

NOVEMBER UPDATE

The latest news and updates from the Burnaby Neighbourhood House



Meet Siham Alkhashief, our Settlement Case Manager (Arabic)

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1) What is your role at BNH?

My name is Siham, I am a settlement case manager helping the Arabic-speaking community at BNH. I am responsible for helping newcomer immigrants and refugees to Canada settle in their neighbourhoods. In this role, I plan, organize, collaborate on, implement, and evaluate community-based settlement services and integration programs in the first language (Arabic) for

individuals and/or groups of newcomers including adults, women, families, and seniors to promote self-advocacy and full participation in Canadian society. In consultation with team members, including volunteers, we reach out to the community and identify individuals or families who will benefit from services. I am working closely with the Community Connection Coordinator and other members of the Settlement team and staff of the Burnaby Neighbourhood House.



Continued on the next page..

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

Meet Siham Alkhashief - Q&A Continued

2) What do you love about your role at BNH?

I enjoy doing my work to create a welcoming and inclusive community, where newcomers can find services, connections, and knowledge that will enable their success and inclusion. I am so passionate about seeing the positive impact we have on any new immigrants and the life-changing services that exist. In the meantime, I love how diverse our team is, which provides a chance to learn about different cultures and various values and beliefs.

3) Any memorable moments at BNH?

When I first started my job at BNH, I liked how nice and kind all our team members are. They helped me adapt to the new working environment. In particular, our settlement team manager, Gulalai, is such a great leader who cares about each team member and guides us in a very warm manner. Another unforgettable moment has just happened 2 days ago when I had my first shift at the North house and I received a call from my son's school and I had to go to check on him as soon as possible. One of the staff here was so kind and offered to drive me to the school so she saved me so much time. This was so welcoming and thoughtful.

BNH Settlement Services are available in Cantonese, Mandarin, Arabic, Farsi, Dari, French, Pashtu, Spanish, and Tagalog.

Email: settlementprogram@burnabynh.ca

Telephone: 604-431-0400 (South House); 604-294-5444 (North House)

Neighbourhood House Updates

Proof of Vaccination

The Burnaby Neighbourhood House is complying with BC Sept 13th COVID Public Health Orders. Some BNH facilities and services/programs require us to request proof of vaccination, and all facilities require continued social distancing, hand sanitizing, COVID health checks and mandatory mask wearing at all times.

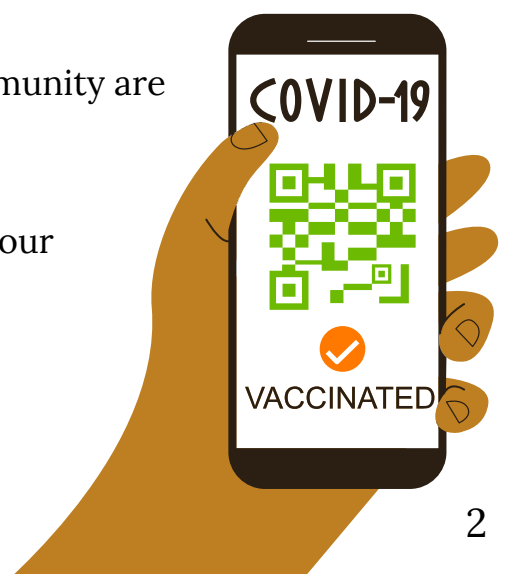
The Health and Safety of our Employees, Volunteers, and Community are our top priority.

If you need any assistance with making vaccination bookings, obtaining proof of vaccination, or requiring special assistance, our volunteers are available during Computer Support times:

- South House: Monday 12-2PM, Thursday 3-5 PM
- North House: Monday 10AM-12 PM

or call to make an appointment - 604-294-5444 (North House)

604-431-0400 (South House)



BC Vaccine Card

The BC Vaccine Card is required to access some events, services and businesses. Save the digital version to your phone or tablet OR print a paper copy to carry in your wallet. Both options are accepted everywhere. Get your card today - here's how:

Step 1: Log in securely to <https://www.healthgateway.gov.bc.ca/vaccinecard>

To log in securely, you need to provide your:

- Date of birth
- Personal Health Number (PHN)
- Date you got dose 1 or dose 2

Step 2: Save or print - After you've securely logged in, you have 2 options: You can 1) Save the digital version on your device or 2) Print a paper copy for yourself or someone else (friend, family). Select "Save a copy" and save the digital copy to your device's photo album or downloads folder. If you print a paper copy, make sure to print at a large enough size for the QR code to be successfully scanned. Do not fold or crease the QR code portion of the card.

Step 3: Show your card - Have your card ready when entering a business. They'll look at your vaccine card and also check your government ID.

Don't have access to a smartphone, computer and printer? You can

1) ask a friend or family member to help you print your card from the website.

- You can also print the card at your local library
 - Bob Prittie Metrotown: 604-436-5400
 - McGill: 604-299-8955
 - Tommy Douglas: 604-522-3971
 - Cameron: 604-421-5454

2) Order a copy by phone (Note: You can't request a paper copy for someone else)

- Call: 1-833-838-2323 | Translators are available
- Seven days a week, 7 am to 7 pm (PDT) | Statutory holidays, 9 am to 5 pm (PDT)
- Telephone for the Deaf: Dial 711. Video Relay Services (VRS) provides sign language interpretation free for registered deaf, hard of hearing or speech-impaired people.

Note: Burnaby Service BC office locations do not offer printed copies.

*****Other Burnaby Locations with printers and laminators for vaccine cards:**

- Gordon Church Food Hub on Saturdays from 12 pm to 2 pm
- Southside Food Hub (near Kingsway Edmonds) on Mondays from 4-6PM and Thursdays from 9-11AM

COVID-19 Vaccine Booster Doses:

A booster dose is an additional shot of vaccine that helps you keep and lengthen your protection against COVID-19.

As with Dose 1 and 2 of the COVID-19 vaccines, people who are registered with the Get Vaccinated System will get invited to book their booster shot when it's their turn. You will be notified by email, text or phone call when it's your turn to book an appointment.

Call 1-833-838-2323 to:

- Check if you are registered with the Get Vaccinated System
- Register with the Get Vaccinated System
- Get more information about how or when to book your Booster Dose
- Book your Booster Dose

Walk-ins are not available for booster shots.

When? The timing of invitations is based on risk level and age (beginning with oldest to youngest). The Booster dose is given between 6 to 8 months after the date you have received your second dose.

Where? Boosters Doses will be delivered in public-health community clinics and by participating pharmacies around the province.

Everyone will receive either the Moderna or Pfizer (mRNA) vaccine for the booster dose. These vaccines are interchangeable.

The 3rd COVID-19 Vaccine:

A third dose of COVID-19 vaccine is recommended for some people who are moderate to severely immunocompromised. You will receive an invitation by text, email, or phone call through the Get Vaccinated system about how and when to book a third dose.

If you believe you meet the criteria to get a third dose and have not been contacted by October 8, get in touch with your health care provider. Your health care provider can complete an Attestation Letter to confirm your eligibility for a third dose.

You do not need a 3rd dose to be considered fully vaccinated on your BC Vaccine Card. For more information about the Vaccines, called 1-888-COVID19

**NEED ASSISTANCE OR MORE INFO? CONTACT ALEXIS AT
604-431-0400 OR EMAIL ALEXISH@BURNABYNH.CA**

Vaccine Transportation Program:

Fraser Health is working with Translink, BC Transit and handyDART to help ensure vulnerable citizens in our region can access COVID-19 immunizations by providing transportation to those in need.

Eligibility

The program is currently for seniors, vulnerable groups or other individuals who live in Burnaby and are facing barriers around transportation, such as limited options or affordability, or for those who need assistance in getting to and from their vaccination appointment due to a mobility, visual, or cognitive impairment.

How to request a ride:

Step 1: You first need to register for your vaccine and get a confirmation number (*registration information can be found on the next page*). You will need your confirmation number in order to complete your request for transportation.

Step 2: Complete the form (online only) here:

<https://www.fraserhealth.ca/bookaride>

A phone number is required for us to complete your booking.

Step 3: Fraser Health will book your appointment for you when they make your transportation arrangements. This helps ensure they can coordinate your transportation with your appointment time.

You can expect to hear back from Fraser Health within 1-3 business days after submitting your request with your appointment date and time.

NEED ASSISTANCE OR MORE INFO?

CONTACT ALEXIS AT 604-431-0400 OR EMAIL ALEXISH@BURNABYNH.CA



BURNABY SENIORS

Health & Wellness Fair

A free virtual event with in-person watch parties!



THURSDAY, NOV 18

10:00 AM – 2:00 PM

REGISTER: burnabypcn.ca/seniors-fair



The Burnaby Seniors Health & Wellness Fair is a half-day virtual event for seniors, providing activities and information on the different services and programs — both virtual and in-person — available to them in the City of Burnaby. Hear from Family Physicians, Fraser Health allied health providers, and community organizations in Burnaby on topics ranging from mindfulness, wills and estates, ageing, healthy eating, home health care and dementia.

WHEN: Thursday, November 18, 2021 | 10:00 AM – 2:30 PM

WHERE: Zoom, with in-person watch parties – locations announced soon on our website (registration & proof of vaccination is required for each location)

HOW TO JOIN: Free access! Participants must register to receive the link to join. REGISTER THROUGH THIS PAGE: <https://bit.ly/3w7xkcY>

Accessibility & Language Supports:

As the world is opening up, organizations are still navigating what it means to share space together. This is why the PCN has decided to create a hybrid event. The majority of presentations will take place online, and in-person watch parties supplement the experience and create a togetherness that has been missed in community spaces.

CAREGIVERS WELLNESS SERIES

Burnaby Seniors Outreach Services Society

Family & Friend Caregivers and Seniors are invited to attend these workshops. We will learn how to manage and cope with different issues during these challenging times:

- **November 5th: Aging and Unexpected Changes - Presented by: Nadine Jans , Clinical and Health Psychology & Registered Clinical Counsellor**
- **November 26th: Anxiety and OCD in Seniors and Coping Strategies - Presented by: Amenda Kumar, Master's in social work , Psychotherapist**

Time: 1:00-2:30PM
Fridays

Invitation link will be
provided upon RSVP to
faryar@bbyseniors.ca

or

604-375-5778



Burnaby Family and Friend Caregiver Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC

MEMBERSHIP 2021-2022



Memberships are in effect from September 1 to August 31st each year. Annual membership fees are \$5 for individuals and \$10 for families (subsidies available).

Members and their registered family can:

- participate in BNH programs, events, workshops, and presentations
- vote at our Annual General Meeting (AGM)
- receive monthly newsletters or e-newsletters and regular updates
- access to services that support older adults to live well, including:
 - information and referral support
 - grocery shopping and delivery
 - prepared meal delivery (additional fees apply - \$5/meal)
 - book appointments* for our annual Income Tax Clinic (*You must meet the Community Volunteer Income Tax Program (CVITP) criteria)
 - volunteer opportunities
 - therapeutic day program (additional fees apply)

Become a member or renew your membership by completing our membership form at: https://burnabynh.ca/about_membership/

Or give us a call, or drop by either of our Houses:

North House
4908 Hastings Street
Tel: 604-294-5444

South House
4460 Beresford Street
Tel: 604-431-0400

You can purchase your membership by:

1. Dropping by our South (4460 Beresford St.) or North (4908 Hastings St.) House
2. PayPal: https://burnabynh.ca/about_membership/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
4. Credit card: call 604-431-0400 (South) or 604-294-5444 (North)

THANKYOU

**Have any questions?
Please do not hesitate to contact us**

North BNH
604-294-5444
northinfo@burnabynh.ca

South BNH
604-431-0400
info@burnabynh.ca

Meet Kimberly's Labrador: Max!

1. What Breed is he?

- Half black Labrador
- Half pug
- PuGaDor

2. Does he have any nicknames?

- Maxamillion
- Maxy Boy
- Maximus

3. Does he have any special talents?

- Not Listening With His Big Ears
- Being vocal



4. What are your favourite memories of him?

- Our long walks
- His zoom zooms before bed



5. What are his favourite foods or toys?

- My shoes are his favourite toys sometimes



WOULD YOU LIKE TO FEATURE YOUR PET IN OUR NEXT EDITION?

EMAIL SABA AT SENIORSSUPERVISOR@BURNABYNH.CA

OR CALL 236-858-4979

Sheet pan chicken and root vegetables

Serves 4

A simple, easy meal that uses healthy vegetables that are inexpensive in the Fall.

Ingredients:

4 chicken thighs
2 carrots, cubed or cut into sticks
2 potato or turnip or parsnip, cubed
2 beets, cubed (optional)
2 handfuls of brussels sprouts (optional)
3 tablespoons oil
Salt and pepper to taste
1 tsp garlic powder or 1 clove fresh garlic, minced
Paprika (optional)
Parsley (optional)



Method:

1. Preheat oven to 425° F.
2. Spread chicken and root vegetables of your choice on a rimmed sheet pan or in a casserole dish.
3. Drizzle evenly with oil. Sprinkle with salt, pepper and other flavourings.
4. Put into hot oven and roast for about 30 minutes, until the chicken is no longer pink and the vegetables are tender.

ENJOY!

Chair Exercises

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable clothing and supportive footwear.
- Use a firm, stable chair for support

CHAIR PIGEON

MUSCLES STRETCHED

- Hips
- Pelvis
- Hamstrings
- Peroneus longus and peroneus brevis (or ankles)

HEALTH BENEFITS

- Increases hip flexibility
- Reduces lower back pain
- Improves posture and body alignment



1. Sit on your chair with your back straight and both feet on the ground
2. Lift and place your left leg across your right leg, at approximately a 90 degree angle.
3. Slowly bend forward and hold for 30 seconds.
4. Repeat with right leg.

CHAIR WARRIOR

MUSCLES STRETCHED

- Spine
- Triceps
- Deltoids
- Trapezius
- Latissimus Dorsi
- Abdominal Muscle

HEALTH BENEFITS

- Enhances posture
- Relieves stress and calms the mind



1. Sit on your chair with your back straight, and both feet on the ground.
2. Reach both arms out to your sides.
3. Slowly bring your arms up without bending the elbows, until the palms of your hand meet at the top position.
4. Slowly bring your arms back down towards your sides, without bending the elbows.
5. Repeat Steps 3&4, ten times.

NECK STRETCH

MUSCLES STRETCHED

- *Trapezius*
- *Scalenus Medius*
- *Levator Scapulae*
- *Sternocleidomastoid*

HEALTH BENEFITS

- *Relieves stress*
- *Eases neck pain*
- *Helps the entire body relax*



1. Sit on your chair with your back straight, and both feet on the ground.
2. Place your right hand on the top of your head, and slowly bend your neck towards your right collarbone.
3. Hold for 10 seconds
4. Repeat steps 2&3 with the opposite hand and direction.



SEATED FORWARD BEND

MUSCLES STRETCHED

- *Hips*
- *Arms*
- *Torso*
- *Spine*

HEALTH BENEFITS

- *Reduces fatigue*
- *Improves digestion*
- *Strengthens posture*
- *Heals and prevents lower back pain*

1. Begin by sitting in an upright position on your chair, with your legs spread apart.
2. Placing both hands on your knees.
3. Slowly bend forward while remaining in the seated position until a stretch is felt.
4. Bring yourself back you an upright position
5. Repeat steps 4&5, three times.

NEED A BUDDY TO WALK WITH?

Sign-up for our Walking Buddies Program! See page 15 for more information. Register with Alexis at alexish@burnabynh.ca or 604-431-0400

Important Phone Numbers To Have

Provincial Seniors' Phone Line

Monday- Friday, 8:30am - 4:30pm

1 877-952-3181

The Seniors Health Care Support Line has been established to allow seniors and their families, or other concerned individuals in their lives, to report concerns about care. This toll-free phone line is intended to supplement existing care concern avenues with dedicated support for seniors with complex needs.

Seniors will benefit from: Improved navigation with care concerns to appropriate health system channels. Improved access to support for unresolved care concerns. Increased confidence in the ability of the Ministry of Health to provide help when needed to resolve care concerns; and, Improved understanding of gaps and barriers in the health system that may impact effective resolution of seniors' care concerns and complaints.

Seniors Emergency Line

604-872-1234

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair. We are here for you if you are worried about something, feel upset or confused, or you just want to talk to someone. The phone lines below are available in over 140 languages using a language service. Let us know which language you require, and we will try and provide an interpreter.

A Friendly Voice Seniors Chat Line (not for emergency use)

1-855-892-9992

A Friendly Voice is a telephone friendly visiting line for seniors. Every day of the year, trained volunteers are available to receive calls. Our volunteers visit with the callers and, when asked, can help identify programs and services in their community for the senior to contact.

BC211- Help Line For Anything

211

Life isn't always easy, but finding help can be. 211 connects you to programs and services in your community. Free | Confidential | 24/7 | 150+ languages Dial | Text | Chat

BNH's 55+ Programs

Seniors Connections (Formerly Seniors Together)

We have three different types of social activities:

1) TELEPHONE-BASED PROGRAMS

Join our interactive telephone-based program to socialize, learn, laugh and create connections! Session topics include Mindfulness & Meditation; Travel; ; Explore Burnaby and more! Each session is around 30 minutes long. You will receive a phone call at the time of your session. Just dial '1' when prompted. It's that easy!

For more information or to register:

Contact Saba at 604-431-0400 or seniorssupervisor@burnabynh.ca

2) SENIOR'S CONVERSATION GROUP (ONLINE)

Please join us for a virtual group chat via Zoom to meet new friends, stay connected, and keep the mind active! Each week we introduce a different topic.

Wednesdays: 11:00 am – 12:00 pm

For more information or to register:

Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

3) SOUTH BURNABY NEIGHBOURHOOD HOUSE (IN-PERSON)

Come meet new friends and enjoy lunch (\$5 for lunch, Fridays only)!

Wednesdays: 10:00 AM to 1:30 PM

Fridays: 10:30 AM to 2:00 PM (Lunch starts at 12PM)

For more information or to register:

Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

Senior's Mondays & Computer Support (at North Burnaby Neighbourhood House)

Join us for coffee, tea, and snacks. Light lunch (Soup & a bun by donations). Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and remain social.

Mondays: 10:00 am – 12:00 pm (In-person at BNH North House)

For more information: Call 604-294-5444 or email northinfo@burnabynh.ca

Qi Gong (Online)

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This practice can add to anyone's repertoire for health, stress management, and fitness. Join us in enhancing your own awareness of your energy! Qi Gong is also available in a beautiful North Burnaby park.

Mondays: 2:00 pm – 3:00 pm (Online)

For more information: Call 604-294-5444 or email northinfo@burnabynh.ca

Yoga (online)

Join us for our Zoom Yoga classes. Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release your stress and physical tensions. Everyone is welcome!

Fridays: 7:30 am - 8:30 am (Online)

For more info or to register: email northinfo@burnabynh.ca or call 604-294-5444

Walking Buddies:

Interested in walking more and connecting with a neighbour? We will connect you with a buddy (in your area of Burnaby) to go for walks with, while following Public Health Orders.

For more information: Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

Support Older Adult Readers (SOAR):

In partnership with Burnaby Public Library, SOAR is a paired reading program for Burnaby seniors interested in connecting with one another through various literary topics and books. Book selections are available!

For more information: Contact Alexis at 604-431-0400 or tapscoord@burnabynh.ca

COMING SOON:

Tai Chi (in-person at the North Burnaby Neighbourhood House)

An art embracing the mind, body and spirit – originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body.

Mondays: Starting on Jan 10, 2022 from 1:00 pm – 2:30 pm (In-person)

For more info or to register: Call 604-294-5444 or email northinfo@burnabynh.ca

BNH Services Spotlight:

Grocery/ Meal Delivery Program

Thanks to funding from United Way, we offer Grocery/Meal Delivery services. We provide food hampers, prepared meals, and grocery shopping & free delivery to frail seniors who are living with health challenges and are experiencing food insecurity.

For more info: *Contact Carina at 604.431.0400 or carinatl@burnabynh.ca*

Computer Support

Need tech support? We provide 1-on-1 support to help individuals apply for benefits and more.

- In-person at South House: Mondays 12:00 PM – 2:00 PM and Thursdays 3:00 PM – 5:00 PM (drop-in).
- In-person at North House: Mondays 10:00 AM - 12:00 PM (drop-in).
- Virtual or phone tech support: Mondays 12:00 PM - 2:00 PM and Thursdays 3:00 - 5:00 PM

Cannot make these scheduled times? We provide flexible online tutoring: we will pair you with a volunteer who will meet you online to answer your questions. Our volunteers can support you in English, Cantonese, Farsi, Mandarin, Korean, French and Punjabi languages.

To book a computer support session, call 604-396-7307 or email literacy@burnabynh.ca

Volunteer Opportunities:

For more information on volunteering, contact Janice at 604-294-5444 or janiceh@burnabynh.ca

Complete BNH's volunteer application process at <https://burnabynh.ca/get-involved-volunteer/>



Volunteer Shoppers ****Urgent****

Help make a difference for Burnaby seniors who can't shop due to mobility issues or health concerns, by shopping and/or delivering food to them! We are in high need of volunteers.

Seniors Programs Volunteer

We are looking for volunteers to lead social programs (in-person or over the phone!). You must be available during the weekday and during the day.

Walking Buddy Volunteer

Help with our Walking Buddy Program! Volunteers will be paired with a senior (in a similar area of the city) to walk & chat with either weekly or biweekly.



TAPS

Therapeutic Activation Program for Seniors

Alexis Haig

TAPS Coordinator

c. (236) 885-7281

o. (604) 431-0400

e. tapscoord@burnabynh.ca

www.burnabynh.ca

Our new social activity program aims to help frail seniors who need added supports to participate in fun community activities, make new friends, receive support, and enjoy life together!

- Sign up for 1-2 days/week
- Different activities each day
- Seniors get to adapt programs to suit their needs



The Burnaby Neighbourhood House is a charitable non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours supporting neighbours.

Healthy Aging
by United Way At home. In community.

Burnaby Neighbourhood House's TAPS program is funded by the Government of BC and managed by United Way of the Lower Mainland

Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations

COOK AND CHAT!

THURSDAYS
10 AM - 12 NOON

Free weekly cooking group via Zoom

- learn to cook new foods including healthy Canadian dishes
- meet new friends and practice English
- receive recipes each week by email

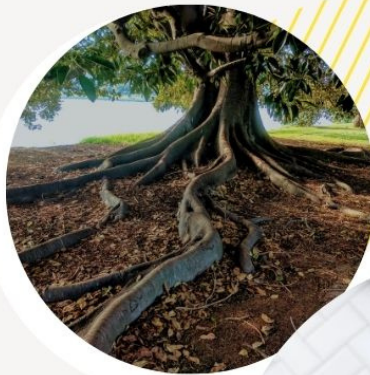
Benefits:

- taste new foods
- learn about other cultures
- get support with new recipes
- cook from the comfort of your own kitchen
- discover how to save money on groceries

To join Lynn's Cooking Connection group, contact Lynn:
kitchens@burnabynh.ca
or call Lynn at 604-431-0400 to leave a message

WWW.BURNABYNH.CA

The Burnaby Neighbourhood House is a Charitable Non-Profit Organization. We are a volunteer driven community-funded agency with a unique focus on Neighbours supporting Neighbours.



4460 Beresford Street
Burnaby, BC V5H 0B8
(In front of Metrotown Skytrain)
(604)431-0400

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Try new recipes while connecting with others via Zoom

Cook + Chat

Fridays 10 am - 12 noon

Free program for BNH members

To register for Lynn's Cooking Connection,
please email Lynn at kitchens@burnabynh.ca or
call her at 604-431-0400

Recipes will be emailed to you weekly



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwə́ləm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷə́yəm) nations with a unique focus on neighbours supporting neighbours.

BNH NORTH HOUSE PRESENTS



In-Person

Family Yoga

By Vivien Gomes



TUESDAYS | 11:30 AM-12:15 PM | BNH NORTH HOUSE

Oct 19 - Nov 23, 2021

4908 Hastings St.



*A proof of Full vaccination
is required to all In-Person
BNH Non-Essential programs.*

*Family and kids yoga is a natural wellspring for
everyone: enhancing self awareness, as well as
memory and concentration abilities. Yoga for
children is a fun and creative approach to
learning about self care and self regulation.*

VEG Yoga



Open to all
families with
children ages 2-5

To register or for more info:

Email: northinfo@burnabynh.ca or call 604-294-5444

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəłəm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



**Neighbourhood
Small Grants
Burnaby**

Ideas that Connect Neighbours

Magic happens when
neighbours connect,
even if we must be
physically apart.

**Need help with
your application?**



Branka Vlasic
NSG Coordinator
brankav@burnabynh.ca

**Apply for up to
\$500 and bring
your project
idea to life!**

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: [@nsgnetwork](https://www.instagram.com/nsgnetwork)



IN PARTNERSHIP WITH
vancoover
foundation

Word Search - Autumn

T M J N M L K V H D W Z C I B G S W E L P P A U
 S N I K P M U P T K Z H F Y T M R F V F G O O Z
 A C D V W U C X J C W G J A D G O U R D Q F W Z
 E R Y Z K W B H S O N K M Q J Y J Z W Q V U Q G
 F E B B Q C X Q R L R E B M E V O N Q K O M D M
 Z D T E K A R C F O D Z Z R J S P G H T G J B X
 D J P W R I E R L R N L S H A Z M Q Z W L Y R R
 I A C H N R B S S F V B S A E S W Q L L G S O Y
 M A Z E A V R F S U I H C Y U U B A U L G K W E
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 W K D F F N H N D A R O K K L O S A T O K D L T
 E O E A W N R I Q D J F P P M N U D Z F O T O M
 Y R C L V R M Q L N F D Q T H L C Q S S E M W Z
 T A I L I O G H Y L E H Y A Z L J H E P J P W L
 Z N D Z Q C A Q P T Y K Y K Y A G P P L H A I C
 M G U L C A P N U J O H A R V E S T T L U R J R
 O E O M A C G X C O R N U C O P I A E V J Y U B
 M H U M I R G L I P W Q T N M F L Z M G R D Q B
 G Q S G E V I H Q Y B Y V O A A I Z B I Y R I B
 T G W B X N R E B O T C O R T U L S E P Z Y V M
 N M U T U A K M U Q M N M J J Z V R R K N R H N

corn

apple

cider

acorn

hay

November

October

September

leaf

haystack

football

cornucopia

brown

yellow

ripe

red

rake

orange

moon

changing

colorful

chilly

turkey

pilgrim

harvest

farm

scarecrow

feast

gourd

pumpkin

deciduous

fall

autumn

Shapes Algebra

Find the values of the shapes. The values are whole numbers.

$$\text{Hexagon} + \text{Triangle} = 9$$

$$\text{Hexagon} = \boxed{}$$

$$\text{Triangle} + \text{Hexagon} + \text{Hexagon} = 13$$

$$\text{Star} = \boxed{}$$

$$\text{Star} - \text{Hexagon} = 4$$

$$\text{Triangle} = \boxed{}$$

$$\text{Star} - \text{Hexagon} - \text{Square} = 2$$

$$\text{Square} = \boxed{}$$

$$\text{Pentagon} + \text{Square} + \text{Inverted Triangle} = 9$$

$$\text{Circle} = \boxed{}$$

$$\text{Inverted Triangle} + \text{Circle} + \text{Circle} = 5$$

$$\text{Pentagon} = \boxed{}$$

$$\text{Square} - \text{Pentagon} = 2$$

$$\text{Inverted Triangle} = \boxed{}$$

$$\text{Pentagon} - \text{Square} + \text{Square} = 2$$

$$\text{Square} = \boxed{}$$

$$\text{Pentagon} + \text{Triangle} = 6$$

$$\text{Pentagon} = \boxed{}$$

$$\text{Triangle} + \text{Triangle} = \text{Pentagon}$$

$$\text{Star} = \boxed{}$$

$$\text{Star} \cdot \text{Triangle} = \text{Pentagon}$$

$$\text{Triangle} = \boxed{}$$

$$\text{Pentagon} - \text{Square} + \text{Square} = 2$$

$$\text{Square} = \boxed{}$$

$$\text{Triangle} \cdot \text{Triangle} = \text{Circle}$$

$$\text{Hexagon} = \boxed{}$$

$$\text{Circle} + \text{Square} + \text{Hexagon} = 19$$

$$\text{Circle} = \boxed{}$$

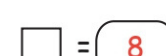
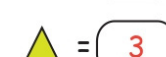
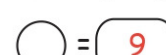
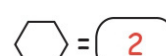
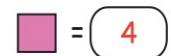
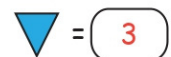
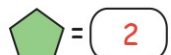
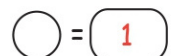
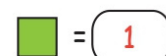
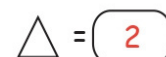
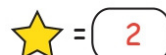
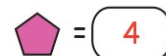
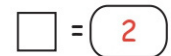
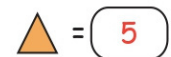
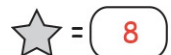
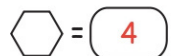
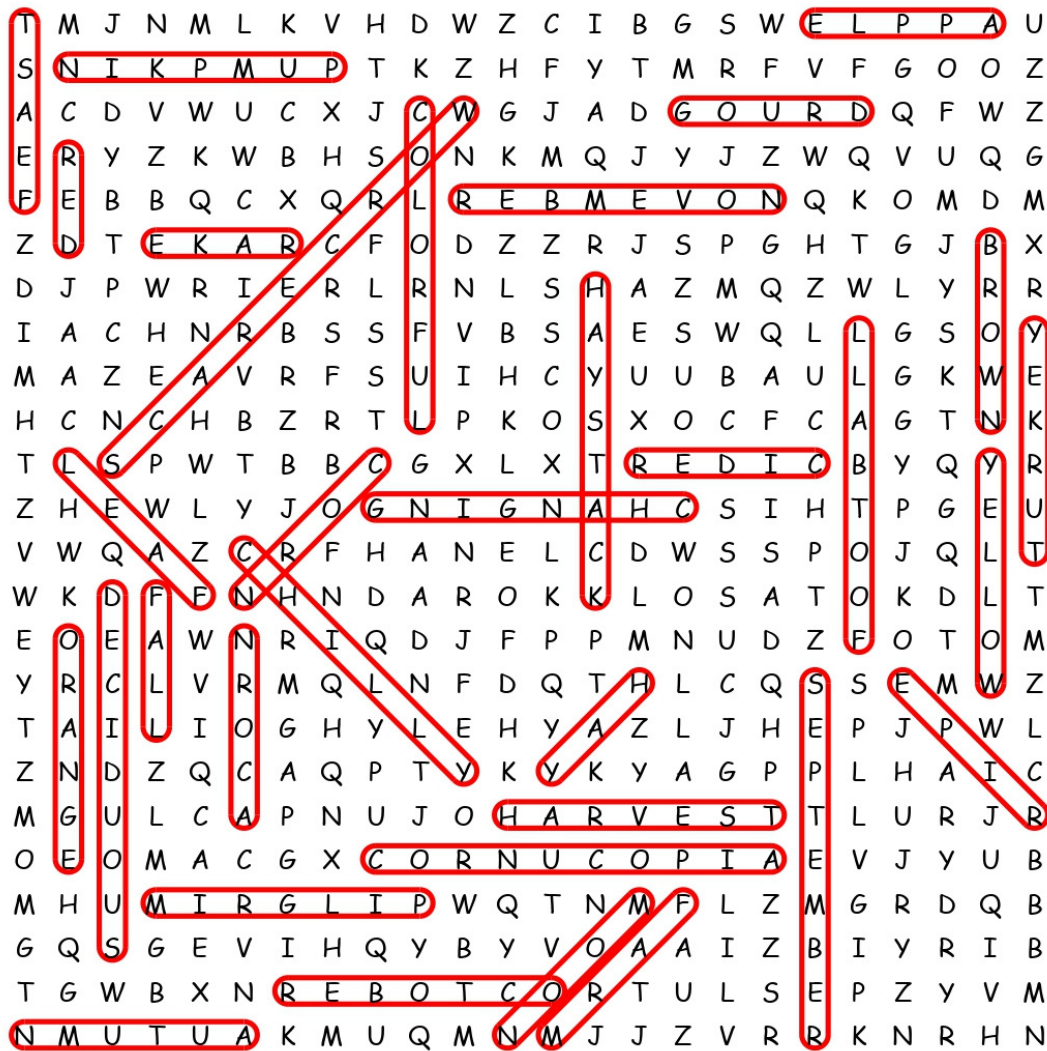
$$\text{Circle} - \text{Square} = 1$$

$$\text{Triangle} = \boxed{}$$

$$\text{Circle} + \text{Triangle} \cdot \text{Triangle} = 18$$

$$\text{Square} = \boxed{}$$

Puzzle Solutions



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