



as we age

SENIORS RESOURCE GUIDE 2022



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activities



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Burnaby Seniors' Resources Society
www.burnabyseniors.org

Burnaby Seniors Resources Society is comprised of not-for-profit agencies & businesses in Burnaby serving the senior market.

BSRS provides: educational programs, networking opportunities and is a wealth of information and resource for seniors and their families.

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HighGate Village: 7155 Kingsway, Burnaby,
604-540-1389

Madison Centre: 4399 Lougheed Hwy, Burnaby,
604-298-5173

Marine Way: 7501 Market Crossing, Burnaby,
604-433-6314

Cameron: 3433 North Rd, Burnaby,
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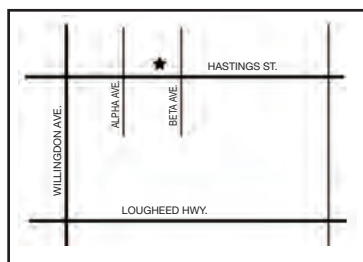
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Jeremy Duprat R.D., Denturist





as we age

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CONTRIBUTORS

Publisher: Lara Graham
 Contributor: Marney Godkin
 Project Coordinator: Cynthia Hendrix
 Design & Production: Jodeen Hodgson



BURNABY
 COMMUNITY
 SERVICES

Burnaby^{now} **RECORD** New Westminster

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 To advertise in future editions, call 604 444-3451 or email lgraham@glaciermedia.ca



BURNABY
COMMUNITY
SERVICES



CHANGE BEGINS WITH US

Burnaby Neighbourhood House is proud to be the umbrella organization for Burnaby Community Services. We have integrated our services to help seniors remain independent by providing a range of resources and opportunities that support positive change and well-being, such as:

Seniors Transportation – driving seniors to and from medical appointments.

Legal Advocacy – poverty and elder law.

Tax and Form Completion – assistance for low income seniors.

Recreation Credits – providing credits to use Burnaby Parks, Recreation and Cultural Services for seniors with low income and those with a disability.

Christmas Bureau Hampers – helping seniors celebrate the holiday season.

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

Visit our office or website for more information.



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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 2022 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 2022 edition of the Burnaby and New Westminster Seniors 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 that support people to access community resources.

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 us at 604-299-5778 or visit bbyservices.ca

Antonia Beck,

Chief Executive Officer, Burnaby Community Services, Burnaby Meals on Wheels & Burnaby Seniors Outreach

Burnaby Seniors Outreach

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Budgeting for long VACATIONS ABROAD

Seniors typically have more time to travel than other groups. That freedom entices many to travel overseas, often for extended periods of time.

The cost comparison site CostAide indicates that the average two-week vacation for two to Amsterdam can run around \$5,000 to \$6,000. Lengthen that trip to a month, and a vacation of one's dreams can set a couple back \$12,000. Change the destination and costs could get even higher.

The last thing any traveler wants is to run out of money during a dream vacation. This makes figuring out costs and budgeting for such trips essential. Seniors planning the trip of a lifetime can consider these tips to budget effectively and maximize their vacation dollars.



AIR TRAVEL

Transportation abroad undoubtedly will be one of the largest expenses travelers incur. Check prices from multiple airports in your area for the best rates, even if it means having to drive a bit further. If you have only one local airport, book a separate flight to a travel hub, such as Atlanta or New York, so you can comparison shop more affordable flights to your final destination.

Plan a year or two out for the trip and shop around for travel rewards credit cards that provide reward earnings in the way of airline miles; start accumulating them with everyday purchases. If you use airline rewards wisely, you won't need to budget for the flight and may enjoy extra perks like priority boarding or free baggage check.

CALCULATE PRE-TRIP PRICES

Start shopping destinations to see which locales align with your budget. Compare and contrast estimates as to how much each destination may cost on a daily basis. Prices can vary widely depending on the destination, and this is a great way to some pre-trip notion of what your dream trip will cost.

LOOK INTO LODGING

There is a lot of wiggle room when it comes to lodging and price points. You can stay in five-star hotels and pay a premium or consider hostels if bells and whistles aren't your priority. Keep in mind that a longer stay could come with a discount. Airbnb, for example, lets hosts list weekly or monthly prices, with monthly discounts running 40 to 60 percent less than daily rates.

FOOD

Food is a priority when traveling. If you can stay in accommodations with a kitchenette, you can reduce dining costs and make meals as desired.

Food plans are another consideration. Book destinations that offer an all-inclusive or a meal plan option. It may not be the cheapest alternative, but you'll have peace of mind knowing food costs already are covered.

Budgeting for a long trip means understanding average costs, deciding on priorities and utilizing discounts at one's disposal.

Making Seniors a Priority in Our Community

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



KATRINA CHEN, MLA

BURNABY-LOUGHEED
3-8699 10TH AVE
BURNABY, BC V3N 2S9
604-660-5058
KATRINA.CHEN.MLA@LEG.BC.CA

JAGMEET SINGH, MP

BURNABY SOUTH
4940 KINGSWAY
BURNABY, BC V5H 2E2
604-291-8863
JAGMEET.SINGH@PARL.GC.CA

ANNE KANG, MLA

BURNABY-DEER LAKE
105-6411 NELSON AVE
BURNABY, BC V5H 4H3
604-775-0565
ANNE.KANG.MLA@LEG.BC.CA

PETER JULIAN, MP

NEW WESTMINSTER-BURNABY
110-888 CARNARVON ST
NEW WESTMINSTER, BC V3M 0C6
604-775-5707
PETER.JULIAN.C1@PARL.GC.CA



RAJ CHOUHAN, MLA

BURNABY-EDMONDS
5234 RUMBLE ST
BURNABY, BC V5J 2B6
604-660-7301
RAJ.CHOUHAN.MLA@LEG.BC.CA

JENNIFER WHITESIDE, MLA

NEW WESTMINSTER
335 SIXTH ST.
NEW WESTMINSTER, BC V3L 3A9
604-775-2101
JENNIFER.WHITESIDE.MLA@LEG.BC.CA

AMAN SINGH, MLA

RICHMOND-QUEENSBOROUGH
12560 BRIDGEPORT ROAD
RICHMOND, BC V6V 2N5
604-664-0700
AMAN.SINGH.MLA@LEG.BC.CA

JANET ROUTLEDGE, MLA

BURNABY NORTH
1833 WILLINGDON AVE
BURNABY, BC V5C 5R3
604-775-0778
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Settlement and integration: for seniors new to Canada, first language support, information and orientation to life in Canada, referrals and help with applications for access to eligible benefits.

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acousticahearing.com

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104 - 250 Keary St, NW
604 533-7177
axisdentalsurgery.com

Belmont Dental Centre

Royal City Centre
108 - 610 Sixth St, NW
604 521-6313
belmontdentalcentre.com

Boundary Dental Clinic

208 - 3815 Sunset St, BBY
604 438-2464
boundarydentalclinic.ca

Burnaby Hearing Centre

605 - 4980 Kingsway, BBY
604 432-6696
burnabyhearingcentre.com

Burnaby Hospital

3935 Kincaid St, BBY
604 434-4211
fraserhealth.ca/service-directory/locations

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604 738-1168
cedarhealth.ca

Chrysalis Dental Centre

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For current programs and schedules,
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Dr. Stuart Katz & Associates

210 - 7885 Sixth St, BBY
604 524-9596
drkatz.ca

Duke Park Denture Clinic & Laboratory

111 - 7738 Edmonds St, BBY
778 985-5000
burnabydentures.ca

Easy Allied Health

604 305-0037
easyalliedhealth.ca

Edmonds Dental

111 - 7738 Edmonds St, BBY
604 553-3456
edmondsdental.ca

Edmonds Urgent and Primary Care Centre

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604 291-8825
FYidocitors.com/burnaby

FYidocitors (New Westminster)

Royal City Centre
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604 522-6929
FYidocitors.com/new-westminster

Halo Dental

91 8th Ave, NW
604 544-8875
halodental.ca

Lloyd Hearing Solutions

140B - 6540 Burlington Ave, BBY
604 434-2070
lloydhearingsolutions.ca

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Madison Eyes Doctors of Optometry

102 - 1899 Rosser Ave, BBY
604 298-7555

New West Dentureworks Inc.

270 - 522 Seventh St, NW
604 553-1222
newwestdentureworks.com

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NexGen Hearing

Burnaby North:
3776 Hastings St, BBY
604 569-1162

Metrotown:
1698 - 4500 Kingsway, BBY
604 434-6446

New Westminster:
101 - 625 5th Ave, NW
604 553-4952
nexgenhearing.com

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North Burnaby Denture Clinic

4653 Hastings St, BBY
604 294-6911
northburnabydentureclinic.com

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604 521-6424
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primedentureclinic.ca

Royal Columbian Hospital

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604 520-4253
fraserhealth.ca/service-directory/locations

Smile Dental Group

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604 433-7444
smiledentalgroup.ca

Total Therapy Rehabilitation & Wellness Centre

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604 620-9700

North Burnaby:
4162 Dawson St, BBY
604 437-9355
totaltherapy.ca

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604 736-7391

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wavefrontcentre.ca

Wonderpoint Wellness Centre

4071 Kingsway, BBY

604 336-0783

wonderpointwc.com

COMMUNITY RECREATION FACILITIES & SENIORS CENTRES

411 Seniors Centre Society

333 Terminal Ave, VAN

604 684-8171

411seniors.bc.ca

55+ BC Games

778 426-2940

55plusbcgames.org

Bonsor Recreation Complex (55+)

6533 Nelson Ave, BBY

604 297-4580

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Cameron Recreation Complex (55+)

9523 Cameron St, BBY

604 297-4453

604 297-4452

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Canada Games Pool

65 East Sixth Ave, NW

604 526-4281

Centennial Community Centre

65 East Sixth Ave, NW

604 777-5100

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620 Eighth St, NW

604 519-1066

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Confederation Community Centre (55+)

4585 Albert St, BBY

604 294-1936

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Edmonds Community Centre (55+)

7433 Edmonds St, BBY

604 297-4838

604 297-4402

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Physical Activity Services

Advice on physical activity and healthy living.

8-1-1 or 604 215-8110

healthlinkbc.ca/healthy-eating-physical-activity

Queensborough Community Centre

920 Ewen Ave, NW

604 525-7388

newwestcity/parks-and-recreation

Royal City Centre Shopping Centre

610 Sixth St, NW

604 526-8064

royalcitycentre.ca

COUNSELLING, ADVOCACY & SUPPORT SERVICES

Burnaby Community Services

Provides services, programs, and resources for seniors including: transportation, outreach, workshops and activities, programs for low-income seniors such as the recreation Credit Program, Christmas Bureau hampers, legal advocacy services, tax and form completion, and we provide a range of community resource publications.

2055 Rosser Ave, BBY

604 299-5778

BbyServices.ca

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Burnaby Hospice Society

4535 Kingsway, BBY

604 520-5087

burnabyhospice.org

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Burnaby Neighbourhood House

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

BNH South:

4460 Beresford St, BBY

604 431-0400

BNH North:

4908 Hastings St, BBY

604 294-5444

seniorsoutreach@burnabynh.ca

burnabynh.ca

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NEW WESTMINSTER COMMUNITY RESPONSE NETWORK

New Westminster CRN is reaching out to the community to join our network and work with us to raise awareness about elder abuse and how to ultimately prevent it.

New Westminster CRN Coordinator:
Leanoire Sali
leanores@seniorsservicessociety.ca
604-520-6621

Visit the BCCRN website at
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604 291-2258
bsoss.org

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Burnaby Seniors' Resources Society

burnabyseniors.org

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CARP (formerly Canadian Association of Retired Persons)

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

Century House Senior Peer Counselling

604 519-1064 x1
chspc.ca

Burnaby & New Westminster Community Response Networks

bccrns.ca

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Diamond Geriatrics

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

Golden Transitions

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

Multicultural Family Support Services

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

New West Police Service & FSGV

Elder Abuse Team
604 525-5411

Personalized Dementia Solutions Inc.

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

Qmunity

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

Seniors First BC

Seniors Abuse & Information Line (SAIL)
604 437-1940 or 1-866-437-1940
TTY: 604 428-3359
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
seniorsservicesociety.ca

VictimLink BC

Confidential, 24/7, Multilingual service
Call or text: 1-800-563-0808
TTY: 604 875-0885
victimlinkBC@bc211.ca
victimlinkbc.ca

Vital Connections Counselling

604 519-1064 x2
fsgv.ca/counselling

FUNERAL HOMES & BEREAVEMENT SUPPORT

BC Bereavement Helpline

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

Bell & Burnaby Funeral Chapel

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

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British Columbia Funeral Association

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

Burnaby Hospice Society

604 520-5087
burnabyhospice.org/beravementservices/

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Forest Lawn Funeral Home & Cemetery

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

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Forest Lawn & Ocean View Funeral Homes

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

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649 Eighth Avenue, New Westminster, BC [VerveSeniorLiving.com](https://www.VerveSeniorLiving.com)

Last Post Fund

Assists with funeral and burial services for veterans.

1-800-465-7113

lastpostfund.ca

Memorial Society of BC

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

1-888-816-5902

memorialsocietybc.org

Mountain View Cemetery

5455 Fraser St, VAN

604 325-2646

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

Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY

604 435-6688

oceanviewfuneral.com

Valley View Funeral Home & Cemetery

14644 72nd Ave, SRY

604 596-7196

valleyviewsurrey.ca

GOVERNMENT PROGRAMS & SERVICES

Assisted Living Registry

1-866-714-3378

gov.bc.ca/assistedlivingBC

BC Ministry of Social Development & Poverty Reduction

Income Assistance, Senior's Supplement & Bus Pass Program

1-866-866-0800

2.gov.bc.ca/gov/content/family-social-supports

BC Palliative Care Benefits

Benefits and support for at-home palliative care.

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

Canadian Anti-Fraud Centre

1-888-495-8501

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

Gov't of Canada/Service Canada *continued*

TTY: 1-800-255-4786

canada.ca/en/services/benefits/publicpensions.html

Office of the Seniors Advocate

1-877-952-3181

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

VRS: 1-800-663-7867

seniorsbc.ca

Veterans Affairs Canada

1-866-522-2122

veterans.gc.ca

WelcomeBC

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

welcomebc.ca

GOVERNMENT REPRESENTATIVES

Burnaby City Hall

4949 Canada Way, BBY

604 294-7944 (Main)

604 294-7340 (Mayor's office)

burnaby.ca

New Westminister City Hall

511 Royal Ave, NW

604 521-3711 (Main)

604 527-4522 (Mayor's Office)

newwestcity.ca

BURNABY/NEW WESTMINSTER MLA'S

Burnaby-Deer Lake: Anne Kang

105 - 6411 Nelson Ave, BBY

604 775-0565

anne.kang.mla@leg.bc.ca

annekangbcmcla.ca

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Burnaby-Edmonds: Raj Chouhan

5234 Rumble St, BBY

604 660-7301

rajchouhan.ca

see
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Burnaby - Lougheed: Katrina Chen

3 - 8699 10th Ave, BBY

604 660-5058

katrina.chen.mla@leg.bc.ca

katrinachen.ca

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Burnaby North: Janet Routledge

1833 Willingdon Ave, BBY

604 775-0778

janetroutledge.ca

see
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New Westminster: Jennifer Whiteside

604 755-2101

jennifer.whiteside.mla@leg.bc.ca

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Richmond-Queensborough: Aman Singh

604 755-0700

aman.singh.mla@leg.bc.ca

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LOCAL FEDERAL MPs

Burnaby North-Seymour: Terry Beech

3906 Hastings St, BBY

604 718-8870

terrybeechmp.ca

Burnaby - South: Jagmeet Singh

4940 Kingsway, BBY

604 291-8863

jagmeetsingh.ndp.ca

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New Westminster-Burnaby: Peter Julian

110 - 888 Carnarvon St, NW

604 775-5707

peterjulian.ca

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HEALTH INFORMATION & PROGRAMS

Acute, Home & Community Care Services

Toll free: 8-1-1

TTY: 7-1-1

[2.gov.bc.ca/gov/content/health/
accessing-health-care](http://2.gov.bc.ca/gov/content/health/accessing-health-care)

Arthritis Answers Line

1-800-321-1433

arthritis.ca

BC Ambulance Service Billing

1-800-665-7199

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.

Community Care Facilities Licensing *continued*

604 918-7683

feedback@fraserhealth.ca

Fall Prevention Mobile Clinics

One-on-one assessments with healthcare professionals.

604 587-7866

fallspreventions@fraserhealth.ca

[fraserhealth.ca/Service-Directory/Services/
Clinics/falls-prevention-mobile-clinic](http://fraserhealth.ca/Service-Directory/Services/Clinics/falls-prevention-mobile-clinic)

First Link Dementia Helpline

1-800-936-6033

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

[2.gov.bc.ca/gov/content/healthhealth-drug-
coverage](http://2.gov.bc.ca/gov/content/healthhealth-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

healthlinkbc.ca

Healthy Eating

healthyfamiliesbc.ca/eating

Immunization Services

immunizebc.ca

Substance Use Services

Burnaby: 604 777-6870

New West: 604 777-6800



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ymcahealthyheart.ca

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Affordable Housing Societies

604 521-0818

affordablehousing Societies.ca

AgeCare Harmony Court Estate

7197 Canada Way, BBY

604 527-33231

living.agecare.ca/retirement-living

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Aspen Green

3365 East 4th Ave, VAN

604 828-2268

aspengreenliving.ca

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

1010 Sperling Ave, BBY

604 205-9350

atira.bc.ca

Belvedere Care Centre

739 Alderson Ave, COQ

604 939-5991

belvederecare.com

Beulah Garden Homes

604 255-7707

bghomes.ca

Chartwell Gardens Care Residence

4108 Norfolk St, BBY

604 419-3000

chartwell.com

Chalmers Lodge

1450 West 12th Ave, VAN

604 731-3178

chalmerslodge.ca

Chartwell Carlton Retirement Residence

4110 Norfolk St, BBY

778 300-2389

chartwell.com

Courtyard Terrace Seniors Community

3730 Burke St, BBY

604 437-6262

parkplaceseniorsliving.com

Dania Manor & Dania Home

604 299-1370 or 604 299-2414

dania.bc.ca

Derby Manor

8601 - 16th Ave, BBY

604 529-1019

derbymanor.ca

Fair Haven Homes Society

Burnaby Apartments, McKay Apartments, Vivian Apartments

604 225-9937

fairhavenapartments.ca/mckay

Fellburn Care Centre

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6050 East Hastings St, BBY

604 412-6510

fraserhealth.ca

Finnish Manor

3460 Kalyk Ave, BBY

604 434-2666

parkplaceseniorsliving.com

Mulberry PARC

7230 Acorn Ave, BBY

604 526-2248

parcliving.ca

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New Chelsea Society

205 - 4300 North Fraser Way, BBY

604 395-4370

newchelsea.ca

New Vista Healthcare & Housing

7232 New Vista Pl, BBY

604 521-7764

newvista.bc.ca

Nikkei Seniors Health Care & Housing Society Robert Nimi Nikkei Home

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6677 Southoaks Cres, BBY

604 777-5000

seniors.nikkeiplace.org

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Burnaby Community Response Network



Visit the BCCRN website:
<https://bccrns.ca>
Burnaby CRN Coordinator:
Terrie Orthner
Contact Email:
torthner@mulberryarc.ca

What is a Community Response Network (CRN)?

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults.

The Burnaby CRN is reaching out to the community to join the network and work to raise the awareness of abuse, neglect, and self-neglect in vulnerable adults, and to ultimately prevent it from happening.



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604 568-5563

thepoppyresidences.com

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Rideau Retirement Residence

1850 Rosser Ave, BBY

604 291-1792

siennaliving.ca

Seton Villa Retirement Centre

3755 McGill St, BBY

604 291-0607

setonvilla.com

Shannon Oaks Retirement Community

2526 Waverley Ave, VAN

604 324-6257

baptisthousing.org/communities/lower-mainland/shannon-oaks

Society for Christian Care of the Elderly

604 681-7337

scce.ca

Swedish Assisted Living Residence

7230 Halifax St, BBY

604 420-1124

swedishcanadian.ca

Thornebridge Gardens

Retirement Residence

649 Eighth Ave, NW

604 524-6100

verveseniorliving.com/thornebridge-gardens

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Willingdon Care Centre

Access requires Fraser Health assessment

4435 Grange St, BBY

604 433-2455

fraserhealth.ca

HOUSING PROGRAMS & SERVICES

BC Home Renovation Tax Credit for Seniors and Persons with Disabilities

1-877-387-3332

ITBTaxQuestions@gov.bc.ca

2gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/seniors-renovations

BC Housing

604 433-2218

Shelter Aid for Elderly Renters (SAFER)

bchousing.org/housing-assistance/rental-assistance/SAFER

BC Housing *continued*

Home Adaptations (HAFI)

bchousing.org/housing-assistance/HAFI

Clean Start BC

Offers hoarding cleanup, junk removal, pest control and sanitization services.

1-855-297-8278

cleanstartbc.ca

Condominium Home Owners Association of BC

604 584-2462

choa.bc.ca

Home Owner Grants/Tax Deferral for Seniors

1-888-355-2700

gov.bc.ca/homeownergrant

Licensing & Consumer Services

604 646-7050

bchousing.org/licensing-consumer-services

Mobile Work Crew

604 723-3439

fraserside.bc.ca/community-living/mobile-work-crew

Neighbours Helping Neighbours

604 764-6601

larchevancouver.org/community-programs/

Residential Tenancy Branch

400 - 5021 Kingsway, BBY

604 660-1020

gov.bc.ca/landlordtenant

Seniors Services Society – Housing Services for Seniors 60+

604 520-6621

rentbank@seniorsservicesociety.ca

seniorsservicesociety.ca

TRAC – Tenant Resource & Advisory Centre

604 255-0546

tenants.bc.ca

Senior Citizens Repair Service

604 529-1100

IN-HOME SUPPORT SERVICES

Aging My Way Home Care Inc.

604 290-8331 or 604 438-6990

agingmywayhomecare.ca

Outdoor activities that are PERFECT for seniors



is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

WATER AEROBICS:

Water-based exercises can be especially helpful individuals with chronic diseases, a category many seniors fall into. One study published in the journal *Arthritis & Rheumatology* found that improves the use of joints affected by arthritis without worsening symptoms. Swimming can lead to improved health for people with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another

great and affordable way to reap the benefits of swimming.

FISHING:

Of course not all outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favorite fish. Individuals who consume what they catch also can benefit by improving their diets, as the Canadian Heart Association notes that consuming certain types of fish has been linked to a lower risk for heart disease and obesity.

VOLUNTEERING:

Local environmental groups often sponsor cleanups at parks and waterfront attractions like beaches and lakes. Volunteering with such organizations is a great way to get outside and give back, and working with like-minded individuals can be a great way for seniors to meet new people. In addition, a national study sponsored by the Corporation for National and Community Service in 2019 found that 88 percent of Senior Corps volunteers who initially reported a lack of companionship reported a decrease in feelings of isolation after volunteering.

The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

According to researchers with the U.S. Department of Agriculture's Forest Service, human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

HIKING:

Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. Hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems. Hiking

All Nursing Health Services

604 488-9323
info@allnursing.ca
allnursing.ca

BC Eldercare Massage

604 340-3581
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@seniorsservicessociety.ca
betterathome.ca

Big Hearts Homecare

778 788-5578
info@bigheartshomecare.ca
bigheartshomecare.ca

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Classic LifeCare

604 263-3621
classiclifecare.com

Comfort Keepers

604 541-8653
comfortkeepers.ca

Footcare Passion

Mobile Foot Care
604 780-3992
footcarepassion.ca

Home Instead

BBY: 604 432-1139 or NW: 604 522-3324
homeinstead.com/3037

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John's Helping Hands

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

Just Like Family Home Care

Burnaby & New Westminster
Tri-Cities & Maple Ridge
604 725-7254
justlikefamily.ca

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Karp Home Care

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

Nurse Next Door

604 553-3330
nursenextdoor.com

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Peachtacular Home Health Care

778 859-2695
info@peachtacularhrc.com
peachtacularhrc.com

Physio2U

778 846-7695
physio2u.ca

Practically Daughters

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

Safe Care Home Support

604 945-5005
safecarehomesupport.ca

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SE Health

Non-profit nurse supervised home and personal care
604 245-2957
info@sehc.com
vancouver.sehc.com

Seniors Choice for Care

604 551-8867
info@seniorschoiceforcare.ca
seniorschoiceforcare.ca

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Vancouver: 604 736-6281
shylohomehealthcare.ca

LEISURE, EDUCATION & SOCIAL ACTIVITIES

Burnaby Parks, Recreation and Culture

604 294-7450
burnaby.crecreation-and-arts/

Burnaby Community & Continuing Education

604 296-6901
burnabyccce.ca

Burnaby Village Museum

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

Century House

620 Eighth St, NW
604 519-1066
centuryhouseassociation.com

Citizen Support Services

(City of Burnaby)
604 294-7980
Phone Buddy Program
604 297-4470
burnaby.ca/Our-City-Hall/City-Departments/Citizen-Support-Services

College for the Retired

6650 Southoaks Cres, BBY
604 517-8732
cccrburnaby.org

COSCO Senior Health & Wellness Institute

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604 261-6887
president@seniorshelpingseniors.ca
seniorshelpingseniors.ca

English Language Training

Free English language training for qualifying newcomers to BC (immigrants and refugees).
welcomebc.ca/Live/learn-english.aspx

Fraser River Discovery Centre

788 Quayside Dr, NW
604 521-8401
fraserriverdiscovery.org

Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW
604 517-5900
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
mosaicbc.org/seniors

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

604 527-4640
newwestcity.ca/services/arts-and-heritage

New Westminster Parks & Recreation

604 527-4567
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
bpl.bc.ca
New Westminster: 604 527-4650
nwpl.ca

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Queensborough 50+ Social Club

920 Ewen Ave, NW
604 525-7388

Sapperton Community Hall

318 Keary St, NW
604 522-0280

SFU Liberal Arts & 55+ Program

778 782-8000
sfu.ca/liberal-arts

Shadbolt Centre for the Arts

6450 Deer Lake Ave, BBY
604 297-4440
shadboltcentre.com

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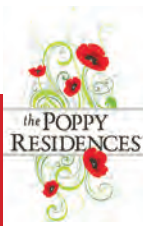


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- Respite Care
- Travel Companion



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**[www.
ArgyleHomeHealth.com](http://www.ArgyleHomeHealth.com)**

Voices of Burnaby Seniors Society

A group of seniors (55+) and service providers committed to enhancing the lives of Burnaby seniors.

604 619-0953

VOBSsociety@gmail.com

vobss.ca

MEAL & FOOD DELIVERY PROGRAMS / SHOPPING ASSISTANCE

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5742 Beresford St, BBY

604 299-1877

bettermeals.ca

Casalinga Home Delivery & Catering Service

604 435-1994

casalinga.ca

Citizen Support Services

City of Burnaby: 604 297-4470

Grocery by Phone: 604 294-7498

burnaby.ca/Our-City-Hall/City-Departments/Citizen-Support-Services

Dairyland Home Service

1-877-341-8700

morethanmilk.ca

Greater Vancouver Food Bank

604 876-3601

foodbank.bc.ca

Japanese-Style Meals on Wheels

604 687-2172

tonarigumi.ca

Meals on Wheels

Burnaby: 604 299-5754

BurnabyMeals.ca

New Westminster: 604 520-6621

seniorsservicessociety.ca

Seniors Services Society (New West)

Dining Club and Lunch Club for seniors 60+

604 520-6621

seniorsservicessociety.ca

MEDICAL EQUIPMENT & SUPPLIES/PHARMACIES

Adaptive Comfort Clothing

604 984-8211 by appointment only

adaptivecomfortclothing.com

Addressing Needs

Adaptive clothing for mobility/medical issues.

1-800-817-4365

addressingneeds.com

AssistList

Free online marketplace to buy, sell and donate home health medical equipment.

info@assistlist.ca

assistlist.ca

BC MedEquip Home Health Care

2230 Springer Ave, BBY

604 888-8811

bcmedequip.com

BCITS – Technology for Living

Provincial Respiratory Outreach Program

1-866-326-1245

Technology for Independent Living

604 301-4208

bcits.org

Bonsor Pharmacy & Medical Supplies

107 - 6411 Nelson Ave, BBY

604 431-8877

Calea Pharmacy

130 - 8061 Lougheed Hwy, BBY

604 294-1500

calea.ca

Canadian Red Cross

Health Equipment Loans

105 - 7355 Canada Way, BBY

604 522-7092

redcross.ca/lowermainland

Fraser Health Lifeline

604 953-4960

fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline

Galaxy Medical Alert Systems

1-855-905-7414

galaxymedicalalert.com

Lancaster Medical Supplies & Prescriptions

604 708-8181

lancastermed.com

Medic Alert Foundation Canada

1-800-668-1507

medicalert.ca

Medicine Shoppe Pharmacy

4277 Kingsway #M41, BBY

604 435-5353

National Seating & Mobility

101 - 8620 Glenlyon Parkway, BBY
604 293-0002
nsm-seating.ca

New West PharmaChoice

25 Eighth Ave, NW
604 525-2474
newwestpharmacy.ca

Pharmasave – Columbia Square

130 - 1005 Columbia St, NW
604 525-5607
pharmasave.com

Pharmasave – Crest Plaza

8697 10th Ave, BBY
604 522-8050
pharmasave.com

Pharmasave – Greystone

#10-1601 Burnwood Dr, BBY
604 428-2648
pharmasave.com

Pharmasave – Metrotown

4390 Beresford Ave, BBY
604 563-4390
pharmasave.com

Price Smart Foods Pharmacy

Station Square, 110 - 4650 Kingsway, BBY
604 433-3760
pricesmartfoods.ca

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Regency Medical Supplies

4437 Canada Way, BBY
604 434-1383
regencymed.com

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Rx Care Pharmacy

4695 Canada Way, BBY
604 428-7911
rxcarepharmacy.ca

Save On Foods Pharmacy Cameron

3433 North Rd, BBY
604 415-9992
saveonfoods.ca

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Save On Foods Pharmacy Highgate Village

200 - 7155 Kingsway, BBY
604 540-1389
saveonfoods.ca

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Save On Foods Pharmacy Madison

4399 Lougheed Hwy, BBY
604 298-5173
saveonfoods.ca

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Save On Foods Pharmacy Marine Way

7501 Market Crossing, BBY
604 433-6314
saveonfoods.ca

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Save On Foods Pharmacy Royal City Centre

198 - 610 6th St, NW
604 520-6087
saveonfoods.ca

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Save On Foods Pharmacy Sapperton

270 East Columbia St, NW
604 523-2583
saveonfoods.ca

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Save On Foods Pharmacy Willingdon

4469 Kingsway, BBY
604 435-8283
saveonfoods.ca

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Sunquest Mobility Home Medical Equipment

618 Sixth St, NW
778 397-8083
sunquestmobility.com

Telus Health - LivingWell Companion

Personal emergency response service with optional fall detection.
1-844-432-3405
telus.com/livingwellcompanion

MEDICAL EQUIPMENT - DIGITAL IMAGING

Initio Medical Group

PET/CT Cancer Diagnostics
300 - 3185 Willingdon Green, BBY
604 678-9274
initiomedical.ca

West Coast Medical Imaging Clinics

Premier Medical Diagnostic Centre Medical Diagnostic Imaging
306 - 4180 Lougheed Hwy, BBY
Vancouver and Lower Mainland
604 985-9264
Royal City Centre, NW
604 522-6818
401 - 233 Nelson's Cres, NW
604 526-2466
westcoastmedicalimaging.com

PROFESSIONAL SERVICES - WILLS, ESTATE PLANNING, LEGAL, INSURANCE & REALTORS

Access Pro Bono Society

604 878-7400

accessprobono.ca

BC Ministry of Justice

Wills & Estates Planning

2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning

Clicklaw

Provides legal information, education and assistance
clicklaw.bc.ca

Cobbett & Cotton Lawyers

300 - 410 Carleton Ave, BBY

604 299-6251

cobbett-cotton.com

Corina Stainsby

Seniors Real Estate Specialist, Keller Williams Realty
778 866-1215

corina@stainsbyrealestate.com

stainsbyrealestate.com

Dial-a-Law

604 687-4680

dialalaw.org

Law Students' Legal Advice Program

604 822-5791

lslap.bc.ca

Nidus Personal Planning

Resource Centre and Registry provides information on completing representation agreements and other personal planning tools.

info@nidus.ca

nidus.ca

Office of the Ombudsperson

Receives inquiries and complaints about the practices and services provided by public agencies.
1-800-567-3247

bcombudsperson.ca

People's Law School

604 331-5400

info@peopleslawschool.ca

peopleslawschool.ca

Public Guardian and Trustee of BC

604 660-4507

trustee.bc.ca

Seniors First BC - Elder Law Clinics

604 336-5653

seniorsfirstbc.ca

Society of Notaries Public of BC

604 681-4516

notaries.bc.ca

REGISTERED CHARITIES & FOUNDATIONS

ALS Society of BC

1228 - 13351 Commerce Parkway, RICH

604 278-2257

alsbc.ca

Alzheimer Society of BC

300 - 828 West 8th Ave, VAN

604 681-6530

alzheimercbc.org

Arthritis Society BC & Yukon

895 West 10th Ave, VAN

604 714-5550

arthritis.ca

BC Cancer Foundation

150 - 686 West Broadway, VAN

604 877-6040

bccancerfoundation.com

Burnaby Hospice Society

4535 Kingsway, BBY

604 520-5087

burnabyhospice.org

Burnaby Hospital Foundation

3935 Kincaid St, BBY

604 431-2881

bhfoundation.ca

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Canadian Blood Services, BC & Yukon

4750 Oak St, VAN

1-888-236-6283

blood.ca

Canadian Cancer Society, BC & Yukon

8th Floor, 625 Howe St, VAN

604 872-4400

cancer.ca

CNIB Foundation

210 - 610 Sixth St, NW

604 431-2121

cnib.ca

Diabetes Canada

360 - 1385 West 8th Ave, VAN
604 732-1331
diabetes.ca

Heart and Stroke Foundation

200 - 885 Dunsmuir St, VAN
Info Line: 1-888-473-4636
Main: 778 372-8000
heartandstroke.ca

Parkinson Society British Columbia

600 - 890 West Pender St, VAN
Info Line: 604 662-3240
parkinson.bc.ca

Prostate Cancer Foundation BC

4 - 17918 55th Ave, SRY
604 574-4012
prostatecancerbc.ca

TAX INFORMATION & FINANCIAL SERVICES

BC Securities Commission

604 899-6854
bcsc.bc.ca

Canada Revenue Agency

TIPS – Tax Information Phone Service
1-800-267-6999
Individual Tax Enquiries
1-800-959-8281
canada.gc.ca/en/revenue-agency

Credit Counselling Society

1-888-527-8999
nomoredebts.org

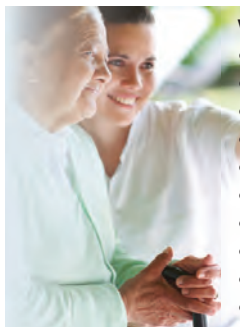
RBC Wealth Management & RBC Dominion Securities Inc.

Stephanie Tang, Investment Advisor & Financial
Planner
604 257-2503
ca.rbcwealthmanagement.com/stephanie.tang/home

TRANSPORTATION & TRAVEL

BCAA – Safe Driving Tips for Seniors
caa.ca/seniors

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To Learn More & Register

778-549-6413 or
info@adulthoodcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.Ca

BC Bus Pass Program

Discounted annual bus pass for qualifying seniors of low income/persons with disabilities.

1-866-866-0800

gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass

BC Ferries

Discounted seniors' rates are available.

1-888-223-3779

bcferries.com

Better At Home (New West)

Medical Transportation for seniors 60+

604 520-6621

seniorsservicessociety.ca

Burnaby Seniors Transportation

604 292-3901

BbyServices.ca/seniorstransportation

Driving Miss Daisy

604 767-4030

drivingmissdaisynorthshore.ca

Ebus Safely Home

1-877-769-3287

myebus.ca

Free Masons Cancer Car Program

Provides patients with transportation to/from their primary cancer treatments.

604 872-2034

Ladies on the Go

604 535-5565

ladiesonthego.ca

Seniors' Vehicle Insurance Discounts (ICBC)

604 661-2800

icbc.com/insurance/costs/Pages/Discounts-and-savings.aspx

Sparc BC - Parking Permit Program

604 718-7744

sparc.bc.ca/parking-permits

TransLink

HandyDART Custom Transit

Taxi Saver & HandyCard Program

604 953-3680

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

Veteran Specialty Licence Plates

BC Veterans Commemorative Association

604 770-3498

bcveterans.org

VIA Rail Canada

1-888-842-7245

viarail.ca

VOLUNTEER OPPORTUNITIES

Burnaby Community Services & Burnaby Meals on Wheels

604 299-5778

BbyServices.ca

BurnabyMeals.ca

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Community Volunteer Connections

cvcinfo@volunteerconnections.ca

volunteerconnections.ca

Seniors Services Society

604 520-6621

volunteer@seniorsservicessociety.ca

seniorsservicessociety.ca

Volunteer Burnaby

604 294-5533

volunteerburnaby.ca

Volunteer Grandparents

604 736-8271

volunteergrandparents.ca

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Funeral Home and Cemetery
3789 Royal Oak Avenue,
Burnaby BC V5G 3M1
ForestLawn-Burnaby.com
(FH) 604-299-7720
(C) 604-299-7711

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Funeral Home and Cemetery
4000 Imperial Street,
Burnaby BC V5J 1A4
OceanViewFuneral.com
604-435-6688

BELL & BURNABY

Funeral Home and Chapel
4276 Hastings Street
Burnaby BC V5C 2J6
BellBurnaby.com
604-298-2525



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