

JUNE 2022



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

Meet Swapna Antony! TAPS Coordinator on the Senior's Team

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1) What is your role at BNH?

I'm BNH's TAPS Coordinator: I am developing and implementing BNH's first community adult day program! The program is meant for seniors with limitations in staying socially active. I am also involved with our seniors' referral program where I reach out to seniors referred to BNH by other community agencies.



2) What do you love about your role?

There are many things I love, but what I love the most about my job is that it energizes my spirit. I get to use my skills, education and time to make a positive impact! That makes me very happy. Plus, I like the work culture at BNH and my colleagues very much - everyone is friendly and supportive.

3) Tell us something interesting about yourself!

I never say 'No' to a walk in the park! And, I'm a Tree Lover - in the park you will see me looking at trees lovingly, stroking the bark and researching them up on Google to learn more. Whenever I'm asked by my daughter what other kind of life I'd like, I say, "I would like to be a cedar tree in a forest, near a stream."

Important Updates

Burnaby Neighbourhood House recommends mask-wearing when in our buildings and programs. 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). Thank you for your cooperation!

COVID-19 Vaccine Booster Doses:

Need to book your COVID-19 vaccine booster? Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/>

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

COVID-19 Rapid Tests

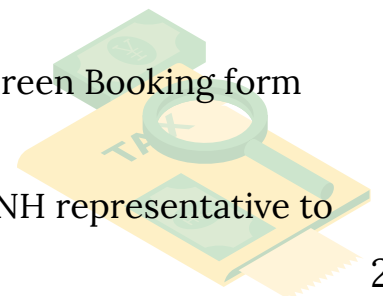
You can get free rapid antigen testing kits from a local pharmacy! Remember to bring your Personal Health Number.

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

Income Tax Clinic

As of June 1, we will be booking for late tax filing. Complete the Pre-screen Booking form <https://burnabynh.ca/volunteer-income-tax-program/>

If you qualify to receive this free service, please allow 2-5 days for a BNH representative to call you to book your appointment time.



Celebrating Burnaby Seniors Activity and Service Fair

**DATE:**

Saturday, June 11, 2022

TIME:

10:00 AM – 3:00 PM

LOCATION:

Bonsor Recreation Complex
6550 Bonsor Ave, Burnaby

COST:

Free! Light refreshments provided

EXHIBIT: 10:00AM-1:30PM

Come and speak with local seniors' service providers!

PRESENTERS: 1:30-2:55PM**Chris Chan**

Travel Training Manager, Access Transit

Topic: Using Transit in the New Normal

Karen Tyrell

Dementia Consultant, Educator, Author

Topic: Autonomy and Safety in
Dementia Care

Thank you to our Sponsors

Burnabynow
Vancity



For more information, contact
Faryar at faryar@bbyseniors.ca or
604-375-5778

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





I Am Not Old

By: Nandita Shailesh Shanbhag

Published: February 2019



My eyes are fine; they are just printing words small.
I just use a walking stick to seem stately and tall.

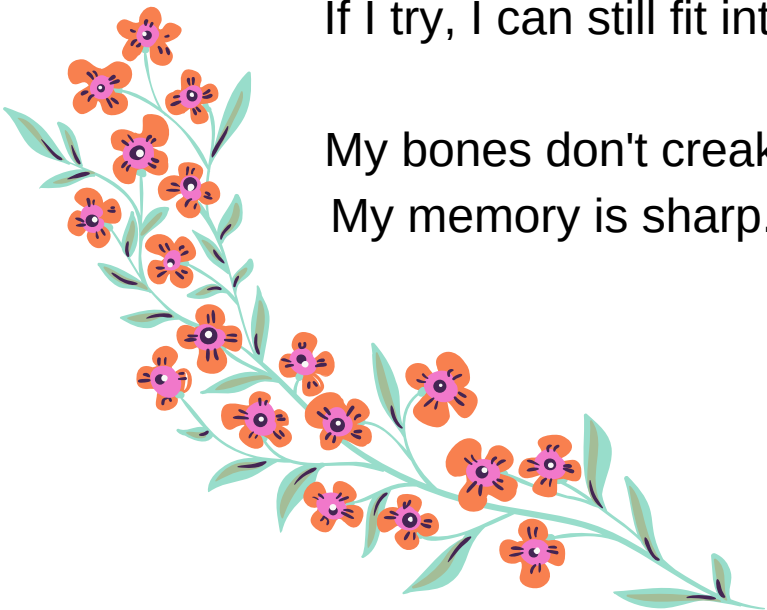
Nothing is wrong with my sense of smell.
My ears are fine if you don't whisper but yell.

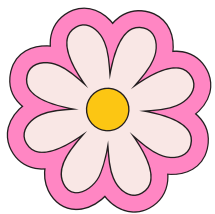
The wrinkles are just laugh lines; they will go away.
It is fashion that has turned my hair from black to grey.

It's the cold, not age that is stiffening my knees.
I like to hum as I walk; it's not a wheeze.

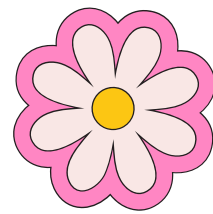
What extra kilos? My scale is broken down.
If I try, I can still fit into my wedding gown.

My bones don't creak; my shoes are new.
My memory is sharp. Oh, do I know you?





Meet Naythan's dog - Daisey!



1. How did you decide on your pet's name?

- Daisey was named before I got her - I felt it meshed well with her personality and cuteness

2. How did Daisey become part of your family?

- Our dog, Junior, passed away in August 2021 from cancer and after grieving, I felt I needed a furry friend to brighten up my house and to keep me active. We adopted her from the Heart and Soul Foundation.

3. Interesting facts about your pet?

- Daisey was born in Winnipeg, Manitoba. She came to Vancouver during the Coquihalla floods in November 2021 with 75 other animals. Daisey is a Lab/ Pitbull mix.

4. Does Daisey have any special talents?

- Being super cute!

5. Does Daisey have a favorite pastime?

- Digging holes in flowering garden beds and barking at my neighbours for no reason.

6. What Is your best moment with Daisey?

- Taking her to training and then graduating from Puppy School at PetSmart.



Salmon Potato Patties

Super easy to make from canned salmon and instant mashed potatoes or leftover salmon and mashed potatoes. Crispy, flavorful, and amazing as a snack, for lunch, or for dinner. Kid-friendly, too!

Ingredients:

Yield 8

- 14 oz salmon (just under 2 cups) - canned (drained), pouch, or cooked and cooled
- 2 cups mashed potatoes (you can use leftover or instant)
- ½ cup bread crumbs
- 1 tablespoon dry dill (or herb of your choice)
- 1-2 tablespoons olive oil for cooking
- 1 egg

Directions:



1. Flake the salmon with a fork in a large bowl.
2. Add the mashed potatoes, bread crumbs, dill and egg; mix until well-combined.
3. Form 8 equal patties. You can also form 12-16 mini patties, if you want smaller sized patties for snacks or toppings on a salad.
4. Optional: coat each patty in extra breadcrumbs, if you want to make sure they don't stick to the pan while frying, or if you want extra crispy patties.

Salmon Potato Patties Cont'd

Directions cont'd:

5. On medium heat, preheat a large non-stick pan, and add 1-2 tablespoons olive oil. Carefully place 4 patties down into the hot oil and cook over medium heat for 3-4 minutes on each side, flipping carefully. Let the patty get golden brown on both sides, but don't let it burn. Set the cooked patties aside on a plate with a paper towel, and add more oil to cook the remaining patties.

You can enjoy them with a salad, side of pasta or rice, or on a hamburger bun.

Options before serving:

- Mix ketchup or hot sauce with mayonnaise to make a sauce.
- Serve with a squeeze of lemon juice



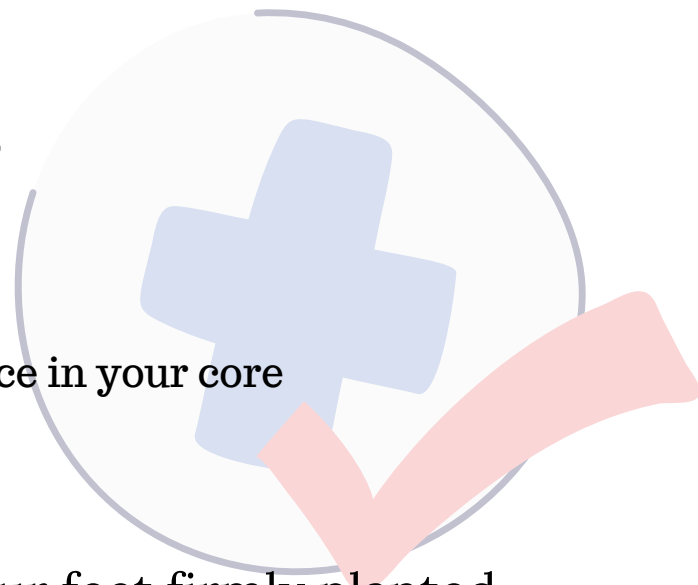
Exercises

Flamingo Stand

This exercise helps build stability and balance in your core muscles.



1. Stand tall with your feet firmly planted.
2. Lift one leg up while keeping the other firmly planted.
3. Hold position for 10 seconds
4. Repeat with the other leg. 5 times each leg.



Toe The Line

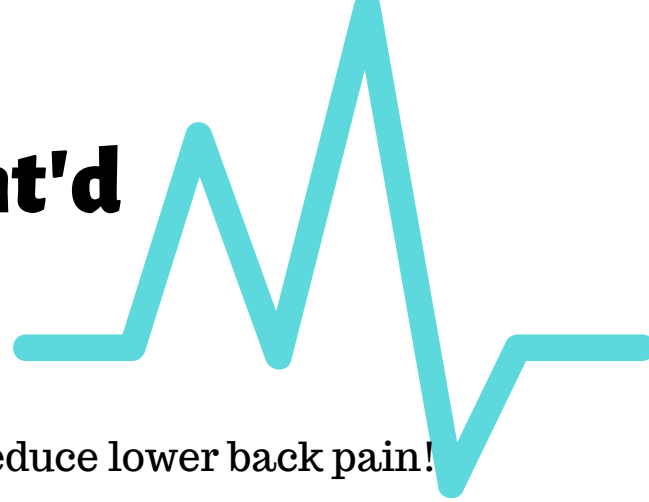
This exercise will help strengthen the leg and foot muscles.



1. Sit tall with arms by your side.
2. Bring the heel of your right foot directly in front of the toes of your left foot, as if you were walking on a tight line. Repeat with your left foot forward.
3. Walk 20 feet forward in this motion.
4. Repeat 3 times.



Exercises cont'd



Side Leg Raise

This exercise helps increase hip mobility and reduce lower back pain!



1. Stand tall behind a chair, with both hands resting on the back of the chair.
2. While keeping your legs straight, slowly raise your right leg to a 45 degree angle from your left leg.
3. Slowly bring your right leg back to start position. Repeat with left leg.
4. Repeat this motion 5 times for each leg.

Marching in Place

This is a great exercise to improve your balance, core stability and cardio!

1. Stand tall with your arms by your side
2. Lift your right knee up while keeping your left leg planted on the ground
3. Lower right knee back to start position.
4. Repeat with left knee.
5. Repeat by alternating between legs for as long as you can!



BNH Programs - North House

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



Senior's Social & 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

Tai Chi (In-person)

Join us for a fully guided meditative 1.5 hour of exercise exploring a gentle flow of progressive movements.

Mondays 1:00pm – 3:00pm

Tuesdays 10:30am – 12:00pm



Qi Gong

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

Thursdays 9:45 – 10:45 at Willingdon Heights Park



EAL Conversation (In-person)

Are you an intermediate English speaker waiting for a chance to meet new people, learn Canadian culture, and boost your English? Join our EAL program to bring your English conversation to a next level.

Mondays 3:00pm – 4:00pm

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



BNH Programs - South House



For more information or to register for programs, contact:
604-431-0400
4460 Beresford St.



Senior's Social & Games (In-person)

Join us on Wednesdays and Fridays for a cup of tea, coffee and snacks. Meet new friends while playing board games, cards or majong.



Movement for Health (In-person)

Join us as we groove, shake and dance our way for better health with Bollywood and Latin rhythms. Want to focus on slow-flowing movement and focused breathing? Join us for Tai Chi and Qi Gong.



Lunch (In-person)

Join us on Fridays to meet new friends while enjoying a nutritious and delicious lunch for \$5.

For days and times of the activities listed above, please pick up the Program Schedule, or have it e-mailed to you. Contact **Rita at 604-431-0400 or ritac@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** or call **236-885-7303**



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



JUNE 2022

IN-PERSON SOCIALS AT SOUTH



Contact Rita at
604.431.0400 or email
ritac@burnabynh.ca

Monday

Tuesday

Wednesday

Thursday

Friday

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

1

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

2

**Sign-up for
Friday Lunch
before
2:00pm on
Thursdays**

3

10:00-5:00
Bingo, Lunch,
Social &
games,
Sewing, Tai
Chi

6

7

8

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

9



10

10:00-5:00
Latin Beats,
Lunch, Social,
Sewing, Tai
Chi

13

14



15

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

16



17

10:00-5:00
Latin Beats,
Lunch, Social,
Sewing, Tai
Chi

20

21

22

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

23

**Sign-up for
Friday Lunch
before
2:00pm on
Thursdays**

24

10:00 - 5:00
Workshop,
Lunch, Social,
Sewing, Tai
Chi

27

28



29

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

30



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 workshops 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 - The New Dementians (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, contact faryar@bbyseniors.ca or call (604)-375-5778

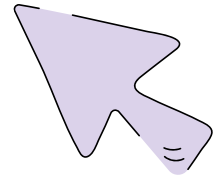


Friendly Phone Calls

Do you sometimes feel lonely and want a person to talk with? Stay connected through weekly phone calls from a volunteer! To sign up contact Rita at ritac@burnabynh.ca or 604-431-0400



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

TAPS Community Day Program - Starting in July!

Have you been experiencing health or mobility barriers? Are you finding it difficult to socialize or participate in community programs as a result? Join our new program and have fun with other seniors, chatting, playing games, and enjoying meals together!

Transportation support are available. Cost: \$5 for lunch.

Contact Swapna at 604-653-0249 or swapnaa@burnabynh.ca to register.

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

Settlement Services:

If you are a 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 or 604-431-0400 (South) or 604-294-5444 (North)



DEMENTIA FRIENDLY CAFÉ

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



When: Thu, June 9th,
2022

1:00 -2:30 PM

Where: Zoom

Invitation link provided
upon RSVP to:
faryar@bbyseniors.ca
or
604-375-5778

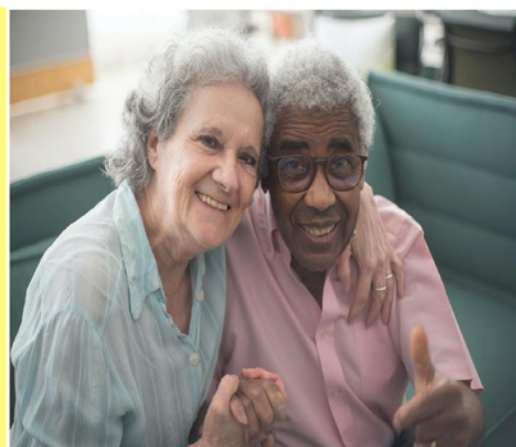
Participants engage in
music and facilitated
discussions

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

Caring for ourselves is one of the most important things we can do as caregivers. Join us and learn about:

- Why self-care is essential, and
- How to make your own caregiver support plan

Our music section will support and celebrate National Indigenous Peoples Day, led by our music therapist.



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

Driver's Licence Renewal

Who: Seniors and Family/Friend Caregivers

Date: Wednesday, June 29th

Time: 10:00-11:30 am

Where: 2055 Rosser Avenue, Burnaby

Speaker: Tom Webster From ICBC

In-Person Workshop



For registration and inquiries please contact:

faryar@bbyseniors.ca or 604-375-5778



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



CONNECT

ENGAGE

BELONG

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.

ZOOM

Mondays

ongoing

2- 3 pm

QI

GONG

Join us in enhancing your own
awareness of your energy!

IN PERSON

Thursdays

Jun- Aug 2022

9:45 - 10:45 am

Willingdon Heights Park



Register: northinfo@burnabynh.ca OR 604-294-5444

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

LATIN BEAT

for a healthy life style

June 3: 10:00-11:00

June 10: 10:00-11:00

June 17: 10:00-11:00

Free with Membership



To register
contact **Rita** at
ritac@burnabynh.ca or
604-431-0400

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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!



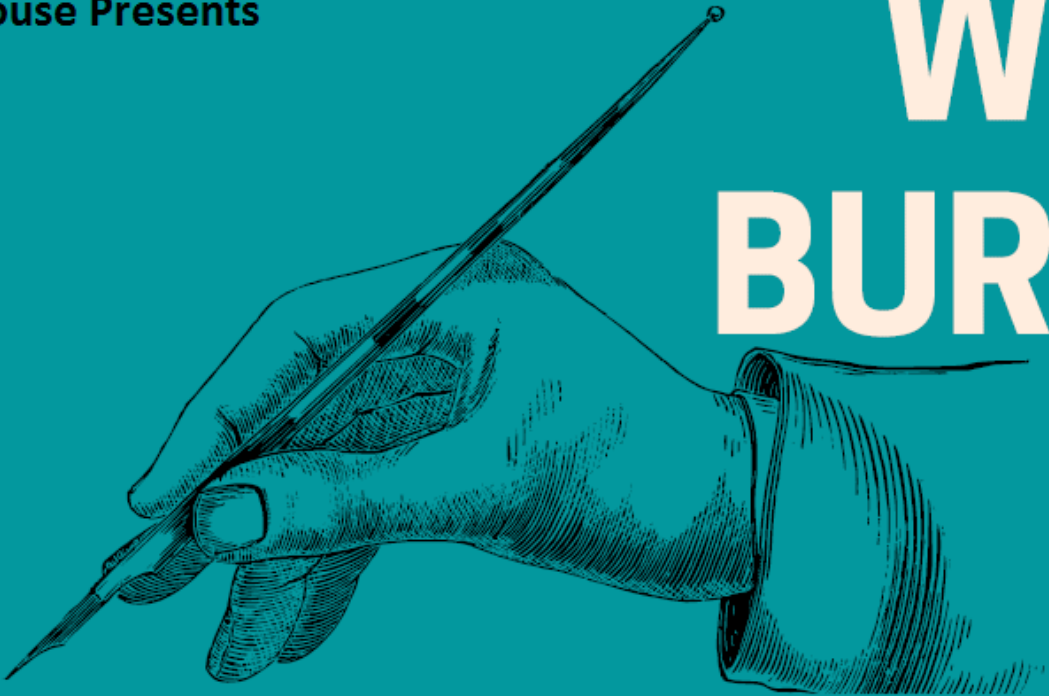
For more information or to register:

Phone: **604-294-5444** | Email: **northinfo@burnabynh.ca**

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**Burnaby Neighbourhood
House Presents**

WE ARE BURNABY

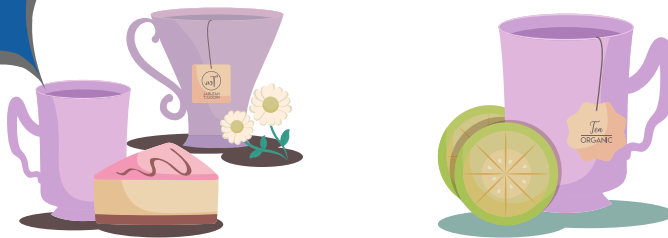


**SUBMIT YOUR STORY AT
WEAREBURNABY@BURNABYNH.CA**

BURNABY NEIGHBOURHOOD HOUSE
INVITES YOU TO A:

Seniors Tea Party

COMING
SOON



When: Saturday, July 9th, from 12-2PM

Where: South Burnaby Neighbourhood House (4460 Beresford St - 3rd floor)

Price: \$7 (includes sandwiches, treats and tea)

To register email anah@burnabynh.ca
or call 604-431-0400



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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. 20

Word Search - 60's Songs

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

BABY LOVE

BLUE MOON

BLUE VELVET

BUS STOP

CARA MIA

CHAIN GANG

CHERISH

CRAZY

CRYING

DIZZY

DOWNTOWN

EL PASO

ELENORE

FINGERTIPS

FIRE

GALVESTON

GOOD LOVIN'

GROOVIN'

HAIR

HEATWAVE

HEY JUDE

HOLIDAY

ITCHYCOO PARK

LAST KISS

MEMPHIS

MY GIRL

MY GUY

PEOPLE

PUPPY LOVE

RESPECT

RUNAWAY

SHERRY

SOUL MAN

SPOOKY

STAY

SURF CITY

TEEN ANGEL

THE BOXER

THE TWIST

THESE EYES

VALLERI

VOLARE

WHITE RABBIT

WILD THING

WINDY

WIPEOUT

WORDS

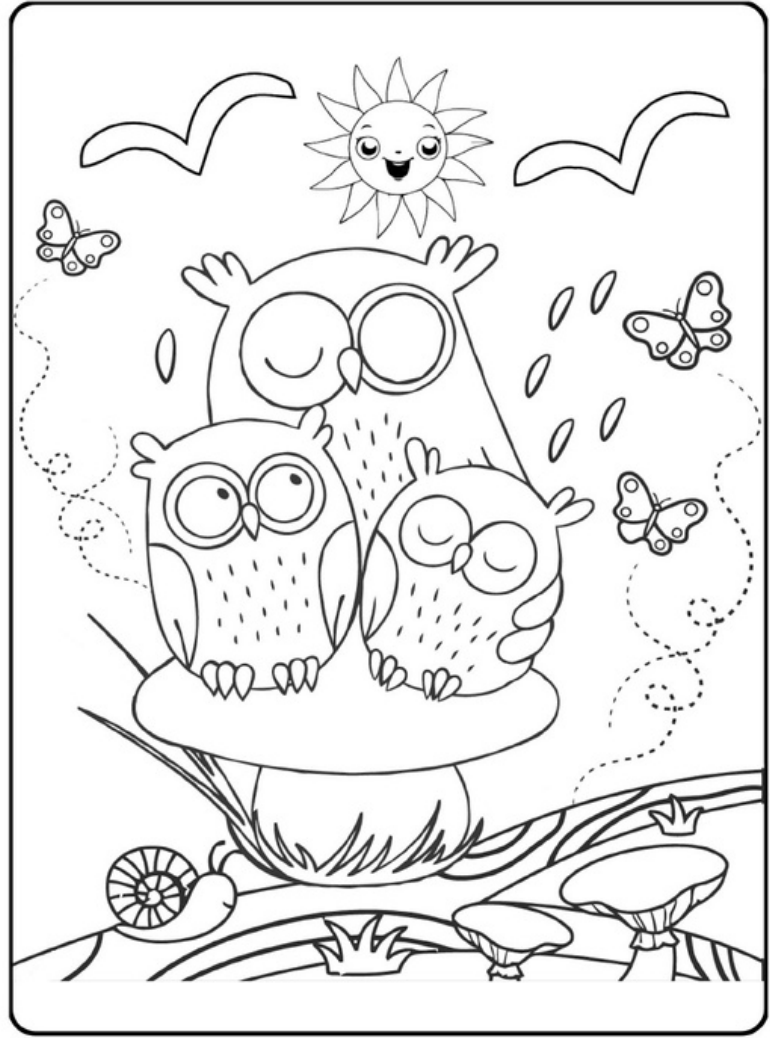
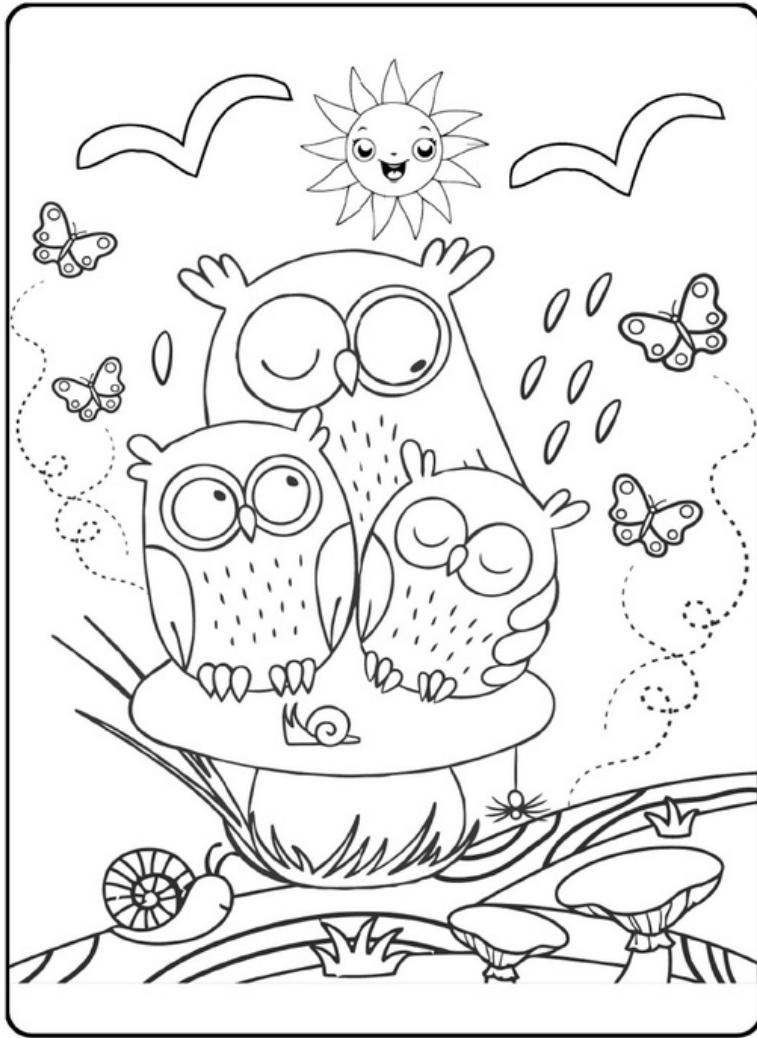
YESTERDAY



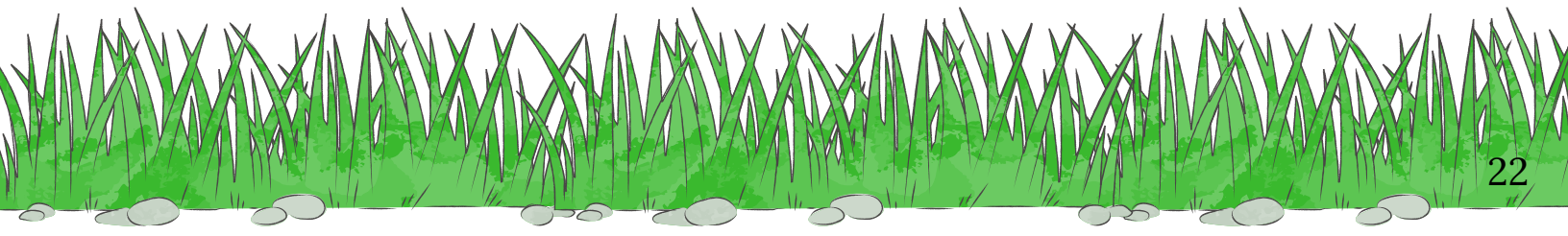
Find the Differences!

SPOT THE DIFFERENCE

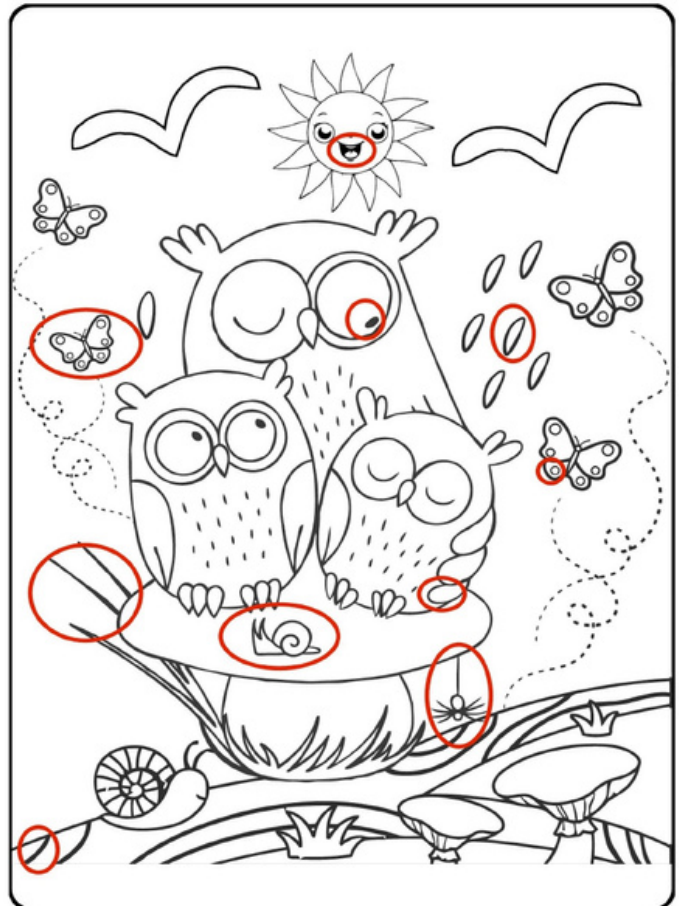
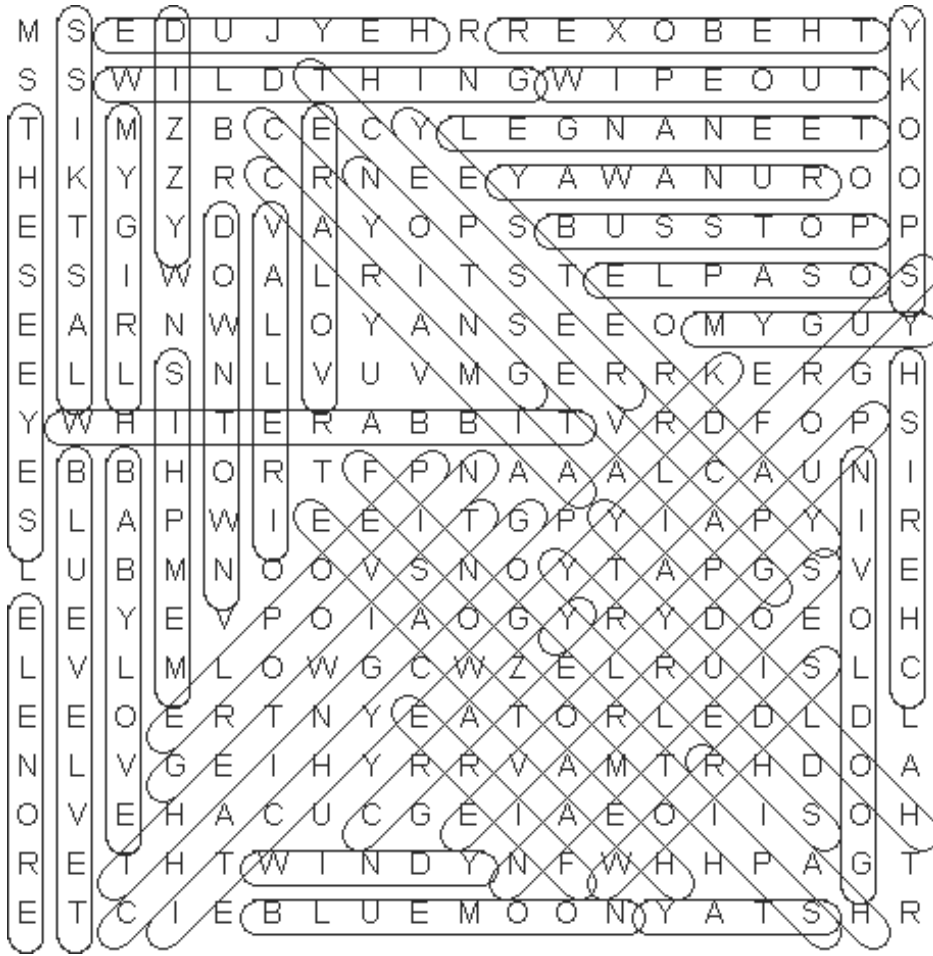
Can you spot the 10 differences between these two pictures?



Source: printitfree.net



Puzzle Solutions



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3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
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