

# APRIL 2022



*The latest news and updates for  
Burnaby Neighbourhood House Members 55+*

## Meet Rita, our Seniors' Shopping & Meal Coordinator!

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

I work with volunteers to deliver groceries and prepared meals to Burnaby seniors. We help seniors with mobility challenges to live at home and be independent for as long as possible.



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

From the day I started working at the Neighbourhood House, everyone has been so welcoming. The volunteers have been so helpful, telling me the ways they are involved. The seniors have shared their stories with me, allowing me to get to know them better. Staff have also been supportive, sharing with me what makes BNH such a special place.

### 3) Tell us something interesting about yourself!

I love to play softball. I have been playing for 30+ years, and am very excited that after 2 years, I will get to set foot on the diamond again. And I love chocolate cake!

# Important Update

Burnaby Neighbourhood House now recommends mask-wearing when in our buildings and programs. However, please note that some select in-person programs will continue to require masks, such as our computer cafes. Unsure if your program requires mask-wearing? Please call our office (South: 604-431-0400 or North: 604-294-5444).

Also, as of April 1st, several BNH facilities and services & programs still require proof of vaccination. Thank you for your cooperation!

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## COVID-19 Vaccine Booster Doses:

You can book a COVID-19 vaccine booster 6 months after your 2nd dose. Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/>

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## Vaccine Transportation Program:

Need a ride to a COVID-19 vaccine appointment? Transportation is available:

- 1: Register for your vaccine at <https://www.getvaccinated.gov.bc.ca/s/>
- 2: Complete the form (online only): <https://www.fraserhealth.ca/bookaride>
- 3: Fraser Health will contact you within 1-3 business days with the date and time of your appointment and transportation details.

Thank you Fraser Health, Translink, BC Transit, and HandyDART!

**Need assistance?**

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

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## COVID-19 Rapid Tests

You can get free rapid antigen testing kits from a local pharmacy! Remember to bring your Personal Health Number.

A test should only be used if you develop symptoms of COVID-19 and want to confirm a positive or negative result. You are allowed 1 kit every 28 days. You **can't** pay for additional kits.

# INCOME TAX CLINIC 2022

## Criteria of Eligibility:\*

- Single individual with an income of \$40,000 or less per year
- Single parent with an income of \$45,000 or less per year
- A couple with an income of \$50,000 or less per year
- For each dependent/child, add \$3000 per child

**\*You must be a member of Burnaby Neighbourhood House AND a Burnaby resident**

## Do you qualify for the Income Tax Clinic?

Complete this form: <https://burnabynh.ca/volunteer-income-tax-program/> (scroll half way down the page). Please **DO NOT** fill out the pre-screen form until you have all your tax papers. If you qualify, a BNH representative will call you to book your appointment time.

Need help? Please call 604-292-3909 or email Janice at [janiceh@burnabynh.ca](mailto:janiceh@burnabynh.ca).

## Income Tax Clinics Locations:

BNH South House	Burnaby Community Services
4460 Beresford Street	2055 Rosser Ave (Rosser Ave and Lougheed Hwy)
Tax Hotline: 604-292-3909	Tax Hotline: 604-292-3909

**This year income tax clinic has the option for a drop off or in person appointment.**

Drop off: Tax Preparers will input your information and speak with you by phone before making a submission to Canada Revenue Agency. After your return is filed, you can pick up your tax materials at a pre-arranged time.

## COMMUNITY FEATURES

# Fridays with Seniors

PODCAST SERIES ABOUT BC SENIORS  
HOSTED BY DR. PETER LEGGE

Now available on Spotify:

<https://spoti.fi/358cPEo>

And on Youtube:

<https://www.youtube.com/watch?v=oS7z7ZZkAa8>





GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today-  
It's **FREE!**



“I am working to stay healthy...to be a role model for my grandkids. Choose to Move is so good for me.”

A FREE program that supports seniors to  
BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
  - ✓ Choose activities you like
- ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

[www.choosetomove.ca](http://www.choosetomove.ca)

**Cameron Recreation Centre – 9523 Cameron Street, Burnaby**

Info Session: Thursday, April 14, 1:30-2:30pm 1 session

9-week Program: April 21 - June 30, 1:30-2:30pm 9 sessions

This program is free to people 65 years+ who meet the eligibility criteria.

Contact Seniors Program Coordinator Sue McIntyre for information  
604 297-4453 | [sue.mcintyre@burnaby.ca](mailto:sue.mcintyre@burnaby.ca)





# Meet Jaclyn's Pet: Steve!



**1. What's his name?** Steve!

**2. What Breed is he?** He is a Tabby Cat.

**3. How did you meet him?**

Steve wandered up to my family's back porch when I was 5 years old. He sat in front of our glass door waiting for food and a family. We soon adopted him but, in reality, he adopted us. 15 years later he's still one of the best cats ever!

**4. Does Steve have any special talents?**

He loves to sleep and eat. He's very lazy.



**5. What are your favourite memories with him?**

My favourite memories of Steve are watching him play in our backyard and cuddling with him on the weekends.

**6. What are his favourite foods or toys?**

Steve likes to eat tuna and doesn't play much but he loves to run around like crazy.

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

EMAIL ALEXIS AT [ALEXISH@BURNABYNH.CA](mailto:ALEXISH@BURNABYNH.CA) OR CALL 604.431.0400

# 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

## Marching in Place

This exercise gets your heart pumping and blood flowing.



- Sit tall with your feet on the floor
- Lift your right knee up and lower it down as you lift your left knee up. Continue, alternating your knees up.
- While marching, swing your arms opposite the knee that is lifted.
- March for 30 seconds to 1 minute. Rest for 1 minute and then repeat.

## Peekaboo

A great exercise for your back, chest, and arms!

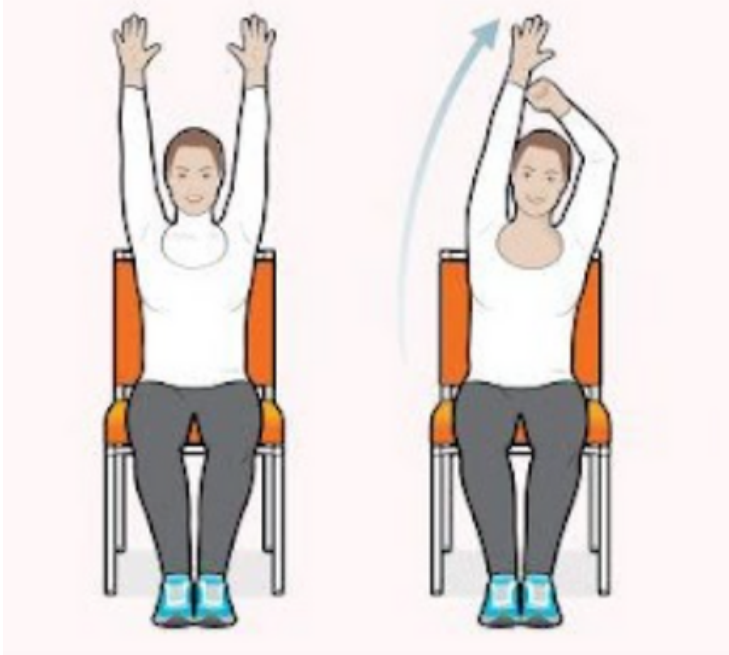
- Sit up tall. Raise your arms to shoulder level and bend your elbows 90 degrees.
- Keeping your arms raised bring your forearms together in front of your face.
- Return your arms back to the starting position, squeezing your shoulder blades together.



# Exercises continued

## Release some tension

This exercise helps combat back pain from sitting all day!

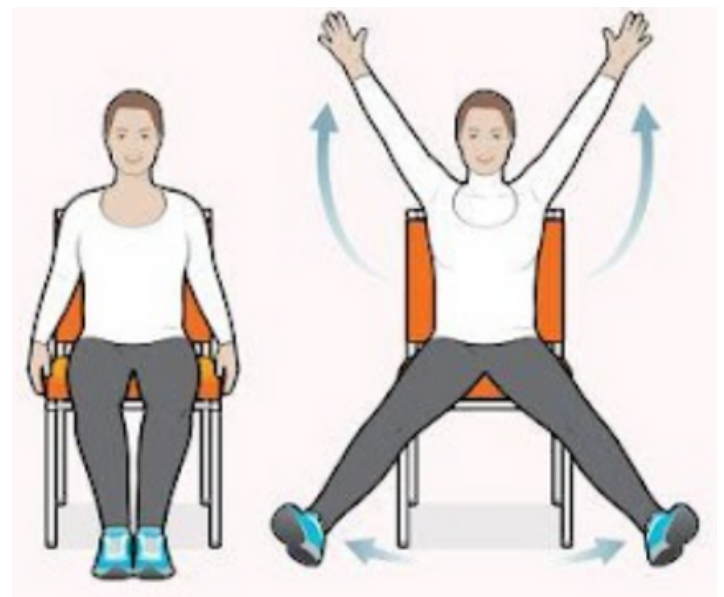


- Sit tall, stretch and reach your arms overhead to lengthen your spine.
- Alternate moving your hands above your head, as if you were climbing up a rope.
- Repeat this motion for 30 seconds and 1 minute.

## Seated jumping jacks

This is a great alternative to a classic cardio exercise!

- Sit tall with your knees bent and arms resting at your sides.
- Extend your legs wide and straight with your heels on the floor, and raise your arms in a V shape.
- Return your arms and legs back to the center position.
- Repeat for 5 to 10 minutes.



More physical activities are available!

sign-up for our telephone exercises or in-person activities! Register with Alexis at [alexish@burnabynh.ca](mailto:alexish@burnabynh.ca) or 604-431-0400



## 7 Numbers Every senior needs

How to get help for  
any health concern

HEALTH INFORMATION **1**

811  
HealthLink BC

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

**Why:** Feeling unwell or have a minor injury and are unsure what to do? Have a health question or need advice on 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.

## 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 doctor, a walk-in clinic may be a good option. Or, call 811 for advice.

## HOME HELP **3**

604-268-1312  
Better at Home

**When:** Office hours vary by community

**Why:** Need friendly visits; transportation to appointments; light housekeeping; grocery shopping? Some services may be free, based on your income.

*Adapted from Fraser Health, BC211, HealthLink 811, and Better at Home's '7 Numbers Every Senior Needs'*

## HOME HELP **4**

1-855-412-2121  
Fraser Health Service Line

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

**Why:** In-home personal care, home care nursing or rehab, palliative care, adult day program or caregiver respite services.

**What:** Trained 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:** If anything is causing you worry, distress, such as suicidal thoughts or feelings, mental health concerns, addiction, abuse, family and relationship conflicts, loss, or loneliness.

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

## COMMUNITY SERVICES **6**

211 (bc211.ca)

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

**Why:** Need a service but not sure where to find it? An information and referral specialist can give you phone numbers for community and government services.

## EMERGENCY SERVICES **7**

911

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

**Why:** Any serious emergency. Paramedics will come and assess whether you need to be taken to the local Emergency department. **8**

# Roasted Asparagus and Red Peppers

*Spring is the perfect time to eat asparagus! It's fresh and often inexpensive.*

## Ingredients:

- 1 bunch asparagus
- 2 red bell peppers
- 3 tablespoons olive oil or other vegetable oil
- Salt and pepper to taste
- 1 clove garlic, minced (optional)



## Directions:

Serves 4

1. Preheat oven to 425° F (220°C)
2. Rinse the asparagus and snap off the woody ends. Slice the red peppers into rings or wedges.
3. Place vegetables into a mixing bowl. Toss with the olive oil, salt, pepper, and minced garlic.
4. Arrange vegetables onto a baking pan in a single layer.
5. Roast in oven for 12 to 15 minutes, or until tender.

ENJOY



# BNH's 55+ Programs

For more information or to register for programs, contact:

## North House



604-294-5444

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

4908 Hastings St

### Senior's Mondays & Computer Support (In-person)

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



### 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!

Mondays: 2:00 pm – 3:00 pm on Zoom



### 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 on Zoom







## South Burnaby Neighbourhood House (In-Person)

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



Program schedule: Please see next page.

**To register:** Contact Ann/ Alexis at 604-431-0400 or [annf@burnabynh.ca](mailto:annf@burnabynh.ca)

## Family and Friend Caregiver Support Group (Online)

Share experiences, seek support and exchange resources and information with other family and friend caregivers.

2nd and last Monday of the month 6:00-8:00PM on Zoom

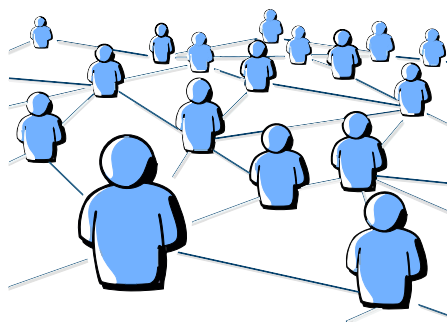


## Senior Peer Support

Trained volunteers provide one-on-one support to seniors who are experiencing anxiety, social isolation, frustration, or difficulties because of life changes.

To register for caregiver or peer support,  
email [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca) or call 236-885-7303

Caregiver and peer support programs are organized in partnership with Burnaby Seniors Outreach.



# APR 2022

## IN-PERSON SOCIALS AT SOUTH



Contact Ann/ Alexis at  
604.431.0400 or email  
annf@burnabynh.ca

Monday

Tuesday

Wednesday

Thursday

Friday

For a detailed schedule,  
please take a copy from  
South House or contact us

**\*Register for  
Friday  
activities  
by every  
Thursday  
2:00pm**

**1**  
10:30-2:30  
Bingo, Lunch,  
Social &  
games,  
Sewing

**4**

3:00-5:00  
Tai Chi  
Sword and  
Qi Gong

**5**

**6**

10:00-2:30  
Tai Chi,  
Social &  
games

**7**



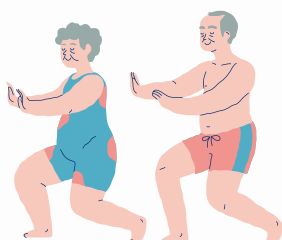
**8**

10:00-2:30  
Latin  
Dancing, Talk,  
Lunch, Social,  
Sewing,  
Knitting

**11**

3:00-5:00  
Tai Chi  
Sword and  
Qi Gong

**12**



**13**

10:00-2:30  
Tai Chi,  
Bollywood  
Dancing,  
Social &  
games

**14**

**15**

**BNH  
CLOSED**

**18**

**BNH  
CLOSED**

**19**

**20**

10:00-2:30  
Tai Chi,  
Social &  
games

**21**



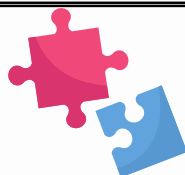
**22**

10:30-2:30  
Latin Dancing,  
Digital cafe,  
Lunch, Social,  
Sewing,  
Knitting

**25**

3:00-5:00  
Tai Chi  
Sword and  
Qi Gong

**26**



**27**

10:00-2:30  
Tai Chi,  
Bollywood  
Dancing,  
Social &  
games

**28**

**29**

10:30-2:30  
Workshop,  
Lunch,  
Social &  
games,  
Sewing

# Across Burnaby



## Telephone-based Programs

Join our interactive telephone program to learn, laugh and create connections! Sessions include meditation; Burnaby History & Culture, Art, exercise and more! At the time of your session, you will receive a phone call. Press '1' to join the call. It's that easy!



To register:

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

## Seniors' Conversation Group (Online)

Meet new friends, stay connected, and keep your mind active!

Wednesdays: 11:00 am – 12:00 pm



To register:

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

## Walking Buddies:

We will connect you with a buddy (in your area of Burnaby) to go for walks with!

For more information:

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



## Friendly Phone Calls

Do you sometimes feel lonely and want a person to talk with? Stay connected through weekly phone calls from a volunteer!

For more information: Contact Ann/ Alexis at 604.431.0400 or [annf@burnabynh.ca](mailto:annf@burnabynh.ca)





# Across Burnaby



## Continuing Education Series (Online)

Join our monthly education workshops. Increase your knowledge and awareness of different topics related to aging and caregiving, such as reducing stress, as well as sharing relevant resources.



The last Wednesday of the month from 10:00-11:30AM on Zoom

## Dementia Friendly Cafe (Online)

Each month join others living with dementia and their families & friends as we socialize, participate in workshop by guest speakers, and sing along with a certified music therapist.



2nd Thursday of the month from 1:00-2:30PM on Zoom

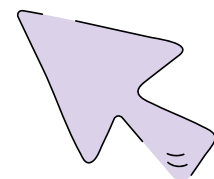
## Dementia Friendly Choir (Online)

Join our dementia-friendly, multicultural, and inter-generational choir! A certified music therapist guides the group through stretching, songs, stories, sharing, sorrow and celebration.

Most Saturday mornings from 10:30AM-12:00PM  
on Zoom

To register for any of the above programs,  
email [faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca) or call 604-375-5778





# BNH Services Spotlight:

## Computer Support

Need tech support? We provide 1-on-1 computer support to help you apply for benefits and more!

- South House: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm
- North House: Mondays 10:00am–12:00pm
- Virtual or phone: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm

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

To book computer support, call 604-396-7307 or email [literacy@burnabynh.ca](mailto:literacy@burnabynh.ca)

## Grocery and 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 Rita at 778-288-3747 or [ritac@burnabynh.ca](mailto:ritac@burnabynh.ca)

## Settlement Services:

If you are newcomer, immigrant or refugee in Canada, welcome! We are here to answer to your questions and support your settlement and integration in your new community. Services are available Arabic, Cantonese, Mandarin, Farsi, Dari, Filipino, Spanish, Vietnamese, Hindi, or Punjabi.

Contact [settlementprogram@burnabynh.ca](mailto:settlementprogram@burnabynh.ca) or 604-431-0400 (South) or 604-294-544 (North)

Welcome

# Latin Beat

FOR A HEALTHY LIFE STYLE



**Date:**

**April 8 10:00-10:45am**

**April 22 10:30-11:30am**

**Fee: Free**

**Membership required**



To register  
contact Ann/ Alexis at  
[annf@burnabynh.ca](mailto:annf@burnabynh.ca) or  
**604-431-0400**



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



# EAL CONVERSATION

English Additional Language Conversation

MONDAYS  
3PM-4PM

BNH NORTH HOUSE

(4908 Hastings St. - Vaccine Passport Required)

Are you an intermediate English speaker waiting for a chance to **meet** new people, **learn** Canadian Culture, and **boost** your English? We have a new in-person EAL Conversation waiting for you!



Join our EAL program, facilitated by Ursula Salemink-Roos, a professional English teacher, to bring your English Conversation to a next level!



For more information or to register:

Phone: 604-294-5444 | Email: [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)

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# Cook + Chat

Try new recipes while connecting with others via Zoom.  
Recipes will be emailed to you weekly.

Thursdays 10 am - 12 noon

Fridays 10 am - 12 noon

Register with Lynn at [kitchens@burnabynh.ca](mailto:kitchens@burnabynh.ca)  
or 604-431-0400





# CAREGIVER SUPPORT GROUPS



Are you a friend or family member who provides unpaid care for an adult or senior?

Are you looking for a safe and confidential group to share your experiences and challenges with other unpaid caregivers?

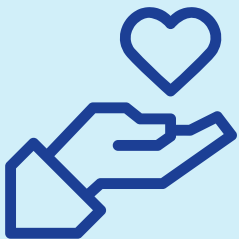
Are you looking for other resources or workshops to help and support you with this important role?



BURNABY'S CAREGIVER SUPPORT PROGRAM IS FUNDED BY BC COMMUNITY GAMING GRANT AND THE GOVERNMENT OF BC, MANAGED BY UNITED WAY OF BC AND SUPPORTED BY FAMILY CAREGIVERS OF BC



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



When: 2nd and 4th Monday of every month

Time: 6:00-8:00PM

Where: by Zoom

**Other groups opening soon!**

*For more information, contact Kathy 236.885.7303 or [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca)*

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"SENIORS HELPING SENIORS"

# BECOME A SENIOR PEER SUPPORT VOLUNTEER

**The Seniors Peer Support Program will..**

- Offer volunteers a 50 hours of online training every Wednesday for 3 hours starting April 6th. Seniors can attend in- person or by Zoom.
- Match trained volunteers with seniors who are interested in receiving peer support

**Volunteer requirements:**

- You must be 55 years or older and registered as a volunteer with Burnaby Neighbourhood House
- Be a good listener and want to help seniors in Burnaby's diverse community
- Commit to the training and at least one year to the program
- Be willing to connect with your matched senior every week by Zoom, phone or in-person for 3-6 months

FOR MORE INFORMATION,  
CONTACT KATHY AT  
236.885.7303 OR  
KATHYB@BURNABYNH.CA



**THANK YOU FOR YOUR  
INTEREST!**



# Dance for Well-Being

## A free program for seniors and their family and friend caregivers

- ▶ Sessions will offer seniors a space to gather, move together and express themselves through dance.
- ▶ Sessions include a warm-up, movement/dance activities with seated and standing Options.
- ▶ Join this fun series to learn a new way to promote wellness and feel connected to your community.

**Fridays- 2:30-3:45 PM**

**April 1st**

**April 8th**

**April 22nd**

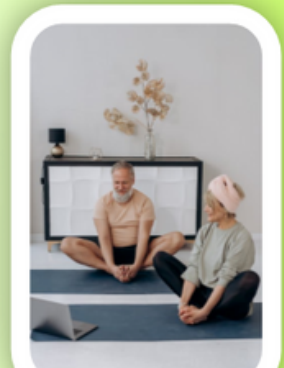
**April 29th**

**Zoom Invitation will be  
provided upon RSVP to**

**[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)**

**or**

**604-375-5778**





# Sweets & Treats

## Virtual Baking Program

### ABOUT

Learn how to bake gluten-free, dairy-free, and vegan goodies from the comfort of your own kitchen!

### WHEN

Wednesdays: 10:00am - 11:30am

Three sessions: March 23, 30,  
and April 6

### RECIPES

- Almond Flour Chocolate Chip Cookies
- Almond Flour Peanut Butter Cookies
- Almond Flour Brownies

### WHY THIS PROGRAM IS AWESOME

- Learn how to bake new recipes
- Explore different ingredients
- Discover food substitutions for various diets
- Connect with other bakers
- Share your creations with family and friends

For more information or to register,  
please email [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)

[WWW.BURNABYNH.CA](http://WWW.BURNABYNH.CA)



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**Starting in Spring 2022**  
Pending COVID Restrictions

**Tuesdays: 1:00-3:00 pm**

**BNH North House**  
4908 Hastings Street

Join us for an hour or two each week to share your writing with an audience of like-minded people.

No qualifications needed and any age is welcome – just a desire to write your story down – and have someone listen and respond.

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwata?), Kwikwetlem (k'ik'wəḷəm), Squamish (Sikwəwú7mesh Úxwumixw) and Musqueam (muskəwəxw) nations with a unique focus on neighbours supporting neighbours.

Wanna share your life story or memories as a written legacy and receive positive feedback from like-minded audience?

Join us for the

**Life Writing**



Learn more or to register,

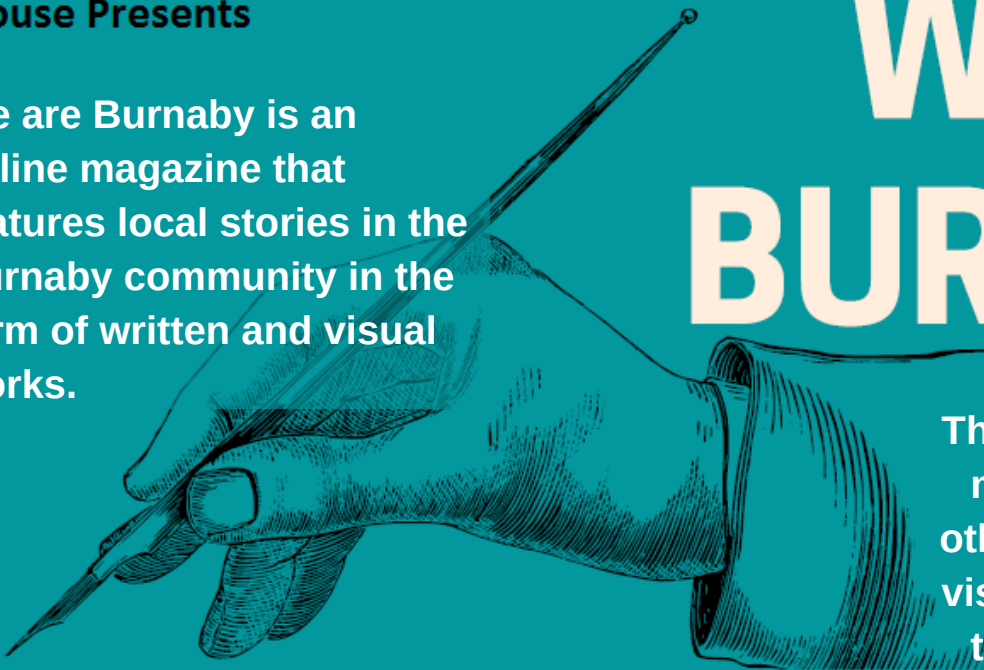
Email [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) or call 604-294-5444.

In-person Program  
(a proof of full vaccination is required)

## Burnaby Neighbourhood House Presents

We are Burnaby is an online magazine that features local stories in the Burnaby community in the form of written and visual works.

# WE ARE BURNABY



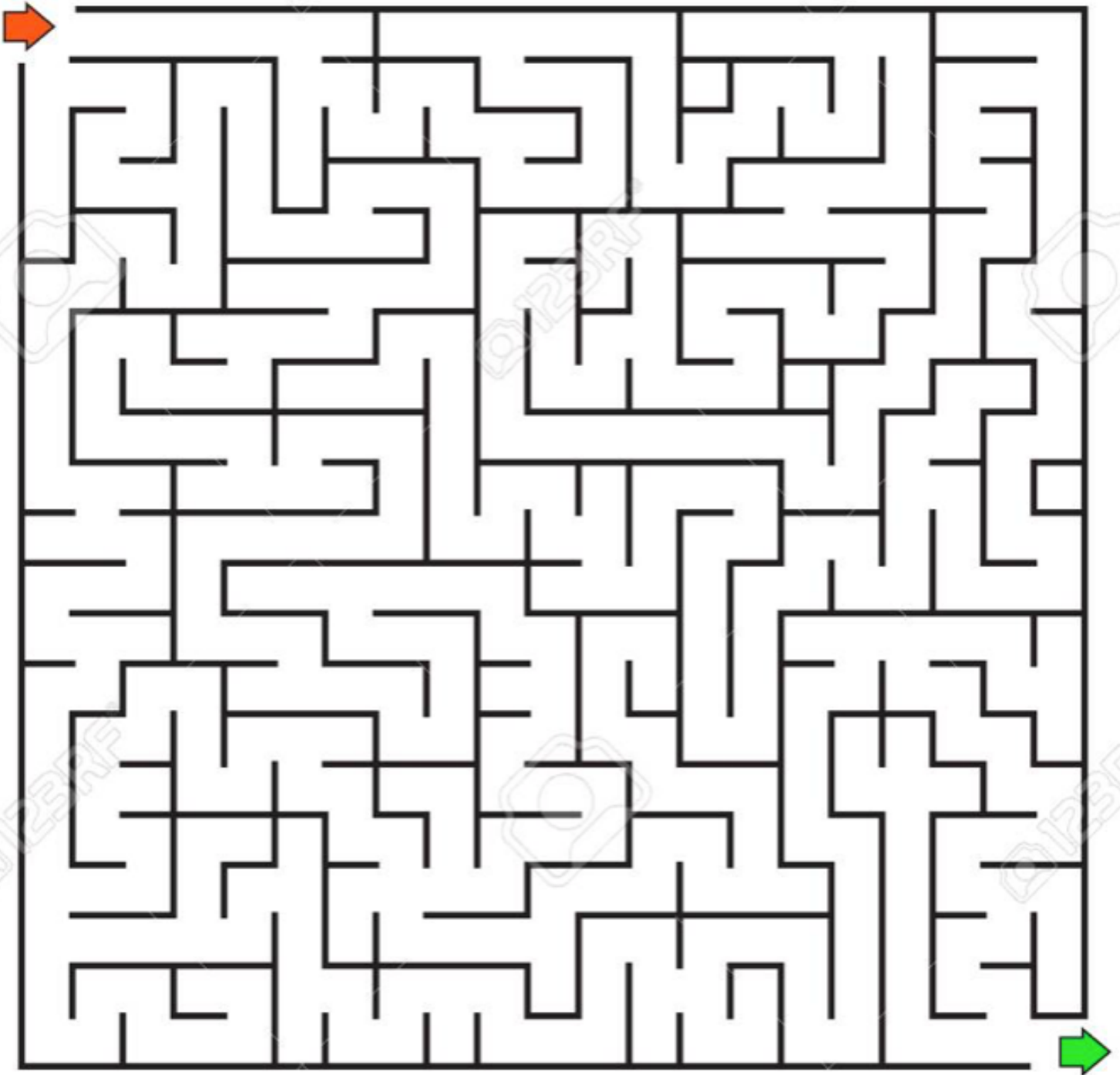
Through short stories, poems, music, art, photography, and other forms of storytelling and visual works, we welcome you to share your voice, wisdom, and creativity.



**SUBMIT YOUR STORY AT**  
**[WEAREBURNABY@BURNABYNH.CA](mailto:WEAREBURNABY@BURNABYNH.CA)**

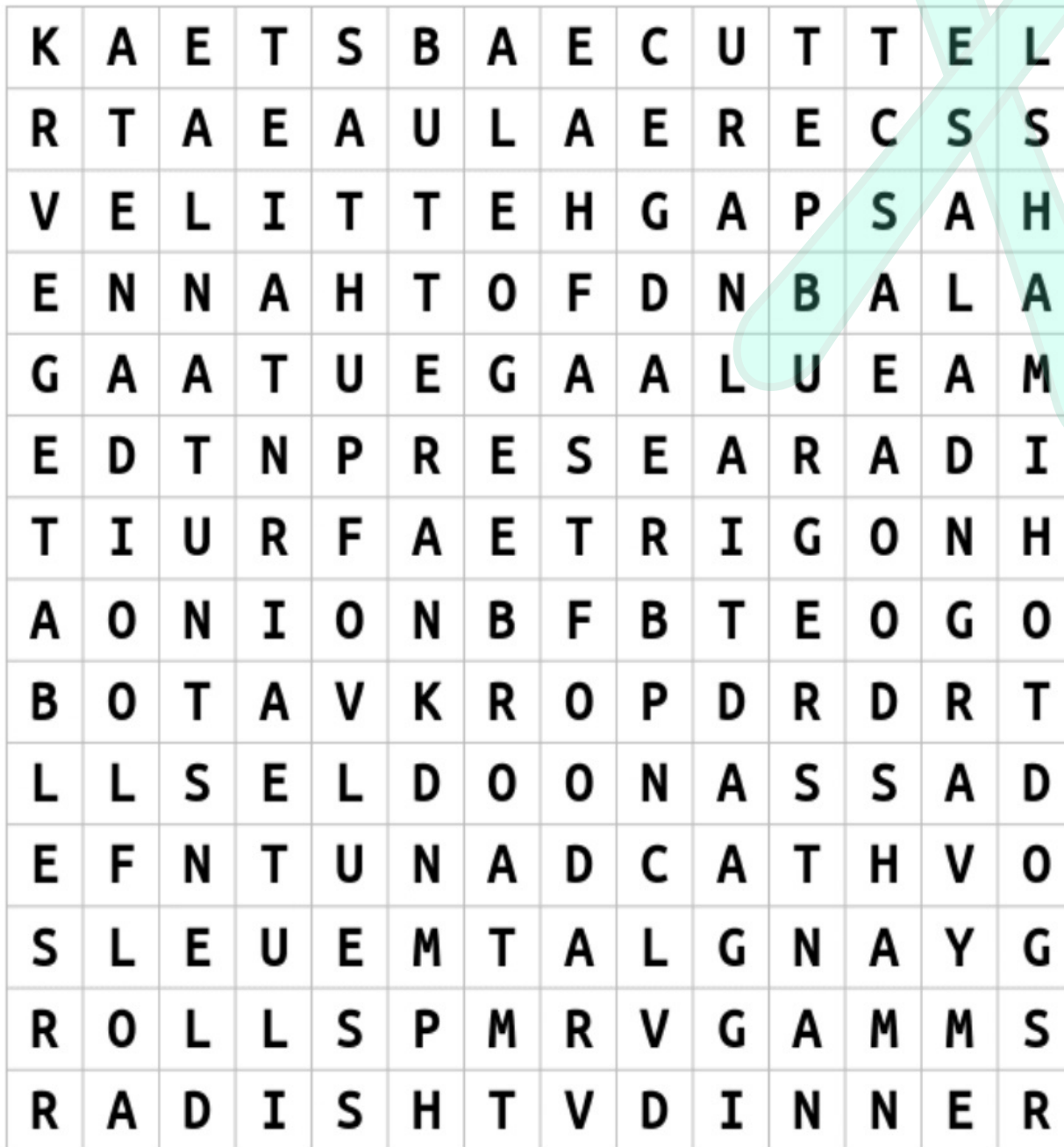
# Solve This Maze

Can you find the way out?

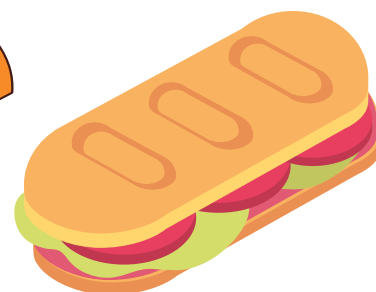
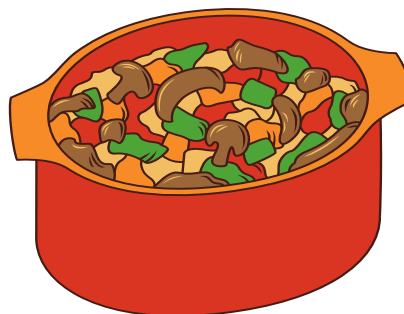


# Word Search

## Types of Food

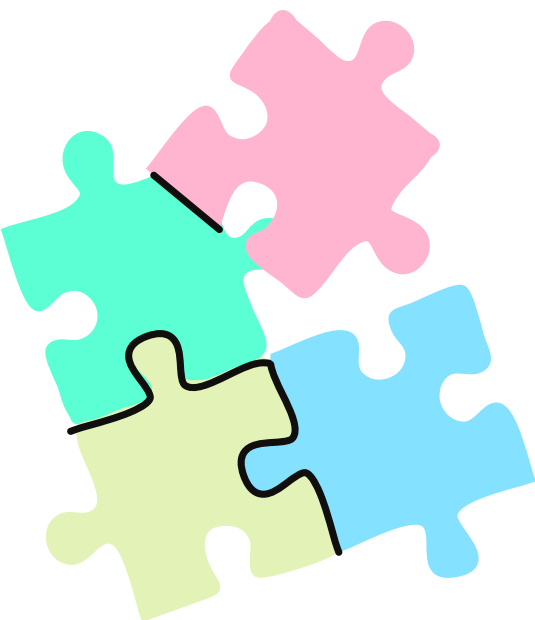
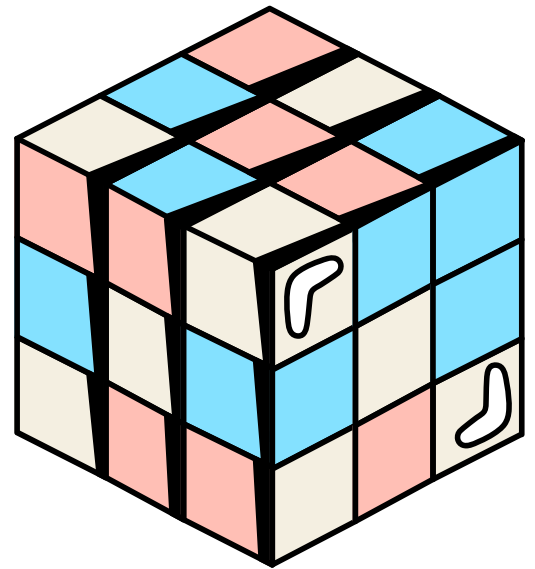
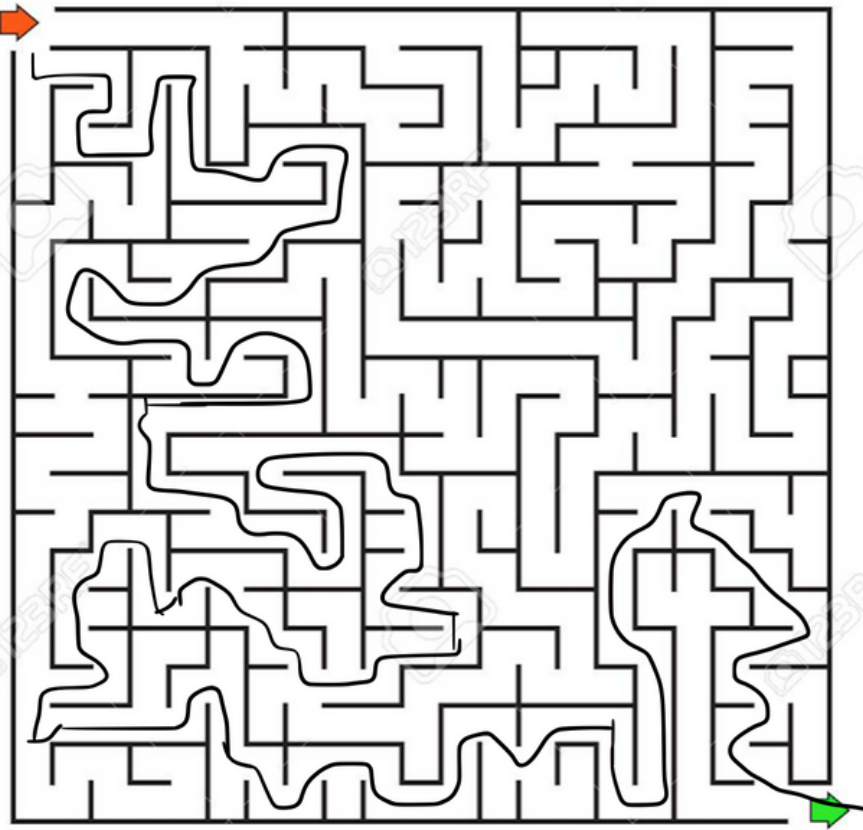


ONION  
 PORK  
 BURGERS  
 FAST FOOD  
 RADISH  
 MACARONI  
 LETTUCE  
 VEGETABLES  
 NOODLES  
 BREAD  
 CEREAL  
 HAM  
 FRUIT  
 TUNA  
 SALAD  
 SPAGHETTI  
 BUTTER  
 ROLLS  
 TV DINNER  
 HOTDOGS  
 STEAK  
 GRAVY





# Puzzle Solutions



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

# 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

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