

MARCH 2023



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

IN THIS ISSUE

STAFF HIGHLIGHT 1

MEET THE TEAM 2

BNH UPDATES 3

PET FEATURE 10

55+ PROGRAMS 19

VOLUNTEER OPPORTUNITIES 21

PUZZLES 25

Meet Habana Gutierrez, TAPS Day Program Activity Supervisor!

What is your role at BNH?

My role at BNH is Seniors Day Program Activity Supervisor for the TAPS program.

What do you like to do for fun?

I really enjoy the outdoors. I love hiking, camping during the summer and meeting new people. In winter I enjoy snowboarding whenever I have the time. I started climbing indoors over a year ago and I'm loving it. I will

hopefully feel comfortable enough to go climbing outdoors soon!



What's one thing people may not know about you?

One thing people may not know about me is that I hiked the Juan de Fuca trail last summer, a 4 day hike along the Vancouver island coast. I ended up really sore but it was so worth it for the beautiful views.

OUR TEAM



Alexis Haig
Manager of Seniors' Services



Emily Chan
Food and Social Programs
Coordinator



Kathy Bockl
Senior Peer & Caregiver
Support Coordination



Faryar Mohammadi
Seniors' Outreach
Program Coordinator



Echo Duan
Seniors Food Program
Supervisor



Charlene Laramee
Seniors Transportation and
Information & Referral
Coordinator



Lynda Young
TAPS Day Program
Coordinator



Habana Gutiérrez Vior
TAPS Day Program
Activity Supervisor



Leila Habib
BC Housing Coordinator - Byrne
Creek, Hall Towers 1 & 2,
Stratford Gardens



Lynn Leong
BC Housing Coordinator -
Doug Drummond



Marleni Curi Gomez
BC Housing Seniors
Activity Supervisor



BURNABY NEIGHBOURHOOD HOUSE PRESENTS

A
♦

18TH ANNUAL FUNDRAISER GALA

Viva Las Vegas

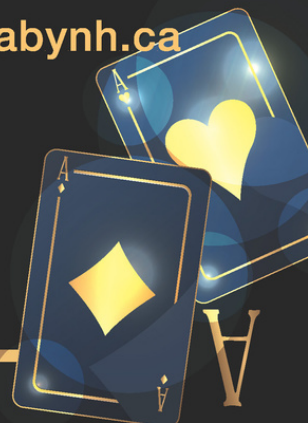
Saturday, March 11, 2023

DELTA HOTELS BURNABY CONFERENCE CENTRE
4331 DOMINION STREET, BURNABY
DOORS OPEN AT 6PM

Tickets \$125 per person,
\$1000 per table of 8

Available online at burnabynh.ca
or call 604-431-0400

DINNER ♣ MUSIC ♣ ENTERTAINMENT
AUCTION



PRESENTING MEDIA SPONSOR

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PLATINUM SPONSORS



RBC Foundation



PARKLAND

WESGROUP



BURNABY
FIREFIGHTERS
CHARITABLE SOCIETY

DIAMOND SPONSORS

Andrew Dick



BMO | Nesbitt Burns



EMERALD SPONSORS



Vancity



SAPPHIRE SPONSORS

Westland Insurance
IUOE Local 115

The Janitor Room Supply House Ltd.

INCOME TAX CLINIC 2023

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 \$55,000 or less per year
- For each dependent/child, add \$3000 per child
- **You must be a Member of Burnaby Neighbourhood House (BNH) and a Burnaby resident**



Do you qualify for the Income Tax Clinic?

Please complete the pre-screening form at <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.

Questions? Contact taxsupervisor@burnabynh.ca or call 604-431-0400 (South) or 604-294-5444 (North) or 604-299-5778 (Brentwood)

If you qualify, a BNH representative will call you to book your appointment time.

Income Tax Clinics Locations:

South House
4460 Beresford Street
604-431-0400

North House
4908 Hastings Street
604-294-5444

Brentwood Community
Resource Centre
2055 Rosser Ave,
604-299-5778

This year income tax clinic has the option for a *drop off* **or** *in-person appointment*. For drop off taxes, the Tax Preparers come on site to input your information and speak with you by phone before making a submission to Canada Revenue Agency (CRA).



**Neighbourhood
Small Grants
Burnaby**

Ideas that Connect Neighbours

The Neighbourhood Small Grants program supports neighbours of any age, experience or background take part in building community.

**Need help with
your application?**



Branka Vlasic
NSG Coordinator
brankav@burnabynh.ca

**Apply for up to
\$500 and bring
your project
idea to life!**

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: [@nsgnetwork](https://www.instagram.com/nsgnetwork)



vancouver
foundation

Canada Housing Benefit Information

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify. Applications opened on December 12.

Eligibility:

- You were born on or before December 1, 2007
- The home, cottage, condo, or apartment where you normally live and pay rent was in Canada on December 1, 2022
- You are a resident of Canada in 2022 for tax purposes
- You (and your spouse or common-law partner if you have one) have filed your 2021 income tax return or statement of income
- In 2021, you had an adjusted family net income of:
 - \$35,000 or less for families
 - \$20,000 or less for individuals
- The 2022 eligible rent that you paid was:
 - paid in the 2022 calendar year
 - paid for any of your qualifying principal residences in 2022
 - equal to at least 30% of your 2021 adjusted family net income

What to have ready before you apply

You'll need to ensure that you filed your 2021 income taxes and have all of your rent information on hand which includes:

- Addresses of any principal residences in Canada in 2022
- Total rent you paid in the 2022 calendar year for these residences
- Name and contact information of your landlord

The payment is not taxable - you will not need to report the one-time payment on your income tax return.

The one-time top-up does not reduce other federal income-tested benefits such as the Canada Workers Benefit, Canada Child Benefit, Goods and Services Tax Credit, and Guaranteed Income Supplement.

By phone - 1-800-282-8079 (7 to 12 business days average payment processing time)

To apply and for more information, go to

<https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canada-housing-benefit.html>

The last day you can apply is **Friday, March 31, 2023 (11:59 pm ET)**.

Need assistance completing the form? Contact Charlene at 604-292-3901 or charlenel@burnabynh.ca



seniors first BC

Free Community Legal Clinics

We provide free 30-minute legal consultations to eligible seniors (55+) by appointment at locations across the Lower Mainland for legal issues such as:

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



Language Interpretation Available!

Eligibility

- Gross income: \$40K + \$10K per additional household member
- Asset test for Advance Planning services determined during booking.

Exceptions may be made on a case-by-case basis.

We cannot prepare court documents, and we do not advise on family and criminal law issues.

To confirm eligibility and to book an appointment, call **604-336-5653**.

Legal Clinic Locations

- SFBC Office in Vancouver – by appointment only.
- Kay's Place in Vancouver – every 1st Wednesday of the month, from 10 AM to 12PM.
- Minoru Centre in Richmond – every 4th Thursday of the month from 10AM to 12PM.
- Seniors' Services Society of BC in New Westminster – every 3rd Friday of the month from 2pm to 4pm.
- Newton Seniors Centre in Surrey – every first Tuesday of the month between 10am to 12pm.
- Burnaby Neighbourhood House South House – every 2nd Tuesday of the month between 10am and 1pm.
- Burnaby Community Services – every 4th Tuesday of the month between 10am to 1pm.
- VCH Deaf Well-Being Program in Burnaby – two Thursdays each month in the mornings and afternoons. ASL interpretation provided.

Get in Touch with Us!



604-336-5653



Info@seniorsfirstbc.ca



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca

BNH Programs - North House

For more information
or to register for
programs, contact:



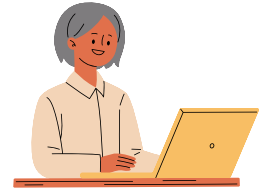
604-294-5444
northinfo@burnabynh.ca
4908 Hastings St



North Digital Café (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)

English Class - welcome all levels (In-person)

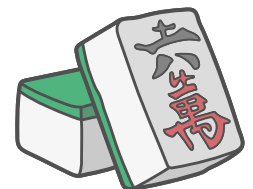
Learn the basics of English with fun activities including writing, reading, speaking and listening. Join our program to bring your English to a next level.

Thursdays from 2:00-4:00 pm | North House

North Mahjong

Come share in our love of Mahjong! New players of all levels of experience are welcome. If you have never played before members will be happy to share their love of the game and teach others to play.

The 2nd and 4th Friday of each month at 11:00 am



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



TAI CHI

An Art Embracing the Mind, Body and Spirit
for beginners



FRIDAYS

Starting March 3, 2023



10 AM - 12 PM



THE AMAZING BRENTWOOD MALL



Join us for a fully guided meditative exercise exploring a gentle flow of progressive movements delivered by a certified instructor, Marina Ma, with over 35 years of teaching experience.



Learn more or to register,
Email northinfo@burnabynh.ca or call 604-294-5444.

CARE

CONNECT

ENGAGE

BELONG



Natural Healing Exercise

Qi Gong

Every Saturday



2 PM – 3 PM



Amazing Brentwood Mall

Facilitated by
Arsenio Chua

Knowledge in Taichiquan (Yang, Chen, Wu, Mu, and Sun style) Tai Chi sword, Taichi Fan, Taichi Cane, Taichi Fochien and Push Hand

Wai Dan Gong

It is a self disciplinary exercise that relies on the circulation of a "Priori Chi" (Xian Tian Qi) over the whole body, thus strengthening human's defends system. It can build up stamina, cure ailments and prolong life. It is in accord with the principle of natural healing. It's easy to learn and beneficial for those who practice daily. It's safe to practice and no side effect has ever been observed. This exercise fit senior's and most elderly seniors.

The Qigong exercise is applicable to partial disable person and can be done sitting on the chair exercise, to those who cannot stand an hour of exercise).

More info / Register:



604-294-5444



northinfo@burnabynh.ca

CARE

CONNECT

ENGAGE

BELONG

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



North

Mahjong



Spend late morning on Fridays with our community-lead group that meets bi-monthly to play mahjong with friends old and new! Mahjong is a popular and challenging game that helps keep your brain active while having fun.

Stay active, enjoy the fun, and stay connected!

Where: North Burnaby Neighbourhood House

(4908 Hastings St.)

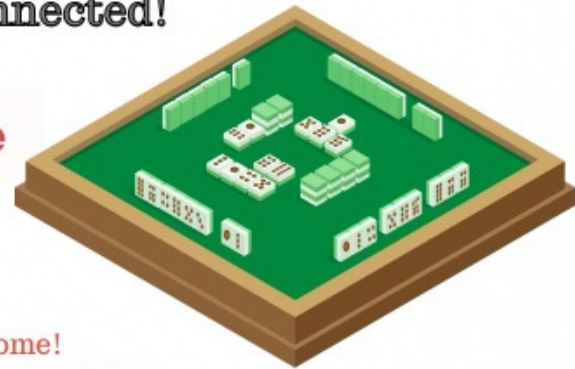
When: Every Other Friday

(Starting Jan 13, 2023)

Time: 11:00 am onwards

All levels welcome!

Members are happy to share their love of the game and teach others to play.

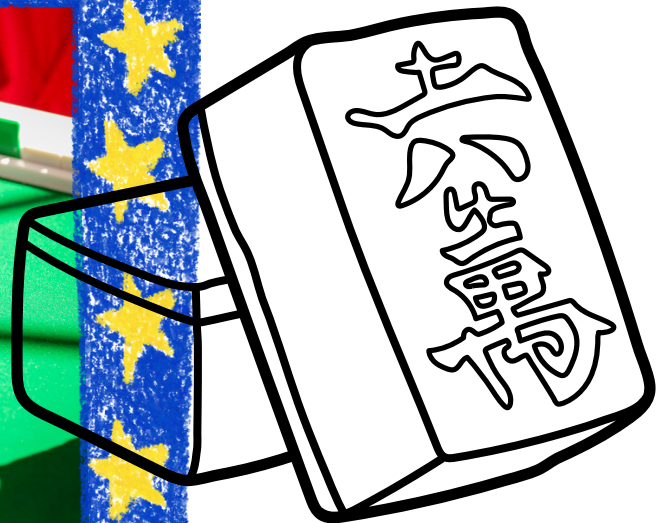


Space is limited

CONTACT US

604-294-5444

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwataʔ), Kwikwetlem (kwikwəłəm), 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 Wednesdays (12:00-2:00pm) and Fridays (10:30-12:00pm) for a cup of coffee or tea and a wide variety of activities: mahjong, BINGO, knitting & crochet, and more!

New Chinese Community Social

On March 22nd we will have our Burnaby's Chinese senior community! Join us for guest presentations, refreshments, and meet new friends! This program is offered in partnership with BNH's Settlement Case Manager, Dali!

3月22日下午12:00-3:00, 請來參加我們專門為講中文的老年朋友安排的交流活動時間。歡迎您來加入我們, 聽嘉賓的專題講座, 享用茶點, 廣交朋友。這個活動也有本拿比鄰舍新移民安置服務的中文服務專員Dali的參與。

Movement for Health

Enjoy different physical activities to can help improve your health! Join one of our Tai Chi classes to practice slow-flowing movements and focused breathing.

Tai Chi

Wednesdays:

10:00-11:00am Sword 32 Tai Chi

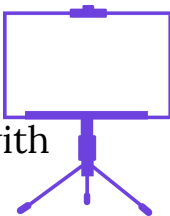
11:00-12:00pm 24 Tai Chi

Fridays:

3:00-4:00pm 48 Tai Chi

Workshop Series

Learn about Safe medication use on **March 10th**. On **March 31st**, come chat with Andrea, Community Librarian from Burnaby Public Library!



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 (1:00-3:30pm)!



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@bby seniors.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! *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. Registration is required.

To register, contact the **Lynda** at **604-431-0400** or lynday@burnabynh.ca.

DEMENTIA FRIENDLY CAFÉ

A gathering for those with memory loss, and
their family and friend caregivers



Light refreshments will be served

How to support family and friends with decision-making

Speaker: Taja De Silva from the Canadian Centre for Elder Law (CCEL)

Contents:

- Help family and friends with important decisions
- Find out about strategies and resources to support your loved ones' decisions
- Learn about the impact CCEL is making in the community
- Share stories and make friends with other families



When:

Thurs, March 9th, 2023
1:00—3:00 PM

Where:

2055 Rosser Avenue

Register:

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 (səlilwataʔ), Kwikwetlem (kʷikʷəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours

We acknowledge the financial support of the Province of British Columbia.

Want to learn Mandarin?

BNH PRESENTS..

Basic Mandarin Program



**Perfect for
beginners!**

**Wednesdays
on Zoom**

6:00PM-7:30PM

FEBRUARY 22 - APRIL 26

**To register please contact
us:**

Email:

volunteer@burnabynh.ca

Phone:

236-833-6515



BURNABY NEIGHBOURHOOD HOUSE IS A COMMUNITY DRIVEN AND COMMUNITY FUNDED AGENCY LOCATED ON THE UNCEDED TERRITORIES OF THE TSLEIL-WAUTHUTH (Sə́íl'ílwə́təʔt), KWIKWETLEM (Kʷíkwə́łəm), SQUAMISH (Sḵw̓x̓wú7mesh úxwumíxw) AND MUSQUEAM (XʷməθKʷə́yəm) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

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? 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 contact **Charlene**: 604-292-3901 or charlenel@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 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 Caregiver Support, contact **Kathy** at kathyb@burnabynh.ca or 236-885-7303*

Settlement Services:

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer 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)



FROZEN MEALS FOR SENIORS

Do you have trouble cooking for yourself at home?

Our excellent kitchen team prepares, portions, and freezes home-cooked meals in our licensed kitchen!

These meals are available for purchase at **BNH South House**

Each meal is **\$5** (subsidies to help with cost are available)

You can pay with **cash, cheque, debit, or credit card**

For more information, please contact Emily

604 431 0400 emilyc@burnabynh.ca

Proudly supported by:

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

HelpAge

Canada



United Way
British Columbia



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.



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.

Form filling Volunteer

We are looking for caring individuals to help seniors complete forms like OAS, GIS, Housing Registry, BC Buss Pass, and CPP, and find information and services they need



DUDES
club

5024

GATHERINGS *in* BURNABY

SPRING 2023 DATES

6:00pm at 5024 Rumble Street



**A BROTHERHOOD
FOR MEN'S
WELLNESS**

COMING UP

Monday, February 13

Monday, February 27

Monday, March 13

Monday, March 27

Monday, April 10

Monday, April 24



For more info contact: BurnabyDudes@gmail.com or call Jayson (604-845-8198) or Lukas (604-562-3447)



DUDES
club

IN

Burnaby

WHAT IS DUDES CLUB?

DUDES Club provides space to facilitate a participant-led community for men's health and wellness. We do this through different events prioritizing supportive relationships, engagement in health care, and Indigenous world views.

Come to our gatherings and have the chance to shape what a DUDES Club in Burnaby could be.

DUDES Clubs are open to all individuals who self-identify as men (gender-inclusive).

HOW DO I GET INVOLVED?

WANT TO LEARN MORE?

GET IN TOUCH

Call or email Lukas at Burnaby Neighbourhood House for more information.

t: Lukas 604-562-3447

t: Jayson 604-845-8198

e: BurnabyDudes@gmail.com

Burnaby DUDES Club & Burnaby Neighbourhood House respectfully acknowledge that their gathering place is on the unceded, traditional, and ancestral lands of the hən̓q̓əmiñəm and Skwxwú7mesh speaking people.

Burnaby DUDES Club meetings are held at:

**Burnaby Neighbourhood House
Community Hall
5024 Rumble Street**



Bunny: The Furry Member of My Family

WRITTEN BY BALJIT

As I sit in the office, trying to concentrate on work, I can't help but think about my furry companion, Bunny.

Bunny is our beloved furry friend who has been a source of joy and companionship in our lives. He is a toy poodle and joined our family 8 months ago, just in time for my wife's birthday. From the moment we laid eyes on him, we knew that he was the one for us.

Bunny is not just a pet, but a source of joy, love, and companionship. He has an amazing personality and is always eager to make new friends, whether they are kids or other dogs. He is incredibly social and always loves to play, making him the perfect companion for anyone who loves to have fun.

His love for the outdoors is something that we all admire. He loves to go out for walks, and his favorite place to go is the dog park. He waits for the weekends eagerly so that we can take him to the park, and he has the best time playing with other dogs and running around.



One of Bunny's unique qualities is his love for food. He always wants to try what's on my plate and has no problem letting me know that he wants some. He's always willing to share his food too, as he's the perfect host. With Bunny around, meals are never boring or lonely.



Bunny is also incredibly intelligent, which makes training him a breeze. He knows when it's time to go out for a walk, when it's time to play, and when it's time to cuddle up and relax. He's always ready to learn new tricks and commands, which makes him an excellent companion for anyone who is looking for a loyal and obedient pet. Bunny's picture-perfect looks are always turning heads wherever we go. His soft, curly coat and his cute little face are just a few of the things that make him so special.

Lastly, Bunny is not just a pet, but a member of my family. His playful nature, his love for food, his intelligence, and his charming looks are just a few of the things that make him so special. I feel grateful to have him in my life, and I'm sure anyone who meets him would feel the same way.

DEMENTIA
FRIENDLY CAFE
ON FEB 9TH



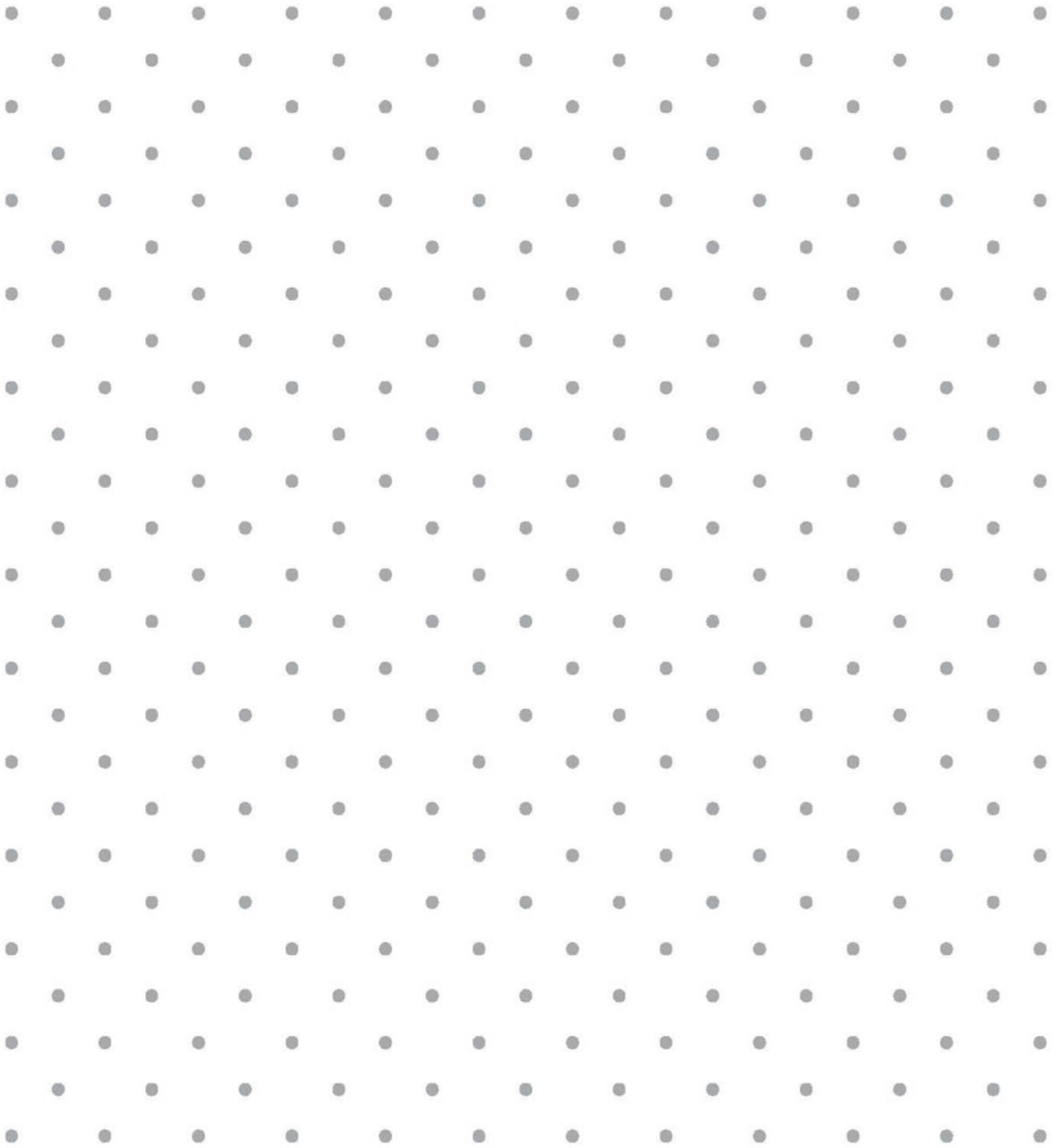
During our Feb Cafe, we had a terrific presentation from a physiotherapist who gave us tips for physical health as well as introduced a variety of therapeutic moves. We had a lot of fun practicing these moves!

CAREGIVER
LUNCH ON FEB
2ND

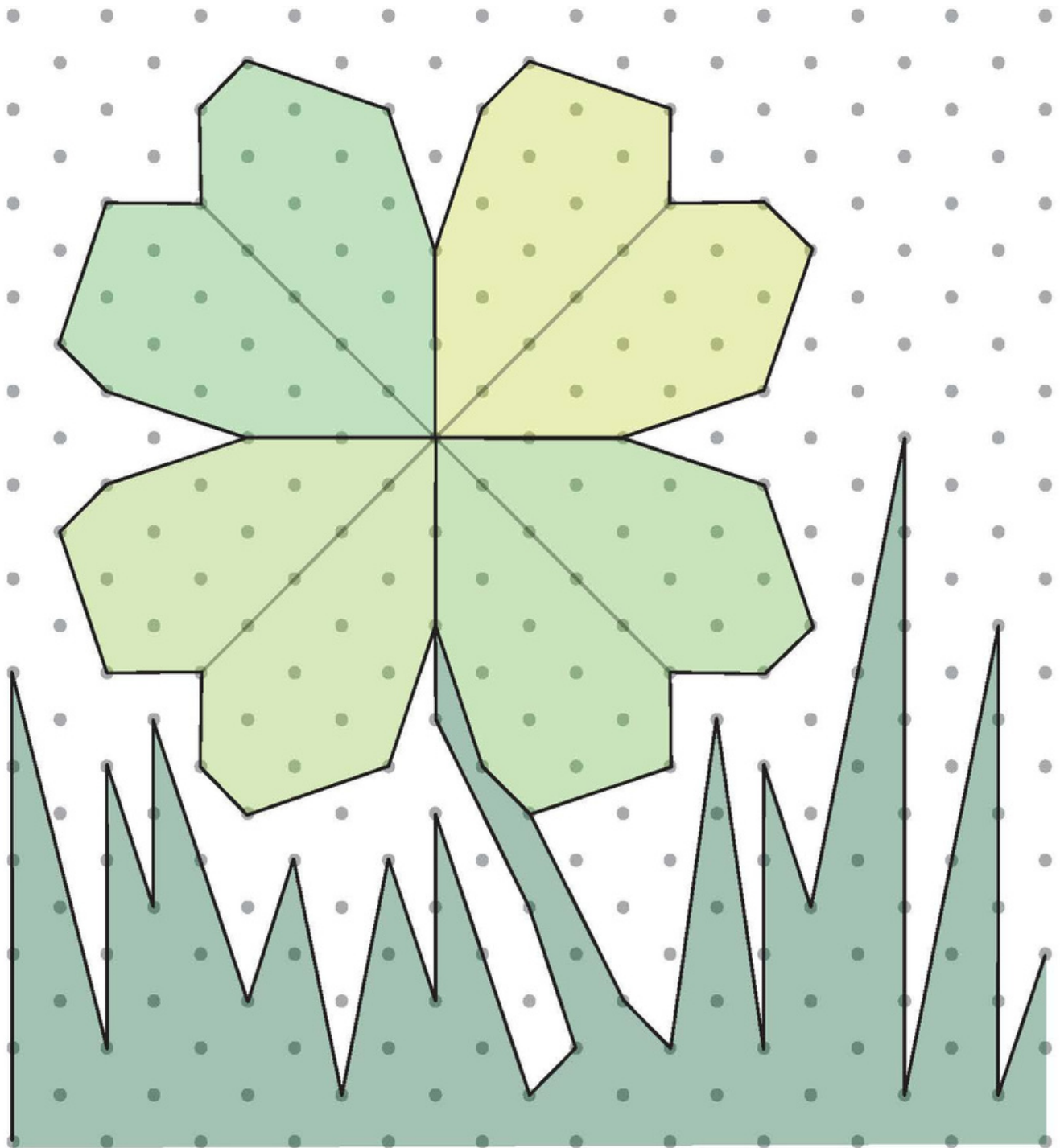


Dot Doodles

Try and duplicate the image on the next page using the dots.



Dot Doodles



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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