



# October

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

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### Zohra Sahat Hashimi

#### Caregiver Education Supervisor & Temporary Seniors Transportation Program Assistant

I currently serve as a Caregiver Educator at Burnaby Neighborhood House, where I focus on ensuring the safety of seniors caring for their loved ones. Working closely with them has deepened my respect for their dedication and inspires me daily. Additionally, I am temporarily assisting with our Seniors' Transportation program, and coordinating rides for those living alone brings me great satisfaction.

Playing games accompanied by music is incredibly engaging. I truly enjoy spending time with groups of people across different age categories, whether they are children, youth, or seniors. The shared experiences and joy that come from these interactions are truly rewarding.

I have a deep appreciation for historical places, topics, and movies. I believe that history has a way of repeating itself, offering us valuable lessons if we choose to learn from it. As the historian George Santayana wisely said, "Those who cannot remember the past are condemned to repeat it." Embracing history's lessons helps us navigate the present and shape a better future.



# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



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



**Blenn Dioces**  
Caregiver & Dementia  
Programs Coordinator



**Zohra Sahat Hashimi**  
Caregiver Education  
Supervisor



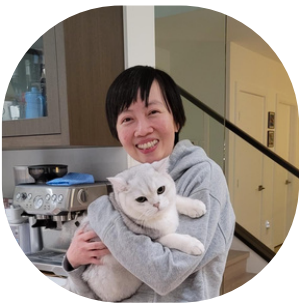
**Emily Chan**  
Seniors Food Programs  
Coordinator



**Cynthia Lu**  
Seniors Food Programs  
Supervisor



**Hilda Eng**  
Kitchen Coordinator



**Debby Wong**  
Community Connector



**Tina Nguyen**  
Seniors' Volunteer  
Supervisor



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



**Dee Batt**  
BC Housing Coordinator



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



**Zeinab Ahmadizadeh**  
Seniors' Social and Day  
Programs Activity Supervisor



**Shahnaz Gozal**  
Kitchen Supervisor



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

**FREE**  
**ADMISSION**  
with registration

# AS WE AGE

## SENIORS SHOWCASE

*for Seniors and their families*

**Thursday, October 17**

**Bonsor Banquet Hall • 1pm - 3:30pm**

**6550 Bonsor Avenue, Burnaby**



**Space is limited - register today!**

**burnabyseniorsresourcesociety@gmail.com or call 778-357-0525**

*Presented by*

**Burnaby**now



Burnaby Seniors' Resources Society

[www.burnabyseniors.org](http://www.burnabyseniors.org)

*Platinum Sponsor*

**SETON**  
VILLA

**Experts Panel | Exhibitors | Refreshments | Giveaways | More!**



# CELEBRATING NATIONAL SENIORS DAY

On October 1st, 2024, we celebrate the important contributions seniors



# PET FEATURE

**Meet Ozzie! Dee's cat!**



**What kind of breed is Ozzie?**

**His name is Ozzie, 1 year old tabby cat. He is very playful and fun to be around.**

**Does he have any trick or special talent?**

**He likes to jump to the top of the door and slide down slowly 😊.**

**What is his favorite treat or toy?**

**He loves playing with and chasing after a feather.**

**How did Ozzie find his way into your family?**

**We got him from a family in Surrey.**



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)



# PERSIAN DINNER



Date: **Wednesday, October 16, 2024**

Time: **6:00 - 7:30pm**

(Doors open at 5:30pm)

Address: **Brentwood Park Alliance Church**

**1410 Delta Avenue, Burnaby**

(Go around back and down the stairs)

Buy tickets in advance at the North House or the Brentwood House

Adults 19+ \$8

Youth (13-18) \$8

Children (4-12) \$5

Under 3 Free



**Dill Salad:**  
Potato, Dill, Green onion, Greek yogurt



**Zereshk Polo:**  
Rice, Chicken, barberry (Zereshk)

\*Vegetarian option



**Dessert: Fereni**  
Milk, Sugar, Rice Flour



# BOOK CLUB

**Join us at our Book Club  
on Tuesdays 2-4 pm!**



**Where?**

**BNH North House**  
(4908 Hastings Street)



**Dates:**

**Sep 24 - Oct 22**

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



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḱw̱x̱wú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# COMMUNITY LANGUAGE CLASS

## LEARN ARABIC & FARSI

W/ FATEMEH

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

**FRIDAY MORNINGS  
10:00-11:00 AM**

**EXTENDED**

**BNH MEMBERSHIP  
REQUIRED**

**\$5 ANNUAL FEE**

**TO REGISTER OR FOR  
MORE INFORMATION  
PLEASE CONTACT  
ANNR@BURNABYNH.CA**



**CARE CONNECT ENGAGE BELONG**

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# Community BASIC VIETNAMESE PROGRAM

**TUESDAY (2PM-4PM)  
OCT - DEC 17, 2024**

**📍 BNH South House**

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

Tạm biệt

Vui Lòng

Cảm Ơn

Xin chào



# COMMUNITY ENGLISH CONVERSATION WITH RIHANNA



**LIMITED SPOTS!**



**Every Friday  
October 18 - December 20, 2024  
1:30pm-3pm  
BNH South House**

## **REGISTRATION REQUIRED!**

**To register, please contact Carina:  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)  
\*Registration Deadline: October 4, 2024**

# 55+ PROGRAMS



## North House

### 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



4908 Hastings St  
604-294-5444  
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 | 1:00 – 4:00pm

## Brentwood House

### 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 Arsenio)



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



## South House

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!



4460 Beresford St.  
604-431-0400



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

## Workshop - Burnaby Public Library



On Wednesday, October 16, 2024, enjoy a talk with Andrea, BPL's community librarian!

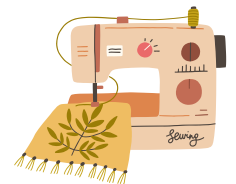
## Friday Lunch

Meet new friends and enjoy a delicious meal (\$6)  
Register on Friday from 10:30AM - 11:45AM.



## Sew Fun!

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



## Community Hall



## 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
- 1:00PM-2:30PM

- **Dementia Friends Café: South House**

- Last Thursday of each month
- 12:00PM-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 | 1:00PM-3:00PM

- **Family Caregiver Journey - South House**

- Third Thursday of each month | 10:30AM-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

## “Service Canada” Workshop



**Thursday, Oct 3rd**  
**12:30 PM to 3 PM**  
**Brentwood House**  
2055 Rosser Ave

Fee: Free for caregivers


**"Join our informative workshop on Service Canada benefits, covering CPP, OAS, GIS, —learn how to navigate these essential programs for your financial security!"**

**Host: Mariah From Service Canada - 1 PM**

**Activity : Turkish Marbling Art by Suheda- 2 PM**

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







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



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# Caregiver Journey Lunch

## “Dealing with Stress”

### presentation



**Thursday, October 17th**

**10:30 AM to 1:30 PM**

**South House**


**4460 Beresford St**

**Banquet Room 1-Third  
Floor**

Free: For unpaid Caregivers

To register, contact Leila :

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

 **604-375-5778**

**"Discover practical strategies for managing stress in our workshop—learn how to prioritize your well-being while supporting others!"**

**Host : Jerry from SHWI(11:00 AM)**

**Lunch: 12:15 PM**

**Activity: Acrylic Painting by Chiao**

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# 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:

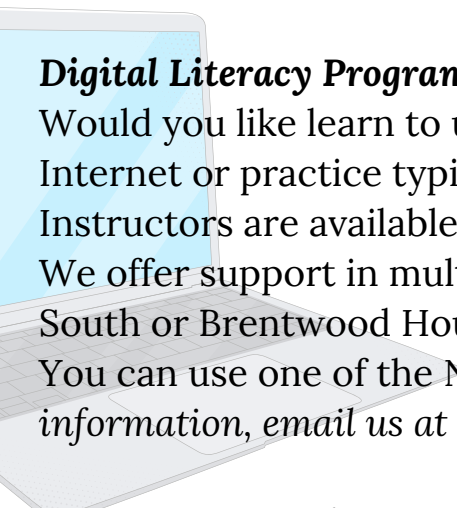
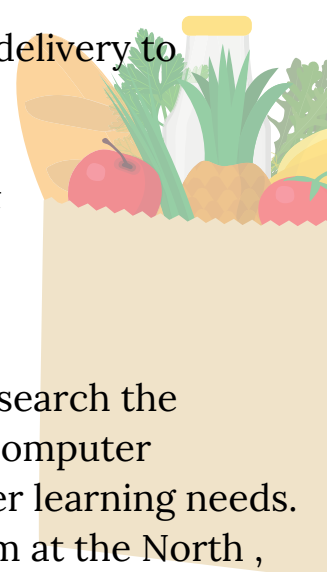
If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer your questions and support your settlement and integration in your new community. Services are available in Arabic, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish.

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**.





## MOSAIC / Burnaby Neighbourhood House Seniors Community Connector

# Let's talk about your health and wellness goals

Our Community Connector uses Social Prescribing to offer non-medical support that assists older adults to identify and achieve personal health and wellness goals. We help to find appropriate local programs and services followed by regular check-ins to ensure participants are on track.

### Eligibility

- 55 years of age or older.
- Experiencing, or at risk of:
  - Social isolation and/or loneliness
  - Frailty
  - Barriers to accessing community-based resources
  - Frequent trips to primary care or ER

### Referrals Can Be From:

- Self-referral
- Friends, Family, & Community Members
- Health Care Providers

### For more information or to make a referral please contact:

**Burnaby Neighbourhood House  
Seniors Community Connector**  
srsconnector@burnabynh.ca

**Office:** 604-431-0400

**Mobile:** 236-858-4979

100-4460 Beresford Street

<https://burnabynh.ca/>



### MOSAIC

**Seniors Community Connector**  
cares@mosaicbc.org

**Office:** 604-438-8214

**Fax:** 604-438-8260

315-7155 Kingsway, Burnaby, BC V5E 2V1

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



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



# 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



THE UNIVERSITY OF BRITISH COLUMBIA  
Learning Exchange



FACULTY OF  
EDUCATION



# 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



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**United Way**  
**British Columbia**

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Central & Northern Vancouver Island

## Settlement & Integration Program

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



# CANADIAN CITIZENSHIP APPLICATION PROCESS WORKSHOP

**DATE: OCTOBER 9, 2024**  
**TIME: 11AM-12NOON**  
**LOCATION: ZOOM**



Come and join us for an **ONLINE** workshop on Canadian Citizenship Application Process. We will discuss the following:

- Application for Children/Adult
- Residency requirement
- Language requirement
- Supporting Documents Needed
- How to fill out the application form

**A step-by-step learning on Canadian Citizenship application**

A Permanent Resident (PR) card number is required to register. A Zoom link and password to join the session will be sent by email.

To register, contact Blenn:

**avelinad@burnabynh.ca**  
**Tel: 604-431-0400**  
**Cell: 236-889-4065**

**WWW.BURNABYNH.CA**

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4460 Beresford Street  
Burnaby, BC V5H 0B8  
(In front of Metrotown Skytrain)  
(604)431-0400

Funded by:



Immigration, Refugees  
and Citizenship Canada

Financé par :

Immigration, Réfugiés  
et Citoyenneté Canada

## Settlement & Integration Program

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



# CANADIAN CITIZENSHIP TEST PREPARATION WORKSHOP

Free Online Workshops for Permanent Residents

Preparing for Canadian Citizenship test? Join us!  
Interactive and informative sessions!



- Session 1- History of Canada
- Session 2- Geographical Regions
- Session 3- Canada's Government
- Session 4- Rights and Responsibilities of Citizens

(Wed.) Oct 16th, 2024 -11am- 12pm

(Wed.) Oct 30th, 2024 11am-12pm

These workshops will be in English .

A Permanent Resident (PR) card number is required to register. A Zoom link and password to join the session will be sent by email.

To register contact Blenn:  
avelinad@burnaby nh.ca  
236-889-4065 / 604-431-0400

[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 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

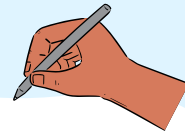
Welcoming Ambassador



1-on-1 Peer Support



Form Filler



Dementia Ambassador



Seniors Transportation

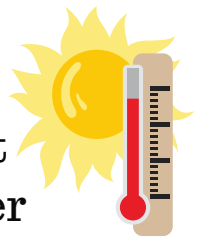
Join Senior Peer Support!



Friendly Phone Caller or Visitor



Extreme Heat Wellness Caller



## INTERESTED?

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

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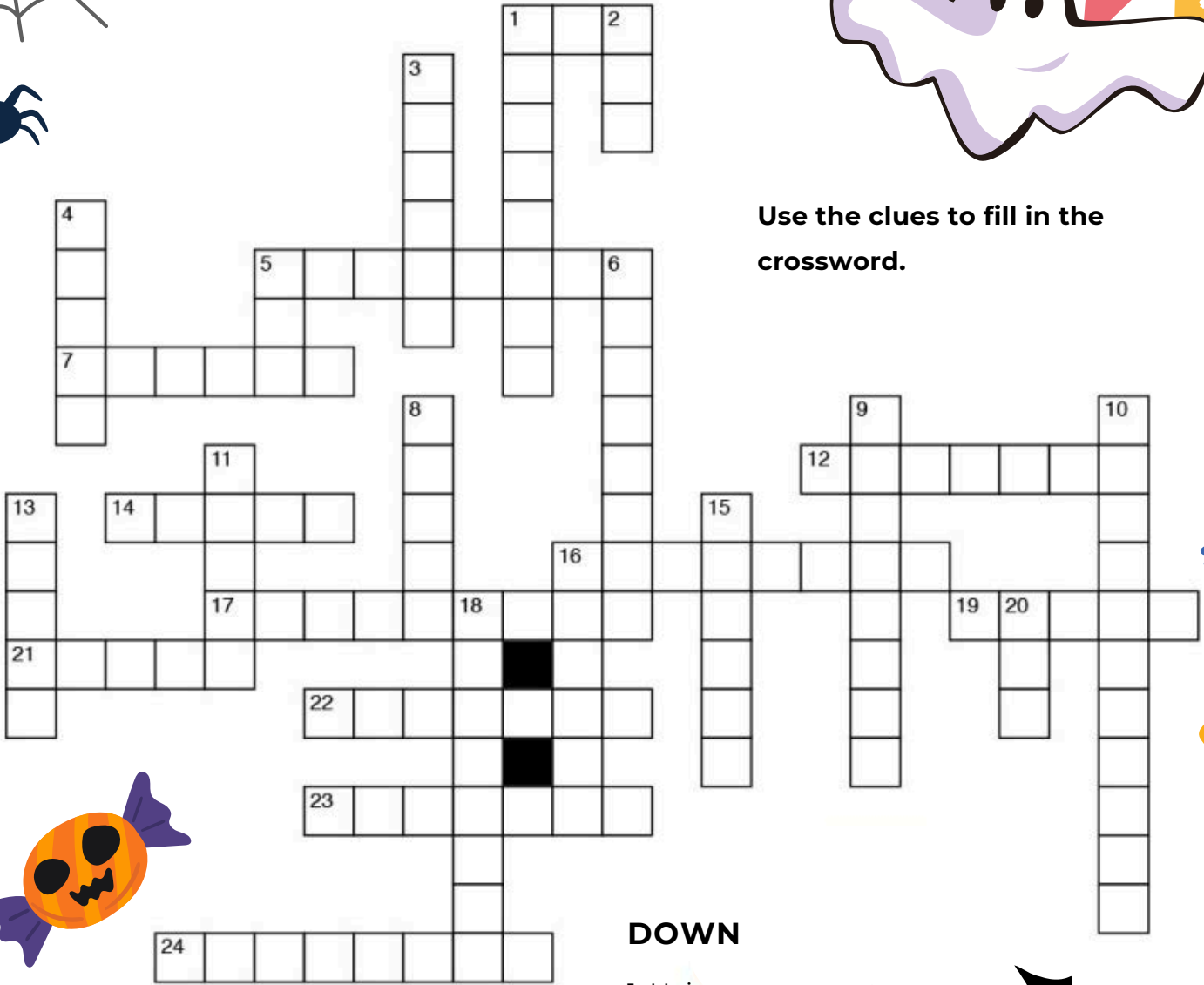
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the T̓sleil-Wauthuth (səlilWətaʔt̓), Kwikwetlem (kʷikʷələm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# HALLOWEEN PARTY



Use the clues to fill in the crossword.



## ACROSS

1. Spider's snare
5. Decorations that you blow up
7. Western guy
12. Dracula is one
14. Pixie or sprite
16. Front door ringer
17. Yellow, orange, and white treat
19. Frightening
21. Party drink
22. It's carved in October
23. Coating for an apple
24. Cinderella and Snow White



## DOWN

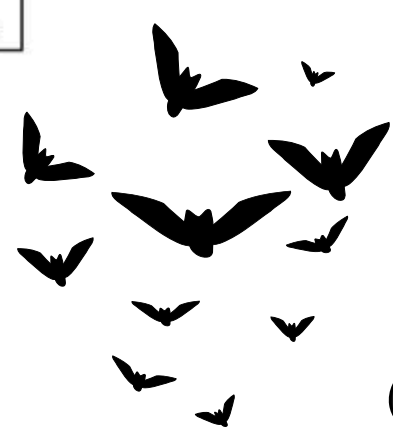
1. Hairy man-monster
2. Cave animal
3. Witch's laugh
4. Dark Halloween color
5. Halloween shout
6. Halloween set of bones
8. Wrapped monster
9. Witch's pot
10. Party adornments
11. Broom rider
13. Salty party snack
15. Bright Halloween color
16. Fog machine substance
18. Small frosted party treats
20. Witch's pet





# TRICK OR TREAT

## 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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