

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

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Vivian Ling

Seniors' Social and Day Programs Activity Supervisor

I'm the Senior Social and Day Program Activity Supervisor at Burnaby Neighbourhood House, where I plan and lead programs that support the social, emotional, and physical well-being of older adults in our community. I coordinate therapeutic and social activities, facilitate group programs and events, work with volunteers, and ensure our programs are inclusive, engaging, and accessible to seniors of all backgrounds.

I enjoy exploring new places and cultures by visiting cafés and trying different foods. It's my way of broadening horizons, both on the map and on my plate, and finding a little inspiration along the way.

One thing others might not know about me is that I'm endlessly curious. I'm always diving into something new, whether it's astrology, languages, or music. Keeps life interesting!



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



Dali Qu
Chinese
Caregiver
Supervisor



Cheri Staples
Seniors' Resource
Navigator



Eddie Pham
Seniors'
Volunteer
Supervisor

TAPS TEAM



Lea Kovalchuk
Seniors' Social and
Day Programs
Coordinator



Vivian Ling
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



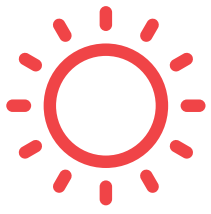
Cynthia Lu
Seniors Food
Program Supervisor



Kathy Bobicki
Seniors Transportation
Supervisor



Sabrina Lou
Housekeeping & Food
Programs Supervisor



Heat can be dangerous!

Tips to help seniors prepare for heat

Talk to your family doctor or nurse practitioner about your heat plan

- Some conditions and medications can make heat more dangerous
- Heat is especially risky for seniors



Use water to cool down

- Drink plenty of water
- Wear wet clothing or damp towels
- Put an ice pack against your neck
- Take cool baths or showers
- Place your feet in cool water



Keep your home cool and watch its temperature

- Keep windows and blinds closed during the day and open them at night
- If your home is over 31°C, go to a building with air conditioning. If you can't, use water to cool down.
- Fans don't cool the air, so don't blow hot air at yourself. It can make you hotter, not cooler. Use fans to move cool air in from outside.



Make plans for someone you know to check on you

- Check-ins should be at least twice a day when it is very hot



Learn the signs of heat exhaustion vs heat stroke



Heat exhaustion is not as dangerous as heat stroke but can lead to heat stroke. Call 8-1-1 for advice if you have symptoms.

Heat Exhaustion:

- Feeling sick/throwing up
- Headache/muscle cramps
- Rapid heart beat and breathing
- Skin rash or heavy sweating
- Take action: move to a cool space, drink water, cool skin with water

Heat Stroke:

- Dizzy/fainting
- Confused
- Take urgent action: Call 911 or take someone to a hospital, bathe in cool water or cover with wet towels until help arrives
- Less coordinated
- Very hot/red skin



Part of a Burnaby-based project to respond to extreme heat events.

www.burnabypcn.ca/heat-safety-for-seniors

Sponsored by



Created by



Meet Vasso's Cat, Mikey

The one and only “charming domestic delight” who has been brightening his family’s world for the past eight years! 🐾 This dapper fellow first crossed paths with his humans at Petsmart, where they were on the lookout for a therapy cat. Little did they know, Mikey wasn’t just a cat—he was the cat, and he wasted no time in stealing their hearts (and probably a few treats, too)



Mikey is a true foodie at heart, with a refined palate that includes creamy Churra sticks and those irresistible chicken-flavored Temptations. But he’s not all about snacks—he’s got skills, too! This clever kitty has mastered the art of the high-five, especially when he knows a treat is the prize. With every paw shake and whisker twitch, Mikey shows off his mix of charm, smarts, and just the right amount of sass.

Whether he’s begging sweetly for another bite, showing off his “paw-fect” tricks, or simply curling up for a cozy catnap, Mikey reminds everyone around him that life is better with a little mischief, a lot of love, and plenty of treats.



Showcase your beloved pets and spread joy by featuring them in our upcoming newsletters. Contact at.seniorvolunteer@burnabynh.ca

JOIN US FOR

Fresh Healthy

SOUP & BUN



\$2*

**11 AM - 1 PM
MONDAYS**

4908 Hastings St
(604) 294 5444
www.burnabynh.ca

*** or pay what you can**



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

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 Tai Chi 24 (Intermediate)
11am–12pm Tai Chi Sword

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

Line Dancing
Wednesdays

9–9:45am Beginner Class (SEP–NOV)
3–4pm Line Dancing

Workshop - Burnaby Public Library

On Wednesday, September 17th, 2025, enjoy a talk with Andrea, BPL's community librarian!



Friday Lunch

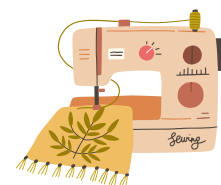
Meet new friends and enjoy a delicious meal (\$7)

Register on Friday from 10:30AM - 11:45AM.



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**.



QUEST+

Café



Supporting older adults who identify with the 2SLGBTQIA+ community

This café is an opportunity to come together and connect with fellow 2SLGBTQIA+ older adults.



2:00 pm - 4:00 pm



**3rd Thursday of each month
(effective August 21, 2025)**



BNH Brentwood House

2055 Rosser Street
2nd floor

**REFRESHMENTS
PROVIDED!**

Come socialize with others at our monthly cafe with an educational, informational or entertainment focus. Please email us at the address below if you'd like specific information about next month's cafe!

**For more information about QUEST+
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



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

55+ Seniors Connections

JOIN BEGINNERS UKULELE

with Jane

Tuesdays
Sept 16 - Dec 2

11:50 - 1:10pm
at South House

Available
to borrow!

REGISTER WITH EDDIE!

seniorvolunteer@burnabynh.ca

604-431-0400



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CARE CONNECT ENGAGE BELONG

Latin Beat: ***for a healthy lifestyle***

With

Ivette

Seniors Connections
Community Program



**Every Friday
10:00-11:00AM**

**BNH South House
(4460 Beresford Street)**

BNH Membership is Required!

**To Register, contact Lea at
leak@burnabynh.ca or
604-431-0400**



TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

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.

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.

Where?

Burnaby Neighbourhood House
Community Hall
5024 Rumble St., Burnaby

Cost

Friday Lunch: \$7
Lunch Card: \$38
Annual BNH membership
fee required (\$5 per year)

Current Schedule

Thursdays
10 am - 2 pm



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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Community Repair Cafe

10am–2pm on Sundays
September 28, October 26,
November 30, 2025

-  Bring your small appliances, clothing, electronics, computers, or bicycles that need fixing
-  **FREE** advice or repair help from our volunteers
-  **BNH South House (4460 Beresford St. – 3rd floor)**
-  For more information, contact Lynn at kitchens@burnabynh.ca



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Love & Responsibility: Peace of Mind through a Will

愛與責任：一份遺囑帶來的安心

If you are providing unpaid care for a family member or a friend who are 55+, we are here to support you.

如果你正在為55歲以上的家人或者朋友提供無償的照顧服務，我們在這裏支持你！


Chinese Caregiver Support Group 華語照顧者支持小組

粵語講座

Workshop in Cantonese

September 19, 2025
3:30---5:30pm

TOPICS 講座內容

- 
- Common legal terms related to wills 遺囑常見相關法律術語
 - Why having a will matters 制定遺囑的積極意義
 - Typical components of a will 遺囑的常見內容
 - How to create a will and supporting institutions 制定遺囑的方式及機構
 - Common misconceptions about wills 對遺囑的常見誤區

VENUE 地點:

BNH South House, 3rd Floor
4460 Beresford Street,
Burnaby

REGISTRATION 報名:

Email: daliq@burnabynh.ca
Phone: 236-877-2616 **Dali**



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

THE BURNABY CAREGIVER SUPPORT 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
 - 12:30PM-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 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 or 604-431-0400



August





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 **Cheri** at 236-308-8049 or seniorsresource@burnabynh.ca

Better at Home - Food Programs

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors in Burnaby. For information on prepared meals and grocery shopping, contact **Cynthia** at 672-377-5608 or seniorshopping@burnabynh.ca

For information on food hampers, contact **BNH Food Hub team** at 672-377-5608

For information on Better at Home Seniors Transportation and Light Housekeeping Services, contact **Citizen Support Services (City of Burnaby)** at 604-294-7980

Seniors Community Connector

We provide short-term one-on-one support to connect isolated seniors (55+) with community resources. This includes making referrals, helping you apply for programs, and create a wellness plan with you. The goal is to improve the connection to community and sense of overall well-being. Support is available in English, Cantonese, Mandarin, Spanish, Farsi and Dari.

For more information, contact **Justine** at 236-858-4979 or srsconnector@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

Settlement & Integration Program

Intermediate English Conversation Circle

Start practicing and building confidence in speaking English with our conversation circle!

- Diverse topics about life in Canada
- Friendly and welcoming environment
- Connect with other fellow newcomers and make friends



Session:

Date: August 18, 2025 - October 27th, 2025 (**Every Monday**)

Time: 9:30am - 11:30am

- **Registration Required (No drop ins)**
- For more information to register, please contact Miguel: MiguelL@burnaby nh.ca
- **Location:** Burnaby Neighbourhood House
4460 Beresford Street, Burnaby

We are funded by Immigration, Refugees and Citizenship Canada (IRCC) and, in accordance with their requirements, we focus on supporting permanent residents and convention refugees, while also welcoming all community members

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

FOOD LITERACY

WHAT IS FOOD LITERACY?

Food literacy is the knowledge, skills and attitudes individuals need to navigate the food system and make informed decisions

ARE YOU A SENIOR 55+ AND INTERESTED IN LEARNING MORE ABOUT FOOD AND NUTRITION?

Burnaby Meals on Wheels is offering a Food Literacy Project for seniors in Burnaby! Our goal is to provide four workshops led by registered dietitians in different languages to help improve your food literacy.

Workshop Details:

Online via Zoom

(You will need an email address and a phone or computer to participate)

- September 6 (Saturday), 10:00 – 11:00 a.m. – English
- September 20 (Saturday), 10:00 – 11:00 a.m. – Farsi

In-Person at Brentwood House

- September 24 (Wednesday), 1:30 – 2:45 p.m. – English
- October 1 (Wednesday), 1:30 – 2:45 p.m. – Cantonese

WHAT WE NEED FROM YOU?

Email us at seniorshousekeeping@burnabynh.ca to join our mailing list!

WHAT TO EXPECT?

- Pre-Assessment Survey: Help us tailor the workshops to your needs.
- Workshop Invites: RSVP to attend—space is limited!
- Post-Assessment Survey: Reflect on what you've learned.
- 🎁 Get Rewarded! 🎁
- Receive a \$10 grocery gift card after completing the two surveys and attending a workshop!



BURNABY
MEALS ON WHEELS



Nutrition
LINK
services society



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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 Form Filling

NEW Drop-in format

Trained volunteers are available to help you complete:

- CPP • BC Housing Registry
- OAS • BC Bus Pass
- GIS • SAFER



South House: 1st Monday of the month, 12-2pm

North House: 2nd Tuesday of the month, 12-2pm

Brentwood: 3rd Wednesday of the month, 10am-12pm

**Excluding holidays*

Volunteers can also help navigate community resources and services!



For more information, please contact **Cheri** at seniorsresource@burnabynh.ca or **236-308-8049**



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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



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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



United Way
British Columbia

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



**BRITISH
COLUMBIA**



MOSAIC
Engaging Newcomers, Enriching Communities



CARE CONNECT BELONG

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
Experiencing frailty, isolation, and/or low income
Member of Burnaby Neighbourhood House

Pickup

BNH South House
4460 Beresford St

Delivery

Once a week on
Tuesday or Thursday

**Meals are \$7 or less with
completed subsidy form**

Please contact Cynthia to register

672 377 5608

seniorshopping@burnabynh.ca



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United Way helping seniors remain independent.

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

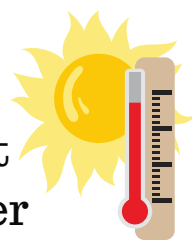
Join Senior Peer Support!



Friendly
Phone
Caller or
Visitor



Extreme Heat
Wellness Caller



INTERESTED?

Contact Gaby at
seniorpeercaregiver@burnabynh.ca or
604-431-0400

Thanks to our
sponsors:



Working with communities in BC's
Interior, Lower Mainland, Central
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Wordsearch



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

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



ASTER
AUTUMN
BONFIRE
CRISP
EQUINOX
FOOTBALL

GRANDPARENTS (Day)
HARVEST
INDEPENDENCE (Day,
Mexico)
LABOR DAY
LEAVES
LIBRA

MIGRATION
MORNING GLORY
OKTOBERFEST
ORCHARD
SCHOOL
VIRGO

Young and Old Alike Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?



1. Cross off all types of music.
2. Cross off all hobbies.
3. Cross off all clothing.
4. Cross off all car brands.
5. Cross off all words that rhyme with group.



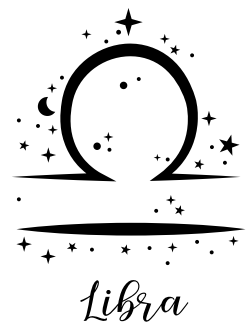
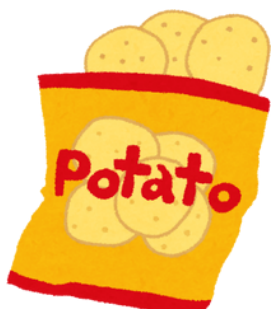
knitting	classical	cardigan	our
bookend	Ford	hoop	hoodie
jazz	crochet	generations	Hyundai
soup	our	loop	youngest
Volkswagen	writing	and	hip-hop
our	poncho	shorts	Chevrolet
oldest	hold	snoop	blues
photography	rock and roll	our	painting
trousers	Ram	troop	civil
pottery	societies	country-western	bandanna
Audi	scoop	Toyota	ascot
together	disco	sewing	droop



Solution



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



Solution

1. Cross off all types of music.
(classical, jazz, hip-hop, blues, rock and roll, country-western, disco)
2. Cross off all hobbies.
(knitting, crochet, writing, photography, painting, pottery, sewing)
3. Cross off all clothing.
(cardigan, hoodie, poncho, shorts, trousers, bandanna, ascot)
4. Cross off all car brands.
(Ford, Hyundai, Volkswagen, Chevrolet, Ram, Audi, Toyota)
5. Cross off all words that rhyme with group.
(hoop, soup, loop, snoop, troop, scoop, droop)

knitting	classical	cardigan	our
bookend	Ford	hoop	hoodie
jazz	crochet	generations	Hyundai
soup	our	loop	youngest
Volkswagen	writing	and	hip-hop
our	poncho	shorts	Chevrolet
oldest	hold	snoop	blues
photography	rock and roll	our	painting
trousers	Ram	troop	civil
pottery	societies	country-western	bandanna
Audi	scoop	Toyota	ascot
together	disco	sewing	droop




MEMBERSHIP 2025-2026



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/ 

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(604-431-0400)

4460 Beresford Street

Brentwood

(604-299-5778)

2055 Rosser Ave

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3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'

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