



# JANUARY 2024

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

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## Meet Amala Sajeevan, TAPS Cook!

I work as TAPS cook and support volunteers for the seniors' connections program at BNH. My main responsibilities include coordinating volunteer efforts and preparing and serving meals for seniors.

Outside of work, I enjoy playing console games in my free time. I am a big fan of video games. I find it fascinating and fun.

One lesser-known fact about me is that I enjoy creating art whether it is digital art or canvas painting. I find the process of creating art to be incredibly therapeutic and fulfilling.



# Meet the Team



**Alexis Haig**

Manager of Seniors' Services



**Kathy Bobicki**

Senior Peer & Caregiver Support  
Coordination



**Emily Chan**

Seniors Food Programs  
Coordinator



**Charlene Laramie**

Seniors Transportation and  
Information & Referral Coordinator



**Faryar Mohammadi**

Seniors' Outreach Program  
Coordinator



**Cynthia Lu**

Seniors Food Programs  
Supervisor



**Amala Sajeevan**

TAPS Cook



**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



# Notice of Annual General Meeting

A special invitation

Join us as we celebrate our volunteers, supporters and another year of making Burnaby a great place to live.

**18**  
**JANUARY**

**5.30 pm - 8.00 pm**



**BNH SOUTH HOUSE**

4460 Beresford St.

**AND ON ZOOM**

CARE

CONNECT

ENGAGE

BELONG

## AGENDA

- 5:30 pm to 6:00 pm ★ Check In and Social
- 6:00 pm to 6:30 pm ★ Annual General Meeting - Ted Wiens, Chair
- 6:30 pm to 6:35 pm ★ Greetings from City Council
- 6:35 pm to 7:00 pm ★ Thank you and Recognitions
- 7:00 pm to 7:30 pm ★ Volunteer Appreciation
- 7:30 pm to 8:00 pm ★ Social and Snacks

**Advance registration (In-Person or Zoom) is required by Friday, January 12, 2024.**

**Registration link:** <https://us06web.zoom.us/meeting/register/tZlldumsrzlqGdy8dP08Of2paeVAcAAJL179>

**For more information, contact 604-431-0400 or email [simoneg@burnabynh.ca](mailto:simoneg@burnabynh.ca)**

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

2024



Marlborough Elementary School  
6060 Marlborough Avenue  
Burnaby BC V5H 3L7

- 4:00 pm: Meet Check-in + Welcome
- 5:00 pm: Move Send-off
- 6:00 pm: Munch Light meal served
- 7:00 pm: Mosey Goodbye + see you in 2025!

# february 24, 2024

## coldest night of the year

team up + fundraise!  
walk | donate | volunteer  
it's cold out there #cnoy24  
[cnoy.org/register](https://cnoy.org/register)



The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness. Team up, fundraise, walk, and take a moment to **look closer...** because it's cold out there.

# Canadian Dental Care Plan



Accessible. Affordable. Essential.



## Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.



## How to Apply

### CDCP Application Phases

Group	Applications open
<b>Invitation to apply by mail</b>	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
<b>Application online</b>	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



[Canada.ca/dental](https://Canada.ca/dental)



Government of Canada / Gouvernement du Canada

by Service Canada



Meet Janice's kitten

# NOVA!

**What kind of breed is Nova?**

He is a Tabby.

**What is his favourite food or toy?**

He loves any food and tells us when he wants food. He loves chasing wand toys.

**Does Nova have a special talent?**

Finding trouble!



meow



“We adopted him from a coworker and love having him be part of our family!”

**Have your pet featured next month!**

Contact Alexis at  
[alexish@burnabynh.ca](mailto:alexish@burnabynh.ca)  
or 604-431-0400

# 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! Enjoy a bowl of healthy soup and a fresh bread bun (\$2), and connect with your neighbours.

Mondays | 11:00 am – 1:00 pm



### Community Yoga Class

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 running for 6 weeks from January 9 to March 12.

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.

Fridays | 1:00pm – 4:00pm



## Brentwood House



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

### EAL Class with Chitra

Explore the world of language with our Community EAL class led by Chitra! Immerse yourself to boost your reading, writing and conversation skills!

Wednesdays | 1:00pm – 2:00pm

### 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 \*at the 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 | 1:00pm – 2:30pm \*New Location – Brentwood House\*



# Community Adult Yoga Program

**January 9 - March 12, 2024**  
Every Tuesday for 10 weeks

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

**North House (4908 Hastings Street)**

**Program  
Extended**

- 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  
(Jan-Apr)**

**Sign up Today**



**Ann:  
annr@burnabynh.ca**





# EAL Class with CHITRA

INTERMEDIATE LEVEL  
CONVERSATION, READING  
AND WRITING



JANUARY 10 -  
FEBRUARY 28, 2024



WEDNESDAYS FROM  
1:00 PM TO 2:00 PM



BRENTWOOD HOUSE  
(2055 ROSSER AVENUE)



Ann Ryu  
[annr@burnabynh.ca](mailto:annr@burnabynh.ca)



\*All participants need to be members of the Burnaby Neighbourhood House membership which includes a \$5 annual fee.

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



# Holistic Stretching & Meditation Exercise

"回春功 - Hue Chun Gong"

*By Arsenio Chua*

## Gentle Exercise for All Ages

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



## Benefits

Hui Chun Gong is a self-regulation and body-building exercise that combines motion and inaction to cultivate both the interior and exterior of the body. Experience rejuvenation and potentially feel younger as you practice.

**Discover Your Inner Peace**

**Fridays: 1:00 – 2:30 pm**



**Brentwood House**

(2055 Rosser Avenue)

*New Time and Location!*

## Learn from a Skilled Master

Arsenio will provide guidance in Mandarin, accompanied by background music. Even if you don't speak Mandarin, you can still follow along and understand the movements over time.



## Registration Information

To register, please email:

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

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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

Tai Chi  
**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 Jan 3rd and get support with your device!

## Workshop - Burnaby Public Library



On Wednesday, Jan 10th, 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).

# 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 each month | 1:00-3:00PM
- **Family Caregiver Journey - South House**
  - Second 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*

# Dementia Friendly Café

## Managing Medications



### Learn about:

- Reminders: calendar, post-it notes, phone apps, alarm
- Medication packaging: vials, blister-packs, pouch, strip
- Medication side effects
- Administration techniques: inhaler and diabetic supplies
- Getting a vaccine

Join us for refreshments, singing, dancing, yoga, arts and games!

### When:

Thursday, January 11  
1:00pm – 3:00pm

### Where:

Brentwood House  
2055 Rosser Avenue



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

**To register** contact Faryar:  
faryar@bbyseniors.ca  
604-375-5778

**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

**Join us for lunch and a presentation on “Grief and Loss” by the  
Burnaby Hospice Society**

**Thursday, January 11th**

**South Burnaby Neighbourhood House  
(4460 Beresford St)**

10:30 Coffee and Tea

11:00 Presentation

12:30 Lunch

1:00 Create your own journal cover!

**To register or for more  
information, contact:**

Alexis Haig

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

Phone: 604-431-0400



Funded by the Government of BC  
and managed by United Way of  
British Columbia



United Way  
British Columbia

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

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# Burnaby Dementia Friends Café



## January 25: Wishlist for 2024

Learn how to set meaningful goals for the new year!



## February 29: Dementia Awareness

Learn how to openly and respectfully talk about dementia

- Include voices of people with dementia
- Create a more inclusive community



## March 28: Healthy and Affordable Recipes

Learn about

- Canada's Food Guide to healthy eating
- Recipes that are healthy and cheap to make



## April 25: Senior Safety Awareness

Burnaby Crime Prevention Unit will tell us how to

- Tell the difference between emergency and non-emergency
- Keep yourself safe
- Keep your home safe
- Protect yourself from frauds and scams

Join our café to share time together, enjoy snacks, singing, dancing, yoga and games!

### When:

Last Thursday of each month 12:00–2:00 pm

### Where:

South Burnaby  
Neighbourhood House  
4460 Beresford Street

### To register, contact:

faryar@bbyseniors.ca  
604-375-5778



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# DECEMBER





Thank you to our amazing volunteers!

# DECEMBER



# 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.

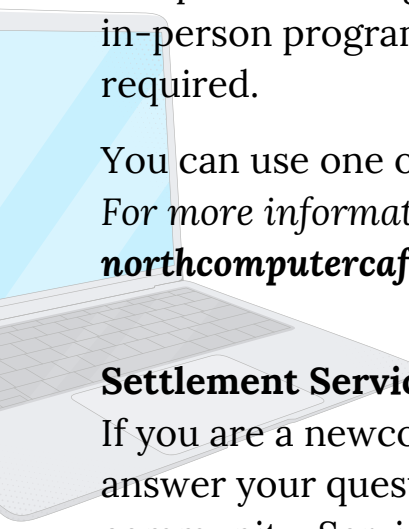
You can use one of the Neighbourhood House devices or bring your own device.

*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

# BNH DIGITAL LITERACY EXCHANGE PROGRAM NOW HAS A FACEBOOK PAGE!

This means that you can get our announcements about different events and workshops all in one place.

## Here's how to follow us:

### 1. Scan the QR code provided.

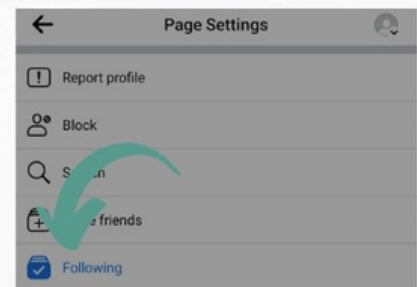
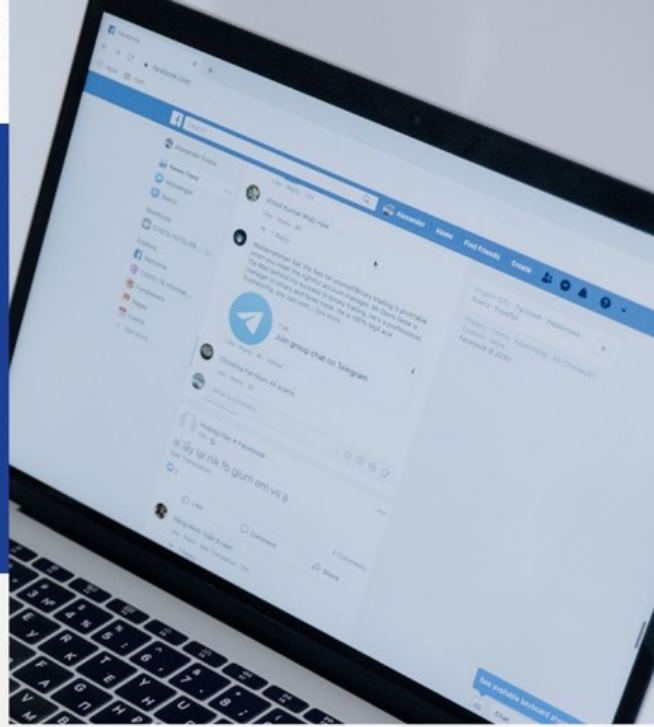
Newer phones can scan a QR code using their Camera app. If you cannot scan that way, you can install a QR code scanner from the App or Play Store.

### 2. Once you see our Facebook page, click the three dots aligned vertically.

If you are not logged in to your Facebook account, the website will prompt you to enter your credentials.

### 3. In the next page, click "Follow."

Now, whenever we post news or tips on the Facebook Page, you can see our posts in your Facebook Feed.



Make sure that the QR code you are scanning comes from a trustworthy source; otherwise, you might be sent to a dangerous website.

With funding from

Canada

In partnership with



THE UNIVERSITY OF BRITISH COLUMBIA  
Learning Exchange

SFU 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



# 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 Westminister – 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

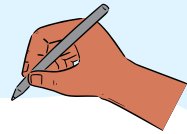
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

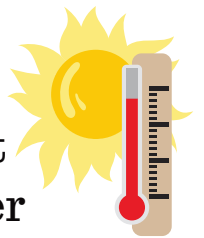
Join Senior Peer Support!



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:



United Way  
British Columbia

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 (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.



# Puzzles!

## Fun with Idioms

Match the missing word from the idioms listed below.

- |                                         |            |
|-----------------------------------------|------------|
| 1. _____ things come to those who wait. | A. block   |
| 2. Chip off the old _____               | B. heaven  |
| 3. Hook, line, and _____                | C. kettle  |
| 4. By the _____ of your teeth           | D. dog     |
| 5. Like a fish out of _____             | E. good    |
| 6. Every _____ has his day.             | F. look    |
| 7. Straight from the _____ mouth        | G. hip     |
| 8. _____ before you leap.               | H. roof    |
| 9. Throw _____ to the wind.             | I. sinker  |
| 10. _____ to the chase                  | J. caution |
| 11. To move _____ and Earth             | K. water   |
| 12. Through thick and _____             | L. bite    |
| 13. _____ your cards right              | M. horse's |
| 14. Not the only _____ in the sea       | N. skin    |
| 15. The pot calling the _____ black     | O. thin    |
| 16. Like a cat on a hot tin _____       | P. fish    |
| 17. _____ off more than you can chew    | Q. cut     |
| 18. Shoot from the _____                | R. play    |

Answers: 1(E), 2(A), 3(I), 4(N), 5(K), 6(D), 7(M), 8(F), 9(J), 10(Q), 11(B), 12(O), 13(R), 14(P), 15(C), 16(H), 17(L), 18(G)



## PLUSH Categories

Fill in the boxes with words or terms that begin with each of the letters in *PLUSH*. Add your own category in the last row.



	P	L	U	S	H
Things That Are Expensive					
7-Letter Words					
Plants					
Movies					
Words That End with -d					
Your Choice					

# PLUSH Categories

(possible answers)

	P	L	U	S	H
Things That Are Expensive	piano purse paintings	Lamborghini Louis Vuitton lithium	uncut diamonds universities uranium	steak silver snake skin	house harp hot-air balloon
7-Letter Words	paisley popular parfait	lantern lasagna leather	unknown upstage ukulele	scenery spatula saltine	habitat harpoon hideout
Plants	pine poplar palm	laurel lavender leek	umbrella plant ugli undershrub	snowdrop spruce sage	hickory hemlock holly
Movies	<i>Private Benjamin</i> <i>Psycho</i> <i>(The) Parent Trap</i>	<i>Little Women</i> <i>Laura</i> <i>(The) Ladykillers</i>	<i>Unforgiven</i> <i>Union Station</i> <i>(The) Untouchables</i>	<i>Stand By Me</i> <i>Sabrina</i> <i>Scarface</i>	<i>Holiday Inn</i> <i>Hoosiers</i> <i>(The) Help</i>
Words That End with -d	pond paid pretend	legend load lend	unwind underhand used	second sound seed	head husband hood
Your Choice					

# 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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