

# August 2024



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

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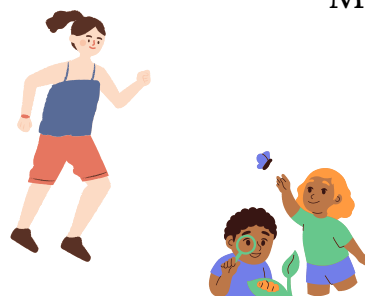
## A message from Alexis

Happy August!

Thank you to everyone who attended our North House's Summer Social on July 18th! I look forward to seeing you at our **South House Summer Social on Aug 1st** and **Brentwood House's Summer Social on Aug 15th from 4-7pm**. Come enjoy a hotdog, chips and a drink for \$5 as well as free activities for all ages! See page 3 for more details.

Our seniors team is also out in the community helping Burnaby seniors prepare for heat! Would like to receive a check-in during heat waves? Call 236-858-3202 to sign up!

Alexis Haig  
Manager, Seniors; Services



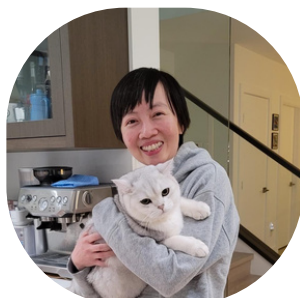
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵw̱xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



**Debby Wong**  
Community Connector



**Blenn Dioces**  
Caregiver & Dementia  
Programs Coordinator



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



**Emily Chan**  
Seniors Food Programs  
Coordinator



**Cynthia Lu**  
Seniors Food Programs  
Supervisor



**Leila Habibi**  
Senior Peer & Caregiver  
Support Coordinator



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



**Malou Imus**  
Seniors' Social and Day  
Programs Activity Supervisor



**Hilda Eng**  
Kitchen Coordinator



**Dee Batt**  
BC Housing Coordinator



**Tina Nguyen**  
Seniors' Volunteer  
Supervisor



**Lynn Leong**  
BC Housing Coordinator -  
Doug Drummond



**Marleni Curi Gomez**  
BC Housing Seniors Activity  
Supervisor



**Shahnaz Gozal**  
Kitchen Supervisor



# BNH SUMMER SOCIAL

**July 18, 2024**

**Thursday, 4 pm - 7 pm**

**4908 Hastings Street**

**August 1, 2024**

**Thursday, 4 pm - 7 pm**

**4460 Beresford Street**

**August 15, 2024**

**Thursday, 4 pm - 7 pm**

**2055 Rosser Avenue**

If you have any questions  
please contact 604-294-5444  
or [events@burnabynh.ca](mailto:events@burnabynh.ca)



**\$5 for hot dogs  
chips and drinks.**

**No Registration Required!  
Free community resources  
and activities for everyone**



# FREE PORTABLE AIR CONDITIONERS

Available for income qualified households and individuals referred by regional health authority programs



If you live in an income-qualified household and/or have received a recommendation letter from your regional health authority's Home Care Program you may be eligible for a free portable air conditioner (AC) through BC Hydro.

This program is available year-round. Homeowners can also choose to self-install their units, which may help in receiving a unit quicker, during summertime.

If you live in a home type that qualifies and are income qualified, consider applying for our [Energy Conservation Assistance Program \(ECAP\)](#) for additional energy saving upgrades, as well as an AC unit.

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## Apply online at

<https://www.bchydro.com/powersmart/residential/rebates-programs/savings-based-on-income/free-air-conditioner.html>

**Need help completing the form online? Drop in to one of our Computer Cafes! More information under “BNH Services Spotlight”**

Source :

# PET FEATURE

## Meet Carina's pet!

### What kind of breed is she?

She's a Long hair Syrian hamster (aka Teddy Bear hamster).

### Does she have any tricks or special talents?

She can run up to 10km per night at speeds up to 12km per hour. She can store lots of food in her cheeks

### Does Shade have a favourite food or toy?

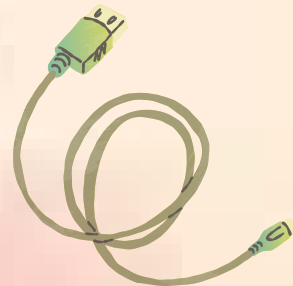
She loves to have fruit berries, fresh vegetables like carrots and cabbages, scrambled eggs, and dehydrated tofu. She loves to chew on cords and power cables.

### How did your furry friend find her way into your family?

It was love at first sight when we saw her at Petland and we adopted her.



*Yum*



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact Tina Nguyen at [seniorvolunteer@burnabynh.ca](mailto:seniorvolunteer@burnabynh.ca)

# COMMUNITY ENGLISH CIRCLE

Every Thursday  
from September 12  
to October 17  
11 am-12:30 pm

What is going on?



Registration: Email Carina at [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)

Registration Deadline: August 7, 2024

Location: Burnaby Neighbourhood House (South House)



# COMMUNITY LANGUAGE CLASS

## LEARN ARABIC & FARSI

W/ FATEMEH

**LOCATION: NORTH HOUSE  
(4908 HASTINGS ST)**

**JUNE 28 - AUGUST 30  
FRIDAY MORNINGS  
10:00-11:00 AM**

**BNH MEMBERSHIP  
REQUIRED**

**\$5 ANNUAL FEE  
+  
\$5 COMMUNITY FEE**

**TO REGISTER OR FOR  
MORE INFORMATION  
PLEASE CONTACT  
ANNR@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 (səlilwataʔ), Kwikwetlem (kwikwəʔələm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

# Community Cafes



**BNH Membership required.**

*Drop in, relax, chat, engage in activities/games, and build connections in the community!*

**South House  
(4460 Beresford St)  
1-4pm on Thursdays**

Enjoy coffee, tea and treats. Visit our website to find out about special programming: [burnabynh.ca/get-involved\\_adult/](http://burnabynh.ca/get-involved_adult/)

**North House  
(4908 Hastings St)  
1-4pm on Fridays**



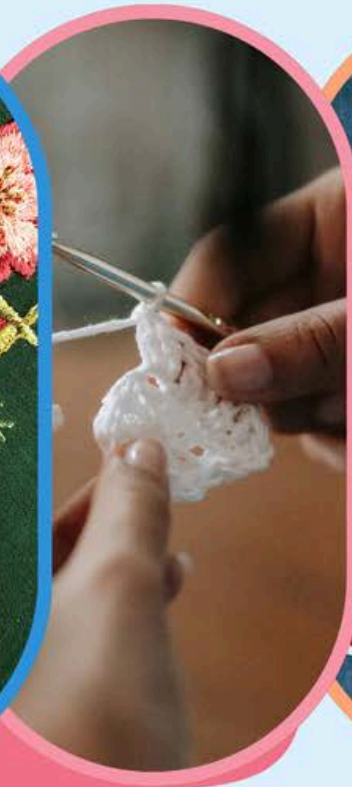




**SUMMER  
2024**

HOSTED BY BURNABY NEIGHBORHOOD HOUSE  
IN PARTNERSHIP WITH YARN SPINNER SOCIETY

# OPEN ART STUDIO



**FREE**  
FOR  
BNH Members  
EMBROIDERY | CROCHET | PAINTING

**SOUTH HOUSE**

**NORTH HOUSE**

**THURSDAY**

**FRIDAY**

**1-3:30 PM**

**1-4 PM**

**JUL 25 - AUG 15**

**JUL 12 - AUG 09**

**4460 Beresford St.**

**4908 Hastings St.**

**Contact**  
[events@burnabynh.ca](mailto:events@burnabynh.ca)  
**for more info**

**Join local artist collective Yarn Spinner Society for a summer packed with art activities. Got other stuff to develop? BYOF! Free event! Everyone welcome!**

BURNABY NEIGHBOURHOOD HOUSE IS A COMMUNITY DRIVEN AND COMMUNITY FUNDED AGENCY LOCATED ON THE UNCEDED TERRITORIES OF THE TSLEIL-WAOUTHUTH (SALILWATA?), KWIKWETLEM (KWIK"ALAM), SQUAMISH (SKWXWU7MESH UXWUMIXW) AND MUSQUEAM (X"MAOK"AYEM) NATIONS WITH A UNIQUE FOCUS ON NEIGHBOURS SUPPORTING NEIGHBOURS.

# ADVANCE CARE PLANNING

You are invited to join our workshop!

Advance care planning is for everyone—no matter where you find yourself on your health care journey. Whether you are a young adult or older adult, are healthy or have a chronic illness, now is the best time for you to start planning. Many of us don't know where to begin, while others are unaware that we can have a say in our care.



## When:

Tuesday, September 10,  
2024

10am - 12pm

## Where:

Burnaby Neighbourhood North House,  
4908 Hastings St.

To register, contact Lea: [leak@burnabynh.ca](mailto:leak@burnabynh.ca) or 236-668-1712

- 01 Together, we will learn about the 5 steps of Advance Care
- 02 Planning to allow you, and those who matter most to you, to
- 03 start or continue planning. Discussion and provided
- 04 resources will help you better understand how to share and
- 05 document your wishes for future health and personal care.

## Bryn Poschenrieder, MSW, RSW

Clinical Resource Social Worker, Advance Care Planning | Fraser North  
Regional Advance Care Planning Team | Fraser Health

## Christine Delos Santos

Nurse Clinician, Advance Care Planning | Fraser North  
Regional Advance Care Planning Team | Fraser Health

To learn more, visit [www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp)



# 55+ PROGRAMS



## North House



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

### Soup Lunch

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

Mondays | 11:00 am – 1:00 pm

### 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 | 1:00 - 4:00pm



## Brentwood House



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



### Qi Gong Classes

Qi Gong is a personal practice that leads to fitness, flexibility, and internal peace. It 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\* (temporarily facilitated by Rodolfo)

### EAL for Newcomers with Pariya

Come and join a beginner level with Pariya to help you learn English, meet others, and make connections.

Mondays | 2:00pm - 3:00pm

### Holistic Stretching and Meditation

This slow, soft manner exercise is designed to be accessible for adults and seniors.

Fridays | 1:00pm - 2:30pm

## South House



4460 Beresford St.  
604-431-0400



For the program guide, contact Lea at: leak@burnabynh.ca

### Senior's Social & Games

Join us Wednesdays (12:00-2:00pm) and Fridays (10:30-12:00pm) for coffee or tea and a range of activities from BINGO to birthday celebrations!



## 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

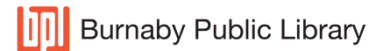
**Wednesdays**  
10-11am 24 Tai Chi (Beginners)  
11am-12pm Tai Chi Sword

**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 Social on the first Wednesday of each month and get support with your device!

## Workshop - Burnaby Public Library



On Wednesday, August 21st, enjoy a talk with Andrea, BPL's community librarian!

## Friday Lunch

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

## 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**.



# TAPS

Therapeutic Activation  
Program for Seniors



## Where?

Burnaby Neighbourhood House  
Community Hall  
5024 Rumble St., Burnaby

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

## 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.

## Cost

Lunch: \$6/day  
Annual BNH membership fee required (\$5 per year)

## 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-11:30AM

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

# 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**

- 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.

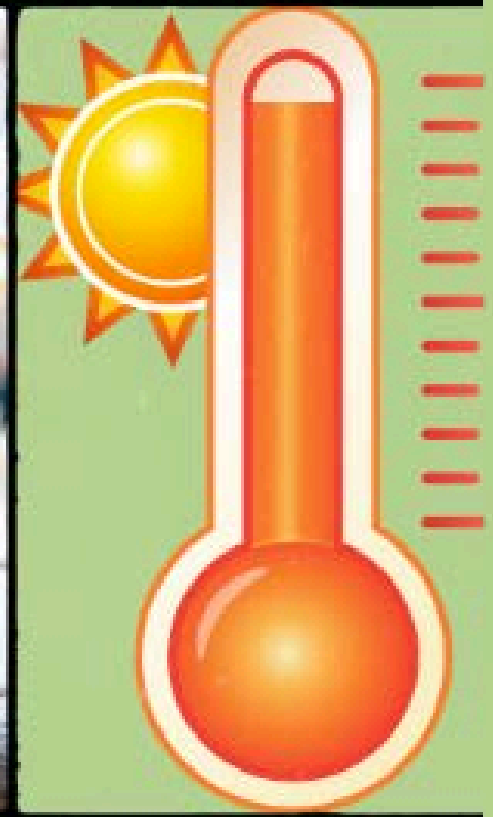
## Friendly Phone Calls/Visitors

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

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

# Caregiver Lunch

## “Extreme Heat” Workshop



**Thursday, Aug 1st**  
**12:30 to 3PM**

**Brentwood House**

**2055 Rosser Ave**

**Fee: Free for caregivers**


Attend our free presentation about Extreme Heat where you'll learn about the causes and impacts of extreme heat events, practical strategies for staying safe and cool.

**Host: Melody Monro from Fraser Health - 1PM**

**Activity : Playing Harmonica by Joseph 2pm**

Contact Leila to register:

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

 **604-375-5778**

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



Seniors First BC is a charitable, non-profit society that provides information, advocacy, and support to seniors across BC who are dealing with issues affecting their well-being.



United Way  
British Columbia

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

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# Caregiver Journey Lunch


## “Immunization” Presentation



**Thursday, Aug 15th**  
**10:30 AM to 1:30 PM**  
**South House**  
**4460 Beresford St**  
**Banquet Room 1-Third**  
**Floor**

To register, contact Leila :

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

 **604-375-5778**

Join us for a Workshop designed to know more about Vaccination for seniors!

Host : GreenShield Pharmacy (11:00 AM)  
Lunch: 12:00 PM

Activity: no activity because of vaccination (after Lunch)

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



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July



# 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 [computercafe@burnabynh.ca](mailto:computercafe@burnabynh.ca) (See poster for more details).

## Settlement Services:

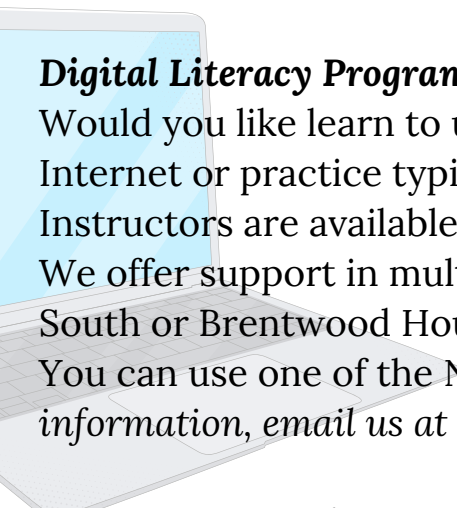
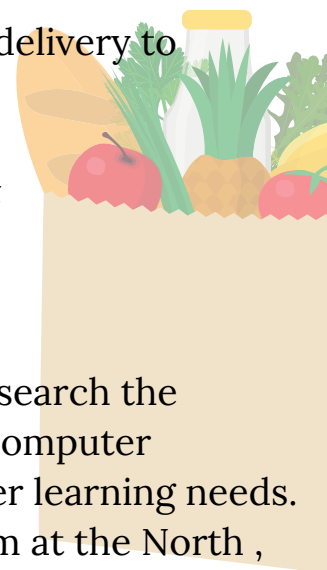
If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer your questions and support your settlement and integration in your new community. Services are available in Arabic, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish.

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

## Sharing Cultures Dinners

Every month, BNH will host “Sharing Cultures” community dinners to bring neighbours together and learn about the diverse cultures that build our multicultural community. Attendees will enjoy a delicious dinner, participate in engaging activities, and connect with neighbours from different backgrounds and ages. BNH will welcome community members who would like to attend the dinners or who want to help with the organization of the event.

For more information please email [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca) or call **604-431-0400**.



# Do You Need Tech Help?

## North House

Mon: 10:00 AM - 12:00 PM

Tues: 12:00 PM - 2:00 PM  
\*new hours\*

(4908 Hastings St, Burnaby)

604-294-5444

[computercafe@burnabynh.ca](mailto:computercafe@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

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

## Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

[computercafe@burnabynh.ca](mailto:computercafe@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

In partnership with





# Seniors Grocery Shopping

## Do you have difficulty grocery shopping for yourself?

Our grocery shopping and delivery program helps older adults maintain independence at home

**For who?** Older adults 55+ who live in Burnaby  
Member of Burnaby Neighbourhood House

We will call you once a week to obtain your grocery shopping list, place your order online and Superstore will do the shopping and delivery for you

## Registration required

For more information  
contact Emily 778 288 3747  
[seniorshopping@burnabynh.ca](mailto:seniorshopping@burnabynh.ca)



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**United Way**  
British Columbia

Working with communities in  
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Central & Northern Vancouver Island

# 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!

**For who?** Seniors 55+ who live in Burnaby  
Member of Burnaby Neighbourhood House

### Pickup

BNH South House  
4460 Beresford St

### Delivery

Last Thursday of the month  
(Complete registration form)

**Meals are \$7 each**  
**Subsidy available**

For more information  
contact Emily 778 288 3747  
[emilyc@burnabynh.ca](mailto:emilyc@burnabynh.ca)



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Central & Northern Vancouver Island

# 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

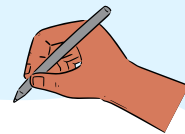
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

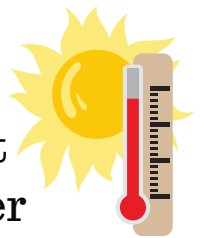
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



## INTERESTED?

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

Thanks to our sponsors:



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



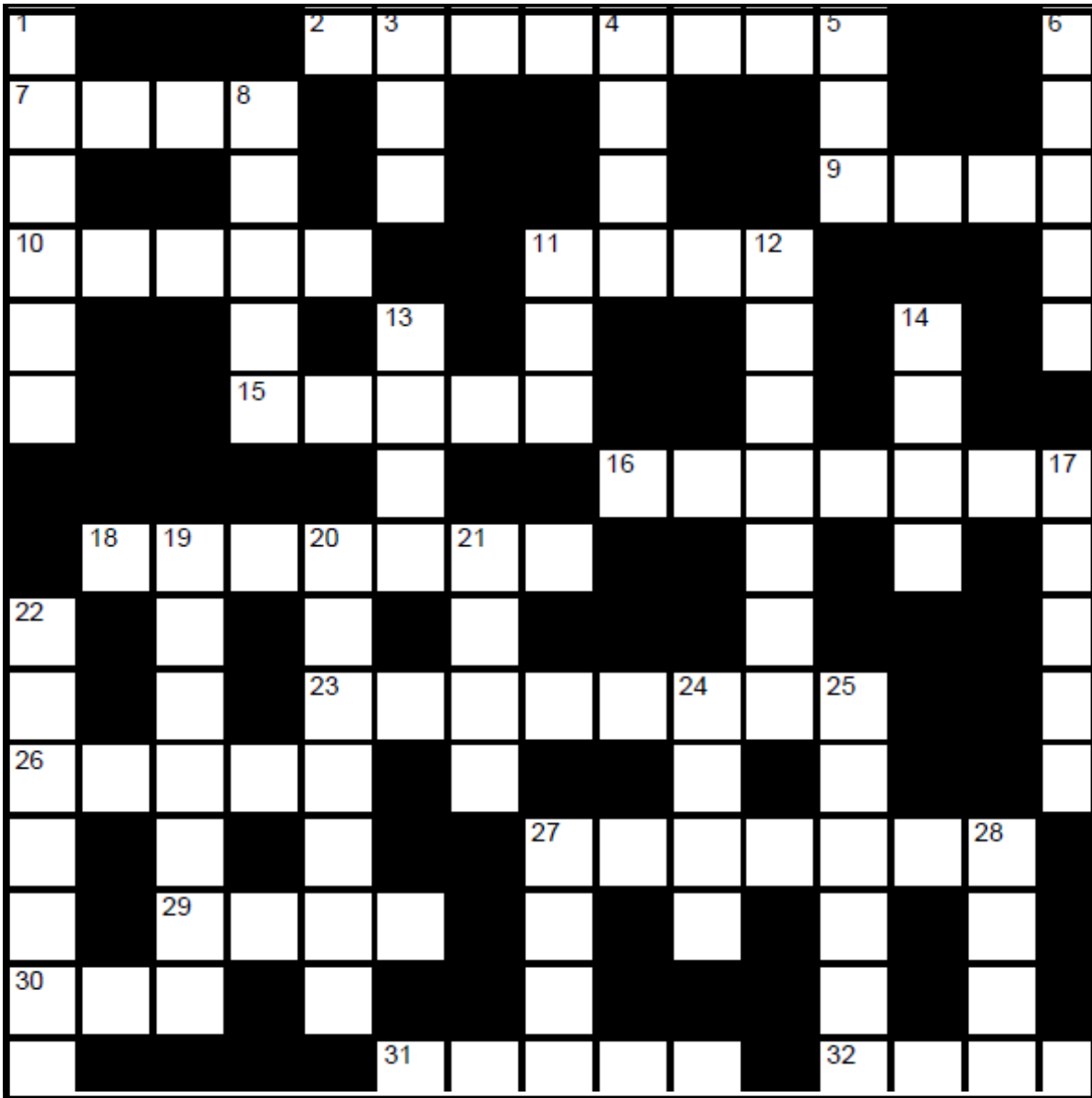
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the T̓sleil-Wauthuth (səlilwətaʔt̓), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# CROSSWORDS



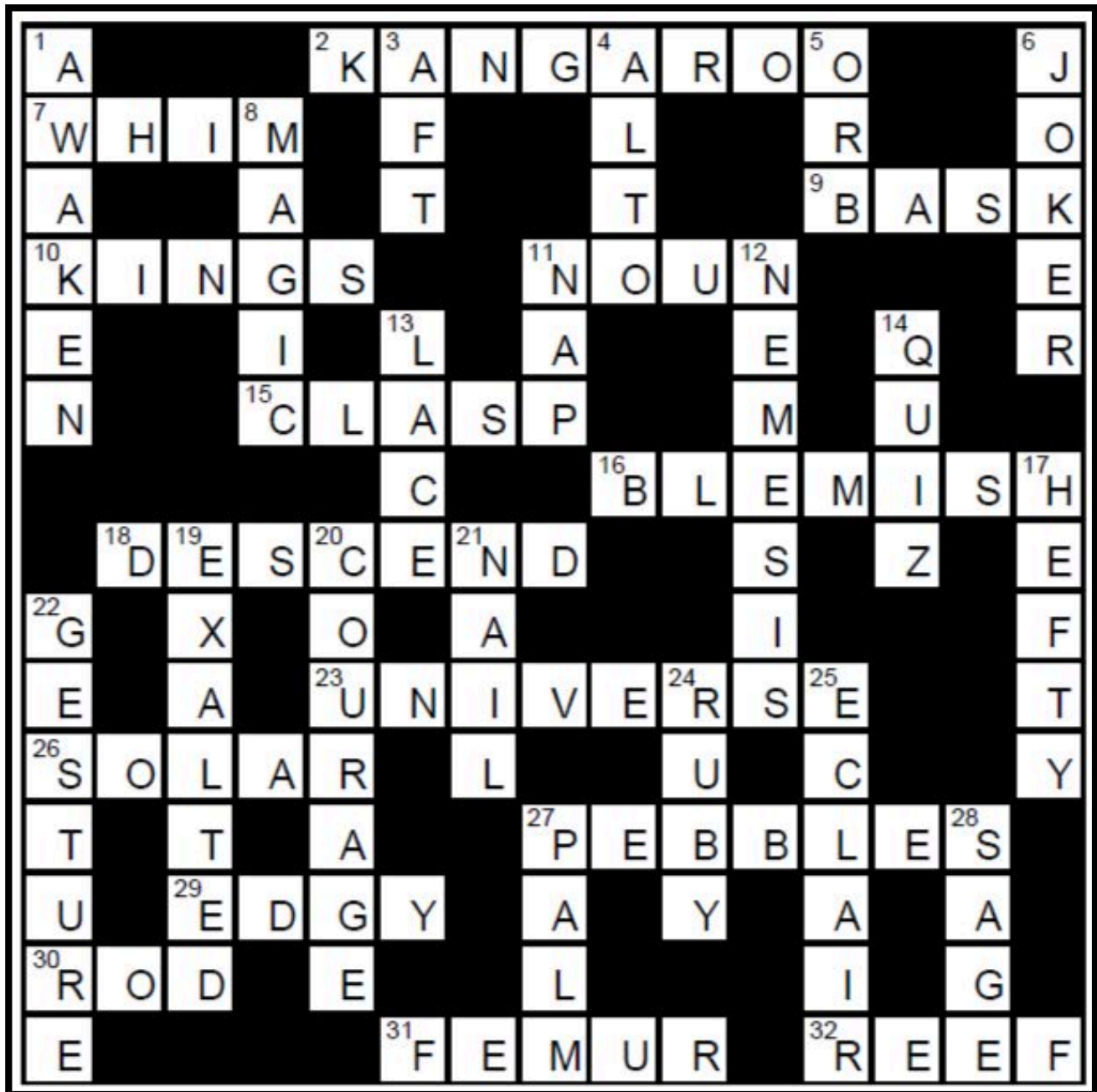
Use the clues to fill in the crossword.



- |                                     |   |   |   |
|-------------------------------------|---|---|---|
| Across                              | Across                                      | Down  | 17. Large and bulky                               |
| 2. Large, leaping marsupial         | 18. Travel downward                         | 1. Rise and shine                           | 19. Praised, glorified, or honored                |
| 7. Sudden urge, on a _____          | 23. Cosmologist's study                     | 3. Back of the boat                         | 20. Cowardly Lion wishes for this                 |
| 9. Bathe in the sunlight            | 26. Energy from the sun                     | 4. Voice below soprano                      | 21. It's hammered into wood                       |
| 10. Male crown wearers              | 27. Small, rounded stones                   | 5. Sphere                                   | 22. Word after grand or hand                      |
| 11. The usual subject in a sentence | 29. Jittery                                 | 6. Jester in a pack of cards                | 24. Deep-crimson gem                              |
| 15. Fastener on purse               | 30. Reel's partner                          | 8. Supernatural power                       | 25. French cream-filled pastry                    |
| 16. Flaw or pimple                  | 31. Leg bone                                | 11. 40 winks                                | 27. The part of your hand read by fortune tellers |
|                                     | 32. The Great Barrier _____, near Australia | 12. Unbeatable foe                          | 28. Wise person                                   |
|                                     |   | 13. Cary Grant movie: Arsenic and Old _____ |   |
|                                     |   | 14. Surprise exam, pop _____ who learned    |   |



# CROSSWORDS SOLUTION




# MEMBERSHIP 2024-2025



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:

<b>North House</b> (604-294-5444) 4908 Hastings Street	<b>South House</b> (604-431-0400) 4460 Beresford Street	<b>Brentwood</b> (604-299-5778) 2055 Rosser Ave
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**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'

THANK  
YOU

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