



# JULY 2024



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

## Meet Avelina Dioces (Blenn)

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I am the Dementia and Caregiver Programs Coordinator for BNH's Seniors Programs and Services. I coordinate and facilitate the weekly Seniors Memory Club and the monthly Dementia Friendly Cafes, both at BNH South and at Brentwood. In addition to this role, I am also a Settlement Case Manager for the Filipino community and for other cultures as well.

I love outdoor activities like going to the park with our cute dog Mila, going on long walks, watching Netflix and trying new recipes through my favourite cooking channel. I also love to meet with my friends and have coffee or dinner together.

One thing people may not know about me is that when I was a new immigrant, my first dream job was to be social worker at Burnaby Neighbourhood House. I applied as a Volunteer but did not complete the long process. Now, here I am fulfilling my dream of working with the best nonprofit in Burnaby... 😊 I believe in perfect timing!

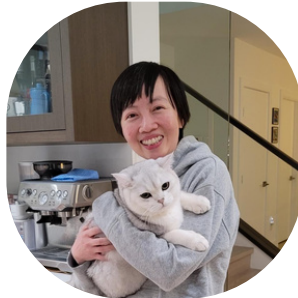
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



**Debby Wong**  
Community Connector



**Blenn Dioces**  
Caregiver & Dementia  
Programs Coordinator



**Charlene Laramée**  
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



**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 SOCIALS

**July 18, 2024**

**Thursday, 4 pm - 7 pm**  
**4908 Hastings Street**

**August 1, 2024**

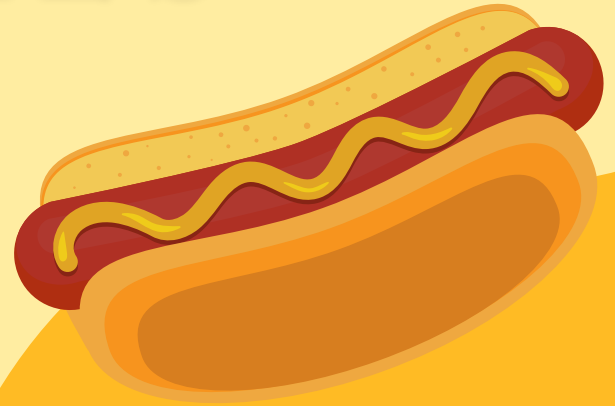
**Thursday, 4 pm - 7 pm**  
**4460 Beresford Street**

**August 15, 2024**

**Thursday, 4 pm - 7 pm**  
**2055 Rosser Avenue**

**Free community resources  
and activities for everyone**

**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 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 on page 21 & 22**

Source :





# PET FEATURE

## Meet Lukas's pet – Shade!

### What kind of breed is she?

She's a Sheprador (German Sheppard + Labrador), but we're sure there's some river otter in there (she loves water!)

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

Does being mischievous and then acting as if nothing happened counts as special talent? (Like stealing food from the kitchen counter or ripping apart books).



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

Beef Jerky! And cherry blossom (see picture). Her favourite toys are my daughter's stuffies, which she treats very gently and does not destroy.

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

She's a rescue from Manitoba. We fostered her for a week and fell in love, and decided to adopt her right away.



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 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/](https://burnabynh.ca/get-involved_adult/)

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



**Burnaby Neighbourhood House is a community driven and  
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territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem  
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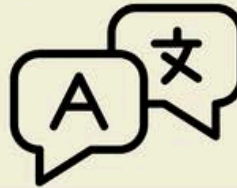


# Community Basic

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# Mandarin Program

Every Thursday  
June 6- June 20 &  
July 4 - July 25  
10.30am-12.30pm  
BNH South House



## REGISTRATION REQUIRED!

To register, please contact Carina:  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



# Community

## ADULT YOGA PROGRAM

Every Tuesday  
July 2nd - July 30th  
12:30pm-2pm  
South House

\*Cost: BNH Membership  
+ \$5 Community Program Fee

**REGISTRATION  
REQUIRED!**

To register, please contact  
**Carina: [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)**





# Natural Healing Exercise-外丹功—Wai Dan Gong

## Qi Gong

**Every Saturday**



**2 PM – 3 PM**



**Amazing Brentwood Mall**

Next to Purdy's Chocolate

Facilitated  
temporarily by  
**Rodolfo**

## Wai Dan Gong

Is a self disciplinary exercise that relies on the circulation of a “Priori Chi” (Xian Tian Qi) over the whole body, thus strengthening the human's defense system. It can build up stamina, cure ailments and prolong life. It is in accordance 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 effects have ever been observed. This exercise fits most seniors.

The Qi Gong exercise is applicable to persons with partial disabilities and can be done sitting on a chair for those who have difficulty standing while exercising.

**BNH MEMBERSHIP  
REQUIRED  
(\$5 Annual Fee)**

Community Program  
Annual fee is **\$15**



**More info / Register:**

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





# 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, July 9th**  
**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)







# 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](mailto:ANNR@BURNABYNH.CA)**



CARE

CONNECT

ENGAGE

BELONG

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# SENIORS' BOOK CLUB

Join us at our Seniors' Book Club  
on Tuesdays 2:00-4:00pm!



Where? BNH North House  
(4908 Hastings Street)

Dates: July 9, 23  
August 6, 20  
September 3



To register contact  
[literacy@burnabynh.ca](mailto:literacy@burnabynh.ca)  
or call 604 396 7307







# 55+ PROGRAMS



## North House

### 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



4908 Hastings St

604-294-5444

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



### 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

### 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\*

(temporarily facilitated by Rodolfo)



2055 Rosser Ave

604-299-5778

[reception@bbysservices.ca](mailto:reception@bbysservices.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 (12:00–2:00pm) and Fridays (10:30–12:00pm) for a cup of coffee or tea and a range of activities: BINGO, cards, birthday celebrations, and more!





# TAPS

Therapeutic Activation  
Program for Seniors



Registration  
Required

## Where?

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

Burnaby Neighbourhood House  
Community Hall  
5024 Rumble St., Burnaby

## 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



United Way  
British Columbia



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



## 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



**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 June 5th and get support with your device!



Burnaby Public Library

## Workshop - Burnaby Public Library

On Wednesday, July 17th, 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**.





# 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

## “staying connected” Workshop



Thursday, July 4th  
12:30 to 3PM  
Brentwood House  
2055 Rosser Ave  
Fee: Free for caregivers

Attend our free presentation about “Staying connected” and building strong bonds in community!

Host: Linda Yauk from Seniors First BC- 1PM  
Activity: Zentangle by Judy (certified Teacher) 2PM  
ZENTANGLE is a structured procedure of relaxation by drawing patterns. NO artistic talent needed for this. If you can hold a pencil you will benefit from this class.

Contact Leila to register:

✉ 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

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

## "Medicine management" Presentation



**Thursday, July 18th**  
**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 comprehensive Medicine Management Workshop designed to help safely and effectively manage your medications for better health and well-being!

Host : GreenShield Pharmacy (11am)  
Lunch: 12pm  
Activity: Online chair Yoga (12:30pm)

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United Way of BC



United Way  
British Columbia

GREENSHIELD PHARMACY  
A Community Pharmacy



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JUNE





# 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**

## 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**.

## 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** (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** 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** 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)

## Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

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

(4460 Beresford St, Burnaby)

604-396-7307

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

## Computer Drop-in

No registration  
required

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



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



THE UNIVERSITY OF BRITISH COLUMBIA  
Learning Exchange



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.

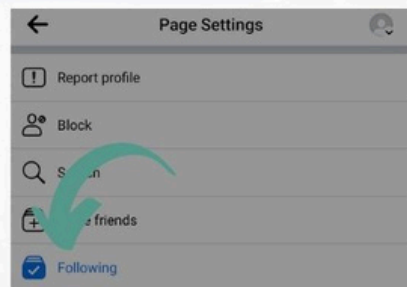
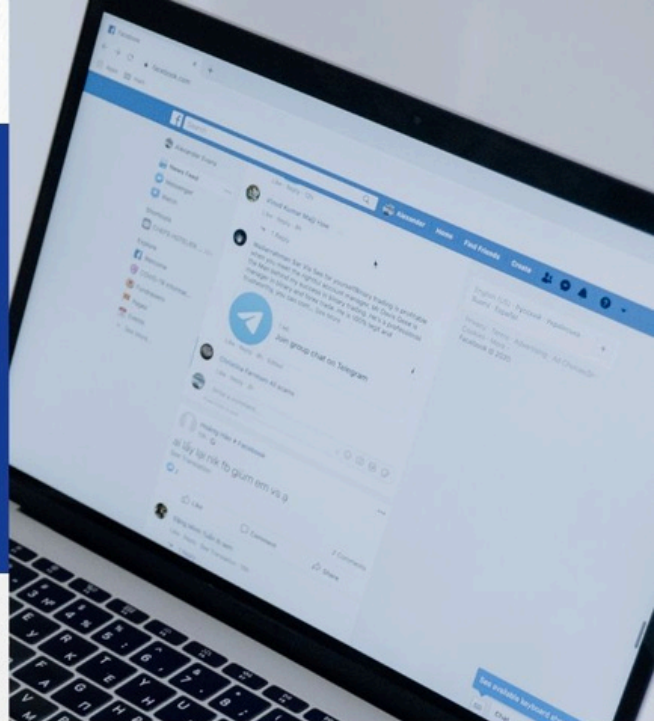
Newer phones can scan a QR code using their Camera app. If you cannot scan that way, you can install a QR code scanner from the App or Play Store.

### 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



FACULTY OF  
EDUCATION



## Settlement & Integration Program

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



# CONVERSATION CIRCLE FOR ARAB WOMEN NEWCOMERS **MAY 03-JULY 26** **ONLINE** **10:30 AM -12:00PM**

- Find new friends
- Connect with newcomers
- Improve your English.

For registration, please contact us:

**[sihamaa@burnaby nh.ca](mailto:sihamaa@burnaby nh.ca) ; Tel: 236 8772517**

**[WWW.BURNABYNH.CA](http://WWW.BURNABYNH.CA)**

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



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 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  
BC's North, Interior, Lower Mainland,  
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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# 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](mailto:Info@seniorsfirstbc.ca)



1281 W Georgia St #502, Vancouver



[SeniorsFirstBC.ca](http://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

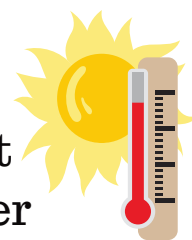
**Join Senior Peer Support!**



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:



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 (səlilwətaʔt), Kwikwetlem (kʷikʷəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.





# PUZZLE

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words



BACKYARD  
BONFIRE  
FISHING  
GOLF  
HAMMOCK  
ICE CREAM

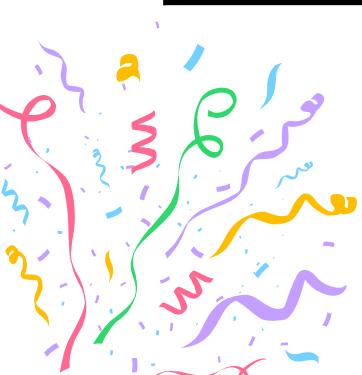
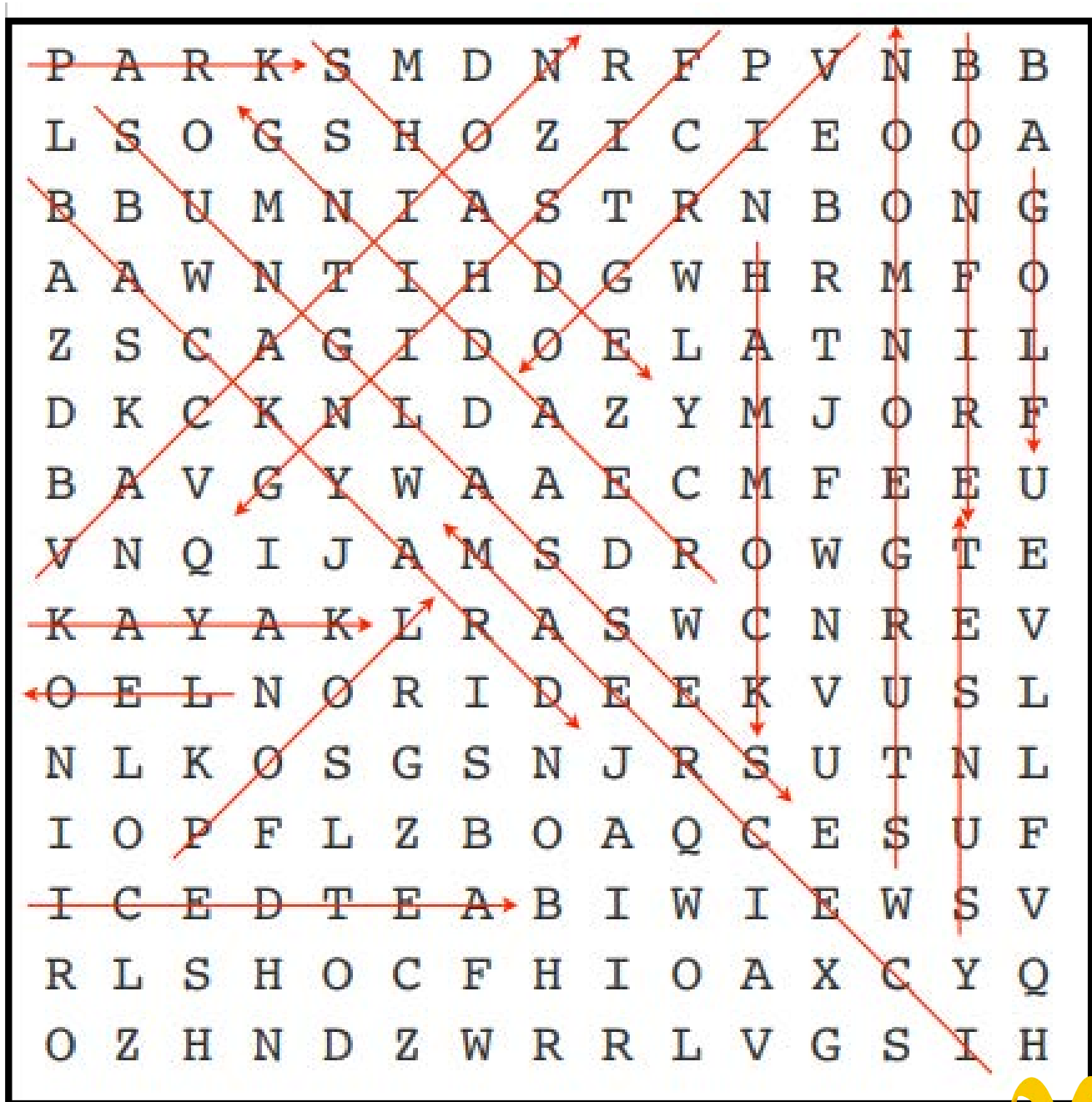
ICED TEA  
KAYAK  
LEO  
PARK  
POOL  
PARKING

SHADE  
STURGEON MOON  
SUNGLASSES  
SUNSET  
VACATION  
VIRGO





## PUZZLE 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:

## 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'

THANK  
YOU

## Thank You to our Generous Sponsors!



BC HOUSING



British Columbia

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

Beedie/