

**For more information, or to  
get involved, contact:**

**Elizabeth Zinder de Jesus**

Seniors Outreach Coordinator

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[www.burnabynh.ca](http://www.burnabynh.ca)

**Burnaby Neighbourhood House**

(Across Metrotown Skytrain)

4460 Beresford Street  
Burnaby, V5H 0B8

Location Map;

<http://burnabynh.ca/contact-us/>

**Welcoming Spaces Project**



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aging**

CONNECTING SENIORS



The Burnaby Neighbourhood House offers many other services & programs of interest to seniors, including:

- Support calls
- Social & Wellness Activities
- Outings
- Computer Classes
- ESL Classes
- Income Tax Services
- Multicultural Events

### **Seniors Together Program**

The *Seniors Together* welcomes all seniors to fun activities planned and led by seniors. Participate and build new friendships while enjoying meals together and a variety of social activities!

Wednesdays: 11:00am-3:00pm

Fridays: 10:30am-3:00pm

For more information, contact:

**Zelly Teferra @ 604 431-0400**



## **Seniors Outreach Ambassador Program**



*Connecting Seniors to the  
neighbourhoods . . .*

## What we do

Initially developed in partnership with *Voices of Burnaby Seniors*, and currently funded by Seniors Horizon Grants, the *Outreach Ambassador Program* offers free services to help vulnerable and isolated seniors to build relationships in their local neighbourhoods and live healthy and fulfilled lives.

### These services include:

- ⇒ Information and referral
- ⇒ Guidance to relevant agencies
- ⇒ Registration to Better at Home
- ⇒ Home visit assessments
- ⇒ Income tax help
- ⇒ Community engagement
- ⇒ Free transportation to BNH events



## Outreach Ambassadors

Seniors Outreach Ambassadors are trained volunteers (55+) who seek to raise awareness of the issues affecting isolated seniors, and work with seniors to determine and achieve their aspirations and needs.

### We provide information on:

- ⇒ Government financial assistance programs (i.e. Better at Home , OAS, GIS, CPP...)
- ⇒ Transportation services
- ⇒ Housing options/subsidies (i.e. BC Housing, SAFER)
- ⇒ Legal services
- ⇒ Health Care
- ⇒ Settlement & Multicultural Services
- ⇒ Educational and Social Programming
- ⇒ Support Services & Volunteer Opportunities

## Our Mission

The more seniors are engaged and visible in their neighbourhoods, the more likely it is that they will receive help before a problem escalates to a crisis.

Our programs and services support and enhance the lives of seniors and actively promote participation in all aspects of community life.

