November 2026

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

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Mozhgan Ghadimi

Farsi Caregiver & Peer Support Supervisor

I'm Mozhgan and I coordinate and facilitate support groups for Farsi-speaking seniors 55+, as well as caregivers. Through these gatherings, we aim to create a welcoming and supportive space where newcomers can feel more connected, develop a stronger sense of belonging, and navigate the challenges of adapting to a new life in Canada.

As part of the caregiver support program, I provide 1-on-1 support, connect caregivers with community resources and services, organize educational workshops, and create opportunities for caregivers to build supportive relationships with others who share similar experiences. My goal is to help caregivers feel heard, supported, and less alone in their caregiving journeys.

I have also spent several years working in the field of mental health, providing support in Farsi to people from different backgrounds and walks of life. One of my longstanding personal interests has been connecting with people from different cultures; I believe these interactions help us develop a deeper understanding of the world around us. I believe one of the most meaningful things we can do in life is to keep our curiosity alive and never stop learning.

There is also a personal story behind my passion for this work. About nine years ago, when my daughter was born, I lost my father. Experiencing these two profoundly different emotions at the same time was incredibly challenging, but it also changed the way I looked at life. It marked the beginning of a new chapter for me and gradually shaped my desire to be there for people during difficult moments in their lives and to support them professionally through challenging experiences. I often feel that my work is more than just a profession; it is something I deeply connect with and find genuine meaning in.

Outside of work, I enjoy reading, and exploring music. And perhaps not everyone would guess this, but the first band I ever became a fan of as a teenager was Metallica!

Meet the Team



Alexis Haig
Manager of Seniors' Services



Hilda Eng
Kitchen Coordinator



Dali Qu
Chinese Caregiver Supervisor



Blenn Dioces
Caregiver & Dementia Programs Coordinator



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



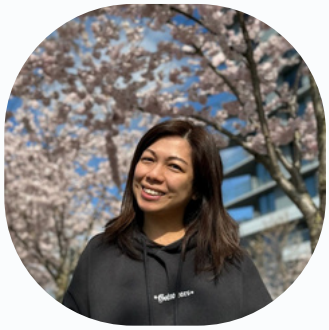
Emily Chan
Better at Home Coordinator



Cynthia Lu
Seniors Food Program Supervisor



Kathy Bobicki
Seniors Transportation Supervisor



Sabrina Lou
Housekeeping & Food Programs Supervisor

SENIORS CONNECTIONS

Christmas LUNCH

Tickets are free but must be reserved in advance as seats are limited.
This lunch is sponsored by PARC Retirement Living.

TICKET REQUIRED
LIMITED SEATS

FRIDAY
Dec 11

EVENT: 11AM –1PM
CONCERT AT 11AM
LUNCH AT 12PM

BURNABY NEIGHBOURHOOD HOUSE (SOUTH HOUSE)
4460 BERESFORD ST. #100, 3RD FLOOR

RESERVE YOUR TICKET ONLINE!

Registration opens Monday Nov 23 2026 at 12pm

REGISTER ON OUR WEBSITE

https://burnabynh.ca

OR THROUGH QR CODE

For any questions, contact us at Leak@burnabynh.ca
To reach our office: 604-431-0400

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaɬ), Kwikwetlem (kʷikʷəƛ̓əm), Squamish (Sḵwx̱wú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



Burnaby Neighbourhood House
CARE CONNECT ENGAGE BELONG

BURNABY
MEALS ON WHEELS

VOLUNTEERS NEEDED

One Drive. A Meaningful Difference.

Volunteer Meal Delivery Driver

- 🚗 Deliver meals to seniors across Burnaby
- 💛 Provide friendly, reliable community support
- 📅 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
- 📅 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.

SENIORS CONNECTIONS

WINTER TERM JAN - MAR 2027 REGISTRATION PROGRAMS

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

WEDNESDAYS

TAI CHI 24 Beginner
9:15-10am

TAI CHI 24 Intermediate
10-10:45am
(Completion of Beginners Tai Chi Required)

TAI CHI Sword
11-11:45am
(Completion of Beginners Tai Chi Required)

Yoga
2:00-2:45pm

Line Dance
3:00-4:00pm

FRIDAYS

TAI CHI 48 Advanced
2-2:45pm
(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 Dec 28th if space is available)
- Starting Dec 28th, 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

REGISTRATION START DATE:

MONDAY, DECEMBER 7 2026 AT 12PM

NEED HELP WITH TECHNOLOGY? COMPUTER SUPPORT IS AVAILABLE AT OUR

DIGITAL CAFES:



- **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)**

DROP IN!

For any questions, contact us at Leak@burnabynh.ca
To reach our office: 604-431-0400

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Meet Connie: A Little Golden Bundle of Joy!



Meet Connie, Sania's adorable Golden British Shorthair! With her beautiful golden coat and sweet round eyes, Connie has a way of stealing everyone's heart. Her favourite things include crunchy cat treats and chasing feather toys. She's always ready for a little playtime, especially when treats are involved!

Connie's hidden talents include being a professional napper and an expert attention-seeker. She has mastered the art of looking irresistibly cute whenever she wants something! Since joining Sania's family, Connie has quickly become a beloved family member, bringing plenty of joy, laughter, and cuddles into the home. It's safe to say that life is a little brighter with Connie around!







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



This program is generously supported by

United Way British Columbia

Burnaby Neighbourhood House

CARE CONNECT ENGAGE BELONG

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	Latin Beat	Yuanji Dance
Wednesdays	**Fridays:**	**Fridays:**
10:45-11:15am	10–11am	3-4:45pm



REGISTRATION PROGRAMS (MORE INFO ON NEXT PAGE)

Line Dancing	Tai Chi	Tai Chi	Yoga
Wednesdays	**Wednesdays**	**Fridays**	**Wednesdays**
9:15-10am(Beginner) 3-4pm	10–10:45am Tai Chi 24 (Intermediate) 11:15am–12pm Tai Chi Sword	1-2pm 24 Tai Chi 2–3pm 48 Tai Chi	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**.



Community Repair CAFE

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

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
CARE CONNECT ENGAGE BELONG

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Farsi Speaking Women's Group

گروه زنان فارسی‌زبان

Thursday mornings from 10-12

صبح‌های پنجشنبه، از ساعت ۱۰ صبح تا ۱۲ ظهر

Join other Farsi Speaking women to discuss cultural experiences, life and find community.

به جمع دیگر زنان فارسی‌زبان بپیوندید تا درباره تجربیات فرهنگی و زندگی گفتگو کنید و حس تعلق به یک جمع را تجربه نمایید



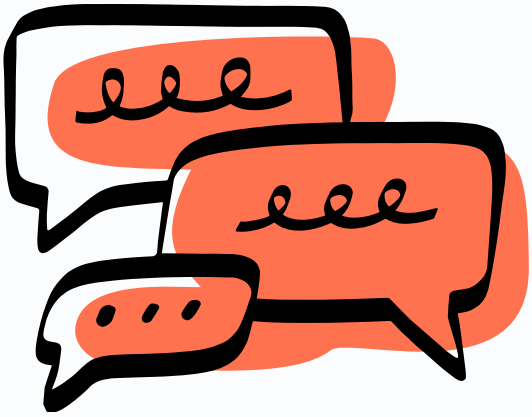
2055 Rosser Avenue Brentwood Neighbourhood House

Email Michaela at Southcommunity@burnabynh.ca or call 604-299-5778 to register!

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Intermediate English Conversation Circle

Practice English with Ursula and your neighbours!
We tell stories about our lives to practice speaking natural, everyday English.



Mondays 1-3pm

Burnaby Neighbourhood House
Brentwood House - **2055 Rosser St.**
Email **southcommunity@burnabynh.ca** to register

(604)-299-5778 | www.burnabynh.ca

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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**

Burnaby Neighbourhood House

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.

Senior Peer Support is funded by City of Burnaby and Province of BC.

British Columbia

City of Burnaby

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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.

CARE FOR CAREGIVERS

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。

- **One-on-one Support 一對一咨詢**
- **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

✨ 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

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







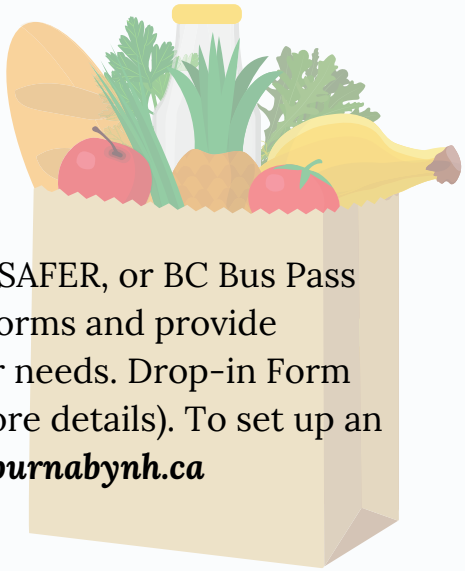


October





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!



Burnaby NEIGHBOURHOOD HOUSE

CARE CONNECT ENGAGE BELONG

Better at Home

United Way helping seniors remain independent.

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

Better at Home
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

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

Burnaby Neighbourhood House
CARE CONNECT ENGAGE BELONG

Do You Need Tech Help?

North House

Mon: 10:00 AM - 12:00 PM

(4908 Hastings St, Burnaby)
604-294-5444
computercafe@burnabynh.ca

Brentwood

Wed: 10:00 AM - 12:00 PM

(2055 Rosser Ave, Burnaby)
604-299-5778
computercafe@burnabynh.ca

South House

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

(4460 Beresford St, Burnaby)
604-396-7307
computercafe@burnabynh.ca

Computer Drop-in

No registration required

- Using laptops, phones, tablets
- Zoom, Google Search, Email basics
- Microsoft Suite Basics

Multiple languages offered



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.

Burnaby NEIGHBOURHOOD HOUSE



Puzzle

Y	Y	K	Z	K	X	P	D	X	W	L	I	F	I	B
E	I	O	E	Z	L	R	U	D	A	T	J	K	A	N
X	L	L	E	C	N	A	R	B	M	E	M	E	R	J
F	P	V	I	A	V	H	G	I	V	H	F	B	J	C
X	W	E	B	V	M	L	O	S	E	J	Z	R	M	C
C	E	T	S	E	E	H	F	D	K	Z	U	A	U	E
E	J	E	P	A	E	S	A	P	W	N	F	W	F	L
W	V	R	Y	K	C	R	C	Y	Q	M	A	C	A	C
U	G	A	F	N	A	R	T	U	M	K	O	H	B	H
G	X	N	R	P	V	L	I	R	D	L	P	D	T	H
R	S	A	M	B	A	I	O	F	B	R	V	W	K	C
I	G	L	N	Y	S	F	Z	O	I	Z	Y	I	Y	O
E	W	M	O	X	I	B	E	D	Q	C	T	P	J	N
F	U	L	C	N	N	C	E	Y	T	I	E	X	W	Z
D	G	A	U	J	W	P	I	A	I	Q	S	G	N	E



Word List

BRAVE	PARADE	THANKS
GRIEF	PRIDE	UNIFORM
LIVES	REMEMBRANCE	VETERAN
LOYALTY	SACRIFICE	WAR





Solution

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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	South House	Brentwood
(604-294-5444)	(604-431-0400)	(604-299-5778)
4908 Hastings Street	4460 Beresford Street	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 to our Funders and Sponsors!

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parc retirement living

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

Beedie