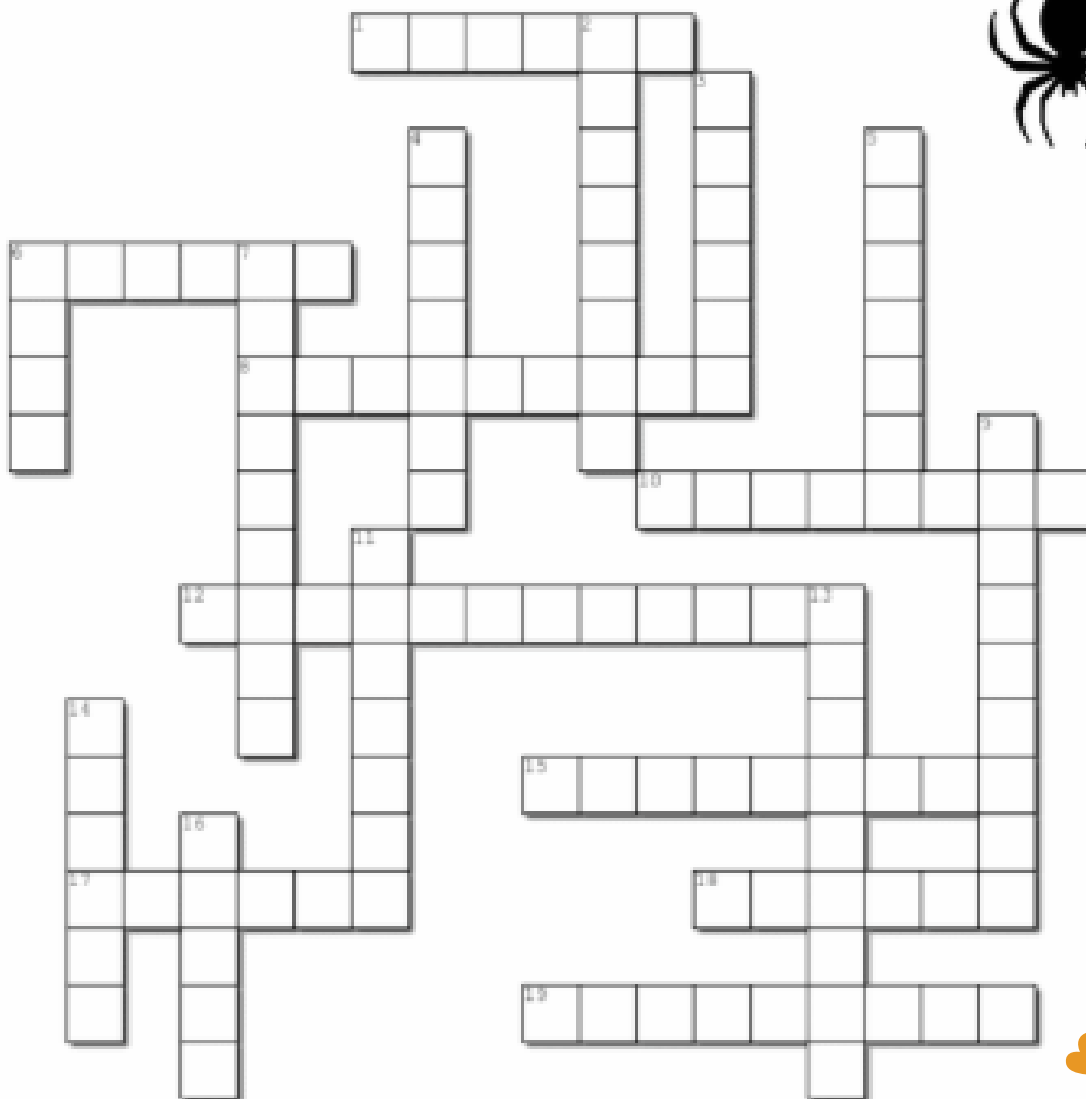


Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours supporting neighbours.





Puzzle



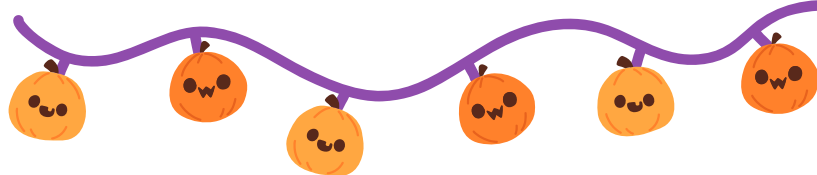
Across

1. A color connected to Halloween
6. The woman with snakes as hair
8. Name of a popular haunted female doll
10. Where witches make their potion
12. "It's Alive!"
15. A fictional superhuman that saves people
17. A reptile-like legendary creature that breathes fire
18. The living dead
19. Scooby Doo helped solved these

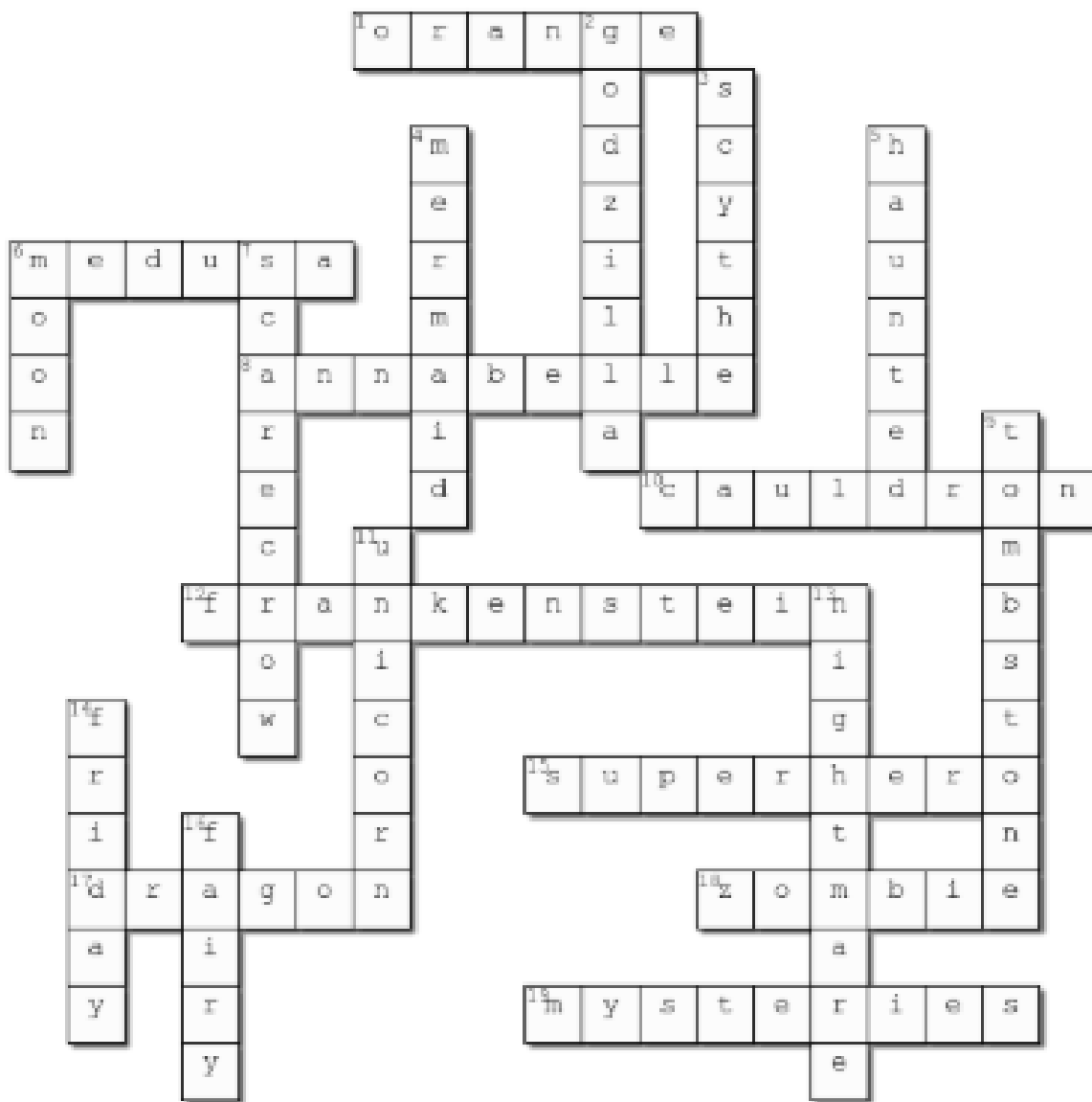
Down

2. A gigantic dinosaur-like monster originating in Japan
3. What the grim reaper carries
4. Half Woman, Half Fish
5. A place frequented by a ghost
6. The brightest object in the sky at night
7. A dummy used to scare birds
9. An inscribed stone standing or laid over a grave
11. A magical horse with horns
13. A scary dream
14. _____ the 13th
16. A creature with magic powers and wings





Solution



MEMBERSHIP



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'

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