

AUGUST 2022



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

Meet Marleni Curi Gomez - our BC Housing Seniors Program Supervisor!

IN THIS ISSUE

STAFF HIGHLIGHT

1

1) What is your role at BNH?

As a supervisor, I plan and organize interactive social activities and programs for seniors living at 4 different Burnaby BC Housing locations.

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55+ PROGRAMS

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2) What do you love about your role?

I love to discover new ways to engage with seniors to encourage

them to get to know their neighbours. Creating programs that bring warm feelings and happiness to their lives is the best part.

3) Tell us something interesting about yourself!

I am passionate about creating and organizing community events of different sizes and themes. I have been able to organize festivals, workshops, flash-mobs and virtual events. Highlights for me have been a potluck with over 400 participants and, for 3 consecutive years, the "Inclusion Festival".





WIN UP TO \$50000!



50 Summer Raffle 50

Draw Date: Thursday, August 11 @ 4:30 PM
at BNH Street Party | 4460 Beresford Street, Burnaby

Buy online at
trellis.org/BNH



1 for \$10 3 for \$25

BURNABYNH.CA

All funds raised go towards BNH's Programs and Services

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwata74), Kwikwetlem (kwikweta7am), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (x'mə0k'wəyem) nations with a unique focus on neighbours supporting neighbours.



SUMMER Street Party

4460 Beresford Street

August 11, 2022

3:00pm-7:00pm



Featuring:

- Hot dogs, chips and a drink for \$3
- Cotton Candy for \$1
- Interactive Activities & Games
- Live Performers



EVERYONE IS WELCOME!

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔ), Kwikwetlem (kwikwəłəm), Squamish (Sḵw̱xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



Connect With Us:

BurnabyNH.ca

Phone : 604-431-0400

Email:

southevents@burnabynh.ca

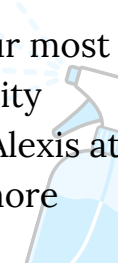


IMPORTANT UPDATES

Summer is in full swing!
Participate in **BNH's Summer Raffle** (page 2 for more details) - you could win up to \$5000!
On August 11th, join us at **BNH South's Summer Street Party** (page 3 for more information)!



It is hot outside! **Need supplies to help you stay off?** BNH is delivering fans, spray bottles and thermometers to our most vulnerable community members. Contact Alexis at 604-431-0400 for more information.



Don't forget to renew your BNH membership!
Memberships are in effect from Sept 1 - Aug 31 each year, and a requirement for participating in any BNH programs. Annual membership fees are \$5 for individuals and \$10 for families (subsidies available).

COVID-19 BNH Policy:

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.

Tips to Beat The Heat

Cool Your Body



- Wet clothing to help bring down body temperature
- Use water-soaked cloths or cooling packs on neck/wrists
- Sit in or put legs in cool (not cold) bath

Hydrate



- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty. Thirst is not the only indicator of dehydration

Reduce Indoor Heat



- Daytime: cool living and working areas by closing windows, and use window coverings, air conditioners and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

Protect Your Pets



- Provide shade & cool drinking water & baths
- Never leave pets unattended in cars or direct sunlight
- Plan outdoor activities during cooler parts of day. Asphalt might be too hot for bare paws

Avoid Sun Exposure



- Wear wide-brimmed, breathable hat or use umbrella
- Avoid / limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen

Ask Your Doctor



- If taking medications, ask your doctor, nurse, or pharmacist if you need to be extra careful
- Some medical conditions may increase vulnerability during hot weather

Check on Others



- Visit or call family & neighbours when you can

Avoid/Limit Alcohol & Caffeine



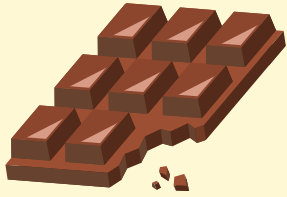
- These can lead to dehydration

Extreme heat can be dangerous.

www.healthlinkbc.ca/more/health-features/beat-heat

www.bchousing.org/projects-partners/extreme-heat

Happiness Is Fun



Happy is as happy does
When all is said and done
Truly being happy
Starts with having fun

Set those happiness endorphins free
To flood your stressed out brain
With lots of happy thoughts
To relax and ease the strain



Eat chocolate
And laugh-a-lot
Chew chilis hot and red
Wear bright colours instead



Keep a dog or a cat

Try yoga on a mat

Feel sunshine warm your being

Seek beauty for the seeing

Classical music wins by miles

Exchanging lots of smiles

That's how to raise your spirit

Lift your body and your mind

This daily dose of happiness

Is a pleasure - you will find.



- Pauline Oliver -

Meet Baljit's puppy: Bunny!

What kind of breed is your pet?

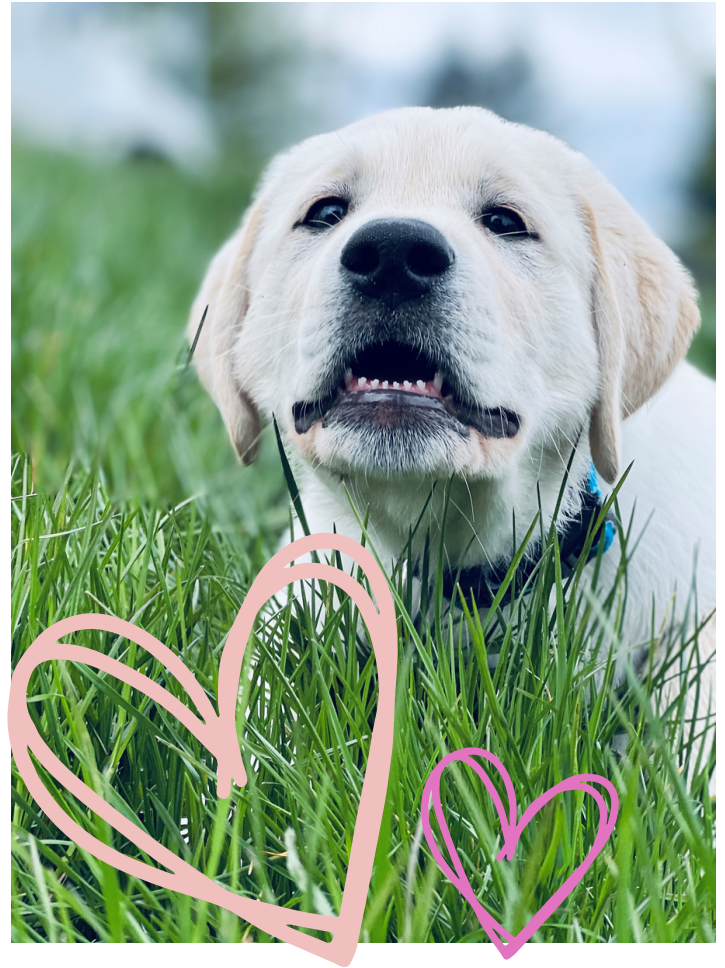
My dog is a Labrador retriever.

What is your puppy's name?

His name is Bunny and he is only 6 months old.

Does Bunny have a special talent?

Aside from being very cute and adorable, he is friendly, active, affectionate, and intelligent. Without any professional training he understands commands such as sit, slow, jump and stop. We talk to him like a person and he understands every word we say and reacts accordingly.



What is your favourite memory with Bunny?

I have many sweet memories with him, but my favourite is when he was left at home alone and he chewed my laptop charging cord. I needed the laptop to finish my exam that day. I was very angry with him, but when I saw his guilty, but cute face, I forgot everything.

What is Bunny's favourite toy or food?

Bunny's favourite toy is a football, and he is an excellent player. He enjoys grabbing the ball with his mouth and fleeing, then expecting everyone to chase him.

Bunny is not a picky eater. He wants us to share a bite of everything we eat. He loves his fruits and vegetables, especially watermelon, cucumber, and berries. But his favourite treat is Indian cookies, which he can smell from even from miles away.

Baked Zucchini



Ingredients:

- 2 small zucchinis
- 2 tsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup shredded cheese (mozzarella or cheddar)
- 2 tsp grated parmesan cheese (optional)
- 1 tsp Italian seasoning (or dried oregano or basil)
- ¼ cup tomato sauce
- Fresh basil or oregano (optional)



Directions:

1. Preheat oven to 375 F.
2. Cut each zucchini in half lengthwise, then line up on a baking sheet. Drizzle with olive oil, salt, and pepper, then bake for 25 minutes, or until a knife inserted into the center goes in easily and the zucchini are completely soft and tender.
3. While zucchini is baking, combine mozzarella, parmesan, and Italian seasoning in a small bowl, then stir to combine.
4. Top each zucchini with tomato sauce, then sprinkle each with an equal amount of the cheese mixture. Broil on high until cheese is golden brown and bubbly, about 2-3 minutes. Garnish with fresh herbs (optional) and serve immediately.

BNH Programs - North House

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



Computer Support (In-person)

Join us for coffee, tea, and snacks. Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

Mondays 10:00 am – 12:00 pm



Quilting & Crafting for a Cause (In-Person)

Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

Tuesdays 1:00 pm – 3:00 pm



Tai Chi (In-person) - Registration is FULL

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

Mondays 1:00pm – 2:30pm 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 9:45am – 10:45am 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.



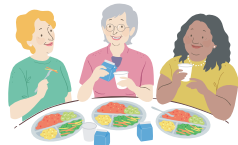
Senior's Social & Games (In-person)

Join us Friday mornings for a cup of tea or coffee. Meet new friends over conversations, playing board games or cards.



Movement for Health (In-person)

Join us for Tai Chi as we focus on slow-flowing movement and focused breathing.



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 **Kathy at 604-431-0400 or kathyb@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

Caregiver Lunch

Join other family and friend caregivers on August 4th for an appreciation lunch!

For more information on Caregiver Support, contact Kathy at kathyb@burnabynh.ca or 236-885-7303



August 2022



55+ Programs

South House: 604-431-0400
North House: 604-294-5444
Brentwood : (604) 299-5778

*Friday lunches at South House - please sign up before THURSDAY at 3PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>Tai Chi (FULL) North 10:30 AM Quilting & Crafting 1 PM</p>	<p>3</p> <p>Tai Chi - Intermediate South 10 AM Tai Chi - Beginners 11 AM</p>	<p>4</p> <p>North 9:45 AM Qi Gong Caregiver Lunch 1 PM Brentwood South Computer Cafe 3 PM</p>	<p>5</p> <p>North Yoga 7:30 AM South Bingo 10:30 AM Lunch* 12 PM Sewing 1 PM Tai Chi Sword 1 PM Tai Chi - Advanced 4 PM</p>	<p>6</p> <p>Brentwood New Dementians Social 10:30 AM</p>
<p>8</p> <p>North Computer Cafe 11 AM Tai Chi (FULL) 1 PM Qi Gong (online) 2 PM EAL Conversation 3 PM South Computer Cafe 11 AM Caregiver Group 1 PM</p>	<p>9</p> <p>North Tai Chi (FULL) 10:30 AM Quilting & Crafting 1 PM</p>	<p>10</p> <p>South Tai Chi - Intermediate 10 AM Tai Chi - Beginners 11 AM</p>	<p>11</p> <p>North 9:45 AM Qi Gong South Dementia Cafe 4:30 PM Computer Cafe 3 PM</p>	<p>12</p> <p>North Yoga 7:30 AM South BPL 10:30 AM Lunch* 12 PM Sewing 1 PM Tai Chi Sword 1 PM Tai Chi - Advanced 4 PM</p>	<p>13</p> <p>Brentwood New Dementians Social 10:30 AM</p>
<p>15</p> <p>North Computer Cafe 11 AM Tai Chi (FULL) 1 PM Qi Gong (online) 2 PM EAL Conversation 3 PM South Computer Cafe 11 AM</p>	<p>16</p> <p>North Tai Chi (FULL) 10:30 AM Quilting & Crafting 1 PM</p>	<p>17</p> <p>South Tai Chi - Intermediate 10 AM Tai Chi - Beginners 11 AM</p>	<p>18</p> <p>North 9:45 AM Qi Gong South Computer Cafe 3 PM</p>	<p>19</p> <p>North Yoga 7:30 AM South Caregiver Info 10:30 AM Lunch* 12 PM Sewing 1 PM Tai Chi Sword 1 PM Tai Chi - Advanced 4 PM</p>	<p>20</p> <p>Brentwood New Dementians Social 10:30 AM</p>
<p>22</p> <p>North Computer Cafe 11 AM Tai Chi (FULL) 1 PM Qi Gong (online) 2 PM EAL Conversation 3 PM South Computer Cafe 11 AM Caregiver Group 1 PM</p>	<p>23</p> <p>North Tai Chi (FULL) 10:30 AM Quilting & Crafting 1 PM</p>	<p>24</p> <p>South Tai Chi - Intermediate 10 AM Tai Chi - Beginners 11 AM</p>	<p>25</p> <p>North 9:45 AM Qi Gong South Computer Cafe 3 PM</p>	<p>26</p> <p>North Yoga 7:30 AM South Workshop: Emergency Preparedness 10:30 AM Lunch* 12 PM Sewing 1 PM Tai Chi Sword 1 PM</p>	<p>27</p> <p>Brentwood New Dementians Social 10:30 AM</p>
<p>29</p> <p>North Computer Cafe 11 AM Tai Chi (FULL) 1 PM Qi Gong (online) 2 PM EAL Conversation 3 PM South Computer Cafe 11 AM</p>	<p>30</p> <p>North Tai Chi (FULL) 10:30 AM Quilting & Crafting 1 PM</p>	<p>31</p> <p>South Tai Chi - Intermediate 10 AM Tai Chi - Beginners 11 AM</p>			

Across Burnaby



Going forward and until further notice, all workshops and events including The New Dementians and Dementia Friendly Café, will happen in person.

Dementia Friendly Cafe (In-person)

Each month join others living with dementia and their families & friends as we socialize and participate in workshops by guest speakers.

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



The New Dementians (In-person)

Join our dementia- friendly, multicultural, and intergenerational event. This is an opportunity for playing games, exercising, socializing, singing, sharing stories, and celebrating our togetherness.

Most Saturday mornings from 10:30AM-11:30PM at 2055 Rosser Avenue

To register for our Dementia 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 Alexis at alexish@burnabynh.ca or 604-431-0400



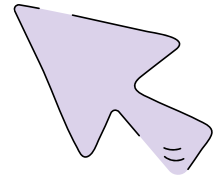
Senior Peer Support

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

To register, email Kathy at kathyb@burnabynh.ca or call 236-885-7303



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 this month!

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 supports 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 in Arabic, Cantonese, Mandarin, Farsi, Dari, Pashto, Filipino, Spanish, and Vietnamese.

Contact settlementprogram@burnabynh.ca or 604-431-0400 (South) or 604-294-5444 (North)






Caregiver Lunch


Thurs. August 4th, 2022

1:00 PM to 3:30 PM

At 2055 Rosser Ave

Please reserve your spot
with Kathy Bobicki

 **kathyb@burnabynh.ca**

 **604-431-0400**

Join us for lunch, a guest presentation and painting with watercolours!

Alyssa Ono - Bereavement Programs Coordinator from the Burnaby Hospice Society - will speak on different kinds of Grief.

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



United Way
British Columbia

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



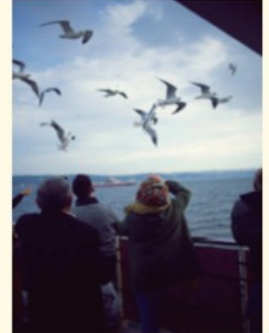
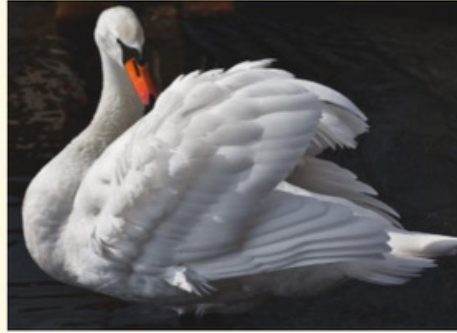
Family Caregivers
of British Columbia



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DEMENTIA FRIENDLY CAFÉ

A gathering for those with memory loss and
their family and friends.



Come bird-watching with us at Central Park!

- ▶ Join us for a walk around Central Park to look for birds! You may see hummingbirds, thrushes, warblers, flycatchers and more. Bring your own binoculars or we will provide a pair for you.
- ▶ The walk may include stairs and cover a long distance. Please dress comfortably, including for weather.

When: Thurs, August 11th, 2022

Time : 4:30 – 5:45 pm

Where: Burnaby Central Park

To Register Contact:

Faryar@bbyseniors.ca or Call : 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 (kʷikʷəłəm), Squamish (Skwxwú7mesh úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



Burnaby's Dementia Friendly Café is funded by the City of Burnaby's Community Grant program.

Home Support and Long-Term Care

FREE PROGRAM FOR SENIORS AND THEIR FAMILY AND FRIEND CAREGIVERS



Are you interested in learning about home supports, assisted living and long term care?

Join us and learn about:

- Home Supports by Fraser Health Authority
- Home Supports by private companies
- Assisted living and long-term care

When: Tuesday, August 16th, 3:00-4:30 pm

Where: BNH Banquet Hall (4460 Beresford St, Burnaby)

Speaker: Leanne Klein, Social worker and Caregiver support Practitioner Fraser North

To register contact:

Faryar@bbyseniors.ca

C: 604-375-5778

T: 604-291-2258



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



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 (səlilwataʔ), Kwikwetlem (kwikwəłəm), 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

**Burnaby Neighbourhood
House Presents:**

WE ARE BURNABY

We Are Burnaby is an online magazine that features local stories by community members. 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 with the Burnaby community.

**SHARE YOUR STORY WITH
YOUR COMMUNITY.**

**Submit your story at
weareburnaby@burnabynh.ca**



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**

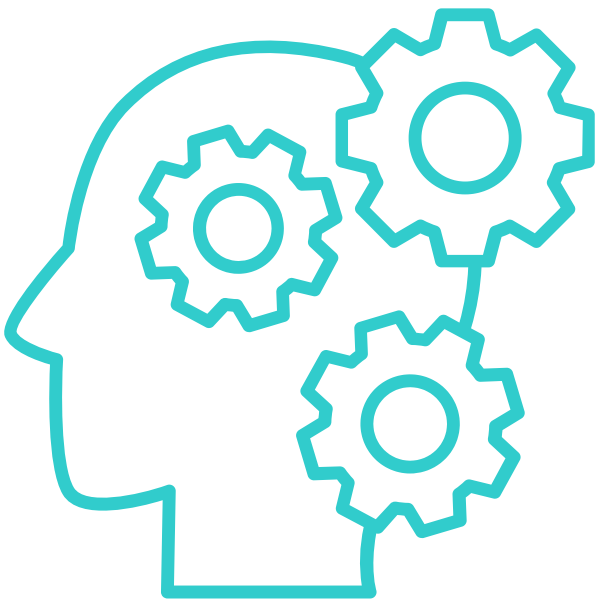
911

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.

Sudoku

	1			6				9
						3		6
			4		9			
3			9				4	8
	8	6	3				2	
	7			4				
					6			
				1	7			2
	6			3		1		



4				8				
9	1					8	5	
	5				3			1
				9				
							6	4
				2	5	9		
				5				3
3		4	2	6	8	5		
						2		



Spot the differences!

Can you spot the 5 differences between these two pictures?



Puzzle Solutions



5	1	2	7	6	3	4	8	9	4	6	7	5	8	1	3	9	2
8	9	4	1	2	5	3	7	6	9	1	3	6	4	2	8	5	7
6	3	7	4	8	9	2	5	1	8	5	2	9	7	3	6	4	1
3	5	1	9	7	2	6	4	8	1	3	8	4	9	6	7	2	5
4	8	6	3	5	1	9	2	7	2	9	5	8	3	7	1	6	4
2	7	9	6	4	8	5	1	3	7	4	6	1	2	5	9	3	8
1	2	5	8	9	6	7	3	4	6	2	1	7	5	9	4	8	3
9	4	3	5	1	7	8	6	2	3	7	4	2	6	8	5	1	9
7	6	8	2	3	4	1	9	5	5	8	9	3	1	4	2	7	6



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/

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/
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)

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