



PRESENTS

SENIORS CONNECTIONS

WHAT IS SENIORS CONNECTIONS

Seniors Connections, previously known as Seniors Centre Without Walls, is an interactive **telephone-based** program that supports Burnaby seniors to stay independent and active through a number of social and recreational sessions.

AM I ELIGIBLE?

- Are you a senior (55+) living in Burnaby?
- Are you experiencing difficulties getting out of your home for activities?
- Would like to stay socially connected and enjoy talking with other people?

HOW DOES IT WORK?

1. Call or email the SC Coordinator and receive a monthly calendar of all available activities.
2. Call or email the SC Coordinator to sign up for activities
3. When it's time to program the activity, you will receive a phone call from Seniors Connections.
4. Press "1" to join the call and enjoy!

Seniors Connections is funded by the Government of British Columbia and managed by United Way of the Lower Mainland.



United Way
Lower Mainland



**To register, please contact
Saba or Alexis at 604.431.0400
or tapscoord@burnabynh.ca**

PROGRAMS

-SESSIONS TYPICALLY RUN BETWEEN 30-40 MINUTES

-TO JOIN, CALL 604.431.0400 AND ASK FOR ALEXIS OR SABA

WEEKLY SESSIONS

BOOKS AND BEYOND

TUESDAYS AT 1:00PM

Join us to discuss books, passages and words. Connect with other word lovers and try out some dramatic role-play! (optional)

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MEDITATION AND MINDFULNESS

WEDNESDAYS AT 10:00AM

Share in some positive energy and learn new mindfulness exercises along the way!

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BURNABY PUBLIC LIBRARY

FRIDAYS AT 10:30 AM



Burnaby Public Library
www.bpl.bc.ca

Come chat with BPL and learn about services and opportunities available at the library and in Burnaby!

BI-WEEKLY SESSIONS

BRAIN TEASERS

EVERY OTHER WEDNESDAY AT 3:00 PM

Join us for a stimulating afternoon of word games, fun facts, brain teasers and more!

PROGRAMS

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BI-WEEKLY CONTINUED

SOMETHING NEW

EVERY OTHER WEDNESDAY AT 3:00 PM

If you like learning new things, you won't get bored here! Topics include science, psychology, food and more!

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TRAVELOGUES

EVERY OTHER THURSDAY AT 1:00 PM

Join us for an afternoon of travel and adventure!

- August 12th, *Denmark*
 - August 26th, *Cuba*
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EXPLORE BURNABY

EVERY OTHER THURSDAY AT 1:00 PM

Learn about the history and culture of Burnaby with different topics featured each month:

- August 5th, *Burnaby Olympians*
 - August 19th, *Big Bend*
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FARSI CHAT

EVERY OTHER THURSDAY AT 3:30 PM

Connect with other Farsi speaking seniors in your community!

گروهی برای سالمندان فارسی زبان برنابی. گفتگویی خودمانی از طریق تلفن.

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MONTHLY SESSIONS

BNH FEEDBACK DISCUSSION GROUP

MONDAY, AUGUST 16 AT 1:00 PM

We'd like to hear your thoughts on the BNH Newsletter, our current virtual programs, seniors events and more!

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SAFETY, PRIVACY AND YOUR RIGHTS

FIRST FRIDAY OF EACH MONTH AT 3:00 PM

Get tips on how to stay safe and protect your rights.

- August 6th, *Preparing for Your Future (Health Care Decisions)*
-

ART CHAT: DOTILISM

LAST FRIDAY OF EACH MONTH AT 1:00 PM

Participate in a different art project every month. This month, get ready for dotilism! Dotilism is the practice in art of applying small strokes or dots of color to a surface so that from a distance they blend. **Please register before August 20th for supplies.**



Thank you to the United Way of the Lower Mainland, BC Housing, and Beedie Development Group for making the printing of Seniors Connections program guide's possible!!

GROUP CONDUCT & ETIQUETTE

- Please allow the facilitator(s) to guide the group
- Please respect all group members and their opinions, even if you may disagree with them
- Allow everybody to contribute and do not dominate the conversation
- No disrespectful comments allowed
- Promote a positive and inclusive environment

If you are unable to abide by these guidelines, you may be removed from the session by the moderator

If you have an issue with a group member, please contact Alexis at tapscoord@burnabynh.ca or 604.431.0400

FREQUENTLY ASKED QUESTIONS

Does it cost anything to participate?

You must be a member of Burnaby Neighbourhood House (\$5 - subsidies available).

Do I have to talk?

No, you do not have to talk. But all participants are introduced by their first name at the beginning of a session so that people know who is on the call.

Will the other participants know who I am?

You will just be a voice and a name on the phone! Nobody will know what you look like, where you live, or even your phone number.

What if I want to chat more with another participant?

We're glad that you are making friends through the program! To protect people's privacy, please contact the SC Coordinator

I want to join but I don't see any programs that interest me.

We greatly value your suggestions! Please call the SC Coordinator.

PLEASE CONTACT ALEXIS AT
TAPSCOORD@BURNABYNH.CA OR 604.431.0400

AUG 2021

Alexis: 236.885.7281

Saba: 236.858.4979

Email: tapscoord@burnabynh.ca

Monday	Tuesday	Wednesday	Thursday	Friday
2 BC DAY	3 1:00 PM Books and Beyond	4 10:00 AM Meditation ----- 3:00 PM Brain Teasers	5 1:00 PM Explore Burnaby ----- 3:30 PM Farsi Chat	6 10:30 AM Burnaby Public Library ----- 3:00 PM Safety, Privacy, Rights
9	10 1:00 PM Books and Beyond	11 10:00 AM Meditation ----- 3:00 PM Something New!	12 1:00 PM Travelogues	13 10:30 AM Burnaby Public Library
16 1:00 PM Feedback Group	17 1:00 PM Books and Beyond	18 10:00 AM Meditation ----- 3:00 PM Brain Teasers	19 1:00 PM Explore Burnaby ----- 3:30 PM Farsi Chat	20 10:30 AM Burnaby Public Library
23	24 1:00 PM Books and Beyond	25 10:00 AM Meditation ----- 3:00 PM Something New!	26 1:00 PM Travelogues	27 10:30 AM Burnaby Public Library ----- 1:00 PM Art Chat
30	31 1:00 PM Books and Beyond			