



# as we age

SENIORS RESOURCE GUIDE 2025



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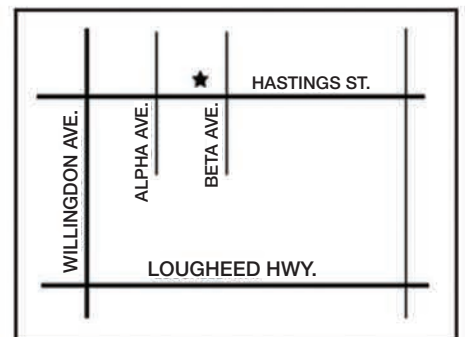
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Jeremy Duprat R.D., Denturist



## welcome...

We're very pleased to have once again teamed up with Burnaby Community Services to create our annual health and wellness guide for seniors. In these pages, you'll find a wealth of information aimed at serving the needs of seniors here in Burnaby and New Westminister, including engaging articles, community contacts, a directory of local organizations and resources, and much more.

We're proud of our collaboration with Burnaby Community Services in creating the 2025 edition of *As We Age*, and are confident that it will serve readers well by shedding light on ways for those at or nearing retirement age to achieve and maintain good health and community connection, further their education and gain awareness.

Thanks for taking the time to read our publication. We'd be very happy to hear your comments on what you would like to see in future editions.

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

**Burnaby**now New Westminister  
**RECORD**



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

For more information about seniors supports and services in your community, please contact us at 604-299-5778 or visit [bbservices.ca](http://bbservices.ca).

**Antonia Beck,**  
CEO, Burnaby Neighbourhood House  
(Umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach and Burnaby Meals on Wheels)

Welcome to the 2025 edition of the Burnaby and New Westminister 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 Westminister Record to publish resource guides that support people to access community resources.



# 55+ BE ACTIVE IN BURNABY

Burnaby has four centres that specialize in programs for adults 55 years and older. These are friendly places where you can meet and socialize, learn new skills and enjoy creative leisure time.

For current activities and schedules, visit: [Burnaby.ca/Seniors](http://Burnaby.ca/Seniors)

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

**Temporary Cameron Community Centre**  
604-297-4456 | 110-9855 Austin Avenue  
Located inside of The City of Lougheed Shopping Centre (main level by Guest Services).

**Confederation Seniors' Centre**  
604-294-1936 | 4585 Albert Street

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



# as we age

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## COMMUNITY HEALTHCARE PROVIDERS

### Acoustica Hearing Clinic

104 - 3999 Henning Dr, BBY  
604-294-1080  
acousticahearing.com

### Amplifon Clinics

605 - 4980 Kingsway, BBY  
604-432-6696  
108 - 1015 Columbia St, NW  
604-526-9717  
amplifon.com/ca

### Axis Dental Surgery Group

104 - 250 Keary St, NW  
604-553-7177  
axisdentalsurgery.com

### Burnaby Hospital

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

### Burnaby Orthopaedic & Mastectomy

300 - 6411 Nelson Ave, BBY  
604-436-6092  
burnabyorthopaedic.com

### CDI College

Certified Dental Assisting Program  
Students offer free dental hygiene services  
(polishing, x-rays, and fluoride treatments)  
5th Floor, 5021 Kingsway, BBY  
604-437-8585  
cdicollege.ca

### Duke Park Denture Clinic & Laboratory

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

### Edmonds Urgent and Primary Care Centre

201 - 7315 Edmonds St, BBY  
604-519-3787

### FYidoctors (Burnaby)

3801 Hastings St, BBY  
604-291-8825  
FYidoctors.com/burnaby

### FYidoctors (New Westminster)

Royal City Centre  
240 - 610 Sixth St, NW  
604-522-6929  
FYidoctors.com/new-westminster

### HearingLife Burnaby North:

4121 Hastings St, BBY  
604-294-3273

### Metrotown:

1698 - 4500 Kingsway, BBY  
604-923-8134

### New Westminister:

101 - 625 Fifth Ave, NW  
604-553-4952  
hearinglife.ca

### Madison Centre Family Dental

#101 - 1899 Rosser Ave, BBY  
604-332-7420  
madisoncentredental.com

### New West Dentistry & Implant Centre

609 Sixth St, NW  
604-524-4981  
newwestminsterdentistry  
andimplantcentre.com

### New West Dentureworks Inc.

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

## Dania Gardens

A place where comfort, independence and a sense of belonging come together. **Dania Gardens** is a modern independent senior living community designed with comfort, accessibility, and a strong sense of belonging in mind. Our community includes **109 subsidized suites** for low-income and persons with disabilities, alongside **46 market-rate suites** tailored for those with moderate income. Designed to foster inclusivity and independence, **Dania Gardens** is where everyone feels at home.



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📍 4277 Norland Ave Burnaby, BC V5G 0C5 📞 604.292.8136 🌐 www.dania.bc.ca ✉️ donnai@danai.bc.ca





# Making seniors a priority in our community.

Please contact us for any of your provincial and federal needs.  
We're here to help.



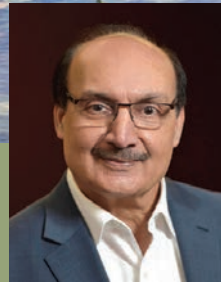
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**JENNIFER WHITESIDE**  
MLA NEW WESTMINSTER  
604-775-2101  
Jennifer.Whiteside.mla@leg.bc.ca

### North Burnaby Denture Clinic

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

### Prime Denture Clinic Ltd.

315 - 555 Sixth St, NW  
604-521-6424  
primedentureclinic@gmail.com  
primedentureclinic.ca

### Queen's Park Dental

902 Quayside Dr, NW  
604-256-2825  
queensparkdental.ca

### Royal Columbian Hospital

330 East Columbia St, NW  
604-520-4253  
fraserhealth.ca/service-directory/  
locations

### Sonaris Ear Centre

306 - 5050 Kingsway, BBY  
778-564-3277  
sonaris.ca

### Royal Treatment Therapeutics

**Royal Oak:**  
#102 - 7777 Royal Oak Avenue, BBY  
604-437-7777

### Kingsway:

#205 - 5501 Kingsway, BBY  
604-439-1604  
royaltreatmenttherapeutics.com

### Total Therapy Rehabilitation & Wellness Centre

**Metrotown:**  
4665 Central Blvd, BBY  
604-620-9700

### North Burnaby:

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

### Trask Denture Clinic

4616 Imperial St, BBY  
604-437-7916  
traskdenture.ca

### Vancouver Foot & Ankle Clinic

104 - 4350 Hastings St, BBY  
604-757-2558  
vancouverfootandankle.com

### VCC Dental Hygiene Clinic

*Students provide low-cost dental care to the general public, under the guidance of experienced instructors.*  
604-443-8499  
vcc.ca/services/eat-shop--more/  
dental-clinic/

### Wavefront Centre for Communication Accessibility

210 - 2755 Lougheed Hwy, POCO  
604-942-7397  
TTY: 604-942-7380  
2005 Quebec St, VAN  
604-736-7391  
TTY: 604-736-2527  
580 - 2184 West Broadway, VAN  
778-329-0870  
TTY: 778-329-0874  
wavefrontcentre.ca

## COMMUNITY RECREATION FACILITIES & SENIORS CENTRES

### 411 Seniors Centre Society

3502 Fraser St, VAN  
604-684-8171  
411seniors.org

### 55+ BC Games

778-426-2940  
55plusbcgames.org

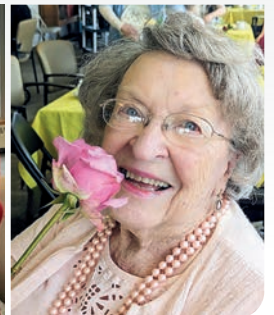
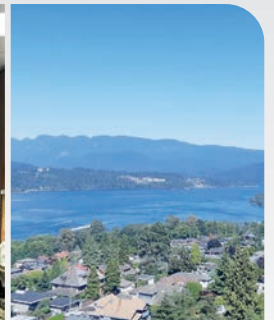
### Bonsor 55+ Centre

6533 Nelson Ave, BBY  
604-297-4580

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**3755 McGill Street, Burnaby | 604-291-0607 | www.setonvilla.com**

### Cameron 55+ Centre

9523 Cameron St, BBY  
604-297-4456

### təməsew' tx Aquatic and Community Centre

65 East Sixth Ave, NW  
604-777-5100

### Century House

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

### Confederation Seniors' Centre

4585 Albert St, BBY  
604-294-1936

### Edmonds 55+ Centre

7433 Edmonds St, BBY  
604-297-4838

### Physical Activity Services

Advice on physical activity and healthy living.

8-1-1 or 604-215-8110  
healthlinkbc.ca/health-services/  
healthlink-bc-811-services/physical-activity-services

### Queensborough Community Centre

920 Ewen Ave, NW  
604-525-7388

[newwestcity.ca/parks-and-recreation/facilities](http://newwestcity.ca/parks-and-recreation/facilities)

### Royal City Centre Shopping Centre

610 Sixth St, NW  
604-526-8064  
royalcitycentre.ca

## COUNSELLING, ADVOCACY & SUPPORT SERVICES

### Burnaby Community Services

Provides services and resources for seniors including: transportation to medical appointments, tax and form completion, and a range of community resource publications. Also provides programs for low-income seniors such as the Recreation Credit Program and Christmas Bureau seniors hampers.

2055 Rosser Ave, BBY  
604-299-5778  
BbyServices.ca

### Burnaby Hospice Society

4535 Kingsway, BBY  
604-520-5087  
burnabyhospice.org

### Burnaby Neighbourhood House

Offers Caregiver Support Programs, Seniors Memory Club, and Seniors Peer Support.

BNH South:  
4460 Beresford St, BBY  
604-431-0400

BNH North:  
4908 Hastings St, BBY  
604-294-5444

BNH Brentwood:  
2055 Rosser Ave, BBY  
604-299-5778  
alexish@burnabynh.ca  
burnabynh.ca

### Burnaby Seniors' Resources Society

facebook.com/burnabyseniors  
CARP North Fraser Chapter  
1.833.211.2277  
northfraser@carp.ca  
carp.ca

### Century House Association Peer Support

604-519-1064 or 778-882-2472  
chaps.connect@gmail.com

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bccrns.ca

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**Golden Transitions**  
604-240-8085  
info@goldentransitions.ca  
goldentransitions.ca

**Multicultural Family Support Services**  
306 - 4980 Kingsway, BBY  
office: 604-436-1025  
helpline: 236-865-1194  
vlmfss.ca

**New West Police Service & FSGV**  
*Elder Abuse Unit*  
604-525-5411

**Personalized Dementia Solutions Inc.**  
1-888-502-1321 or 778-789-1496  
dementiasolutions.ca

**Qmunity**  
*Offers support for the 2SLGBTQIA+ community*  
604-684-5307  
seniors@qmunity.ca  
qmunity.ca/get-support/olderadults

**Citizen Support Services**  
*Volunteer Visitor, Phone Buddy, Shopping Buddy, Shop by Phone, Light Housekeeping and Transportation to Medical Appointment services.*  
604-294-7980  
burnaby.ca/citizensupportservices

**Seniors First BC**  
*Seniors Abuse & Information Line (SAIL)*  
604-437-1940  
1-866-437-1940  
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  
TDD: 711 or  
VRS: 1-800-663-7867  
211-victimlinkbc@uwbc.ca  
victimlinkbc.ca

**Vital Connections Program**  
604-525-9144

## 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

**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/  
bereavement-services

**Forest Lawn Funeral Home & Memorial Park**  
3789 Royal Oak Ave, BBY  
(FH) 604-299-7720  
(MP) 604-299-7711  
forestlawn-burnaby.com



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L A W Y E R S

## WILLS & REAL CORPORATE ESTATES ESTATE LAW

### **Why do you need a Will?**

*Having a Will allows you to appoint an Executor of your choosing. Without a Will, someone will have to apply to the Court to be appointed to administer your estate. Of course, simply making any Will is not advisable. Will provisions are not as simple as might appear. They must be carefully worded and take into account more than just your wishes. Accordingly, it is essential to obtain legal advice when having your Will prepared.*



*We have been providing trusted legal service to the community of Burnaby and Greater Vancouver for over 70 years. Our team of professionals look forward to helping you with sound and timely legal advice.*

### **Estate Planning**

We can help you prepare your Will and other estate planning documents. If you have a Will, you can confirm your intentions about how your estate is distributed and choose an Executor to manage your affairs.

### **Estate Documents**

In addition to your Will, we can help you prepare:

- Power of Attorney - to appoint someone to manage your financial affairs
- Representation Agreement - to appoint someone to make health care decisions

### **Estate Administration**

We help our clients by providing a range of estate administration services including:

- Reviewing Executor liability and creditor's claims
- Preparing court documents to apply for a grant of probate
- Assisting with estate accounting and distribution

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- Transfers of properties within families
- Transfers to trust or corporations
- Transfers to beneficiaries

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# Dating later in life



People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often begins in cyberspace.

This can be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

***Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naïve teenagers or young adults.***

According to a report in *The Atlantic*, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to

devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

- **You're not in this alone.** While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.
- **You have more time for fun.** As a senior, you may have more time to devote to recreation and leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.
- **Online dating has its advantages.** While online dating apps and websites may have certain things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful. Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're casting your net over a much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace.



**Route65.ca**  
Leading You Home




Exploring seniors living or home care options? Route65.ca is here to guide you. Discover a free directory of reputable community providers, along with tools and resources to navigate B.C.'s seniors living and care continuum with ease.



Visit **Route65.ca** today to start your journey.

## Need support?

 1-877-955-6565 (toll-free)

 [info@route65.ca](mailto:info@route65.ca)

## Forest Lawn & Ocean View Funeral Homes

Prearrangement Services

604-291-8446

preplanning@dignitymemorial.com

forestlawn-burnaby.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

## Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY

604-435-6688

oceanviewfuneral.com

## Valley View Funeral Home & Cemetery

604-596-7196

arbormemorial.ca

## GOVERNMENT PROGRAMS & SERVICES

### BC Ministry of Social Development & Poverty Reduction

Income Assistance, Senior's Supplement & Bus Pass Program

1-866-866-0800

www2.gov.bc.ca/gov/content/family-social-supports/seniors

### Canadian Anti-Fraud Centre

1-888-495-8501

antifraudcentre-centreantifraude.ca

### Government of Canada - Program & Services for Seniors

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

1-800-622-6232

TTY: 1-800-926-9105

canada.ca/seniors

### Office of the Seniors Advocate

1-877-952-3181

seniorsadvocatebc.ca

## Province of BC Seniors Program & Services

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

1-800-663-7867 or

VRS: 1-800-663-7867

seniorsbc.ca

## Veterans Affairs Canada

General Inquiries: 1-866-522-2122

TDD/TTY: 1-833-921-0071

## Veterans Assistance Service:

1-800-268-7708

TDD/TTY: 1-800-567-5803

veterans.gc.ca

## WelcomeBC

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

welcomebc.ca

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Insurance



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604-942-7214

1960 Como Lake Ave  
Coquitlam

604-937-3601

1020 Austin Ave  
Coquitlam

604-939-7733

2748 Lougheed Hwy  
Port Coquitlam

604-944-9577

The Amazing Brentwood  
4525 Lougheed Hwy

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604-736-4574

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604-421-2422

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Denturist/Owner  
Member of Association of BC

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- IMMEDIATE DENTURES • DENTURES OVER IMPLANTS • PARTIAL DENTURES •

new west  
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info@newwestdentureworks.ca | 604-553-1222 | #270-522 Seventh Street, New Westminster

# CONNECTION B

## BURNABY NEIGHBOURHOOD HOUSE

is proud to be the umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach, and Burnaby Meals on Wheels. 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:

**CAREGIVER SUPPORT** - education workshops, lunches, and dementia programs aimed at supporting the well-being of caregivers

**SENIOR PEER SUPPORT** - emotional support and resource navigation provided by trained volunteers

**TAPS** - adult day program offering specialized and therapeutic programming for frail seniors

### SENIORS FOOD SERVICES INCLUDING:

- **Meals on Wheels** - hot and healthy Western and Chinese meals
- **Prepared Meals** - nutritious subsidized frozen meals
- **Grocery Shopping** - over the phone shopping
- **Food Bank Delivery** - weekly food bank hamper delivery

### SENIORS TRANSPORTATION -

volunteer-led service providing rides for seniors to and from medical appointment

**TAX AND FORM COMPLETION** - form filling (OAS, GIS, CPP, SAFER, Provincial Bus Pass, Housing Registry) and tax completion for low income seniors

### ADULT LITERACY AND DIGITAL LITERACY -

EAL classes and computer and other digital supports

**SETTLEMENT AND INTEGRATION SERVICES** - first language support, information and orientation to life in Canada, referrals and aid with applications for eligible benefits

**PUBLICATIONS** - includes the Burnaby Community Resource Guide and Seniors Community Resource cards.



**SOUTH HOUSE** 4460 Beresford St, Burnaby  
**NORTH HOUSE** 4908 Hastings St, Burnaby |  
**BRENTWOOD HOUSE** 2055 Rosser Ave, Burnaby

# EGINS WITH US



## VOLUNTEER WITH THE BURNABY NEIGHBOURHOOD HOUSE!

Volunteer to refresh old skills, gain new ones, meet new people, and make a difference in the community.

### MEALS ON WHEELS:

- 1) **Depot Driver:** bring our delivery containers to our caterers in Burnaby
- 2) **Route Delivery Drivers:** deliver meals to clients on one of our routes in Burnaby. Mileage reimbursement provided

**SENIOR'S FOOD BANK DELIVERY** - deliver food hampers to low-income, frail seniors living in Burnaby. Mileage reimbursement provided

**SENIOR'S TRANSPORTATION** - drive seniors from their residences to their dental and medical appointments throughout Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, and Vancouver. Mileage reimbursement is provided.

**INFORMATION & REFERRALS** - help seniors complete forms and find information and services they need.

**SOCIAL PROGRAMS** - assist with or lead social programs or events

**DIGITAL VOLUNTEERS (IN-PERSON)** - work one-on-one or in small groups with adult and senior learners.

**SENIOR PEER SUPPORT** - provide one-on-one emotional support and resource navigation to seniors in the community. Training will be provided.

## SUPPORT BURNABY SENIORS - VOLUNTEER OR MAKE A DONATION TODAY!

CALL 604-431-0400  
[www.BurnabyNH.ca](http://www.BurnabyNH.ca)

SENIORS PROGRAMS ARE FINANCIALLY SUPPORTED BY:

604-431-0400 | [info@burnabynh.ca](mailto:info@burnabynh.ca) | [burnabynh.ca](http://burnabynh.ca)  
604-294-5444 | [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) | [burnabynh.ca](http://burnabynh.ca)  
604-299-5778 | [reception@bbysservices.ca](mailto:reception@bbysservices.ca) | [burnabynh.ca](http://burnabynh.ca)



Immigration, Refugees and Citizenship Canada



Innovation, Science and Economic Development Canada



## GOVERNMENT REPRESENTATIVES

### **Burnaby City Hall**

4949 Canada Way, BBY  
604-294-7944 (Main)  
604-294-7340 (Mayor's office)  
[burnaby.ca](http://burnaby.ca)

### **New Westminster City Hall**

511 Royal Ave, NW  
604-521-3711 (Main)  
604-527-4522 (Mayor's Office)  
[newwestcity.ca](http://newwestcity.ca)

### **MLA, Burnaby Centre:**

#### **Anne Kang**

105 - 6411 Nelson Ave, BBY  
604-775-0565  
[anne.kang.mla@leg.bc.ca](mailto:anne.kang.mla@leg.bc.ca)  
[annekangbcmcla.ca](http://annekangbcmcla.ca)

### **MLA, Burnaby -**

#### **New Westminster:**

#### **Raj Chouhan**

5234 Rumble St, BBY  
604-660-7301  
[raj.chouhan.mla@leg.bc.ca](mailto:raj.chouhan.mla@leg.bc.ca)  
[rajchouhan.ca](http://rajchouhan.ca)

### **MLA, Burnaby East: Rohini Arora**

3 - 8699 10th Ave, BBY  
604-660-5058  
[rohini.arora.mla@leg.bc.ca](mailto:rohini.arora.mla@leg.bc.ca)

### **MLA, Burnaby South -**

#### **Metrotown: Paul Choi**

5234 Rumble Street, BBY  
604-660-0855  
[paul.choi.mla@leg.bc.ca](mailto:paul.choi.mla@leg.bc.ca)

### **MLA, Burnaby North:**

#### **Janet Routledge**

4270 Hastings St, BBY  
604-775-0778  
[janet.routledge.mla@leg.bc.ca](mailto:janet.routledge.mla@leg.bc.ca)  
[janetroutledge.ca](http://janetroutledge.ca)

### **MLA, New Westminster -**

#### **Coquitlam: Jennifer Whiteside**

604-755-2101  
[jennifer.whiteside.mla@leg.bc.ca](mailto:jennifer.whiteside.mla@leg.bc.ca)

### **MLA, Richmond -**

#### **Queensborough: Steve Kooner**

604-664-0700  
[steve.kooner.mla@leg.bc.ca](mailto:steve.kooner.mla@leg.bc.ca)

### **MP, Burnaby North - Seymour:**

#### **Terry Beech**

3906 Hastings St, BBY  
604-718-8870  
[terrybeechmp.ca](http://terrybeechmp.ca)

### **MP, Burnaby - South:**

#### **Jagmeet Singh**

4940 Kingsway, BBY  
604-291-8863  
[jagmeetsingh.ndp.ca](http://jagmeetsingh.ndp.ca)

### **MP, New Westminster -**

#### **Burnaby: Peter Julian**

110 - 888 Carnarvon St, NW  
604-775-5707  
[peterjulian.ca](http://peterjulian.ca)

## HEALTH INFORMATION & PROGRAMS

### **Acute, Home & Community Care Services**

Toll free: 8-1-1 or 604-215-8110

TTY: 7-1-1

[www2.gov.bc.ca/gov/content/health/accessing-health-care](http://www2.gov.bc.ca/gov/content/health/accessing-health-care)

### **Assisted Living Registry**

1-866-714-3378

[www2.gov.bc.ca/gov/content/health/assisted-living-in-bc](http://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc)

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[admin@mobileeyes.ca](mailto:admin@mobileeyes.ca)



[mobileeyes.ca](http://mobileeyes.ca)



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by Arbor Memorial

14644 - 72nd Avenue, Surrey, BC  
[valleyviewsurrey.ca](http://valleyviewsurrey.ca)

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## Your Comfort Is Our Top Priority

**Our caring and friendly team will keep you comfortable.**

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### Madison Family Dental Centre

📍 #101 - 1899 Rosser Avenue Burnaby, BC V5C 6R5

☎ 604-299-4010

✉ [madisoncentre@familydentalcentres.com](mailto:madisoncentre@familydentalcentres.com)



### Arthritis Answers Line

1-800-321-1433

[arthritis.ca](http://arthritis.ca)

### BC Ambulance Service Billing

1-800-665-7199

[bcehs.ca/about/billing](http://bcehs.ca/about/billing)

### BC Palliative Care Benefits

*Benefits and support for at-home palliative care.*

[www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf](http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf)

### 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

[hpburnaby@fraserhealth.ca](mailto:hpburnaby@fraserhealth.ca)

### Fall Prevention Mobile Clinics

*One-on-one assessments with healthcare professionals.*

604-587-7866

[fallsprevention@fraserhealth.ca](mailto:fallsprevention@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

604-681-8651

[alzheimer.ca/bc](http://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

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

### 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 or 604-215-8110 | TTY: 7-1-1

[healthlinkbc.ca](http://healthlinkbc.ca)

### Healthy Eating & Physical

#### Activity

[healthlinkbc.ca/healthy-eating-physical-activity](http://healthlinkbc.ca/healthy-eating-physical-activity)

### Immunization

#### Information & Tools

[immunizebc.ca](http://immunizebc.ca)

### Substance Use Services

Burnaby: 604-777-6870

New West: 604-522-3722 x0

### VictimLink BC

*Confidential, 24/7, Multilingual service*

1-800-563-0808

[victimlinkbc.ca](http://victimlinkbc.ca)

### YMCA Healthy Heart

#### Program

*(Cardiac Prevention, Rehabilitation & Maintenance)*

604-521-5801

[gv.ymca.ca/healthy-heart](http://gv.ymca.ca/healthy-heart)



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### In-Home Care Services

+ + + +  
+ + + +

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- ✓ And many more
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- ✓ Companionship

☎ 778-608-4255 ✉ [Info@mycarematters.ca](mailto:Info@mycarematters.ca) 🌐 [mycarematters.ca](http://mycarematters.ca) 📍 3292 Production Way #501, Burnaby BC

**HOUSING - INDEPENDENT,  
ASSISTED, RESIDENTIAL  
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**Affordable Housing Societies**

604-521-0818  
affordablehousingsocieties.ca

**AgeCare Carlton**

4108 Norfolk St, BBY  
604-419-3000  
agecare.ca

**AgeCare Harmony Court Estate**

7197 Canada Way, BBY  
604-788-8164  
living.agecare.ca/retirement-living

**Atira Women's Resource Society:**

*Maggie's House for Older Women*  
1010 Sperling Ave, BBY  
604-205-9350  
atira.bc.ca

**Baptist Housing Seniors Living**

604-940-1960  
baptisthousing.org/communities/  
lower-mainland

**Belvedere Seniors Living**

604-939-1930 or 604-939-5991  
belvederebc.com

**Cascade Gardens**

3460 Kalyk Ave, BBY  
604-434-2666  
parkplaceseniorsliving.com

**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**

604-299-2414  
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  
fairhaven.bc.ca

**Fellburn Care Centre**

*Access requires Fraser Health assessment*  
6050 East Hastings St, BBY  
604-412-6503  
fraserhealth.ca

**Hopehill Living in  
Community**

*Independent living and assisted living  
residences.*  
604-255-7707  
hopehill.ca

**Mulberry PARC**

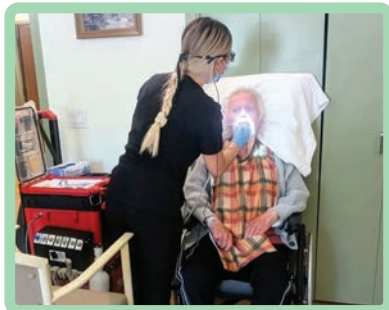
7230 Acorn Ave, BBY  
604-526-2248  
parliving.ca

**New Chelsea Society**

101 - 400 Campbell Ave, VAN  
604-395-4370  
newchelsea.ca

**New Vista Healthcare  
& Housing**

604-521-7764  
newvista.bc.ca



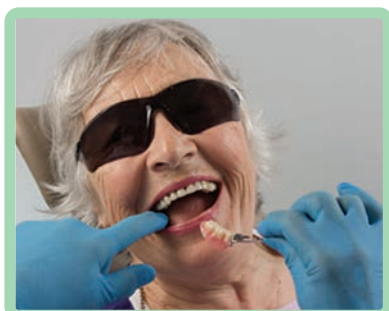
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**Nikkei Seniors  
Health Care & Housing Society:**  
Robert Nimi Nikkei Home  
6680 Southoaks Cres, BBY  
New Sakura-so  
6677 Southoaks Cres, BBY  
604-777-5000  
seniors.nikkeiplace.org

**Rideau Retirement Residence**  
1850 Rosser Ave, BBY  
604-291-1792  
rideauresidence.ca

**Seton Villa Retirement Centre**  
3755 McGill St, BBY  
604-291-0607  
setonvilla.com

**Society for Christian Care  
of the Elderly**  
604-681-7337  
scce.ca

**Swedish Canadian Village**  
7230 Halifax St, BBY  
604-420-1124  
swedishcanadian.ca

**The Poppy Residences**  
5291 Grimmer St, BBY  
604-568-5563  
thepoppyresidences.com

**Thornebridge Gardens**  
*Retirement Residence*  
649 Eighth Ave, NW  
604-524-6100  
verveseniorliving.com/  
thornebridge-gardens

**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  
www2.gov.bc.ca/gov/content/taxes/  
income-taxes/personal/credits/  
seniors-renovation

**BC Housing**  
604-433-2218  
1-800-257-7756  
Shelter Aid for Elderly Renters (SAFER)  
bchousing.org/housing-assistance/  
rental-assistance-programs/SAFER

**BC Rebate for Accessible Home  
Adaptations (BC RAHA)**  
bchousing.org/housing-assistance/  
BC-RAHA

**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**  
1-877-353-2462  
604-584-2462  
choa.bc.ca

**Home Owner Grants/Tax  
Deferral for Seniors**  
1-888-355-2700  
www2.gov.bc.ca/gov/content/taxes/  
property-taxes/annual-property-tax

**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



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E: burnaby@sonaris.ca | www.sonaris.ca

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604-520-5087

info@burnabyhospice.org  
www.burnabyhospice.org



## Neighbours Helping Neighbours

604.764.6601

[larchevancouver.org/community-programs/](http://larchevancouver.org/community-programs/)

## Residential Tenancies

400 - 5021 Kingsway, BBY

604-660-1020

[www2.gov.bc.ca/landlordtenant](http://www2.gov.bc.ca/landlordtenant)

## Route65.ca

*A free resource designed to help the public navigate B.C.'s seniors living, wellness, and care continuum. The platform features a provincial directory of independent living, assisted living, long-term care, and home care options.*

1-877-955-6565

[route65.ca](http://route65.ca)

## Seniors Services Society – Housing Services for Seniors 60+

604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

## TRAC – Tenant Resource & Advisory Centre

1-800-665-1185

604-255-0546

[tenants.bc.ca](http://tenants.bc.ca)

## IN-HOME SUPPORT SERVICES

### Aging My Way Home Care Inc.

604-290-8331

[agingmywayhomecare.ca](http://agingmywayhomecare.ca)

### All Nursing Health Services

604-488-9323

[info@allnursing.ca](mailto:info@allnursing.ca)

[allnursing.ca](http://allnursing.ca)

### Better At Home

*Provides non-medical support services to seniors. Subsidies may be available.*

**Burnaby:** 604-297-4877

[betterathome@burnaby.ca](mailto:betterathome@burnaby.ca)

**New West:** 604-520-6621

[christina@sssbc.ca](mailto:christina@sssbc.ca)

[betterathome.ca](http://betterathome.ca)

### Big Hearts Home Healthcare

604-493-2045 or 1-855-902-CARE

[info@bigheartshomecare.ca](mailto:info@bigheartshomecare.ca)

[bigheartshomecare.ca](http://bigheartshomecare.ca)

### Caring Shepherd Home Care Services

604-614-8544

[caringshepherd.ca](http://caringshepherd.ca)

### CDN Eldercare Massage

1-888-978-9656

[cdneldercare.ca](http://cdneldercare.ca)

### Chipperfield Mobile Physiotherapy

604-828-2610

[chipperfieldphysio.ca](http://chipperfieldphysio.ca)

### Classic LifeCare

604-263-3621

[classiclifecare.ca](http://classiclifecare.ca)

### Comfort Keepers

604-689-8609

[comfortkeepers.ca](http://comfortkeepers.ca)

### Elizz by SE Health

1-866-565-0065

[info@elizz.com](mailto:info@elizz.com)

[elizz.com](http://elizz.com)

### Footcare Passion (Mobile Foot Care)

604-780-3992

[footcarepassion.com](http://footcarepassion.com)

### Good Riddance Professional Organizing Solutions

604-421-5952

[goodriddance.ca](http://goodriddance.ca)



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care@herohomecare.ca  
herohomecare.ca

**Home Instead**  
BBY: 604-432-1139 or  
NW: 604-552-3324  
homeinstead.com/3037

**Integrative Rehabilitation**  
604-419-0998  
info@bcintegrativerehab.com  
bcintegrativerehab.com

**John's Helping Hands**  
604-329-1006

**Just Like Family Home Care**  
Burnaby & New Westminster  
Tri-Cities & Maple Ridge  
778-244-7742  
justlikefamily.ca

**Karp Home Care**  
604-420-7800  
kaphomecare.com/burnaby-new-west

**Nurse Next Door**  
604-522-9989  
nursenextdoor.com

**Peachtacular Home Health Care**  
778-859-2695  
info@peachtacularhhc.com  
peachtacularhhc.com

**Physio2U**  
778-846-7695  
physio2u.ca

**Qualicare Home Care**  
778-730-0225 ext 3  
qualicare.com

**Safe Care Home Support**  
604-945-5005  
safecarehomesupport.ca

**Seniors Choice for Care**  
604-551-8867  
info@seniorschoiceforcare.ca  
seniorschoiceforcare.ca

**Shylo Home Healthcare**  
Burnaby: 604-434-9681  
North Vancouver: 604-985-6881  
Vancouver: 604-736-6281  
shylohomehealthcare.ca

## LEISURE, EDUCATION & SOCIAL ACTIVITIES

**Burnaby Parks, Recreation and Culture**  
604-294-7450  
burnaby.ca/recreation-and-arts/  
**Burnaby Community & Continuing Education**  
604-296-6901  
burnabyccce.ca

**Burnaby Neighbourhood House**  
*Offers welcoming social, recreation, and educational activities and a community-based seniors day program.*

**BNH South:** 4460 Beresford St, BBY  
604-431-0400

**BBY North:** 4908 Hastings St, BBY  
604-294-5444

**BNH Brentwood:** 2055 Rosser Ave, BBY  
604-299-5778  
alexish@burnabynh.ca  
burnabynh.ca

**Burnaby Village Museum**  
6501 Deer Lake Ave, BBY  
604-297-4565  
burnabyvillagemuseum.ca



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Creating Moments  
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- Errands & Transport
- Housekeeping
- Meals & Nutrition
- Palliative Support

*Approved service provider - City of Burnaby, ICBC, WorkSafe*



**Book your FREE consultation**  
**604-432-1139**  
**Burnaby@Homeinstead.com**



## Century House

620 Eighth St, NW

604-519-1066

[centuryhouseassociation.com](http://centuryhouseassociation.com)

## Citizen Support Services

Volunteer Visitor & Phone Buddy Programs

604-294-7980

[burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors](http://burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors)

## Community Centred College for the Retired

6650 Southoaks Cres, BBY

604-517-8732

[cccrburnaby.org](http://cccrburnaby.org)

## Fraser River

### Discovery Centre

788 Quayside Dr, NW

604-521-8401

[fraserriverdiscovery.org](http://fraserriverdiscovery.org)

## Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW

604-517-5900

[masseytheatre.com](http://masseytheatre.com)

## MOSAIC Seniors Club (for Immigrant & Refugee Seniors)

5575 Boundary Rd, VAN

315 - 7155 Kingsway, BBY

604-362-4318

[mosaicbc.org/our-programs/join-the-mosaic-seniors-club](http://mosaicbc.org/our-programs/join-the-mosaic-seniors-club)

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

604-527-4640

[newwestcity.ca/services/arts-and-heritage](http://newwestcity.ca/services/arts-and-heritage)

## 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](http://bpl.bc.ca)

New Westminster: 604-527-4660

[nwpl.ca](http://nwpl.ca)

## Queensborough 50+ Social Club

920 Ewen Ave, NW

604-525-7388

## Seniors' Health & Wellness Institute (COSCO)

Offers 47 free workshops to seniors' groups on healthy living, safety and legal issues.

604-261-6887

[president@seniorshelpingseniors.ca](mailto:president@seniorshelpingseniors.ca)

[seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)

## SFU Liberal Arts & 55+ Program

778-782-8000

[sfu.ca/continuing-studies.html](http://sfu.ca/continuing-studies.html)

## Shadbolt Centre for the Arts

6450 Deer Lake Ave, BBY

604-297-4440

[shadboltcentre.com](http://shadboltcentre.com)

## Social Prescribing Program for Seniors

Community Connectors work one-on-one with isolated seniors to connect them to community programs

MOSAIC: 315 - 7155 Kingsway, BBY

Burnaby Neighborhood House: 4460

Beresford Street, BBY

604-438-8214

## Family value-based home care!

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Home Support

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ICBC Claims Accepted



[SafeCareHomeSupport.ca](http://SafeCareHomeSupport.ca)

## Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.



This is a joint program between the City of Coquitlam and the ACWC.

  
Adult Cognitive  
Wellness Centre  
Recreation Rehab Respite  
Coquitlam

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Maillardville Community Centre**

TO LEARN MORE & REGISTER: 778-549-6413 or  
[info@adulthoodcognitivewellnesscentre.ca](mailto:info@adulthoodcognitivewellnesscentre.ca)

[AdultCognitiveWellnessCentre.ca](http://AdultCognitiveWellnessCentre.ca)



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complimentary lunch  
**(604) 524-6100**

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

## UBC Extended Learning

Academic Explorations Program offers online and on-campus courses.

604-822-1444

[extendedlearning.ubc.ca](http://extendedlearning.ubc.ca)

## 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](mailto:VOBSsociety@gmail.com)

[vobss.ca](http://vobss.ca)

## MEAL & FOOD DELIVERY PROGRAMS / SHOPPING ASSISTANCE

### Better Meals –

#### Pick Up or Meal Delivery

5742 Beresford St, BBY

604-299-1877

[bettermeals.ca](http://bettermeals.ca)

### Burnaby Neighbourhood House - Prepared Meals and Shopping

4460 Beresford St, BBY

604-431-0400

### Casalinga Home Delivery & Catering Service

604-435-1994

[casalinga.ca](http://casalinga.ca)

### Citizen Support Services

Shopping Buddy & Shop By Phone

Programs 604-294-7980

[burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors](http://burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors)

### Greater Vancouver

#### Food Bank

604-876-3601

[foodbank.bc.ca](http://foodbank.bc.ca)

### Japanese-Style Meals on Wheels

604-687-2172

[tonarigumi.ca](http://tonarigumi.ca)

### Meals on Wheels

Burnaby: 604-299-5754

[burnabymeals.ca](http://burnabymeals.ca)

New Westminster: 604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

### Seniors Services Society

(New West)

Dining Club and social activities for seniors 60+.

604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

## MEDICAL EQUIPMENT & SUPPLIES/PHARMACIES

### Adaptive Comfort Clothing

778-997-5491 by appointment only

### AssistList

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

[info@assistlist.ca](mailto:info@assistlist.ca)

[assistlist.ca](http://assistlist.ca)

### BC MedEquip Home Health Care

265 Schoolhouse St, COQ

604-888-8811

[bcmedequip.com](http://bcmedequip.com)

### Bonsor Pharmacy & Medical Supplies

107 - 6411 Nelson Ave, BBY

604-431-8877

### Calea Pharmacy

130 - 8061 Lougheed Hwy, BBY

604-294-1500

[calea.ca](http://calea.ca)

### Canadian Red Cross

Health Equipment Loans

105 - 7355 Canada Way, BBY

604-522-7092

[redcross.ca/in-your-community/british-columbia-and-yukon](http://redcross.ca/in-your-community/british-columbia-and-yukon)

### Fraser Health Lifeline

604-953-4960

[fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline](http://fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline)

### Galaxy Medical Alert Systems

1-855-905-7414

[galaxymedicalalert.com](http://galaxymedicalalert.com)

### Lancaster Medical Supplies & Prescriptions

604-708-8181

[lancastermed.com](http://lancastermed.com)

### Medic Alert Foundation Canada

1-800-668-1507

[medicalert.ca](http://medicalert.ca)

### National Seating & Mobility

101 - 8620 Glenlyon Parkway, BBY

604-293-0002

[nsm-seating.ca](http://nsm-seating.ca)

### New West PharmaChoice

25 Eighth Ave, NW

604-525-2474

[pharmachoice.com](http://pharmachoice.com)

### Pharmasave – Columbia Square

130 - 1005 Columbia St, NW

604-525-5607

[pharmasave.com](http://pharmasave.com)

### Pharmasave – Crest Plaza

8697 10th Ave, BBY

604-522-8050

[pharmasave.com](http://pharmasave.com)

### Pharmasave – Greystone

10-1601 Burnwood Dr, BBY

604-428-2648

[pharmasave.com](http://pharmasave.com)

### Pharmasave – Metrotown

4390 Beresford Ave, BBY

604-563-4390

[pharmasave.com](http://pharmasave.com)

### Price Smart Foods Pharmacy

Station Square, 110 - 4650 Kingsway, BBY

604-431-0227

[pricesmartfoods.ca](http://pricesmartfoods.ca)

### Regency Medical Supplies

4437 Canada Way, BBY

604-434-1383

[regencymed.com](http://regencymed.com)

### Save On Foods Pharmacy Cameron

3433 North Rd, BBY

604-415-5111

[saveonfoods.com](http://saveonfoods.com)

### Save On Foods Pharmacy Highgate Village

200 - 7155 Kingsway, BBY

604-540-1368

[saveonfoods.com](http://saveonfoods.com)

### Save On Foods Pharmacy Madison

4399 Lougheed Hwy, BBY

604-298-8412

[saveonfoods.com](http://saveonfoods.com)

### Save On Foods Pharmacy Marine Way

7501 Market Crossing, BBY

604-433-4816

[saveonfoods.com](http://saveonfoods.com)

### Save On Foods Pharmacy Royal City Centre

198 - 610 6th St, NW

604-520-5937

[saveonfoods.com](http://saveonfoods.com)

### Save On Foods Pharmacy Sapperton

270 East Columbia St, NW

604-523-2581

[saveonfoods.com](http://saveonfoods.com)

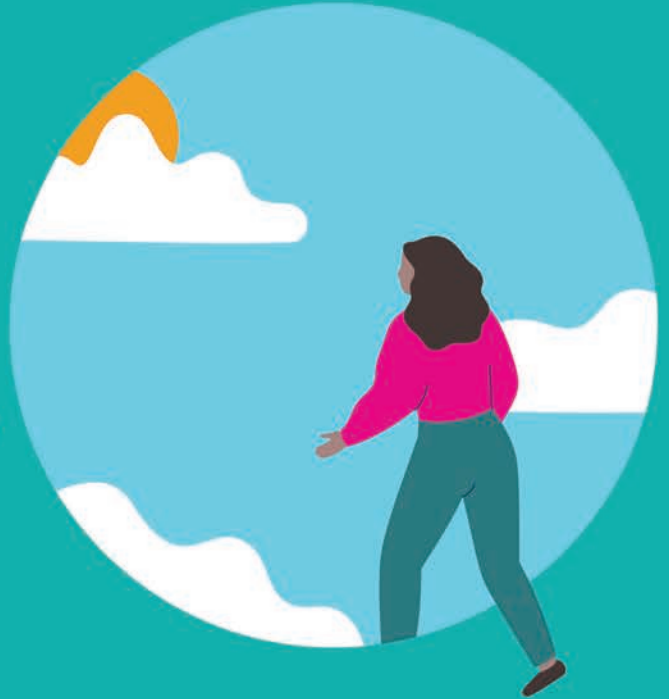
### Save On Foods Pharmacy Willingdon

4469 Kingsway, BBY

604-437-3220

[saveonfoods.com](http://saveonfoods.com)

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– *BounceBack<sup>®</sup> participant*

## Sunquest Mobility Home Medical Equipment

202-610 Sixth St, NW  
778-397-8083  
sunquestmobility.com

## Technology for Living

Provincial Respiratory Outreach Program  
1-866-326-1245

## Technology for Independent Living

604-326-0175  
technologyforliving.org

## Telus Health - LivingWell Companion

*Personal emergency response service with optional fall detection.*

1-888-505-8008  
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

*Medical Diagnostic Imaging Centre*  
306 - 4180 Lougheed Hwy. BBY  
778-309-1559

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

### Access Pro Bono Society

604-878-7400  
accessprobono.ca

### BC Ministry of Justice

*Wills & Estates Planning*  
www2.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 Law Corporation

300 - 410 Carleton Ave, BBY  
604-299-6251  
cobbett-cotton.com

### Dial-a-Law

604-687-4680  
dialalaw.peopleslawschool.ca

### Law Students' Legal Advice Program

604-822-5791  
lslap.bc.ca

### Fast & Company Law

480 - 6400 Roberts St, BBY  
604-273-6424  
fastandco.ca

### Office of the Ombudsperson

*Receives inquiries and complaints about the practices and services provided by public agencies.*

1-800-567-3247  
bcombudsperson.ca

### Nidus Personal Planning

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

info@nidus.ca  
nidus.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

604-437-1940  
seniorsfirstbc.ca

### Society of Notaries Public of BC

604-681-4516  
snpsc.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  
alzheimersocietybc.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

### Canadian Blood Services, BC & Yukon

4750 Oak St, VAN  
1-888-236-6283  
blood.ca

### Canadian Cancer Society, BC & Yukon

1-888-939-3333  
cancer.ca

### CNIB Foundation

210 - 610 Sixth St, NW  
604-431-2121  
cnib.ca

### Diabetes Canada

1.800.226.8464  
diabetes.ca

### Heart and Stroke Foundation

Info Line: 1-888-473-4636  
heartandstroke.ca

### Parkinson Society British Columbia

1021 W Hastings St, 9th Floor, 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

### 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



## TRANSPORTATION & TRAVEL

### BCAA – Safe Driving Tips for Seniors

[caa.ca/driving-safely/senior-drivers/](http://caa.ca/driving-safely/senior-drivers/)

### BC Bus Pass Program

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

1-866-866-0800

[www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass](http://www2.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](http://bcferries.com)

### Better At Home (New West)

Medical & non-medical transportation for seniors 60+

604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

### Burnaby Seniors Transportation

604-292-3901

[BbyServices.ca/seniorstransportation](http://BbyServices.ca/seniorstransportation)

### Ebus Safely Home

1-877-769-3287

[myebus.ca](http://myebus.ca)

### Ladies on the Go

604-535-5565

[ladiesonthego.ca](http://ladiesonthego.ca)

### Quant Care

604-767-4030

[quantcare.ca](http://quantcare.ca)

### Seniors' Vehicle Insurance Discounts (ICBC)

604 661-2800

[icbc.com/insurance/costs/Discounts-and-savings](http://icbc.com/insurance/costs/Discounts-and-savings)

### Sparc BC - Parking Permit Program

604-718-7744

[sparc.bc.ca/parking-permits](http://sparc.bc.ca/parking-permits)

### TransLink

HandyDART Custom Transit

Taxi Saver & HandyCard Program

604-953-3680

[translink.ca/en/rider-guide/transit-accessibility](http://translink.ca/en/rider-guide/transit-accessibility)

### Veteran Specialty Licence Plates

BC Veterans Commemorative Association

604-770-3498

[bcveterans.org](http://bcveterans.org)

### VIA Rail Canada

1-888-842-7245

[viarail.ca](http://viarail.ca)

### Volunteer Cancer Drivers Society

Book a Ride: 604-515-5400

[volunteercancerdrivers.ca](http://volunteercancerdrivers.ca)

## VOLUNTEER OPPORTUNITIES

### Burnaby Neighbourhood House

604-431-0400

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

### Community Volunteer Connections

604-529-5139

[dgeorge@volunteerconnections.ca](mailto:dgeorge@volunteerconnections.ca)

[volunteerconnections.ca](http://volunteerconnections.ca)

### Seniors Services Society

604-520-6621

[volunteer@seniorsservicessociety.ca](mailto:volunteer@seniorsservicessociety.ca)

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

### Volunteer Burnaby

604-294-5533

[volunteerburnaby.ca](http://volunteerburnaby.ca)

### Volunteer Grandparents

604-736-8271

[volunteergrandparents.ca](http://volunteergrandparents.ca)

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6650 Southoaks Crescent, Burnaby (Alan Emmott Centre)

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[cccr@telus.net](mailto:cccr@telus.net) 604-517-8732 QR code link to cccr

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# Tips to help seniors travel safely



**T**ravel was once a key component of the picture working professionals created of their ideal retirements. While the COVID-19 pandemic put many retirement travel plans on hold in recent years, jetting off to distant locales is once again on retirees' radars.

A 2022 survey from AARP found that individuals 50 and over were poised to not only get back on the road, but also spend significantly more money on travel. Prior to the pandemic, Americans 50 and over spent \$7,314 annually on travel, according to data from AARP. By spring 2022, individuals in that same age bracket indicated a readiness to spend \$8,369 on travel.

Eagerness to get back on the road, in the air or on the high seas could make it easy to overlook some principles of safe travel. However, such an oversight could lead to complications that could make it hard to enjoy time away

from home. The following tips can reduce the likelihood that seniors encounter trouble while traveling.

- **Determine if any health issues are affecting your desired destinations.** The Centers for Disease Control and Prevention has a website devoted to travel vaccines ([cdc.gov/travel/page/travel-vaccines](https://www.cdc.gov/travel/page/travel-vaccines)), and that page can be an invaluable resource for individuals planning a vacation. What's more, the CDC even provides a specific list of destinations and the latest travel health notices for each of those nations. That list, accessible at [cdc.gov/travel/destinations/](https://www.cdc.gov/travel/destinations/) list can help seniors determine if there are any health-related safety issues in countries they hope to visit.
- **Speak to your physician.** A pre-trip consultation with a physician can uncover any issues that might arise while you're away. Such issues may be easily managed for domestic travelers

who are not planning to visit any especially remote locations, but they will not necessarily be as easily navigated when traveling overseas. Physicians can recommend certain vaccinations or measures to ensure your health while away. In addition, a pre-trip doctor visit is a great time to refill prescriptions that you will need while you're away.

- **Take financial precautions as well.** Of course, not all travel-related concerns are medical. Finances also require some pre-trip attention. Inflation has caused a sharp spike in the price of various commodities since the start of 2022, so travelers should study up on the cost of food and attractions at their destination to ensure they have enough money to enjoy themselves. Baggage costs have risen significantly in recent years, so seniors traveling on a budget may want to pack less and do laundry while traveling in an effort to save money. In addition, the unpredictable nature of travel since the onset of the pandemic has underscored the utility of travel insurance. Seniors can look into travel insurance that could reimburse them in the case of delays or cancellations.
- **Privately share your itinerary.** Prior to departing, share your itinerary with friends and family. Avoid sharing the itinerary on social media platforms, which can make you a target for criminals at home and at your destination. The itinerary should include where you're staying, the dates you're visiting certain locations and the dates of activities you'll be engaging in on your trip.

Seniors rediscovering the joy of traveling can take various measures to make their trips more safe.



# Burnaby's Affordable Retirement Living Community



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**[preplanning@dignitymemorial.com](mailto:preplanning@dignitymemorial.com)**

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Funeral Home and Cemetery  
3789 Royal Oak Ave,  
Burnaby  
[ForestLawn-Burnaby.com](http://ForestLawn-Burnaby.com)  
(FH) 604-299-7720  
(C) 604-299-7711

**OCEAN VIEW**

Funeral Home and Cemetery  
4000 Imperial St,  
Burnaby  
[OceanViewFuneral.com](http://OceanViewFuneral.com)  
604-435-6688

**BELL & BURNABY**

Funeral Chapel  
4276 Hastings St,  
Burnaby  
[BellBurnaby.com](http://BellBurnaby.com)  
604-298-2525

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