

# DECEMBER 2023



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

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## A Holiday Message from Alexis

Happy December! It's hard to believe it's almost 2024!

Please join us for a number of events happening at the Neighbourhood House this month.

At South House we will have our Seniors Christmas Lunch on December 15th. Please purchase a ticket at our front desk. On December 19th, we will have a Sharing Cultures Dinner at South House in celebration of Yalda Night! (more details on page 6)

All of our offices will be closed from December 25th to January 1st. We will reopen Tuesday, January 2nd, 2024.

From all of us at Burnaby Neighbourhood House, we wish you and your loved ones a wonderful holiday season!

Alexis,  
Manager of Seniors' Services



# SENIORS TEAM



**Alexis Haig**  
Manager of Seniors' Services



**Emily Chan**  
Seniors Food Programs Coordinator



**Kathy Bobicki**  
Senior Peer & Caregiver  
Support Coordination



**Faryar Mohammadi**  
Seniors' Outreach  
Program Coordinator



**Cynthia Lu**  
Seniors Food Programs  
Supervisor



**Charlene Laramee**  
Seniors Transportation and  
Information & Referral  
Coordinator



**Lea Kovalchuk**  
Seniors' Social and Day  
Programs Coordinator



**Rojan Nasiri**  
Seniors' Social and Day  
Programs 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  
FIREFIGHTERS**  
CHARITABLE SOCIETY

# ANNUAL TOY DRIVE

IN SUPPORT OF:



**Saturday, December 9  
11 AM to 7 PM  
Metropolis at Metrotown**

Donate a new, unwrapped toy for a child in need  
this holiday season!

The first 100 donors will be receiving a \$10 MET Gift Card  
Each person who donates is entered to win a \$100 MET Gift Card!

For more information about the **Burnaby Christmas Bureau**  
and a list of suggested donation items, please visit  
[www.bbyservices.ca/christmas](http://www.bbyservices.ca/christmas)

Proudly sponsored and supported by





# VOLUNTEERS NEEDED!



We're looking for dedicated volunteers to join our team as **Giftwrappers** and **Giftwrap Supervisors**. Your efforts will help make the holiday season brighter for our community. Whether you have a knack for gift wrapping or love to lead and support others, we'd love to have you on board.

**From December 1st to 24th  
at Metropolis at Metrotown**

To apply, visit our website:  
[burnabynh.ca/get-involved-volunteer](https://burnabynh.ca/get-involved-volunteer)



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaɁ), Kwikwetlem (kʷikʷəɫəm), Squamish (Skwəxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.



Every donation turns on a **light** at the Burnaby Neighbourhood House

# KEEP THE **LIGHTS** ON



During this holiday season, help keep the lights on at our Houses and ensure our programs can continue to respond to the many local needs.

**Every \$2 turns on a **light**.**

**DONATE ONLINE**

**BURNABYNH.CA**



**DONATE IN-PERSON**

**South House reception**



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəʔləm), Squamish (Skw̓wú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.





Hosted by BNH  
Settlement Team

**TUESDAY, DECEMBER 19, 2023**

**6:00 PM - 8:00 PM**

\*Dinner served around 6:15pm

# Sharing Cultures Dinner

4460 Beresford Street, Burnaby  
(South House) - 3rd floor

A celebration of

# YALDA NIGHT



Buy tickets in advance at  
the South BNH Reception  
or call (604) 431-0400:

Adults (19+)	\$8
Youth (13-18)	\$8
Children (4-12)	\$5
Under 3	Free



**Food, Music, and  
Children's Activities**



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Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



# Meet Ivette's puppy **PLUTO!**



## **How old is Pluto?**

Pluto is 4 months old!

He was born in Vernon. We got him from a relative who had a few pups for sale. We didn't choose him, he just chose us! There were 4 pups for sale. We were visiting the family and while we were sitting in the backyard, he went directly to my son, and then went to my

grandkids, while the other siblings didn't care about the visit. 😂

We haven't had a pet for over 5 years but this adorable guy has brought so much happiness to us. He is sweet and loves toys and walks.

**Have your pet featured next month: alexish@burnabynh.ca or 604-431-0400**



## **What kind of breed is he?**

He is a Goldendoodle.

## **What is Pluto's favourite food?**

Pluto love vegetables, particularly carrots, celery and apples along with with his food!

## **Does he have any special talents?**

I am not sure about talent yet, but he for sure has good eating habits 😊



# 55+ Programs

## North House



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

### Soup Lunch

We're so excited to be bringing it back – soup on Mondays!! Join us for a bowl of healthy soup and a fresh bread bun. Stay a while and chat and connect with your neighbours. Freshly made tasty soup and a bread roll for \$2.

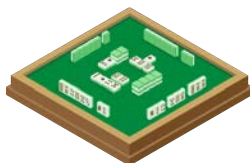
Mondays | 11:00 am – 1:00 pm



### Community Yoga Class

New Community yoga class running for 6 weeks on Tuesdays from November 7 to December 12! Yoga is incredibly beneficial to our overall well-being – it improves many things including flexibility and mental health. It can help reduce anxiety and stress while increasing your strength. Everyone can enjoy the benefits. Join us for this gentle morning class.

Tuesdays | 10:00am – 11:00am



### Community Cafe

Drop in to chat and relax, or take part in the activities and games going on that day. Bring your favourite game to share with others or learn something new. The Mahjong Club is now part of this group and will meet at this time.

Fridays | 1:00pm – 4:00pm

## Brentwood House



2055 Rosser Ave  
604-299-5778  
reception@bbyservices.ca

### Qi Gong Classes

Qi Gong is a personal practice that leads to fitness, flexibility, and internal peace that combines the physical benefits of exercise with the spiritual qualities of meditation.

Mondays | 2:00pm – 3:00pm

Saturdays | 2:00pm – 3:00pm \*Amazing Brentwood Mall\*

### Holistic Stretching & Meditation Exercise

This slow, soft manner exercise is designed to be accessible to adults and seniors. With minimal instruction, participants can easily follow along and gradually understand the movements.

Fridays | 1:30pm – 2:30pm \*Amazing Brentwood Mall\*





# Join us for Focus Group Session With Seniors

*Exploring the needs of seniors and collaboratively plan an impactful program.*

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**Tuesdays- December 5th and 12th**

**11:15am to 12:30pm**

**Burnaby Neighbourhood House (North House),  
4908 Hastings St.**

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**For inquiries :**

*contact Lea at*

*[leak@burnabynh.ca](mailto:leak@burnabynh.ca)*

*604-431-0400*



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# Community Adult Yoga Program

**November 7 - December 12**

Every Tuesday for 6 weeks

**10:00-11:00am**

**North House (4908 Hastings Street)**

- Everyone (all ages and levels) are welcome
- Yoga can be done either on a yoga mat or chair
- Bring a yoga mat (if you have one), water bottle, and dress in comfortable clothes

**BNH Member +  
Fee: \$5 donation  
(Nov-Dec)**

**Sign up Today**



**Ann:**

**[annr@burnabynh.ca](mailto:annr@burnabynh.ca)**



# South House



4460 Beresford St.  
604-431-0400



For the program guide, contact Lea at: [leak@burnabynh.ca](mailto:leak@burnabynh.ca)

## Senior's Social & Games

Join us Wednesdays (12:00-3:00pm) and Fridays (10:30-12:00pm) for a cup of coffee or tea and a range of activities: BINGO, cards, birthday celebrations, and more!

## English Conversation Circle with Rowena

Every Friday morning (10:00-11:00am) continue developing your language skills and explore a variety of topics and themes!

## Movement for Health

Enjoy different physical activities to help improve your health!



Yoga  
**Wednesdays**  
2-2:45pm

Latin Beat  
**Fridays:**  
10-11am

Yuanji Dance  
**Fridays:**  
3-4:45pm

Tai Chi  
**Wednesdays**  
10-11am 24 Tai Chi (Beginners)  
11am-12pm Tai Chi Sword

**Fridays**  
1-2pm 24 Tai Chi  
2-3pm 48 Tai Chi

## Digital Cafe with Mal

Need help with your phone or computer? Drop by our Wednesday Social on Dec 6th and get support with your device!

## Workshop - Burnaby Public Library



On Wednesday, Dec 13th, enjoy a talk with Andrea, BPL's community librarian!

## Friday Lunch

Meet new friends and enjoy a delicious meal (\$6) **Register by 2pm Thurs.**

## Sew Fun!

Practice your sewing skills every Friday afternoon (1:00-3:00pm)!



# Community Hall



5024 Rumble St.

## TAPS Community Day Program - Thursdays!

Join TAPS and have fun chatting, playing games, and enjoying meals with others!

Transportation supports are available. Cost: \$6 for lunch

To register, contact **Lea** at **604-431-0400** or [leak@burnabynh.ca](mailto:leak@burnabynh.ca).

# 廣東話

## Community Basic Cantonese Program

Every Fridays  
(from December 1 to December 22  
(4 sessions)



1:30PM - 3 PM



BNH SOUTH HOUSE



Fee: BNH membership +  
\$5 program fee

### Join Us Now!

For registration, please contact  
Carina: [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



# SENIORS CONNECTIONS In-person Program



4460 Beresford St  
(South House)

*Join our in-person program  
twice a week!*

**Wednesdays: 12PM - 2PM**

**Fridays: 11:00 AM - 1 PM (\$6 for lunch)**

Monthly calendar available!

Come by our South House and pick up a copy  
or call 604-431-0400 to have it emailed to you.

To register: Contact Lea at 604-431-0400 or [leak@burnabynh.ca](mailto:leak@burnabynh.ca)

**Enjoy  
lunch!**

**Socialize  
with  
friends!**

**Play  
games!**

*And much more!*

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# TAPS

Therapeutic Activation  
Program for Seniors



Registration  
Required



## A new, low-cost, social activity day program for Burnaby seniors!

### Where?

Burnaby Neighbourhood House  
Community Hall  
5024 Rumble St., Burnaby

### Cost

Lunch: \$6/day

Annual BNH membership  
fee required (\$5 per year)

### Why Should You Join?

- Meet new friends and socialize in a supportive environment.
- Engage in safe low impact physical activities.
- Participate in creative programs including music, art and brain games.
- Meet experts and learn about the latest health and wellness topics.

### Current Schedule

Thursdays  
10 am - 2 pm



### Who Can Come?

- Burnaby residents age 55+
- Able to independently take part in activities
- Experience barriers accessing community programs due to lack of support, transportation, mobility, or health challenges.



To Register,  
Please Contact:

Lea Kovalchuk  
TAPS Coordinator  
(236)-668-1712  
leak@burnabynh.ca



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



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# Dementia Programs - South and Brentwood House



## Burnaby Dementia Cafes - Brentwood and South House

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

- **Dementia Friendly Café: Brentwood House**
  - 2nd Thursday of the month
  - 1:00-2:30PM
- **Dementia Friends Café: South House**
  - Last Thursday of each month
  - 12:00-2:00PM



## Seniors Memory Club - Brentwood House

Join our dementia-friendly and multicultural event - a weekly opportunity to play games, exercise, socialize, sing, share stories, and celebrate our togetherness.

- Most Saturday from 10:00AM-11:30PM

*To register, contact Faryar faryar@bbyseniors.ca or call 604-375-5778*

# Peer and Caregiver Support - Across Burnaby

## Caregiver Support

Enjoy a nutritious lunch, guest presenter, and a self-care activity every month with other family and friend caregivers!

- **Caregiver Lunch - Brentwood House**
  - First Thursday of every month | 1:00-3:00PM
- **Family Caregiver Journey - South House**
  - Third Thursday of each month | 10:30-2:00PM



## 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.

## Friendly Phone Calls/Visitors

Stay connected through weekly phone calls or visits from a volunteer!

*To register, contact Kathy at [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca) or 236-885-7303*

# Caregiver Lunch

## Tax Planning for Assisted Living & Long-Term Care Options



**Thurs. December 7th,  
12:30 to 4:00 PM,  
Brentwood  
2055 Rosser St.**

**Come learn about  
navigating the health care  
system and senior benefits**

**Host:** David Perkins CFP®, EPC, CEA  
Senior Financial Planner  
Assante Financial Management Ltd.

Contact Kathy Bobicki  
to register

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



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

 **236-885-7303**



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

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# Dementia Friendly Café

## Ring in the New Year with Music



Join us for dancing, refreshments, and games!

Celebrate the New Year with **Harmony for All** and sing Christmas songs together.



### When:

Thursday, December 14  
1:00pm – 3:00pm

### Where:

Brentwood House  
2055 Rosser Avenue

### To register, contact Faryar:

faryar@bbyseniors.ca  
604-375-5778



Supported by the Province of British Columbia



United Way  
British Columbia

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

We acknowledge the financial support of the Province of  
British Columbia and the United Way of British Columbia



# Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today.

Share your concerns, find balance and receive emotional support.



## Family Caregivers Journey Series

Please join us for a workshop about, "Walking the Caregiver Path."  
lunch and selfcare activity after

**Thursday, December 14**

At Burnaby Neighbourhood  
House, 4460 Beresford St

10:30 Coffee and Tea

11:00 Presentation

12:30 Lunch

1:00 - 2:00 Selfcare Activity

To register or for more  
info contact:

Kathy Bobicki

Email: [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca)

Phone: 604-431-0400



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British Columbia



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# Burnaby Dementia Friends Café



## Sep 28: Introduction to Brain Health

Learn how to maintain and improve your brain health.

- What is a healthy brain?
- What is dementia?
- Risk reduction
- Memory and brain training



## Oct 26: Creating a Safe Home

Identify safety risks and prevent accidents at home.

- Safety measures for medications
- Food safety
- Hazardous substances



## Nov 30: Preparing for Holidays

Learn how to minimize stress during the holidays.

- Explore tips to make holiday plans
- Prepare meaningful activities
- Learn how to maximize social connection



## Dec 21: Meet the UBC IDEA LAB

Come have fun, play games, win prizes!

- See the "Social Robots" in action
- Play with the music headphones



### When:

Last Thursday of  
each month  
In Sep, Oct, Nov, Dec  
12:00–2:00 pm

### Where:

South Burnaby  
Neighbourhood House  
4460 Beresford Street



Alzheimer Society  
BRITISH COLUMBIA



We acknowledge the financial support of the Province of British Columbia and the United Way of British Columbia



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

**To register, contact:**  
[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)  
604-375-5778





# NOVEMBER





# BNH Services Spotlight:

## 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. *By appointment. Contact **Charlene at 604-292-3901 or [charlenel@burnabynh.ca](mailto:charlenel@burnabynh.ca)***

## Grocery and Meal Delivery Program

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors in Burnaby.

*For information on food hampers, contact **604-307-2945***

*For information on prepared meals and grocery shopping, contact **Emily at 778-288-3747 or [emilyc@burnabynh.ca](mailto:emilyc@burnabynh.ca)**.*

## Digital Literacy Program

Would you like learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Computer Instructors are available to help community residents with their computer learning needs. We offer support in multiple languages. Drop in to this in-person program at the North , South or Brentwood House. No registration required.

You can use one of the Neighbourhood House devices or bring your own device. *For more information, email us at [southcomputercafe@burnabynh.ca](mailto:southcomputercafe@burnabynh.ca) or [northcomputercafe@burnabynh.ca](mailto:northcomputercafe@burnabynh.ca). (See the next page for more details).*

## 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, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish.

*To learn more, contact [settlementprogram@burnabynh.ca](mailto:settlementprogram@burnabynh.ca) or **604.431.0400***

# Do You Need Tech Help?

## North House

Mon: 10:00 AM - 12:00 PM

Tues: 1:00 PM - 3:00 PM

(4908 Hastings St, Burnaby)

604-294-5444

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

## Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

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

## South House

**Mon: 12:00 PM - 2:00 PM**

Thurs: 3:00 PM - 5:00 PM

**Sat: 10:00 AM - 12:00 PM**

(closed on long weekends)

(4460 Beresford St, Burnaby)

604-396-7307

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

## Computer Drop-in

- Using laptops, phones, tablets
  - Zoom, Google Search, Email basics
  - Microsoft Suite Basics
- Multiple languages offered

**No registration  
required**



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.



With funding from



THE UNIVERSITY OF BRITISH COLUMBIA  
Learning Exchange

In partnership with



FACULTY OF  
EDUCATION





# 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 pickup at  
**BNH South House (4460 Beresford St)**

Each meal is **\$7**

Please pay by **cash** when meals are picked up

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

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**Proudly supported by:**

**HelpAge**

**Canada**



**United Way**  
British Columbia





## Settlement & Integration Program

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



## Conversation Circle КЛУБ РОЗМОВНОЇ АНГЛІЙСЬКОЇ МОВИ безкоштовно

**Saturdays** 10:30am - 12:30pm  
4460 Beresford Street, Burnaby  
(BNH South House-3rd floor)

**Join us and develop your  
conversational English skills!**

- Friendly atmosphere
- Different topics each week
- Learn more about Canada
- Connect with other fellow newcomers

**Приєднуйтеся та покращуйте  
навички розмовної англійської!**

- Дружня атмосфера
- Кожного разу - різні теми
- Взнаєте більше про Канаду
- Спілкування з іншими новоприбулими

**October 28th to December 16th, 2023**

For more information or to  
register, please e-mail Xinrui:  
xinruil@burnabynh.ca

Більше інформації та реєстрація  
за ел. поштою до Xinrui:  
xinruil@burnabynh.ca

[www.burnabynh.ca](http://www.burnabynh.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



# 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

# VOLUNTEERS NEEDED!

## DO YOU LIVE IN BURNABY?

## ARE YOU 55+?



Community Outreach

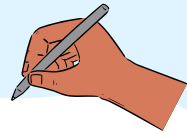
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

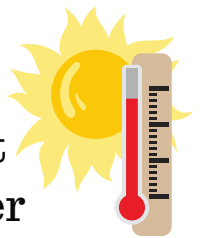
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



## INTERESTED?

Contact Kathy at [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca) or 236-885-7303

Thanks to our sponsors:



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

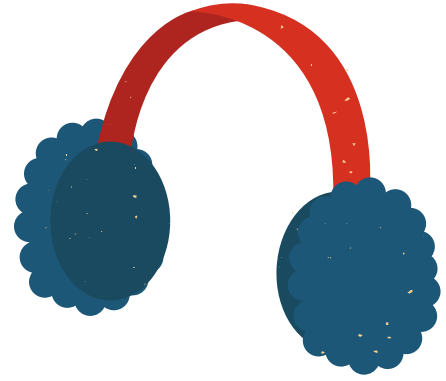
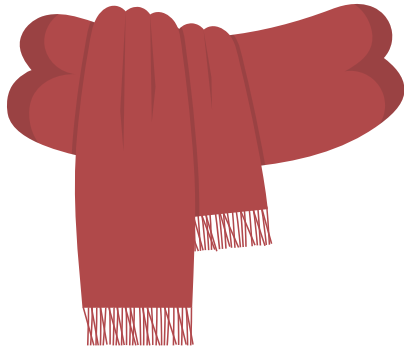


Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Skw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.





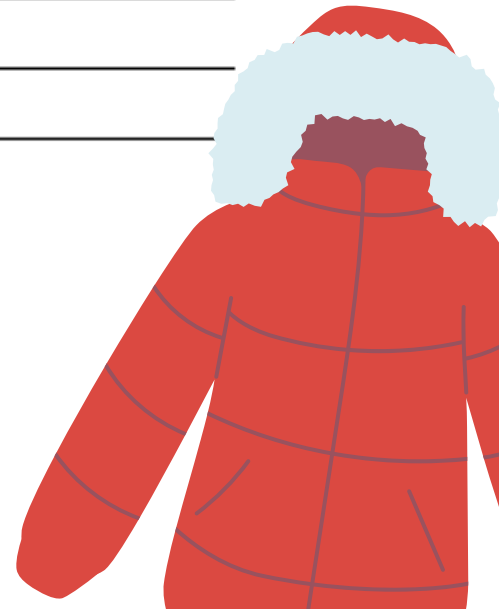
# Holiday Puzzle!



## Winter Word Scramble

Unscramble the letters to solve the puzzle!

1. RGEIRDNABGE \_\_\_\_\_
2. UAYNARJ \_\_\_\_\_
3. CEHYOK \_\_\_\_\_
4. ZRFOEN \_\_\_\_\_
5. SCOSK \_\_\_\_\_
6. RCDEBMEE \_\_\_\_\_
7. ILECCI \_\_\_\_\_
8. WNOS \_\_\_\_\_
9. SOBOT \_\_\_\_\_
10. WODO \_\_\_\_\_
11. EAKTS \_\_\_\_\_
12. COAT \_\_\_\_\_
13. MTTINES \_\_\_\_\_
14. PFLEAREIC \_\_\_\_\_
15. ECI \_\_\_\_\_
16. LODC \_\_\_\_\_



# Connect the dots!





# Answer



1. RGEIRDNABGE \_\_\_\_\_ GINGERBREAD
2. UAYNARJ \_\_\_\_\_ JANUARY
3. CEHYOK \_\_\_\_\_ HOCKEY
4. ZRFOEN \_\_\_\_\_ FROZEN
5. SCOSK \_\_\_\_\_ SOCKS
6. RCDEBMEE \_\_\_\_\_ DECEMBER
7. ILECCI \_\_\_\_\_ ICICLE
8. WNOS \_\_\_\_\_ SNOW
9. SOBOT \_\_\_\_\_ BOOTS
10. WODO \_\_\_\_\_ WOOD
11. EAKTS \_\_\_\_\_ SKATE
12. COAT \_\_\_\_\_ COAT
13. MTTINES \_\_\_\_\_ MITTENS
14. PFLEAREIC \_\_\_\_\_ FIREPLACE
15. ECI \_\_\_\_\_ ICE
16. LODC \_\_\_\_\_ COLD



# MEMBERSHIP 2023-2024



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/](https://burnabynh.ca/about_membership/)

Or give us a call, or drop by either of our Houses:

**North House** (604-294-5444)  
4908 Hastings Street

**South House** (604-431-0400)  
4460 Beresford Street

**Brentwood** (604-299-5778)  
2055 Rosser Ave

**You can purchase your membership by:**

1. Dropping by our South, Brentwood, or North House
2. PayPal: [https://burnabynh.ca/about\\_membership/](https://burnabynh.ca/about_membership/)
3. E-Transfer: send your fee to [finance@burnabynh.ca](mailto:finance@burnabynh.ca) with the password 'membership'

THANKYOU

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