

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

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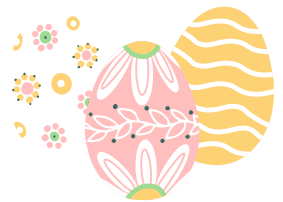
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**Maryam Torabizadeh**

**Farsi/Dari Senior Program Supervisor**

My role at Burnaby Neighbourhood House is  
Farsi/Dari Senior Program Supervisor

I love walking.

I am good at cooking and designing cake.



# MEET THE TEAM



**Alexis Haig**  
Manager of Seniors'  
Services



**Hilda Eng**  
Kitchen  
Coordinator



**Greg Oudman**  
QUEST+ Project  
Lead



**Gaby Rodriguez**  
Senior Peer &  
Caregiver Support  
Coordinator



**Blenn Dioces**  
Caregiver &  
Dementia Programs  
Coordinator



**Maryam Torabizadeh**  
Farsi/Dari Senior  
Program Supervisor



**Justine Tsui**  
Seniors  
Community  
Connector



**Tina Nguyen**  
Seniors'  
Volunteer  
Supervisor

## TAPS TEAM



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



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



**Shahnaz Gozal**  
Kitchen Supervisor

## BC HOUSING TEAM



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



**Dee Batt**  
BC Housing  
Coordinator



**Sara Martinez**  
BC Housing Seniors  
Activity Supervisor

## BETTER AT HOME TEAM



**Emily Chan**  
Better at Home  
Coordinator



**Cynthia Lu**  
Seniors Food  
Program Supervisor



**Kathy Bobicki**  
Seniors Transportation  
Supervisor



**Sabrina Lou**  
Housekeeping & Food  
Programs Supervisor





# Pet Feature

## Meet Mila – Blenn’s dog!

Mila is a Shih Tzu  
Pomeranian Maltese mix.

She loves Canadian Miniwags  
beef and bacon treats. She  
will do everything to have  
those meaty, soft treats.



Mila is a super cute and sweetest  
dog who loves to show off her:  
shake your paw, up up, and “rawr”  
sound when you make her angry.  
She loves belly rub a lot. She loves  
dashing around the park with her  
ball. She loves being around  
people.

My daughter got  
Mila from her hi  
school friend in 2021  
and since then she’s  
been a great part of  
our family.



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)



# NEIGHBOURHOOD HOUSE WEEK

Come Join the Fun!

**FREE  
EVENT**



## South House Event

📍 4460 Beresford St.

🕒 3PM – 5PM

May

**6**

2025



## Brentwood House Event

📍 2055 Rosser Ave.

🕒 4PM – 6:30PM

May

**7**

2025



## North House Event

📍 4908 Hastings St.

🕒 1PM – 4PM

May

**9**

2025



## Event Activities:

Performances | Coffee, tea & snacks

Kids' Activities | Meet your Neighbours

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





# JOIN US FOR

*Fresh Healthy*

# SOUP & BUN



**\$2\***

**11 AM - 1 PM  
MONDAYS**

4908 Hastings St  
(604) 294 5444  
[www.burnabynh.ca](http://www.burnabynh.ca)

**\* or pay what you can**





# COMMUNITY MAHJONG CLUB



Join  
Us!

Every Monday  
11:00am-1:30pm

BNH Brentwood House  
2055 Rosser Ave

For more info, contact:  
[annr@burnabynh.ca](mailto:annr@burnabynh.ca)



- All levels are welcome
- BNH Membership Required
- Drop in to play and have fun

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# Chinese Coffee and Chat 中文咖啡聊天室

誠邀你參與一些輕鬆的社交活動，你可以同時認識其他早期腦退化患者。

Come and join us for some fun social activities and get to know other people in the early stages of dementia.



## 地點 WHERE

Burnaby Neighbourhood House –  
Brentwood House  
2055 Rosser Ave, Burnaby



## 時間 WHEN

2025 年 4 月 2 日至 5 月 14 日 (星期三)  
April 2 to May 14, 2025  
下午一時半至三時  
1:30 to 3:00 p.m.



## 報名方法 REGISTRATION

For more information or to register, call:  
查詢或報名，請致電：

First Link® Dementia Helpline 腦退化中文熱線  
1-833-674-5007



\*參加者可自行選擇戴口罩與否。若想了解更多有關安全協議的信息，請瀏覽網頁

\*Masks are optional. Learn more about safety protocols at [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety).



# QUEST+

## Café



**Supporting older adults who identify  
with the 2SLGBTQIA+ community**

**Please join us for an opportunity to come together and  
connect with fellow 2SLGBTQIA+ older adults.**



**2:00 pm - 4:00 pm**



**Last Tuesday of each month**



**BNH South House**

(4460 Beresford Street)

Banquet Hall 1, 3rd floor

**REFRESHMENTS  
PROVIDED!**

Our monthly cafe will usually focus on education, information or entertainment. Please email us at the address below for more information about next month's cafe!

**For more information about us  
and what we do, please email:**

**QUESTPlus@burnabynh.ca**



**United Way**  
British Columbia

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



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# COMMUNITY CAFE MAHJONG CLUB



Join  
Us!

Every Thursday  
1pm-3pm

BNH South House  
4460 Beresford St.

For more info, contact:  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



- ▶ All levels are welcome
- ▶ BNH Membership Required
- ▶ Drop in to play and have fun

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# Community Adult Yoga Program

**Yoga Beyond Mat with Laxmi**

**April 22 - June 24, 2025  
Every Tuesday | 3-4pm  
BNH South House  
(4460 Beresford St)**

**ALL levels are welcome!**

**Bring your own yoga mat!**

**Learn correct breathing, body  
movement with alignment,  
eye exercises and more!**

**Sign up Today**



**Please contact Carina at  
[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)**



# Minds in Motion®

## 「身心活動」

專為早期阿茲海默症或其他腦退化患者及其親友或照顧者而設的健身及社交活動。

A fitness and social program for people living with early-stage dementia.



### 活動簡介

Minds in Motion® 「身心活動」是一個讓阿茲海默症或其他腦退化症者，能夠與他們的親友或照顧者一起享受的健身及社交活動。

每節分為兩部份，第一部份由專業健身教練指導進行簡易的運動。第二部份可因應個別興趣或需要而參與輕鬆互動的遊戲或社交聯誼。現場提供茶點。照顧夥伴必須參加。



### 地點 WHERE

Burnaby Neighbourhood House -  
South Community Hall  
5024 Rumble Street, Burnaby



### 時間 WHEN

8 週 (星期五) Eight Fridays  
2025 年 4 月 25 日至 6 月 13 日 April 25 to June 13, 2025  
上午 11:00 a.m. – 下午 1:00 p.m.

### SESSION OUTLINE

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Light refreshments provided. Care partners must attend.



### 報名方法 REGISTRATION

致電「腦退化中文熱線」 Call the Chinese First Link® Dementia Helpline:  
1-833-674-5007 或/or Lyanne 778-357-1541.



### 收費 COST

\$40  
8 個星期，包括 2 位參加者 (一名腦退化患者及一名照顧者)。可於任何時間開始，登記費將根據開始時間按比例加減。  
For the eight-week session, for both participants (one person living with dementia and one care partner). Start at any time, prices are pro-rated.



\*參加者可自行選擇戴口罩與否。若想了解更多有關安全協議的信息，請瀏覽網頁 \*Masks are optional. Learn more about safety protocols at [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety).



# 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](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 | 1:00 – 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](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 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 Tai Chi 24 (Intermediate)  
11am–12pm Tai Chi Sword

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

## Workshop - Burnaby Public Library

On Wednesday, April 16th, 2025, enjoy a talk with Andrea, BPL's community librarian!



## Friday Lunch

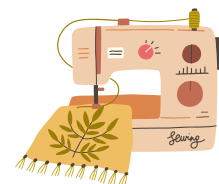
Meet new friends and enjoy a delicious meal (\$6)

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



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



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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
  - 12:30PM-2:30PM



## 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 Tuesday 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.

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



# Caregivers lunch Workshop

## " TAXES "

Join our taxes workshop to learn valuable tips on filing and saving!

- ✓ Lunch: 12:30 – 1 pm Beef Nachos with cream & cheese
- ✓ Presenter: 1 – 2 pm Workshop about TAXES by CRA, Arsi Ahmed
- ✓ Activity: 2-3 pm Chair yoga with Gaby

To register, contact Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778



2055 Rosser Ave.  
Brentwood House,  
2nd. floor

Free: For unpaid Caregivers



**United Way**  
British Columbia

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



**BRITISH COLUMBIA**

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



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**APRIL 3,**  
**2025**





# Caregivers lunch Workshop

## " Healthy Eating "



Join our workshop to discover simple tips for healthy eating and feel your best!

**APRIL 15, 2025**

- Presenter: 10:30 – 11:30 am Healthy Eating by SENIORS HELPING SENIORS
- Lunch: 12 – 1 pm Chicken Chow Mein
- Activity: 2-3 pm Brain Game



**South House**

**4460 Beresford St.**

**Banquet room 2, Third floor**

To register, contact Gaby:

✉ seniorpeercaregiver@burnabynh.ca

☎ 604-375-5778

**Free: For unpaid Caregivers**



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& Northern Vancouver Island



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





MARCH





# 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 **Tina Nguyen** at **672-336-6280** or **seniorvolunteer@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 **672-377-5608**

For information on prepared meals and grocery shopping, contact **Cynthia** at **672-377-5608** or **seniorshopping@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

(4908 Hastings St, Burnaby)

604-294-5444

computercafe@burnabynh.ca

## South House

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

## Brentwood

Wed: 10:00 AM - 12:00 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

computercafe@burnabynh.ca

(4460 Beresford St, Burnaby)

604-396-7307

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.





# 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 Cynthia 672-377-5608  
[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 Cynthia 672-377-5608  
[seniorshopping@burnabynh.ca](mailto:seniorshopping@burnabynh.ca)



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British Columbia

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BC's North, Interior, Lower Mainland,  
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](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

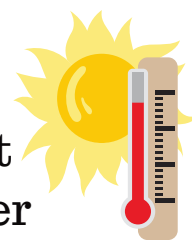
Join Senior Peer Support!



Friendly  
Phone  
Caller or  
Visitor



Extreme Heat  
Wellness Caller



## INTERESTED?

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

Thanks to our  
sponsors:



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# WORD SEARCH

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



E W I N J A J O S Q T C X H R  
I L L D V U R S O R C Z V T E  
E G L Q I N V B U I B K A A T  
J A B T H A W N O R L K H R S  
Y S I A D R M J Y R U O R I A  
A P R I L F O O L S D A Y E E  
S K M F T T R E N T H A T S T  
E R U T U C A A A D R P Y S U  
Y O E O S R E X I Q S G D Q L  
V Q R W T Y E D G N A R W S I  
J P G H O S X I N K B G J V P  
S X D B W H K X I I C O L N S  
U A S U Q M S X R T U S W G O  
Y R E V O S S A P E T R I S N  
B A S E B A L L S P J A T I U



## CLUES:

APRIL FOOLS' DAY  
ARBOR DAY  
ARIES  
BASEBALL  
DAISY  
DIAMOND

EARTH DAY  
EASTER  
KITE  
PASSOVER  
RAINBOWS  
SHOWERS

SPRING  
SPROUT  
TAURUS  
TAXES  
THAW  
TULIPS





# SOLUTION

April  
Fools!

E	W	I	N	J	A	J	O	S	Q	T	C	X	H	R
I	L	L	D	V	U	R	S	O	R	C	Z	V	T	E
E	G	L	Q	I	N	V	B	U	I	B	K	A	A	T
J	A	B	T	H	A	W	N	O	R	L	K	H	R	S
Y	S	I	A	D	R	M	J	Y	R	U	O	R	I	A
A	P	R	I	L	F	O	O	L	S	D	A	Y	E	E
S	K	M	F	T	T	R	E	N	T	H	A	T	S	T
E	R	U	T	U	C	A	A	A	D	R	P	Y	S	U
Y	O	E	O	S	R	E	X	I	Q	S	G	D	Q	L
V	Q	R	W	T	Y	E	D	G	N	A	R	W	S	I
J	P	G	H	O	S	X	I	N	K	B	G	J	V	P
S	X	D	B	W	H	K	X	I	I	C	O	L	N	S
U	A	S	U	Q	M	S	X	R	T	U	S	W	G	O
Y	R	E	V	O	S	S	A	P	E	T	R	I	S	N
B	A	S	E	B	A	L	L	S	P	J	A	T	I	U




HAPPY  
EASTER

# 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  
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