

NOVEMBER 2022



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

Meet Stasi Larson - South BNH's Operations Manager!

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**What is your role at
BNH?**

I'm the Operations
Manager now.
Previously, for 18 years I
was a Supervisor and
Coordinator for our
school age child care
program.

**What do you like to do
for fun?**

I like to spend time with
my friends enjoying
good food & fun
activities. I also enjoy
re-painting lawn
decorations & other
ceramic decorations.

What is something people may not know about you?

I was born premature a few months early.



Meet Stasi's pup, Oliver, on page 5!

Meet Leila Habibi - BC Housing Program Coordinator !

What is your role at BNH?

I coordinate community and recreation programs at BC Housing for senior tenants. We try to run diverse programs like mind games, skin care, Harvest activities, Halloween decoration, Zumba, and Karaoke, etc. I really love making connection with people and listening to their stories because I strongly believe that everyone has their own story.

What do you like to do for fun?

I really like to go to pottery classes and learn how to make stuff with clay. Also, swimming, volleyball and meeting my friends are my favourite activities for fun.



What is something people may not know about you?

I backpacked in Asia for five months. Also, I am a feminist and always try to support women to be heard. I try to read more and more to know how we can make a change for women's quality of being.

IMPORTANT UPDATES

COVID-19 Ongoing Boosters

For full protection, everyone 5 and older needs ongoing booster doses. You will be invited for future boosters 6 months after your last dose.

Need a ride to your booster? Contact Alexis at 604-431-0400

New Form Filling Service for Burnaby seniors:

Need help completing your OAS, GIS, CPP, Housing Registry, SAFER, or BC Bus Pass application? See page 11 for more details or contact Alexis at 236-885-7281 or alexish@burnabynh.ca

SWEETEN SOMEONE'S DAY WITH EVERY BAR!

From November 4th to December 2nd


All funds go towards the children's programs at Burnaby
Neighbourhood House

CHOCOLATE FUND RAISER



Available for sale
at North House,
South House, and
Brentwood
reception





Seniors First BC is a non-profit society that provides information, advocacy, and support to seniors across BC.

Free Legal Clinics for Low-Income Seniors in Burnaby

Seniors First BC provides free 30-minute legal consultations to seniors* at



South Burnaby Neighbourhood House
4460 Beresford St.
between 10am-1pm
2nd Tuesday of each month



Burnaby Community Services
2055 Rosser Ave
between 10am-1pm
4th Tuesday of each month

Volunteer, pro bono lawyers can help with various legal issues, including:

- Understanding legal proceedings and what to expect in courts or tribunals
- Assisting with adult guardianship
- Drafting advance planning documents (e.g. wills, power of attorney)

Due to time constraints, lawyers at the clinics cannot prepare court documents and do not advise on family and criminal law issues

*Eligibility Criteria:

- Income ceiling (gross): \$40k + \$10K per additional household member
- Assets (net): \$150,000 max

Get in touch with us!

To confirm you are eligible and to book an appointment, call: 604-336-5653

Learn more about our legal programs online:

seniorsfirstbc.ca/programs/legal-programs

seniors first BC

Let's Meet **OLIVER!**

What kind of breed is Oliver?

He is a 'Schweenie': a Shih-Tzu crossed with a Dachshund!

Does he have any nicknames?

Bub, Boo- Boom, Monkey.

Does Oliver have a special talent?

He digs holes really well. He is only 6 months old so he is just learning tricks.



What's your favourite memory with him?

His first time swimming in a lake was pretty cute.

What is Oliver's favourite toy?

His favourite toy is a stuffed animal that is a possum, it is bigger than him and it is really ugly but he loves it!

EXERCISES



Standing on one leg

This exercise helps build strength and stability in leg and core muscles.

1. Begin by standing behind a chair.
2. Place your right hand on the back of the chair.
3. Raise your left knee perpendicular to your body and hold for 30 seconds.
4. Repeat Steps 2 and 3 with the alternate side of the body.



Side leg extensions

This exercise helps build strength and balance in your side glute muscles.



1. Begin by standing behind a chair.
2. While keeping your legs straight, slowly raise your left leg out and to the side of your body.
3. Slowly lower your leg back to the starting position.
4. Repeat Steps Two and Three 8-10 times with each leg.

Standing hip extension

This exercise helps build strength and balance in your glute muscles.

1. Begin by standing behind a chair.
2. While keeping your legs straight and toes pointed, slowly kick your left leg backwards.
3. Slowly lower your leg back to the starting position.
4. Repeat Steps Two and Three 8-10 times with each leg.



BNH Programs - North House

For more information
or to register for
programs, contact:



604-294-5444
northinfo@burnabynh.ca
4908 Hastings St



Seniors Monday Program (In-person)

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

Mondays 10:00 am – 12:00 pm

Digital Cafe (In-person)

Come get more comfortable using your electronic device with us! Our volunteers are available to support you with your computer learning needs, answer your questions, and even assist with filling out online application forms.

Mondays 10:00 am – 12:00 pm



Qi Gong (Hybrid)

Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. Join us in enhancing your own awareness of your energy!

Mondays 2:00 – 3:00 pm (Hybrid: Zoom and in-person at Burnaby Community Services)

EAL Conversation - Intermediate (In-person) Pre-registration REQUIRED

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 | 12:00 – 1:00pm or 3:00 – 4:00pm | North House

Thursdays | 11:00am – 12:00pm | Amazing Brentwood Mall (4567 Lougheed Hwy)

Quilting & Crafting for a Cause (In-Person)

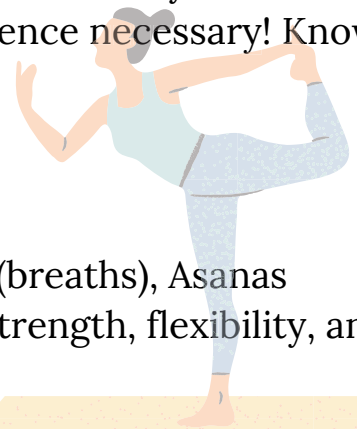
Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

Tuesdays 1:00 pm – 3:00 pm

Yoga (online via Zoom)

Certified Yoga teacher, Mayra Chavez, practices Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. Everyone is welcome!

Fridays 7:30 am – 8:30 am on Zoom





SHARING CULTURES DINNER

FEATURING A TASTE OF



PHILIPPINES

Monday Nov.28, 2022
6:00-8:00pm

(Vegetarian Options Available)
Brentwood Park Alliance Church
1410 Delta Avenue, Burnaby
(Park at the Back and Follow the Stairs Down)

FOOD - ENTERTAINMENT - ACTIVITIES FOR ALL

Buy tickets in advance
at North BNH (4908 Hastings Street):

\$5 Adults

\$3 Children

Free Under 3

Call 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 (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

BNH Programs - South House



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



Senior's Social & Games

Join us Wednesday Afternoons (12:00-2:00pm) and Friday mornings (10:30-12:00pm) for a cup of tea or coffee. Meet new friends over conversations, or playing board games or cards. Love BINGO? We always play BINGO the first Friday of the Month!

Movement for Health

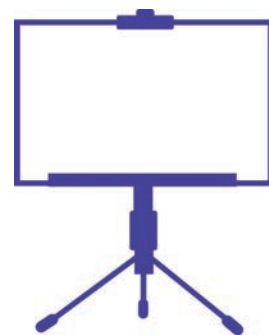
Whether you are a beginner or advanced, join our Tai Chi classes as we practice slow-flowing movements and focused breathing.

Wednesdays:

- 10:00-11:00am Tai Chi (Intermediate)
- 11:00-12:00pm Tai Chi (Beginner)

Fridays:

- 3:00-4:00pm Tai Chi Sword
- 4:00-5:00pm Tai Chi (Advanced)



Workshop Series

On the last Friday of each Month, participate in a workshop on topics suggested by our very own members! November's workshop will be on 'Mental Health' by the Seniors' Health & Wellness Institute

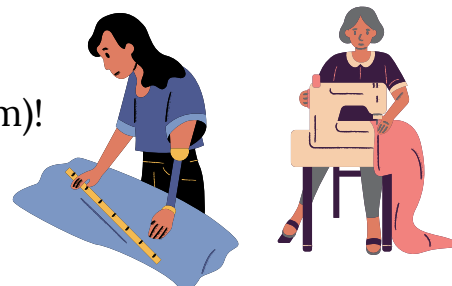


Friday Lunch

Join us on Fridays to meet new friends while enjoying a nutritious and delicious meal for \$5. Registration is required - please sign-up by Thursday afternoon.

Sew Fun!

Practice your sewing skills every Friday afternoon (1:00-2:30pm)!



Our South House 55+ Program Calendar is available for pick-up at South BNH, or via email - contact Emily at emilyc@burnabynh.ca

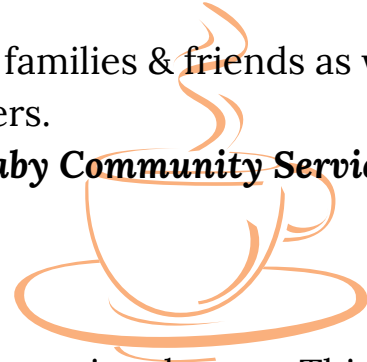
Across Burnaby



Dementia Friendly Cafe

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 at Burnaby Community Services (2055 Rosser Ave)



Seniors Memory Club

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 10:00AM-11:30PM at Burnaby Community Services (2055 Rosser Ave)

To register for our Dementia programs, contact Faryar 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, contact **Kathy** at kathyb@burnabynh.ca or 236-885-7303

TAPS Community Day Program - on Thursdays! **New day - Mondays - starting soon!**

Are you experiencing health or mobility barriers? Finding it difficult to socialize and participate in community programs? Join TAPS and have fun chatting, playing games, and enjoying meals with others! Transportation supports are available. Cost: \$5 for lunch. To register, contact the **Alexis** at 604-431-0400. Registration is required.

BNH Services Spotlight:



***New* Seniors Form Filling and Information & Referral Clinics!**

Need help completing your CPP, OAS, GIS, BC Housing Registry, SAFER, or BC Bus Pass Application? We have launched Seniors Form Filling and Information & Referral clinics at each of our BNH offices! Trained volunteers will assist you with completing forms and provide information about local resources and services to help meet your needs.

Burnaby Community Services

1st Saturday of every month - 10:00am - 12:00pm

North House:

2nd Tuesday of every month - 3:15pm - 4:30pm

South House

3rd Thursday of every month - 3:30pm - 5:00pm

3rd Saturday of every month - 10:00am - 12:00pm

Last Monday of every month - 10:00am - 11:50am

By appointment only. Please book an appointment with Alexis - 604-431-0400 or alexish@burnabynh.ca

Grocery and Meal Delivery Program

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors who are living with health challenges and experiencing food insecurity.

For more information, contact Emily at 778-288-3747 or emilyc@burnabynh.ca

Family and Friend Caregiver Support Group (Online and In-person)

Share experiences, seek support and exchange resources and information with other family and friend caregivers. Every other Monday from 6:00-8:00PM via Zoom and in-person!

Caregiver Appreciation and Information Sessions

Join other family and friend caregivers on the first Thursday of every month to share experiences, receive resources, and celebrate all that you do for your care recipient!



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

Do You Need Tech Help?

In-person

Computer Drop-in

North House

Mon: 10:00 AM – 12:00 PM
(4908 Hastings St, Burnaby)
604-294-5444

South House

Mon: 12:00 PM – 2:00 PM
Thurs: 3:00 PM - 5:00 PM
(4460 Beresford St, Burnaby)
604-396-7307

Questions? Email
literacy@burnabynh.ca



www.burnabynh.ca

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



BNH Services

Continued:



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)

Settlement Programs:

Women Peer Support and Connection in Farsi/Dari Languages

South House

Saturdays

1:00PM-3:00PM

English Conversation Club for Newcomers

Online

Tuesdays

10:30AM-12:00PM

Conversation Circle for Farsi/Dari Speaking Seniors

South House

Wednesday - Nov 16

1:00PM-2:30PM

Conversation Circle for Farsi/Dari Speaking Newcomers

Online

Thursdays

2:00PM-3:00PM

Settlement & Integration Program

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



Welcome to BC - Orientations (in 1st language) for Newcomers

Language	Contact our Case Managers for registration	Orientation 1: General information on life, resources and systems in BC, dealing with stress of migration, etc.	Orientation 2: Federal & Provincial Benefits	Orientation 3: Money, budgeting, banking and Financial systems and tools
Arabic:	Karima Osman karimao@burnaby nh.ca; C: 236-877-2517	1st Monday of each month 11am – 1pm	2nd Monday of each month 11am – 1pm	3rd Monday of each month 11am – 1pm
Mandarin:	Dali Qu daliq@burnaby nh.ca; C: 236-877-2616	2nd Monday of each month 10am–12pm	3rd Monday of each month 10am–12:00pm	3rd Monday of each month 10am –12pm
Dari:	Arman Zamani armanz@burnaby nh.ca; C: 604-657-2163	1st Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm
Farsi:	Maryam Torabizadeh maryamt@burnaby nh.ca; C: 236-877-2531	1st Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm	2nd Friday of each month 1pm –3pm
Filipino:	Avelina Dioces avelinad@burnaby nh.ca; C: 236-889-4065	2nd Thursday of each month 11am–1pm	3rd Thursday of each month 11am–1pm	3rd Thursdays of each month 11am–1pm
Spanish:	Monica Tinajero Macarty monicam@burnaby nh.ca; C: 236-878-9405	1st Thursday of each month 11am – 1pm	2nd Thursday of each month 11am – 1pm	3rd Thursday of each month 11am – 1pm
Vietnamese:	Duy Tong duyt@burnaby nh.ca; C: 604-396-6955	1st Friday of each month 2pm – 2:30pm	2nd Friday of each month 2pm – 2:30pm	3rd Friday of each month 2pm – 2:30pm

www.burnaby nh.ca

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

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Volunteer Opportunities

Apply to become a volunteer at
burnabynh.ca/get-involved-volunteer/
Or contact Janice at janiceh@burnabynh.ca
or 604-294-5444



55+ Social and Recreational Program Lead

Lead a game or art activity! Wednesdays and Fridays - times are flexible.

Senior's Transportation Volunteer

We are looking for car owners to pick up seniors at their residences and drive them to medical appointments across Metro Vancouver. (1 year commitment)

Senior Peer Support Volunteer

Are you 55+ and interested in helping others? Volunteers provide 1-on-1 support to a fellow senior through challenging times in their lives. You will receive 6 weeks of training before starting your role.

Seniors Food/M Meal Delivery volunteers

Deliver groceries and/or prepared meals to isolated seniors living in Burnaby. Time and day flexible.

Meals On Wheels:

- 1. Depot Driver:** Driving our Meals on Wheels minivan, take our delivery containers to and pick up meals from our caterer in Richmond (Bridgeport area). Mondays 7:45am-9:45am
- 2. Route Delivery Drivers:** We need volunteers to come with their vehicle to our Brentwood office to pick up meals and deliver to clients on one of our routes in Burnaby. Wednesdays or Fridays from 10:30AM-12:30PM. Weekly or on-call opportunities.
- 3. Delivery Box Cleaner:** Help clean, sanitize and organize our meal delivery containers. Wednesdays or Fridays from 1:00pm-3:00pm.

Gift Wrap Volunteers and Supervisors

Interested in wrapping gifts, customer service, or fundraising? Supervisor opportunities available! - involves handling cash and supervision of gift wrappers. At Metrotown, Mon to Sun, 2 shifts (Mall Hours)

TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

Where?

BNH Community Hall
5024 Rumble St., Burnaby

Cost

Registration: FREE with \$5 annual
BNH membership fee

Lunch: \$5/day

Current Schedule

Thursdays
10:30am - 2:00pm

Mondays & Fridays
Coming Soon!



Why Should You Join?

- Opportunity to meet new friends in a supportive environment.
- Physical activity programs like light, safe exercises designed for seniors, stretching, outdoor walks.
- Health and wellness programs like sensory sessions, music & art, brain games.
- Meet experts and learn about nutrition, managing chronic conditions, relaxation, pain management etc.

Who Can Come?

- Registered, 55+ Seniors in Burnaby.
- Able to independently take part in activities.
- Unable to access social programs due to lack of support, transportation, mobility, or health challenges.



To Register,
Please Contact:

Alexis Haig

TAPS Coordinator

(604) 431-0400

✉ alexish@burnabynh.ca

BNH TAPS program is funded by the Government
of BC and managed by United Way of BC



United Way
British Columbia



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Senior Peer Support

- Do you want to make changes in your life?
- We have trained senior volunteers who can help you think of possible solutions to these issues and assist you in exploring your options.
- Possible topics; Caregiver for a family or friend, loss of independence, retirement, connecting to your community, isolation and loneliness

For more information contact Kathy at

236.885.7303 / 604-431-0400

or

kathyb@burnabynh.ca

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



United Way
British Columbia

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



Family Caregivers
of British Columbia



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.



Settlement & Integration Program

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



CONVERSATION CIRCLES FOR FARSI/DARI SPEAKING SENIORS

SEP 14 TO DEC 15 , 1:00 - 2:30 PM.
THE FOLLOWING WEDNESDAYS, IN-PERSON



at 4460 Beresford Street, South BNH

In this program you will:

- Find new friends
- Know your neighbours
- Increase your knowledge in different areas
- Improve your English.

Month of Sep	14 & 28
Month of Oct	5 & 19
Month of Nov	2 & 16
Month of Dec	7 & 21

For registration please contact us:

parisas@burnabynh.ca ; Tel 236 878 6295

WWW.BURNABYNH.CA

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



WEDNESDAY SENIOR'S SOCIALS ARE BACK!

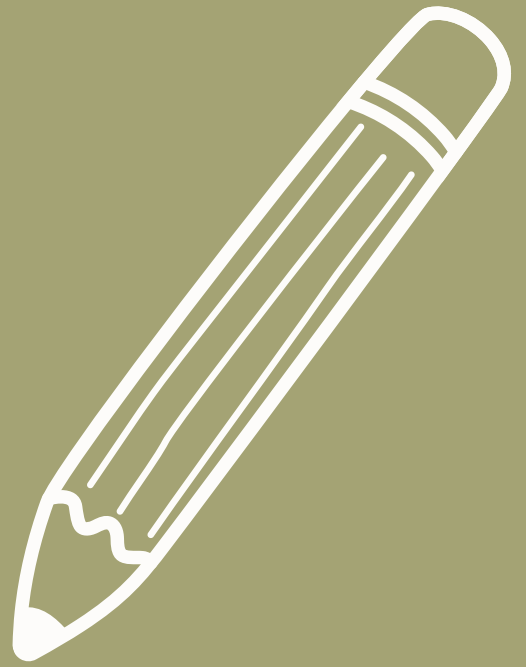
Join us at **South House** for coffee, games,
and social time!

Every Wednesday beginning
Wednesday November 2nd,
from **12pm to 2pm**

For more information please contact Emily:
emilyc@burnabynh.ca (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 (kʷikwə́ləm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

SENIOR'S INPUT SESSION



We want to hear from you!



Do you have **ideas** for new seniors' programs?

Do you have a **talent or skill** you want to teach others?

Wednesday, **November 16th** from
1pm-2pm at **SOUTH HOUSE**



For more information, please contact **Emily:**
emilyc@burnabynh.ca (604) 431 0400



Join us for heartwarming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. Other crafts are also welcome.

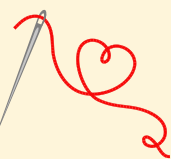
*No experience required *



The program is funded by Neighbourhood Small Grants.

vancouver
foundation

neighbourhood
small grants 



Handmade Workshop

QUILTING & CRAFTING FOR A CAUSE



By Ruth Kustner



Program Info:

Tuesdays: 1:00-3:00 pm



BNH North House

4908 Hastings St.

For more information or to register:



604-294-5444 or



northinfo@burnabynh.ca





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

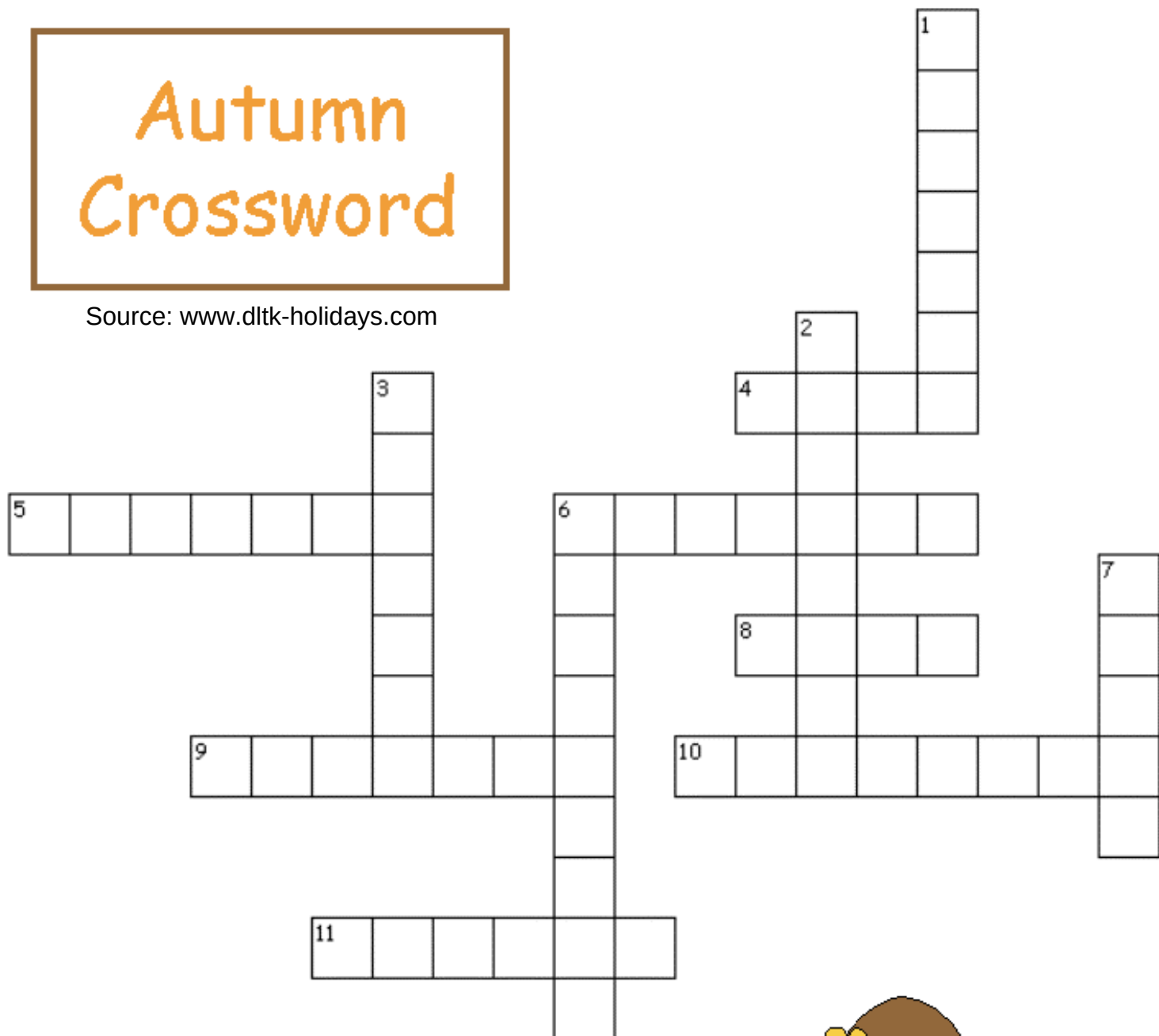


To register, email northinfo@burnabynh.ca.

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.

Autumn Crossword

Source: www.dltk-holidays.com



Across

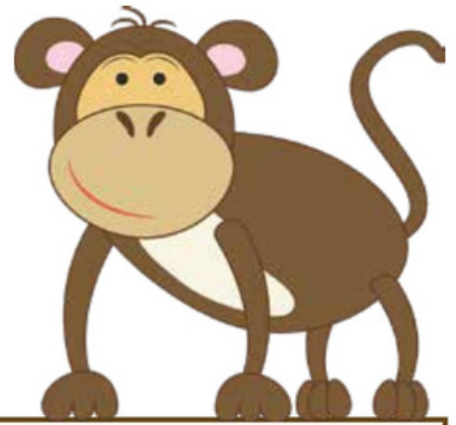
4. A tasty yellow vegetable with kernels.
5. Another word for gathering crops before winter.
6. Something people wear during autumn.
8. Another word for autumn.
9. Many animals do this in the autumn.
10. The way trees look during autumn.
11. One of the colors leaves turn in autumn.

Down

1. A large orange squash that people carve faces into.
2. A sport that starts in autumn.
3. The middle month of autumn.
6. Used to scare birds away from the corn.
7. A crisp, red fruit.



Zoo Animals



DIRECTIONS: Circle the names of the different animals from the word list in the letter grid below. To find them all you will have to look in every direction, including backwards and diagonally. Good luck!

ALLIGATOR

CAMEL

ELEPHANT

FLAMINGO

GIRAFFE

GORILLA

HIPPO

KANGAROO

KOALA

LION

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



MONKEY

RHINO

PANDA

SEAL

PELICAN

TIGER

PENGUIN

TOUCAN

POLAR BEAR

ZEBRA

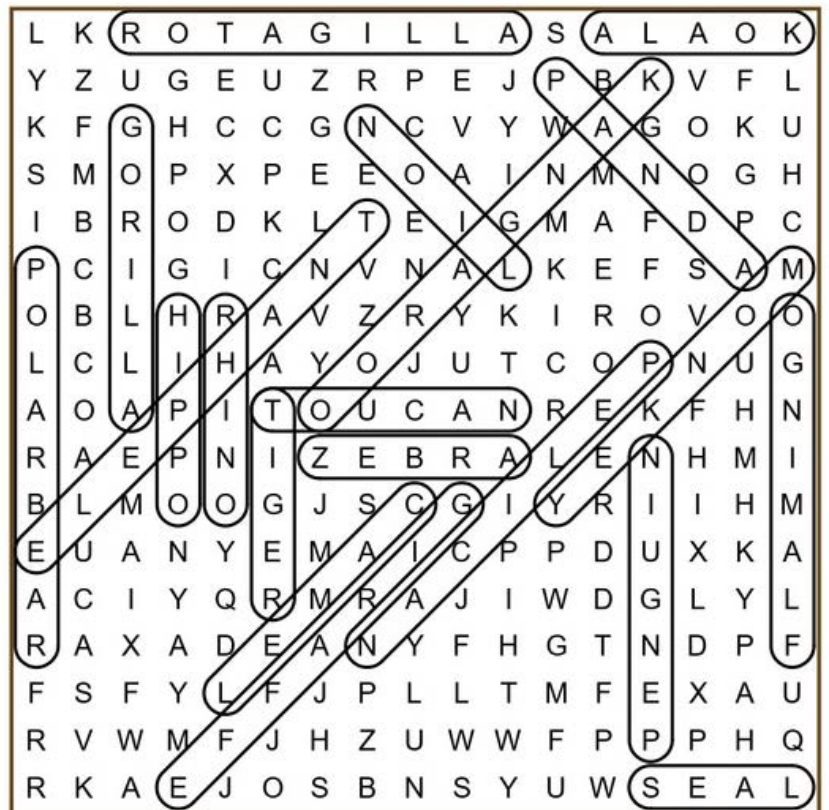
Puzzle Solutions

Autumn Crossword



**GREAT
JOB**

**YOU
DID IT!**



MEMBERSHIP 2022-2023



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).

BNH is the umbrella organization for Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach. Membership to BNH includes membership to these societies.

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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