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SENIORS RESOURCE GUIDE 2021

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SENIORS RESOURCE GUIDE 2021

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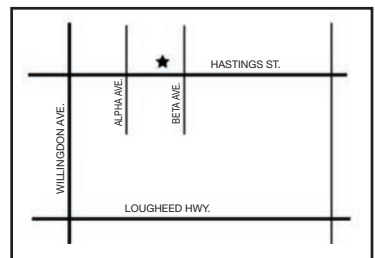
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WELCOME...



We are so pleased to have once again joined forces with the team at Burnaby Community Services in creating our annual health and wellness guide for seniors.

In the following pages, you'll find a wealth of information designed to serve the needs of the seniors here

in Burnaby and New Westminster: engaging articles, community contacts, a directory of organizations and resources, and much, much more. We hope that the 2021 edition of this publication will continue to serve readers well and allow them to enjoy these "golden years" with good health, community connection, and education and awareness.

We are proud of our collaboration with Burnaby Community Services in creating this guide and look forward to continuing to provide our readers with useful, interesting and engaging publications in future.

Lara Graham
Publisher, Burnaby *NOW* and New Westminster Record



Welcome to the 2021 edition of the Burnaby and New Westminster Seniors Resource Guide. This guide provides a list of services for seniors 55+ and their families, along with some related articles. We are delighted with our ongoing partnership with the Burnaby *NOW* and the New Westminster

Record to publish resource guides which empower people to improve their lives and their community.

The inclusion of agencies and businesses in this guide does not constitute an endorsement nor does the omission constitute disapproval.

For more information about services in your community, please contact Burnaby Community Services at (604) 299-5778 or visit www.bbyservices.ca.

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We offer a range of publications in support of seniors, including the *Community Resource Guide* and *Seniors Community Resource Cards*.

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How to come to terms with getting older

While it's easy to adopt a negative attitude about aging, consider that not everyone gets the opportunity to live to a ripe old age. If you still struggle with the idea of getting older, here's some advice that may help put your mind at ease.

EMBRACE A POSITIVE OUTLOOK

Rather than dwell on the things you may lose as you get older, focus on what you'll gain. For example, your retirement years present an ideal opportunity to explore new interests and dive into passion projects that you didn't previously have time for.

ACKNOWLEDGE YOUR ACCOMPLISHMENTS

One way to calm anxieties you may have about aging is to reflect on everything you've achieved during your lifetime and take pride in the legacy you'll one day leave behind. Reflect on your life, and be proud of your successes.

ATTEND TO CONCERNS ABOUT DYING

For some people, writing a will or pre-planning a funeral can be reassuring. If it puts your mind at ease, speak with a lawyer about writing or updating your will. You can also make your own funeral arrangements, thereby ensuring your family won't have to shoulder the responsibility after you're gone.

DEFINE YOUR PURPOSE

A key component to feeling vital as you get older is to engage in activities that are fulfilling. One rewarding option is to volunteer. Among other things, supporting a cause that you care about can reduce stress and improve your self-confidence, both of which contribute to health and happiness as you age.



Ultimately, getting older is an inevitable part of living. Make the best of it by adjusting your attitude, engaging in activities you enjoy and spending time with the people you love.

Fashion over 50: how to look and feel your best

When it comes to feeling confident and beautiful, the clothes you wear can make a big difference. Here are two tips to help you create flattering outfits that you'll be eager to show off.

EMBRACE COLOUR

Shades of grey might feel like a safe bet, but colour is more fun. Opt for bright and bold shades that complement your complexion and give you a youthful glow. If you're not ready to go all-in with a magenta dress, start by adding pops of colour with your accessories and a classic red lip.

INDULGE IN QUALITY ITEMS

Swap out synthetics in favour of luxurious fabrics like silk, cashmere and soft cotton. Not only will this elevate your everyday look, but

quality items tend to feel great against your skin and can boost your confidence. Additionally, take the time to find pieces that complement your figure, and don't hesitate to have items tailored to your measurements. A perfect fit can make the difference between sloppy and sophisticated.

For personalized advice, consult the stylists at boutiques in your area.



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3 tips to improve your circulation

Do your extremities often tingle or feel numb? Do your hands and feet frequently get cold? If so, these and other symptoms could indicate you have poor circulation. Here are three tips to improve blood flow throughout your body.

1. EAT HEALTHY

Opt for food and beverages that are rich in flavonoids, omega-3 and vitamins C and E. These nutrients help strengthen blood vessels, improve circulation and prevent clots. Some top picks include salmon, watermelon, garlic, green tea, turmeric, dark chocolate and goji berries. In addition, make sure to drink plenty of water.

2. STAY ACTIVE

Exercises that get your leg muscles moving improve your circulation. Aim to spend at least 30 minutes a day walking, cycling, swimming or doing yoga. Additionally, if you work all day sitting down, be sure to walk around for a few minutes every hour. Conversely, if you spend a lot of time standing, remember to sit down during your breaks and, ideally, put your feet up.

3. LAUGH OFTEN

In addition to relieving stress, research shows that laughter can improve circulation and increase blood oxygenation. Look for opportunities to laugh throughout the day, whether it's by watching comedies, spending time with friends or playing silly games with your grandchildren.

In addition to adopting these healthy habits, it's a good idea to consult your family doctor if you have symptoms of poor circulation. A medical professional can assess your overall health and recommend personalized solutions, such as wearing compression socks or doing specific exercises.



5 signs you need new glasses

As you get older, your vision changes. This means that if you've been wearing the same eyewear for years, you're likely due for an upgrade. Here are five signs that it's time to get new glasses.

1. YOUR VISION IS A LITTLE BLURRY

If distant objects appear to be out of focus, or if you struggle to make out the words on a page even with your glasses on, you likely need a stronger prescription.

2. YOU GET FREQUENT HEADACHES

Even if you haven't noticed a change in your vision, your eyes might be straining to see clearly. This can lead to eye fatigue and headaches.

3. YOUR EYES OFTEN FEEL ACHY

Tired, watery, itchy and dry eyes are all signs that your eyes might be working harder than normal to compensate for an outdated prescription.

4. YOU NEED TO SQUINT TO SEE

If you have the correct eyewear prescription, you shouldn't need to squint to see clearly. While squinting improves the focus and clarity of your vision, it also causes eye strain.

5. YOUR GLASSES ARE DAMAGED

Scratches on your lenses can impede your vision and lead to eye strain. Additionally, the arms of your glasses can stretch over time, causing them to no longer fit properly.

The best way to ensure you have the right prescription is to schedule an eye exam with your optometrist at least once a year.



Making Seniors a Priority in Our Community

Please contact us for any of your federal or provincial needs.



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3 ways to enjoy your retirement years

While some people look forward to retirement, others may be worried about how to fill their days once they stop working. If you share these concerns, here are three enjoyable ways to spend your time and find fulfillment once you retire.

1. VOLUNTEER

If you have an abundance of free time, consider donating some of it to a cause that's close to your heart. Non-profit organizations, libraries, religious groups, schools and more are often looking for people to lend a hand. Even if you only volunteer a few hours each week, it's an opportunity to give back to your community and meet new people.

2. STUDY

If you spent most of your career developing knowledge and skills in a particular field, your retirement is a great opportunity to explore new passions and rediscover old interests. Take language, history or literature classes at a local university, or sign up for a more hands-on workshop about horticulture, wine-making or photography.

3. CREATE

Do you have a knack for building furniture, knitting mittens, painting

landscapes or baking bread? Whatever your talents are, you'll have plenty of time after retirement to refine your skills. Plus, you can choose to sell your creations, gift them to loved ones or donate them to a charity to be sold at a fundraiser.

If you're still not sure what you'd like to do once you retire, consider speaking with a life coach. He or she will be able to help you pinpoint your priorities and map out new goals.



The downsizing dilemma: retirement home or condo?

If you're thinking about moving into a smaller space, you may be wondering whether a retirement home or condominium would be a good fit. Here are a few things to consider before you decide.

RETIREMENT HOMES

This type of residence offers a wide range of services to make your retirement years a breeze, from housekeeping to nursing care and cooked meals. Plus, you'll be welcomed into a community and offered plenty of opportunities to socialize, build new friendships and participate in a variety of activities.

CONDOMINIUMS

Condos offer all the comforts of home without you having to deal with maintenance and repairs. Amenities might include a patio, pool, gym, security system and indoor parking. However, you need to be self-sufficient enough to manage your own cooking and cleaning. There are also fewer opportunities to interact with the other residents.

If you're still not sure which option is right for you, consult a housing advisor or real estate agent. These professionals can help you determine your priorities and find the perfect home for the next chapter of your life.

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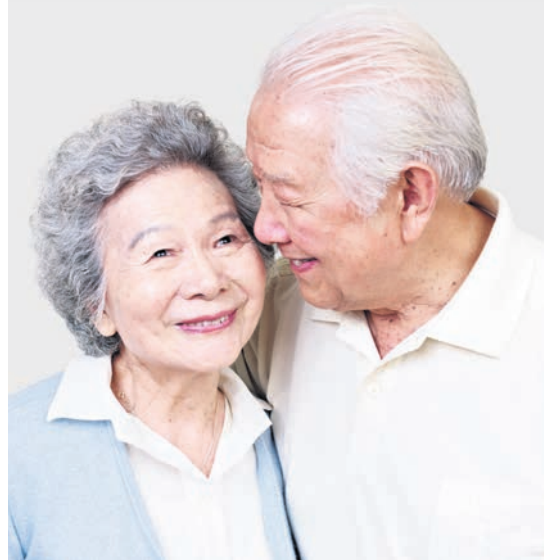
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Offers Welcoming Social Activities and Community Outreach to seniors living in isolation.

BNH South:

4460 Beresford St, BBY
604 431-0400

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4908 Hastings St, BBY
604 294-5444

seniorsoutreach@burnabynh.ca
www.burnabynh.ca

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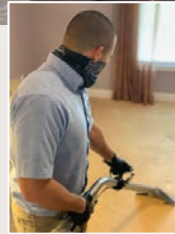
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verveseniorliving.com



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2055 Rosser Ave, BBY
604 291-2258
www.bsoss.org

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CARP (formerly Canadian Association of Retired Persons)

604 367-0012
northfraser@carp.ca
www.carp.ca

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Century House Senior Peer Counselling

604 519-1064 x1
www.chspc.ca

Consumer Protection BC

604 320-1667
www.consumerprotectionbc.ca

Diamond Geriatrics

778 885-5695
eldercare@diamondgeriatrics.com
www.diamondgeriatrics.com

Golden Transitions

604 240-8085
geoff@goldentransitions.ca
www.goldentransitions.ca

Multicultural Family Support Services

306 - 4980 Kingsway, BBY
604 436-1025 or 236 865-1194
www.vlmfss.ca

New West Police Service & FSGV

Elder Abuse Team
604 525-5411

Personalized Dementia Solutions Inc.

778 789-1496 or 1-888-502-1321
www.dementiasolutions.ca

Qmunity

Offers support for the LGBTQ2S+ community
604 684-5307
www.qmunity.ca

Seniors First BC

(formerly BC Centre for Elder Advocacy & Support)
Seniors Abuse & Information Line (SAIL)
604 437-1940 or 1-866-437-1940
TTY: 604 428-3359
www.seniorsfirstbc.ca

Seniors Services Society – Support Services

Offers meal programs, seniors' medical transportation, support calls, grocery shopping and light housekeeping for New West seniors 60+.
604 520-6621
www.seniorsservicesociety.ca

Strive Living Society

Provides community/residential services for individuals with diverse abilities.
604 936-9944
www.striveliving.ca

VictimLink BC

Confidential, 24/7, Multilingual service
1-800-563-0808
TTY: 604 875-0885
www.victimlinkbc.ca

Vital Connections Counselling

604 519-1064 x2
www.fsgv.ca/counselling

FUNERAL HOMES & BEREAVEMENT SUPPORT

BC Bereavement Helpline

604 738-9950
contact@bcbh.ca
www.bcbh.ca

Bell & Burnaby Funeral Chapel

4276 Hastings St, BBY
604 298-2525
www.bellburnaby.com

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British Columbia Funeral Association

Offers advice on pre-planning funeral arrangements.
1-800-665-3899
www.bcfunerals.com

Burnaby Hospice Society

604 520-5024
www.burnabyhospice.org/services/beravement-support

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Forest Lawn Funeral Home & Cemetery

3789 Royal Oak Ave, BBY
(FH) 604 299-7720
(C) 604 299-7711
www.forestlawn-burnaby.com

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Forest Lawn & Ocean View Funeral Homes

Prearrangement Services
604 328-6079
preplanning@dignitymemorial.com
www.forestlawn-burnaby.com



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1-800-465-7113

www.lastpostfund.ca

Memorial Society of BC

A non-profit organization that helps members pre-plan funeral services.

1-888-816-5902

www.memorialsocietybc.org

Mountain View Cemetery

5455 Fraser St, VAN

604 325-2646

www.vancouver.ca/your-government/mountain-view-cemetery.aspx

Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY

604 435-6688

www.oceanviewfuneral.com

Valley View Funeral Home & Cemetery

14644 72nd Ave, SRY

604 596-7196

www.valleyviewsurrey.ca

GOVERNMENT PROGRAMS & SERVICES

Assisted Living Registrar

1-866-714-3378

www.gov.bc.ca/assistedlivingBC

BC Ministry of Social Development & Poverty Reduction

Income Assistance, Senior's Supplement & Bus Pass Program

1-866-866-0800

www.mhr.gov.bc.ca/PROGRAMS/other.htm#ss

BC Palliative Care Benefits

Benefits and support for at-home palliative care.

604 683-7151

www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf

Canadian Anti-Fraud Centre

1-888-495-8501

www.antifraudcentre.ca

Government of Canada/Service Canada

Canada Pension Plan and Disability Benefits, Old Age Security, Guaranteed Income Supplement, Survivor's Allowance

1-800-277-9914

TTY: 1-800-255-4786

www.canada.ca/en/services/benefits/retirement.html

Office of the Seniors Advocate

1-877-952-3181

www.seniorsadvocatebc.ca

Seniors BC/Service BC

Provides information on seniors' health care, finances, benefits, housing, transportation & more.

604 660-2421 or 1-866-437-1940

TDD/TTY: 604 775-0303

www.seniorsbc.ca

Veterans Affairs Canada

1-866-522-2122

www.veterans.gc.ca

WelcomeBC

Information about programs, services and resources for newcomers to BC.

1-877-952-6914 (option #3)

www.welcomebc.ca

GOVERNMENT REPRESENTATIVES

Burnaby City Hall

4949 Canada Way, BBY

604 294-7944 (Main)

604 294-7340 (Mayor's office)

www.burnaby.ca

New Westminster City Hall

511 Royal Ave, NW

604 521-3711 (Main)

604 527-4522 (Mayor's Office)

www.newwestcity.ca

BURNABY/NEW WESTMINSTER MLA'S

Burnaby-Deer Lake: Anne Kang

105 - 6411 Nelson Ave, BBY

604 775-0565

www.annekangbcmcla.ca

Burnaby-Edmonds: Raj Chouhan

5234 Rumble St, BBY

604 660-7301

www.rajchouhan.ca

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Burnaby - Lougheed: Katrina Chen

3 - 8699 10th Ave, BBY
604 660-5058
katrina.chen.mla@leg.bc.ca

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ad page
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Burnaby North: Janet Routledge

1833 Willingdon Ave, BBY
604 775-0778
www.janetroutledge.ca

New Westminster: Jennifer Whiteside

jennifer.whiteside.mla@leg.bc.ca

Richmond-Queensborough: Aman Singh

aman.singh.mla@leg.bc.ca

LOCAL FEDERAL MP'S

Burnaby North-Seymour: Terry Beech

3906 Hastings St, BBY
604 718-8870
www.terrybeechmp.ca

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Burnaby - South: Jagmeet Singh

4940 Kingsway, BBY
604 291-8863
www.jagmeetsingh.ndp.ca

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New Westminster-Burnaby: Peter Julian

110 - 888 Carnarvon St, NW
604 775-5707
www.peterjulian.ca

HEALTH INFORMATION & PROGRAMS

Acute, Home & Community Care Services

Toll free: 8-1-1
TTY: 7-1-1
www2.gov.bc.ca/gov/content/health/
accessing-health-care

Arthritis Infoline

1-800-321-1433
www.arthritis.ca/bc

BC Ambulance Service Billing

1-800-665-7199
www.bcehs.ca/about/billing

Community Care Facilities Licensing

Investigates allegations of unsafe, inappropriate
or abusive care in licensed facilities and residential
homes within Fraser Health region.
604 918-7683
feedback@fraserhealth.ca

Fall Prevention

www.healthlinkbc.ca/health-topics/ug2329spec

Fall Prevention Mobile Clinics

One-on-one assessments with healthcare
professionals.

604 587-7866
fallspreventions@fraserhealth.ca
www.fraserhealth.ca/Service-Directory/
Services/Clinics/falls-prevention-mobile-clinic

First Link Dementia Helpline

604 681-8651
www.alzheimer.ca/bc

Fraser Health Crisis Line (24 hr)

604 951-8855
1-877-820-7444

Seniors Distress Line (24 hr)

604 872-1234

Fraser Health – Home Health Service Lines

New Inquiries: 1-855-412-2121
Burnaby: 604 918-7447
New West: 604 777-6700

Fraser Health - Mental Health Centres

Burnaby: 604 453-1900 or 604 453-1960
New West: 604 777-6800

Fraser Health – Public Health

Burnaby: 604 918-7605
New West: 604 777-6740

Health Insurance BC

Provides information on Pharmacare, Fair
Pharmacare, and Medical Services Plan.
604 683-7151

www2.gov.bc.ca/gov/content/health/
health-drug-coverage

HealthLink BC/Seniors Info Line

Provides multilingual, non-emergency health
information and referral; speak with a nurse,
pharmacist, dietitian or exercise professional.
8-1-1

TTY: 7-1-1
www.healthlinkbc.ca

Healthy Eating

www.healthyfamiliesbc.ca/eating

Immunization Services

www.immunizebc.ca

Substance Use Services

Burnaby: 604 777-6870
New West: 604 777-6800



55+ BE ACTIVE IN BURNABY

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Bonsor 55+ Centre
604-297-4580 | 6533 Nelson Avenue

Cameron Recreation Complex
604-297-4456 | 9523 Cameron Street

Confederation Community Centre
604-294-1936 | 4585 Albert Street

Edmonds Community Centre
604-297-4838 | 7433 Edmonds Street



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1-800-563-0808

TTY: 604 875-0885

www.victimlinkbc.ca

YMCA Healthy Heart Program

(Cardiac Prevention, Rehabilitation
& Maintenance)

604 521-5801

www.ymcahealthyheart.ca

HOUSING (INDEPENDENT, ASSISTED, RESIDENTIAL CARE & AFFORDABLE)

Affordable Housing Societies

604 521-0818

www.affordablehousing Societies.ca

AgeCare Harmony Court Estate

7197 Canada Way, BBY

604 527-3323

www.agecare.ca/community/

agecare-harmony-court/retirement-living

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Aspen Green

3365 East 4th Ave, VAN

604 828-2268

www.aspengreenliving.ca

Atira Women's Resource Society: Maggie's House for Older Women

1010 Sperling Ave, BBY

604 205-9350

www.atira.bc.ca

Belvedere Care Centre

739 Alderson Ave, COQ

604 939-5991

www.belvederecare.com

Beulah Garden Homes

3350 East 5th Ave, VAN

604 255-7707

www.bghomes.ca

Charlton Gardens Care Residence

4108 Norfolk St, BBY

604 419-3000

www.chartwell.com

Chalmers Lodge

1450 West 12th Ave, VAN

604 674-8224

www.chalmerslodge.ca

Chartwell Carlton Retirement Residence

4110 Norfolk St, BBY

778 300-2389

www.chartwell.com

Courtyard Terrace Seniors Community

3730 Burke St, BBY

604 437-6262

www.parkplaceseniorsliving.com

Dania Manor

4155 Norland Ave, BBY

604 299-1370

www.dania.bc.ca

Derby Manor

8601 - 16th Ave, BBY

604 529-1019

www.derbymanor.ca

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Fair Haven Homes Society

McKay Apartments

4341 Rumble St, BBY

604 225-9937

www.fairhavenapartments.ca/mckay

Fellburn Care Centre

Access requires Fraser Health assessment

6050 East Hastings St, BBY

604 412-6510

www.fraserhealth.ca

Finnish Manor

3460 Kalyk Ave, BBY

604 434-2666

www.parkplaceseniorsliving.com

Mulberry PARC

7230 Acorn Ave, BBY

604 526-2248

www.parliving.ca

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New Chelsea Society

205 - 4300 North Fraser Way, BBY

604 395-4370

www.newchelsea.ca

New Vista Healthcare & Housing

7232 New Vista Pl, BBY

604 521-7764

www.newvista.bc.ca

Nikkei Seniors Health Care & Housing Society

Robert Nimi Nikkei Home

6680 Southoaks Cres, BBY

New Sakura-so

6677 Southoaks Cres, BBY

604 777-5000

www.seniors.nikkeiplace.org

When should you request home care services?

If it has become difficult to complete your daily tasks, the services offered by home care providers can make life easier while allowing you to preserve your independence. Here are a few reasons you might want to consider this type of care.

YOUR HOUSEHOLD CHORES EXHAUST YOU

If cleaning the bathroom or washing the floors is too taxing, delegate these jobs to a qualified professional. This will leave you with more energy for activities you enjoy such as walking, gardening and socializing.

YOU DON'T WANT TO MOVE INTO A RESIDENCE

Leaving your home to live in a retirement community may not be what you want to do. Fortunately, with the right home care services, you can continue to live safely at home for several more years.

YOU NEED HELP WITH A MEDICAL TREATMENT

Do you tend to forget to take your medication or lack the motivation to do rehabilitation exercises after an operation? If so, home care workers can give you the support you need during your recovery or an on-going treatment.

If you want to maintain your health and well-being in the comfort of your own

house, home care services might be just what you need.



ALL KINDS OF HELP

Home care providers offer a wide range of services that can help you safely live in your house. You can get assistance with:

- Housekeeping (vacuuming, laundry, taking out the garbage, etc.)
- Meal preparation according to your diet restrictions and preferences
- Grocery shopping and running errands
- Commuting to doctor's appointments
- Post-hospitalization wound or ostomy care
- Nursing care for chronic conditions like diabetes or high blood pressure
- Around-the-clock monitoring



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604 568-5563

www.thepoppyresidences.com

Rideau Retirement Residence

1850 Rosser Ave, BBY

604 291-1792

www.siennialiving.ca

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Seton Villa Retirement Centre

3755 McGill St, BBY

604 291-0607

www.setonvilla.com

Shannon Oaks Retirement Home

2526 Waverley Ave, VAN

604 324-6257

[www.baptisthousing.org/communities/
lower-mainland/shannon-oaks](http://www.baptisthousing.org/communities/lower-mainland/shannon-oaks)

Society for Christian Care of the Elderly

604 681-7337

www.scce.ca

Swedish Assisted Living Residence

7230 Halifax St, BBY

604 420-1124

www.swedishcanadian.ca

Thornebridge Gardens

Retirement Residences

649 Eighth Ave, NW

604 524-6100

www.verveseniorliving.com/thornebridge-gardens

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Willingdon Care Centre

Access requires Fraser Health assessment

4435 Grange St, BBY

604 433-2455

www.fraserhealth.ca

HOUSING PROGRAMS & SERVICES

BC Home Renovation Tax Credit for Seniors and Persons with Disabilities

1-877-387-3332

ITBTaxQuestions@gov.bc.ca

[www.2gov.bc.ca/gov/content/taxes/
income-taxes/credits/seniors-renovations](http://www.2gov.bc.ca/gov/content/taxes/income-taxes/credits/seniors-renovations)

BC Housing

604 433-2218

Shelter Aid for Elderly Renters (SAFER)

[www.bchousing.org/housing-assistance/
rental-assistance/SAFER](http://www.bchousing.org/housing-assistance/rental-assistance/SAFER)

Home Adaptations (HAFI)

www.bchousing.org/housing-assistance/HAFI

Clean Start BC

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1-855-297-8278

www.cleanstarbc.ca

Condominium Home Owners

Association of BC

604 584-2462

www.choa.bc.ca

Home Owner Grants/Tax Deferral for Seniors

Burnaby: 604 294-7350

www.burnaby.ca

New Westminster: 604 527-4550

www.newwestcity.ca

Licensing & Consumer Services

(formerly BC Homeowner Protection Office)

604 646-7050

www.bchousing.org/licensing-consumer-services

Mobile Work Crew

604 723-3439

[www.fraserside.bc.ca/community-living/
mobile-work-crew](http://www.fraserside.bc.ca/community-living/mobile-work-crew)

Neighbours Helping Neighbours

604 764-6601

www.larchevancouver.org/community-programs/

Residential Tenancy Branch

400 - 5021 Kingsway, BBY

604 660-1020

www.gov.bc.ca/landlordtenant

Seniors Services Society – Housing Services for Seniors 60+

604 520-6621

rentbank@seniorsservicessociety.ca

www.seniorsservicessociety.ca

TRAC – Tenant Resource & Advisory Centre

604 255-0546

www.tenants.bc.ca

Senior Citizens Repair Service

604 529-1100

IN-HOME SUPPORT SERVICES

Aging My Way Home Care Inc.

604 290-8331

www.agingmywayhomecare.ca

All Nursing Health Services

604 488-9323

info@allnursing.ca

www.allnursing.ca

Bayshore Health Care

1-877-289-3997

www.bayshore.ca

BC Eldercare Massage

604 340-3581

www.bceldercare.ca

Better At Home

*Provides non-medical support services to seniors.
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Burnaby: 604 297-4877

betterathome@burnaby.ca

New West: 604 520-6621

support@seniorsservicesociety.ca

www.betterathome.ca

Big Hearts Homecare

778 788-5578

info@bigheartshomecare.ca

www.bigheartshomecare.ca

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CBI Health Group Home Health

1-800-463-2225

www.cbi.ca



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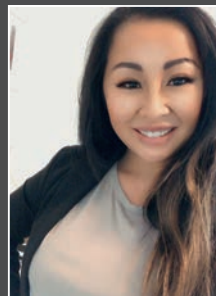
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www.comfortkeepers.ca

Footcare Passion

Mobile Foot Care
604 780-3992
www.footcarepassion.ca

Home Instead

604 432-1139
www.homeinstead.com/3037

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John's Helping Hands

604 329-1006
john@johnshelpinghands.ca
www.johnshelpinghands.ca

Joie de Vivre Life Enrichment Services

778 384-0060
www.jdvlifeenrichment.com

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778 858-2748
www.justlikefamily.ca

Karp Home Care

604 420-7800
www.karphomecare.com/burnaby-new-west

Nurse Next Door

604 553-3330
www.nursenextdoor.com

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Peachtacular Home Health Care

778 859-2695
info@peachtacular.com
www.peachtacular.com

Physio2U

778 846-7695
www.physio2u.ca

Practically Daughters

Downsizing, Organizing and Moving
604 421-5952
www.goodriddance.ca

Safe Care Home Support

604 945-5005
www.safecarehomesupport.ca

SE Health

Non-profit nurse supervised home and personal care
604 739-4300
www.vancouver.sehc.com
info@sehc.com

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Shylo Home Healthcare

Burnaby: 604 434-9681
North Vancouver: 604 985-6881
1305 St George's Ave (Head Office)
Vancouver: 604 736-6281
www.shylohomehealthcare.ca

LEISURE, EDUCATION & SOCIAL ACTIVITIES

Burnaby Parks, Recreation and Culture

604 294-7450
www.burnaby.ca/Things-To-Do

Burnaby Community & Continuing Education

604 296-6901
www.burnabyccce.ca

Burnaby Village Museum

6501 Deer Lake Ave, BBY
604 297-4565
www.burnabyvillagemuseum.ca

Century House

620 Eighth St, NW
604 519-1066

www.centuryhouseassociation.com

Citizen Support Services

(City of Burnaby)
604 294-7980

Phone Buddy Program

604 297-4470

www.burnaby.ca/Our-City-Hall/

[City-Departments/Citizen-Support-Services](#)

College for the Retired

6650 Southoaks Cres, BBY
604 517-8732

www.cccrburnaby.org

COSCO Health & Wellness Institute

Free workshops to seniors' groups on healthy living, safety and legal issues.

604 261-6887

ws_coor@coscoworkshops.ca

www.coscobc.org

English Language Training

Free English language training for qualifying newcomers to BC (immigrants and refugees).

www.welcomebc.ca/Live/learn-english.aspx

Fraser River Discovery Centre

788 Quayside Dr, NW
604 521-8401

www.fraserriverdiscovery.org

Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW
604 517-5900

www.masseytheatre.com

MOSAIC Seniors Program for Immigrant & Refugee Older Adults

5902 Kingsway, BBY
604 438-8214

2055 Rosser Ave, BBY
604 292-3907

5575 Boundary Rd, VAN
604 254-9626

www.mosaicbc.org/seniors-club

New Westminster Museum & Archives - Anvil Centre, Irving House & Samson V

604 527-4640

www.newwestcity.ca/services/arts-and-heritage

New Westminster Parks & Recreation

604 527-4567

www.newwestcity.ca/parks-and-recreation

Public Libraries - Home Library Services

Offer delivery of library materials to people who have difficulty accessing the library.

Burnaby: 604 436-5423

www.bpl.bc.ca

New Westminster: 604 527-4650

www.nwpl.ca

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Queensborough 50+ Social Club

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www.bccancerfoundation.com

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www.burnabyhospice.org

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www.bhfoundation.ca

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www.blood.ca

Canadian Cancer Society, BC & Yukon

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604 872-4400

www.cancer.ca

CNIB - Canadian National Institute of the Blind

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604 431-2121

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www.heartandstroke.ca

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www.parkinson.bc.ca

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604 574-4012

www.prostatecancerbc.ca

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Canada Revenue Agency

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Taxi Saver & HandyCard Program

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www.translink.ca/rider-guide/transit-accessibility

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www.BurnabyMeals.ca

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www.volunteerconnections.ca

Seniors Services Society

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volunteer@seniorsservicesociety.ca

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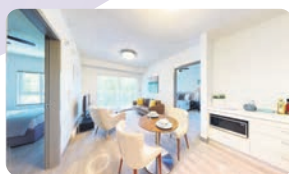
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