

# JANUARY UPDATE

*The latest news and updates from the Burnaby Neighbourhood House*



## Meet Ann, Our TAPS Coordinator!

### IN THIS ISSUE

**STAFF HIGHLIGHT** **1**

**NEIGHBORHOOD  
HOUSE UPDATES** **2**

**PET FEATURE** **6**

**EXERCISES YOU  
CAN DO AT HOME** **7**

**RECIPE** **10**

**55+ PROGRAMS** **12**

**GAMES & PUZZLES** **22**

### 1) What is your role at BNH?

I am the Therapeutic Activation Program for Seniors (TAPS) Coordinator at BNH. TAPS is a new program for frail seniors to participate in fun and supportive community activities. Besides TAPS, you will also see me in the in-person and telephone programs in the South House. Come say hi to me!



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

I am glad that I get a chance to organize various activities in this role. Every activity is an opportunity for me to interact with different people and learn from their perspectives, especially seniors have a lot of wisdom to tell!

Contact Ann at [annf@burnabynh.ca](mailto:annf@burnabynh.ca) or by calling 604-431-0400

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

# IMPORTANT UPDATE

Several in-person programs are cancelled until January 18, 2022. Other cancellations may occur. Please register for activities to be informed of any cancellations. We will continue to monitor for updates from the office of the Provincial Health Officer.

In addition, several Burnaby Neighbourhood House facilities and services/programs require proof of vaccination and all facilities require continued social distancing, hand sanitizing, COVID health checks and mandatory mask wearing at all times.

Thank you for your cooperation!

## STEPS TO GETTING YOUR BC VACCINE CARD

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

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

**Step 2: Save or print** - After logging in, you can 1) Save the digital version on your device OR 2) Print a paper copy. For a digital version, select "Save a copy" and save the copy to your device's photo album or downloads folder. Do not fold or crease the QR code portion of the card.

**Step 3: Show your card** - have both your vaccine card and a government ID ready.

*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
- McGillL 604-299-8955
- Tommy Douglas: 604-522-3971
- Cameron: 604-421-5454

**2) Order a copy by phone 1-833-838-2323 | Translators are available**



# 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 or visit <https://www.getvaccinated.gov.bc.ca/s/> to:**

- Check if you are registered with the Get Vaccinated System
- Register with the Get Vaccinated System
- 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 **6-8 months** after the date of your 2nd dose.

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

## Vaccine Transportation Program:

Fraser Health and Translink, BC Transit and handyDART's Vaccine Transportation Program ensures seniors, vulnerable groups or other individuals who live in Burnaby and are facing barriers around transportation can access COVID-19 immunizations.

**How to request a ride:**

**Step 1: Register for your vaccine** and get a confirmation number (see "COVID-19 Vaccine Booster Doses" section above).

**Step 2: Complete the form** (online only) here: <https://www.fraserhealth.ca/bookaride>  
You can expect to hear back from Fraser Health within 1-3 business days after submitting your request with your appointment date and time.

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

**Need assistance?**

**Contact Alexis at 604-431-0400 or email [alexish@burnabynh.ca](mailto:alexish@burnabynh.ca)**





# Celebrating 25 years Burnaby NEIGHBOURHOOD HOUSE



Despite the cold, BNH's seniors team and dedicated volunteers cheered on seniors as they arrived to pick up their turkey meals at BNH South on Dec 24th!

A big thank you to our amazing volunteers, Santa Claus, MLA Anne Kang and The Province's Empty Stocking Fund for making our Xmas lunch happen!





# **STRIDE Burnaby ARTS Festival**

**Jan 28 - Feb 5, 2022**

**Greetings artists and art lovers,  
creatives and the curious, neighbours and visitors!**

Proudly hosted by North Burnaby Neighbourhood House the 2022 Stride Burnaby Arts Festival builds on what has become a cherished Burnaby tradition. From January 28 - February 5, 2022 Stride will shine brightly and offer some much needed warmth during our cool and wet winter here on Canada's wet coast. Plus, our musical and educational programming will be available around the world online.

The Stride creative team is developing safe, innovative and low-barrier programming for all ages both online and outdoors. Discover your newest art piece and the works of local poets along the popular Heights Art Walk, take a virtual art studio tour, get inspired during a thought provoking discussion forum and tap your feet at an online concert.

**Will Stride 2022 entertain you? Connect you? Refresh you?  
Will Stride inspire you? Spark curiosity? YES! And more.**

Made by neighbours for neighbours STRIDE will be part arts festival, part community catalyst, and all fun! Celebrate Burnaby's art and soul at the 2022 Stride Burnaby Arts Festival.

*A community that embraces the arts does more than just support its artists; it values new ideas, encourages diverse perspectives, energizes its citizens and invests in social prosperity.*

**Come celebrate Burnaby's art and soul from January 28 - February 5, 2022.  
For more information visit our website at <https://weareburnaby.com/>**

# Meet Rachel's Cat: Missy!



We interviewed Burnaby resident, Rachel, about her lovely cat, Missy. Rachel has had Missy since she was 3 months old.

## 1. What Breed is she?

- Siamese mix

## 2. Does she have any special talents?

- She can jump really high and run around the apartment so fast you can hardly see her!



## 3. What are your favourite memories of her?

- The one time she gave me a kiss on the lips.
- When she sits and sleeps on my lap.

## 4. What are her favourite foods or toys?

- Scratching poles are her favourite.
- She also really likes to scratch my wicker chair!

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

EMAIL ANN AT [ANNF@BURNABYNH.CA](mailto:ANNF@BURNABYNH.CA) OR CALL 604.431.0400



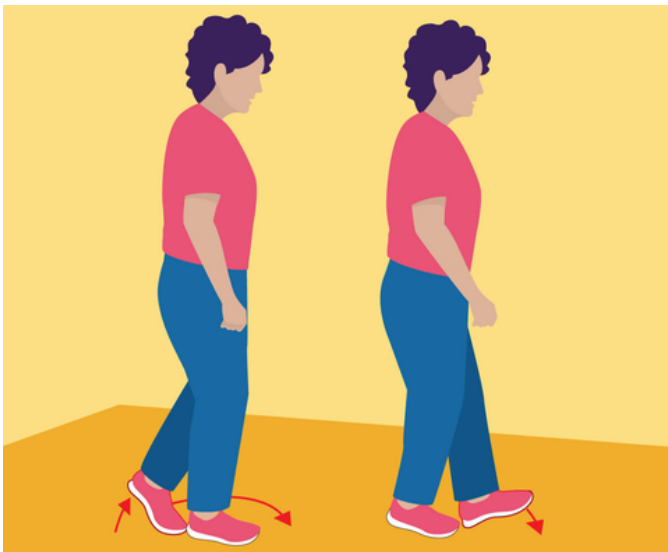
# Exercises

## to Improve Strength and Balance

- 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

### Walking Heel to Toe

This exercise makes your legs stronger, which enables you to walk without falling.



- Put your right foot in front of your left foot
- Touches the top of the toes of your left foot with the heel of your right foot
- Move your left foot in front of your right, putting your weight on your heel
- Shift your weight to your toes
- Repeat the step with your left foot
- Walk this way for 20 steps

### Clock Reach

Imagine the number 12 is directly in front of you and the number 6 is directly behind you.

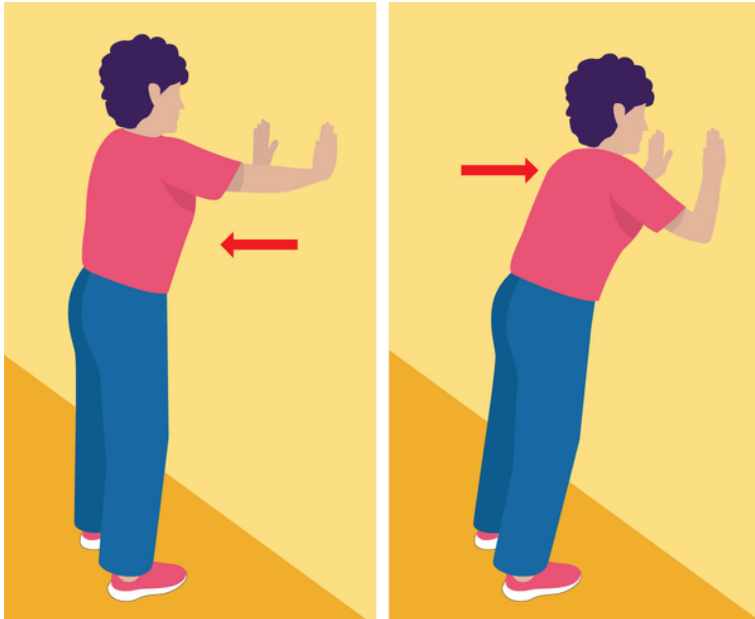
- Hold the chair with your left hand
- Lift your right leg and extend your right arm so it's pointing to the number 12.
- Point your arm towards the number 3, then point it behind you at the number 6.
- Bring your arm back to the number 3, and then to the number 12.
- Look straight ahead the whole time.
- Repeat this exercise twice per side.



# Exercises continued

## Wall Pushups

As long as you've got a wall, you can do this!

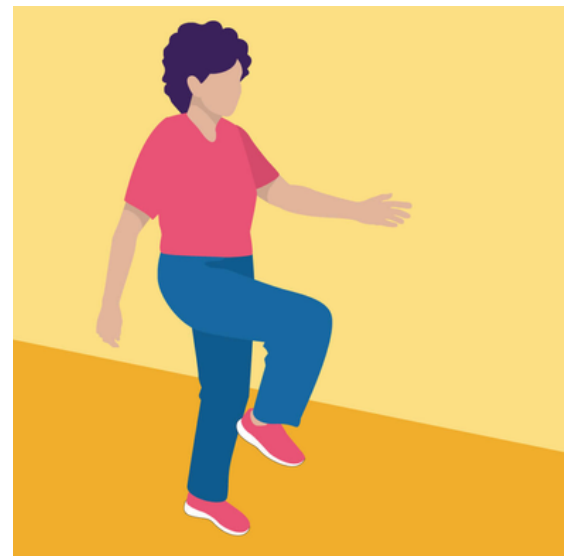


- Stand an arm's length in front of a wall that doesn't have any paintings, windows or doors
- Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders
- Keep your feet planted as you slowly bring your body towards the wall
- Gently push yourself back so that your arms are straight
- Repeat 20 times

## Marching in Place

Marching is a great balance exercise for seniors!

- If you need to hold onto something, do this exercise in front of a counter
- Standing straight, lift your right knee as high as you can
- Lower it, then lift the left leg
- Lift and lower your legs 20 times.



### NEED A BUDDY TO WALK WITH?

Sign-up for our Walking Buddies Program! Register with Alexis at [alexish@burnabyh.ca](mailto:alexish@burnabyh.ca) or 604-431-0400



## 7 Numbers Every senior needs

How to get help for  
any health concern

### HEALTH INFORMATION 1

8-1-1 (healthlinkbc.ca)  
HealthLink BC

**When:** 24 hours/day, 7 days/week

**Why:** If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

**What:** Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

### PERSONAL HEALTH 2

YOUR DOCTOR's # \_\_\_\_\_  
Nearest walk-in clinic # \_\_\_\_\_

**When:** Office/clinic hours

**Why:** Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen to soon. If you don't have a family doctor a walk-in clinic may be a good option. Otherwise, call 8-1-1 for advice.

### HOME HELP 3

604-268-1312  
(Betterathome.ca)  
Better at Home

**When:** Office hours vary by community

**Why:** If you need friendly visiting; transportation to appointments; light yard work; minor home repairs; snow shoveling; light housekeeping; grocery shopping (services vary by community). Some services may be free, based on your income.

### HOME HELP 4

1-855-412-2121  
Fraser Health Service Line

**When:** 8:30-4:30, 7 days/week

**Why:** To find out if you qualify for in-home personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

**What:** Trained phone staff will identify your needs and refer you to the services you need. Some services may be free, based on your income.

### MENTAL HELP 5

604-951-8855  
1-877-820-7444  
Fraser Health Crisis Line

**When:** 24 hours/day, 7 days/week

**Why:** For anything that's causing you concern, worry or distress, for example suicide thoughts or feelings, mental health problems, addictions, family violence, abuse, relationship conflicts, loss, or loneliness.

**What:** Free confidential emotional support, crisis intervention and community resource information.

### COMMUNITY SERVICES 6

2-1-1 (bc211.ca)

**When:** 24 hours/day, 7 days/week

**Why:** If you need a service and aren't sure what it's called or where to find it. One call connects you to an information and referral specialist with numbers for all community, social and government services.

### EMERGENCY SERVICES 7

9-1-1

**When:** 24 hours/day, 7 days/week

**Why:** Any serious emergency. An ambulance will arrive with attendants to assess whether you need to be transported to the local Emergency department.

# Christina's Cantonese White Cut Chicken

*With this recipe, you will make a yummy traditional chicken dish and have enough chicken broth to use for cooking some rice.*

## Ingredients:

### Chicken:

2-3 pound fryer (or 2 chicken legs/breasts)  
1 T salt  
6 cups water (or enough to cover chicken)  
4 ginger slices  
2 stalks green onion (scallion)

### Ginger Scallion sauce:

pinch of salt  
2 slices ginger  
1 stalk green onion (scallion)  
1/3 cup canola oil  
1 T Coleman's dry mustard (optional)  
2 T oyster sauce (optional)



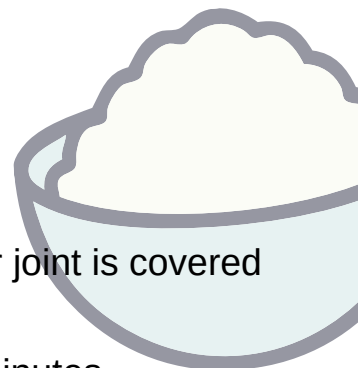
Serves 6-8 people

## Instructions:

1. Boil water in a dutch oven or large soup pot
2. Rinse and pat dry chicken
3. Rub chicken all over inside and out with salt; insert ginger slices and 2 stalks green onion into cavity of chicken
4. Place chicken into boiling water. Bring water to boil again then lower temperature to simmer for 20 minutes or until a chopstick poked at thigh joint has juices running clear
5. Remove chicken from pot to cool

## Meanwhile, cook some Delicious Rice:

1. Wash rice until water runs clear
2. Add to rice pot and add enough chicken broth until your first finger joint is covered (2 water to 1 rice ratio)
3. Bring to a boil and immediately turn down heat to simmer for 10 minutes
4. Fluff rice before serving





## Recipe Continued:

**While the rice is cooking, prepare your sauces/condiments to go with your chicken.**

- Ginger and scallion sauce:
  - Mince ginger and finely cut up scallion; crush with pinch of salt.
  - Heat oil in a small saucepan and pour over ginger/scallion/salt mix.
- Oyster sauce – simply pour out of the bottle
- Hot mustard:
  - Mix 1 T Coleman's powdered mustard with 1 T cold water

**To serve:**

- Cut up chicken by separating drumsticks and wings from body. Debone if you wish. Slice down breastbone for the two sides.
- Serve over rice and with stir fried vegetables.

**Christina's suggestions for any leftover cooked chicken:**

- shred chicken for lettuce wraps; serve with hoisin sauce
- salad
- egg foo yung



**ENJOY!**

**ENJOY COOKING?**

Register for Lynn's Cooking Connections!  
Thursdays or Fridays from 10AM-12PM  
Recipes are emailed to you weekly!

To register, please email Lynn at [kitchens@burnabynh.ca](mailto:kitchens@burnabynh.ca) or  
call her at 604-431-0400

# BNH's 55+ Programs

**PLEASE NOTE: SOME IN-PERSON PROGRAMS HAVE BEEN TEMPORARILY CANCELLED - PLEASE CONTACT THE NEIGHBOURHOOD HOUSE TO CHECK**

## **SENIORS CONNECTIONS - YOU CAN SOCIALIZE 3 DIFFERENT WAYS!**

### **1) Telephone-based programs**

Join our interactive telephone-based program to socialize, learn, laugh and create connections! Session topics include Meditation; Travel; Explore Burnaby, Art Chat 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!

**To register:** Contact Ann at 604-431-0400 or annf@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

**To register:** Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

### **3) South Burnaby Neighbourhood House (In-Person)**

***\*No in-person program by Jan 18 due to government restriction\****

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

Wednesdays: 10:00 AM - 2:30 PM

Fridays: 10:30 AM - 2:30 PM

*\*A breakdown of our Wednesday and Friday socials is available on a separate calendar. Please pick this up from our South location or call to have it emailed to you.\**

**To register:** Contact Ann at 604-431-0400 or annf@burnabynh.ca

## **SENIOR'S MONDAYS & COMPUTER SUPPORT (IN-PERSON AT OUR NORTH 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 socialize.

Mondays: 10:00 am – 12:00 pm

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





# JAN 2022

## TELEPHONE PROGRAM

Contact Ann at 604.431.0400

or email

[annf@burnabynh.ca](mailto:annf@burnabynh.ca)

| Monday  | Tuesday                                    | Wednesday                              | Thursday  | Friday   |
|---|--|--|---|--|
| <b>3</b><br><b>HOLIDAY</b>                    | <b>4</b><br><br>1:00 PM<br>Books & Beyond  | <b>5</b><br><br>3:00 PM<br>Meditation  | <b>6</b><br><br>10:00 AM<br>Burnaby<br>Public<br>Library                                  | <b>7</b>                                       |
| <b>10</b><br><br>1:00 PM<br>Move Your<br>Body | <b>11</b><br><br>1:00 PM<br>Books & Beyond | <b>12</b><br><br>3:00 PM<br>Meditation | <b>13</b>   | <b>14</b><br><br>3:00 PM<br>Travelogues        |
| <b>17</b><br><br>1:00 PM<br>Feedback<br>Group | <b>18</b><br><br>1:00 PM<br>Books & Beyond | <b>19</b><br><br>3:00 PM<br>Meditation | <b>20</b><br><br>10:00 AM<br>Burnaby<br>Public<br>Library<br>-----<br>1:00 PM<br>Art Chat | <b>21</b>                                      |
| <b>24</b><br><br>1:00 PM<br>Move Your<br>Body | <b>25</b><br><br>1:00 PM<br>Books & Beyond | <b>26</b><br><br>3:00 PM<br>Meditation | <b>27</b><br><br>10:00 AM<br>Burnaby<br>Public<br>Library                                 | <b>28</b><br><br>3:00 PM<br>Explore<br>Burnaby |
| <b>31</b>                                     | <b>Join Us!</b>                            |  |   |  |

**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](mailto: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](mailto: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](mailto:alexish@burnabynh.ca)

## **COMING SOON:**

**THERAPEUTIC ACTIVATION PROGRAM FOR SENIORS (TAPS)**

The TAPS program connects isolated seniors who face challenges accessing programs and services on their own. The program enables seniors to access activities, nutritious meals, social support and make connections to other community services. The program provides participants with opportunities to connect with and support each other. This day program runs 2 days per week and includes recreational and social activities and lunch. Transportation support is available. Cost: \$5 for lunch.

**For more information:** Contact Ann at 604-431-0400 or email [annf@burnabynh.ca](mailto:annf@burnabynh.ca)

# BNH Services Spotlight:

new

## **CAREGIVER SUPPORT GROUP (ONLINE)**

Share experiences, seek support and exchange practical information with other caregivers. The group meets via Zoom on the 2nd and last Monday of the month from 6:00-8:00PM

**For more information:** Contact Kathy at 604.431.0400 or [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca)



## **GROCERY/ MEAL DELIVERY PROGRAM**

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 information:** Contact Carina at 604.431.0400 or [carinatl@burnabynh.ca](mailto:carinatl@burnabynh.ca)

## **COMPUTER SUPPORT**

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

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

**Cannot make these 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](mailto:literacy@burnabynh.ca)

# Volunteer Opportunities:

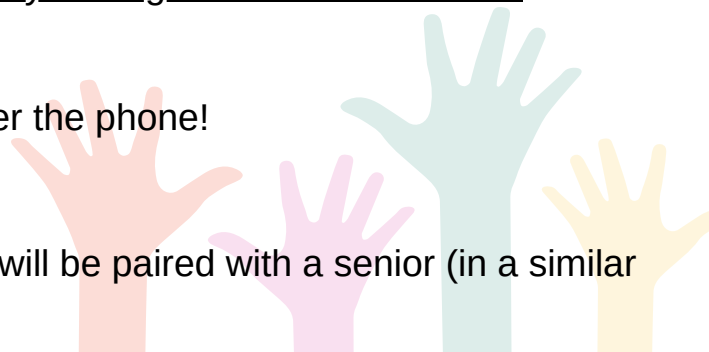
Interested in giving back to your community? Want to share an interest, talent, skill with your neighbours? Come volunteer at BNH! Check out BNH's volunteer opportunities and complete your volunteer application at <https://burnabynh.ca/get-involved-volunteer/>

## **Seniors Programs Volunteer**

Lead a social program - in-person, via zoom, or over the phone!

## **Walking Buddy Volunteer**

Help with our Walking Buddy Program! Volunteers will be paired with a senior (in a similar area of the city) to go walking with.



*To learn more about volunteering, contact Janice at 604-294-5444 or [janiceh@burnabynh.ca](mailto:janiceh@burnabynh.ca)*





## **Become a Senior Support Volunteer**

*"Seniors Helping Seniors"*

### **Does this describe you?**

- You are 55+ years of age and are interested in helping others
- You are a good listener with personal qualities such as warmth and compassion
- You enjoy sharing your knowledge and helping others
- You have a genuine interest in supporting seniors and in Burnaby's diverse community
- You are available to participate in over 50 hours of training and can commit to supporting your peers for at least one year

### **As a Senior Support Volunteer, you will have the opportunity to:**

- Provide one-on-one support and guidance to fellow seniors who are experiencing situational or emotional unrest
- Assist seniors with finding clarity with a current situation and help them create a framework to achieve attainable goals
- Provide empathy to those troubled with health concerns, social isolation, anxiety, or long-term caregiving
- Assist seniors through life transitions such as retirement, the loss of a loved one, or relocation

For more information, call **Burnaby Seniors Outreach Services Society** at: (604) 291-2258 or email us:  
**[volunteer@bbyseniors.ca](mailto:volunteer@bbyseniors.ca)**

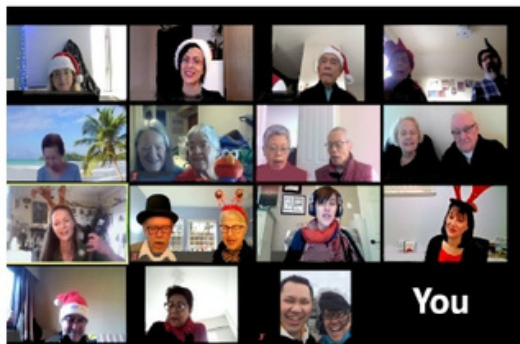
**Thank you for your interest!**



# Burnaby Seniors Outreach Services Society

## DEMENTIA FRIENDLY CAFÉ

An online gathering of community for seniors, those with memory loss, and their family and friend caregivers



*We look forward to holding this event in person again in the future*



**When: Jan 13th, 2022  
1:00-2:30 PM**

**Where: Zoom**

**Invitation link  
provided upon RSVP  
to:  
[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)  
or  
604-375-5778**

**Participants engage  
in music, and  
facilitated discussions**

### Decision Making:

**Canadian Centre for Elder Law helps people living with dementia to be involved in decisions that matter to them. We have invited them to this Café.**



**Family Caregivers  
of British Columbia**



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

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



# CONTINUING SUPPORT & EDUCATION SERIES

Burnaby Seniors Outreach Services Society

## Creating Bucket List

**Who: For Family and Friend Caregivers and Seniors**

**When: Wednesday, January 26th**

**10:00-11:30AM**

**Where: Online**

**Speaker: Karen Tyrell**



Invitation link will be provided upon RSVP to  
[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca) or 604-375-5778



Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island



# Watercolour Lessons



Facilitated by  
Acrylic & Watercolor Painter  
***Maudie Watson***

Time

6–8 pm

Dates

**MONDAYS**

Jan 10– Apr 25, 2022

Sessions

***Online then In-Person sessions  
at BNH North House***

Pending Covid19 restrictions

Learn watercolour basics then explore and practice through step-by-step fun-themed projects. The theme is clean, simple, based on nature, still life or full landscapes. You can take what you learn to grow your own hobby and feel proud of your art.



**Theme projects may include:**

penguin | snowflake | snowman |  
butterflies | leaves | roses | rainbow |  
tulips | honeybee | bird | landscape |  
cityscape | forest | seashore



**MORE INFORMATION OR TO REGISTER:**

Email [Northinfo@burnabynh.ca](mailto:Northinfo@burnabynh.ca) or call 604-294-5444

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



*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwəłəm), Squamish (Sḵw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.*





**BURNABY NEIGHBOURHOOD HOUSE**

**VIRTUAL CLASS VIA ZOOM**

# LET'S YOGA!

Discover many wonderful yoga poses to incorporate into your daily practice! This will re-balance your life, improve your immunity system and increase your capacity to focus.

Certified Yoga teacher who will be practicing Pranayama, Asanas, and Meditation.

**FRIDAYS | 7:30 AM - 8:30 AM**



**To register, email [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca).**

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

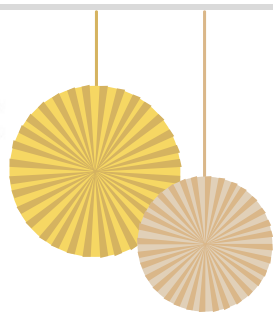


# New Year's Word Search

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



AULD LANG SYNE  
BABY  
BALL  
BALLOONS  
CALENDAR  
CELEBRATION  
CHAMPAGNE  
CLOCK  
CONFETTI  
COUNTDOWN  
DANCING  
DECEMBER  
EVE



FATHER TIME  
FIRECRACKER  
FIRST  
FLUTE  
GAMES  
GOWN  
HAPPY  
HAT  
HOURGLASS  
INVITATION  
JANUARY  
KISS  
MIDNIGHT

MUSIC  
NOISE MAKER  
PARTY  
RESOLUTION  
SPARKLER  
STREAMER  
TIMES SQUARE  
TOAST  
TRADITION  
TUXEDO  
VOW  
YEAR



## NEW YEAR'S CRYPTOGRAM PUZZLE

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. An example of a letter substitution encryption may be: The word CARD could be encoded to XPQM if C=X, A=P, R=Q, D=M. Find the right letter substitutes to solve this puzzle.

### Stroke of Midnight:

KGMKRG IJM ZGRGULXSG SJG ZMNVPW MB SJG PGI FGXL MBSGP  
ZMCPS EMIP SJG DGZMPED SM NVEPVWJS XPE SJGP ZGRGULXSG  
IVSJ DMNG ZJXNKXWPG XPE X AVDD. QCDS EMP'S KMK SJG  
ZJXNKXWPG ZMLA SMIXLED XPMSJGL KGLDMP.

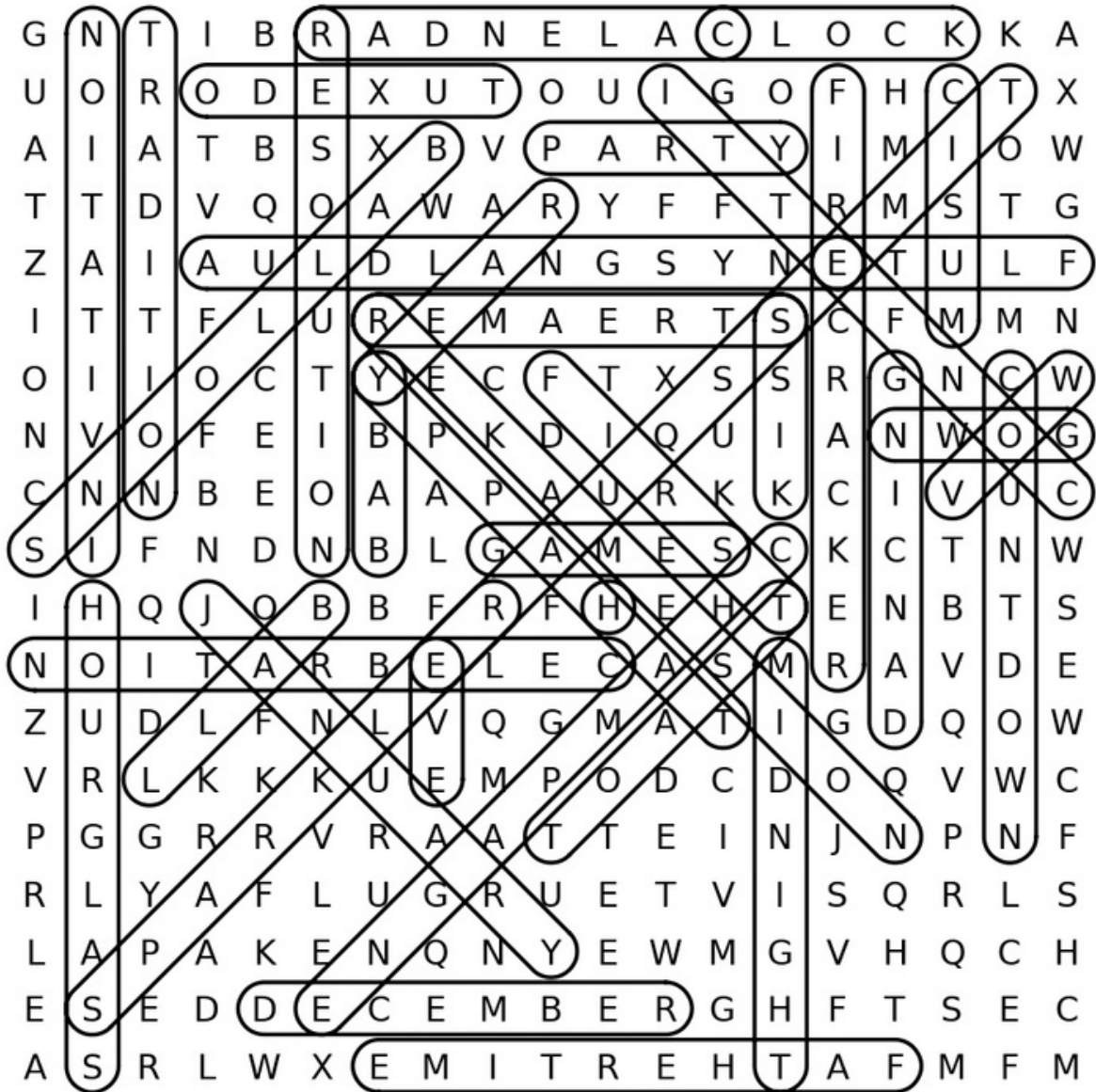


New Year  
New Me!

Source: PrintActivities.com



## Puzzle Solutions



People who celebrate the coming of the new year often count down the seconds to midnight and then celebrate with some champagne and a kiss. Just don't pop the champagne cork towards another person!

# BNH MEMBERSHIP 2021-2022



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

**Become a member or renew your membership** by completing our membership form at: [https://burnabynh.ca/about\\_membership/](https://burnabynh.ca/about_membership/)

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

**North House** at 604-294-5444  
4908 Hastings Street

**South House** at 604-431-0400  
4460 Beresford Street

**You can purchase your membership by:**

1. Dropping by our South or North House
2. PayPal: [https://burnabynh.ca/about\\_membership/](https://burnabynh.ca/about_membership/)
3. E-Transfer: send your fee to [finance@burnabynh.ca](mailto:finance@burnabynh.ca) with the password 'membership'
4. Credit card: call 604-431-0400 (South) or 604-294-5444 (North)

THANKYOU

## Thank You to our Generous Program Sponsors!



**BC HOUSING**



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

**Beedie**