

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

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Nayra Reis

BC Housing Coordinator

I'm the Seniors Program Coordinator supporting BC Housing residents, where I create opportunities for individuals to strengthen their interpersonal skills and reconnect with community life. My work focuses on motivating residents to explore volunteering and future employment possibilities beyond their comfort zones.

Outside work, I love driving up to Burnaby Mountain Park to ground myself, and appreciate the calm and beauty of nature.

Many people don't know that I once travelled solo by bicycle across Europe for four months, navigating new places without modern technology, an experience that taught me resilience, and trust in the journey.



MEET THE TEAM



Alexis Haig
Manager of Seniors'
Services



Hilda Eng
Kitchen
Coordinator



Dali Qu
Chinese
Caregiver
Supervisor



Blenn Dioces
Caregiver &
Dementia Programs
Coordinator



Cheri Staples
Seniors' Resource
Navigator



Justine Tsui
Seniors
Community
Connector



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



Nayra Reis
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



Burnaby Seniors' Resources Society



Burnaby Seniors' Resource Society HEALTHY AGING SERIES Falls Prevention Presentation

This group presentation will address
the 4 Pillars of Fall Prevention.

You will learn some tips and tricks about how to
reduce your risk of having a fall!

Bring your questions!



VENUE: Carl Mortensen Manor Auditorium
4035 Norland Avenue, Burnaby, BC

DATE: **Thursday 24th September 2026**

Time: 1:00 p.m. - 3:00 p.m.

Registration: Limited seating please reserve your spot early

Deadline to register: Monday 21st September 2026

Email: burnabyseniorsresourcesociety@gmail.com

Call: 778-357-0525

Please join the
Burnaby Seniors' Resources Society
for an informative speaker session,
seniors' expo, light refreshments and
door prizes!



VOLUNTEERS

∴ **NEEDED** ∴

One Drive. A Meaningful Difference.

Volunteer Meal Delivery Driver

- 🚗 Deliver meals to seniors across Burnaby
- ❤️ Provide friendly, reliable community support
- 📅 ^{July}17 Shifts Available on Mondays, Wednesdays and Fridays | 10 AM–12:30 PM

Volunteer Driver for Senior Transportation

- 🚗 Drive Burnaby seniors to and from medical appointments
- ❤️ Provide friendly, safe & reliable transportation
- 📅 ^{July}17 Flexible schedule | Minimum 2 drives per month

Apply to become a volunteer driver:

<https://burnabynh.ca/get-involved-volunteer/>

What to expect:

- ✓ Short informal interview
- ✓ Online volunteer orientation
- ✓ Mileage reimbursement provided

Questions?

✉️ seniorvolunteer@burnabynh.ca

All applicants must complete the Burnaby Neighbourhood House volunteer application process.

Call For VOLUNTEERS

Role: Caregiver Support

Help us support and assist caregivers to fulfill their roles caring for their loved ones, as well as maintain their own self-care.

- Provide a listening ear and emotional support.
- Help reduce feelings of isolation and loneliness.
- Share caregiver resources and community services.
- Encourage self-care and caregiver well-being.
- Help caregivers identify goals and connect with appropriate supports.



**Sign up to volunteer by
contacting us at:**

 #672-336-6280

 seniorvolunteer@burnabynh.ca



REGISTER NOW



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəɬəm), Squamish (Sḵwəwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

Say Hello to Lola!

The lovely bunny of Aiden Household



Lola is a Holland Lop rabbit who is small, fluffy, and very curious. She loves fresh vegetables, especially carrots and leafy greens. Her favourite toys are things she can chew, toss, and push around. She is always happy when it's time for a little treat!

Lola is also very good at getting Aiden's attention. She knows when to come over for cuddles, playtime, or a snack. Lola became part of the family as Aiden's pet and friend, and she has brought lots of fun, love, and happiness to their home.



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

DO YOU NEED TO FILE/REFILE TAXES FOR 2024 OR EARLIER?



**BNH CAN HELP YOU FILE TAXES
FOR THE LAST 2-10 YEARS**

**WE NOW OFFER TAX CLINICS
YEAR ROUND**

DO YOU QUALIFY?

Fill out the form at this QR code



QUESTIONS?

Call Michaela at 604 299 5778



SENIORS CONNECTIONS 55+

AFTERNOON YOGA

**Monday,
September 14, 2026
1-2pm**

**PLEASE BRING YOUR OWN MAT
ALL LEVELS WELCOME!
NO REGISTRATION REQUIRED**

**BURNABY
NEIGHBOURHOOD HOUSE
NORTH HOUSE
4908 HASTINGS ST,
BURNABY**



Strength at any age.
Peace in every breath.

For more information, contact us at seniorsocial_dayprgm@burnabynh.ca
To reach our front desk: [\(604\) 294-5444](tel:6042945444)

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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

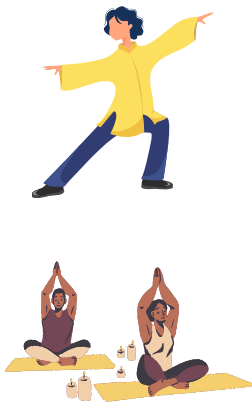
Seniors Social and Games

Join us Wednesdays (12:15–1:45pm) and Fridays (10:00–1:45pm) for coffee or tea and a range of activities from BINGO, arts and crafts to educational workshops!



MOVEMENT FOR HEALTH

Enjoy different physical activities to help improve your health!



DROP IN PROGRAMS

<u>Qigong</u>	<u>Latin Beat</u>	<u>Yuanji Dance</u>
Wednesdays	Fridays:	Fridays:
10:45-11:15am	10-11am	3-4:45pm

REGISTRATION PROGRAMS (MORE INFO ON NEXT PAGE)

<u>Line Dancing</u>	<u>Tai Chi</u>	<u>Tai Chi</u>	<u>Yoga</u>
Wednesdays	Wednesdays	Fridays	Wednesdays
9:15-10am(Beginner)	10-10:45am Tai Chi 24	1-2pm 24 Tai Chi	2-2:45pm
3-4pm	(Intermediate)	2-3pm 48 Tai Chi	
	11:15am-12pm Tai Chi Sword		

What’s the difference between Qigong and Taichi?

Qigong is a broad category of energy-cultivation practices using breath and movement for health. Tai Chi is a specific, structured martial art that applies Qigong principles through slow, flowing forms to build balance and internal energy. In short: Tai Chi is a type of Qigong, while Qigong also includes simpler, repeatable exercises—like exercise versus ballet



Workshop - Burnaby Public Library

On Wednesday, October 7th, 2026, enjoy a talk with Andrea, BPL’s community librarian!

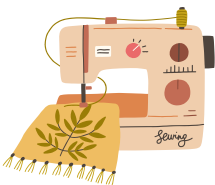
Friday Lunch

Meet new friends and enjoy a delicious meal (\$7)
Register on Friday from 10:30 AM - 11:45 AM.



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: \$7 for lunch
To register, contact **Lea** at **604-431-0400** or **leak@burnabynh.ca**.



SENIORS CONNECTIONS

REGISTRATION ONLY OCT - DEC 2026 PROGRAMS

Burnaby Neighbourhood House (South House) 4460 Beresford St. #100

WEDNESDAYS

TAI CHI 24 Intermediate

10:00-10:45am, Oct 7 - Dec 23

(Completion of Beginners Tai Chi Required)

TAI CHI Sword

11:15-12:00 pm, Oct 7 - Dec 23

(Completion of Beginners Tai Chi Required)

Yoga

2:00-2:45pm

Oct 7 - Dec 23

Line Dance

3:00-4:00pm

Oct 7 - Dec 23

FRIDAYS

TAI CHI 24 Beginners

1:00-2:00pm, Oct 2 - Dec 18

TAI CHI 48 Advanced

2:00-3:00pm, Oct 2 - Dec 18

(Completion of Beginners Tai Chi Required)

Please Note:

- One class per person.
- If you took this class within the last 3 months, please leave the spot for a new participant. (You may re-register Oct 1st if space is available)
- Starting October 1st, everyone may register for additional classes if space is available.

HOW TO REGISTER

A) USE PHONE TO SCAN QR CODE

OR

B) GO ON OUR BNH WEBSITE: BURNABYNH.CA

OR

C) VISIT: [HTTPS://FORMS.GLE/3BZIZT7F9FSGBLBV8](https://forms.gle/3BZIZT7F9FSGBLBV8)



scan QR code

REGISTRATION START DATE:

MONDAY, SEPTEMBER 14 2026 AT 11AM

NOT GOOD WITH TECHNOLOGY? COMPUTER SUPPORT IS AVAILABLE AT OUR DIGITAL CAFES:

DROP IN!



- MONDAYS AT SOUTH HOUSE 12-2PM (4460 BERESFORD ST. #100)
- MONDAYS AT BNH NORTH HOUSE 10-12PM (4908 HASTINGS ST)
- WEDNESDAYS AT BNH BRENTWOOD HOUSE 10-12PM (2055 ROSSER AVE)
- THURSDAYS AT SOUTH HOUSE 3-5PM (4460 BERESFORD ST. #100)



For any questions, contact us at seniorsocial_dayprgm@burnabynh.ca

To reach our office: 604-431-0400

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Community Repair C A F E



Bring your small appliances, clothing, electronics, computers, or bicycles that need fixing.



FREE advice or repair help from our volunteers.



Sundays

- September 27, 2026
- October 25, 2026
- November 29, 2026



Location

100-4460 Beresford St,
Burnaby, BC V5H 0B8
(Third floor)



Time
10am-2pm

For more information, contact Lynn at kitchens@burnabynh.ca



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Burnaby Repair Cafe
Upcoming Sessions:
• September 27
October 25
November 29
kitchens@burnabynh.ca

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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



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



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Dementia Programs - South and Brentwood House



Burnaby Dementia Cafes - Brentwood and South House

For Burnaby residents living with dementia and their families & friends. Join us to socialize, learn from guest speakers, and participate in therapeutic activities.

- **Dementia Friendly Café: Brentwood House**

- 2nd Thursday of each month
- 1:00PM-2:30PM

- **Dementia Friends Café: South House**

- Last Monday of each month
- 1:00PM-3:00PM



Seniors Memory Club - Brentwood House

Join our dementia-friendly and multicultural club - a weekly opportunity to play games, exercise, socialize, sing, share stories, and celebrate each other!

- 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, a 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 PM-3:00 PM

- **Family Caregiver Journey - South House**

- Third Tuesday of each month | 1:30 PM-4:00 PM

- **Working Caregiver Support - Zoom Meeting**

- Third Tuesday of each month | 7:00 PM-8:15 PM

1-on-1 Caregiver Support

Trained volunteers provide one-on-one support to family and friend caregivers who are feeling isolated, frustrated or overwhelmed in their caregiver role.

To register, contact SeniorPeerCaregiver@burnabynh.ca or 604-431-0400

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本那比鄰舍

www.burnabynh.ca



Chinese Caregiver Support Group 華語照顧者 支持小組

If you are providing ongoing care and support for a family member or a friend who are 55+ and with health condition, disability or age-related needs, we are here to support you.

如果您長期照顧一位55歲以上、有健康問題或照護需求的家人或朋友，我們在這裏支持你！

Join our group sessions or individual support to connect, share, relax, and recharge with fellow caregivers.

歡迎參加我們的小組活動或個別支援服務，與其他照顧者交流分享、放鬆身心，並為自己充電。

✨ Free event | Light refreshments provided
All unpaid caregivers welcome
免費活動/提供茶點
歡迎所有無償照顧者參加



CARE FOR CAREGIVERS

- One-on-one Support 一對一諮詢
- Emotional Support 情感支持
- Healthcare system navigation 健康系統引導
- Connection to Community Services 連接社區資源
- Knowledge and Skill Enhancement 護理知識和技能提升

To join, please email or call Dali:
報名請致電: (236)877-2616
daliq@burnabynh.ca



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



HEALTHY EATING FOR A HEALTHIER LIFE

吃得健康，活得更好



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

**English & Chinese Workshop
with a Certified Nutritionist**
持牌營養師中英双语講座

講座內容 | WHAT YOU WILL LEARN

健康均衡飲食
Healthy & Balanced Eating

看懂食品標籤
Understanding Food Labels

聰明選購健康食品
Smart & Healthy Food Choices

飲食與健康
Nutrition & Your Health

搭配健康的一餐
Build a Healthy Meal

破解常見飲食迷思
Common Nutrition Myths

日期 | Date: Friday September 18, 2026

時間 | Time: 3:30---5:00 pm

地點 | Location: 3rd Floor, 4460 Beresford Street, Burnaby

報名 | Registration: daliq@burnabynh.ca 236-877-2616



United Way
British Columbia

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

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THE GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC



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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. Drop-in Form Filling Clinics are available at each BNH House (See poster for more details). To set up an appointment contact **Cheri at 236-308-8049** or seniorsresource@burnabynh.ca

Better at Home - Food Delivery 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

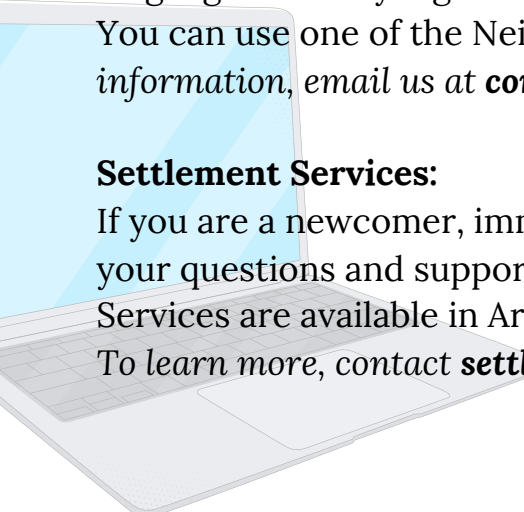
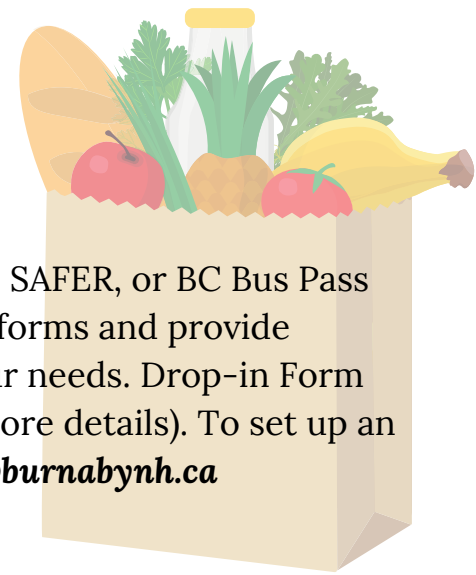
We provide short-term one-to-one support for isolated seniors helping them access community programs and support services. This includes making referrals, applying for services, and goal setting to meet the individual's wellness needs. Support is available in English, Cantonese, Mandarin, Spanish, Farsi and Dari. For more information, contact **Justine at 236-858-4979** or srsconnector@burnabynh.ca

Digital Literacy Program

Would you like to learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Instructors are available to help you with your digital learning needs. We offer support in multiple languages. Weekly digital support is available at all BNH Houses. 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**



Seniors Form Filling and Info & Referral

**Trained volunteers can help
with applications for:**

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement
- BC Housing Registry
- Shelter Aid for Elderly Renters
- BC Bus Pass Program

Summer Edition



May - September Drop-in Schedule (excluding holidays)

South House (4460 Beresford St): 1st Monday of the month, 12-2pm

Brentwood (2055 Rosser Ave): 2nd Tuesday of the month, 10am-12pm

Brentwood (2055 Rosser Ave): 3rd Wednesday of the month, 10am-12pm

Volunteers can also help
navigate community
resources and services!



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



United Way helping seniors remain independent.

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Frozen Subsidized Meals for Seniors

**Are you a lower income senior, who is having
challenges cooking for yourself at home?**

Burnaby Neighbourhood House partners with Better
Meals to offer a weekly Frozen Meal delivery to
registered participants

For who?

- Seniors 55+ who live in Burnaby
- Experiencing frailty, isolation, and lower income

**Cost of meals are subsidized,
based on your notice of assessment**

Please contact to register

672 377 5608

seniorshopping@burnabynh.ca





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



BUILDING CONNECTIONS FOR WORKPLACE SUCCESS

Join us for an interactive program that helps newcomers build meaningful professional and community connections while developing the knowledge and confidence needed to navigate Canadian workplaces.

Eligibility:

- ✓ Permanent Resident or Protected Person.
- ✓ This program is designed for job-ready newcomers or immigrants with **proficient English skills** who are seeking to enter the Canadian workforce.



Date: September 10 - October 15, 2026
(every Thursday).

Time: 1:00 - 3:00 PM.

Location: Burnaby Library, 6100
Willingdon, Metrowton Program Room.

For more information about
this program and how to
participate, contact Brie at

briekalenith@gmail.com or
236-515- 7060.

WWW.BURNABYNH.CA

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Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

“UNWRITTEN RULES” OF LIFE IN CANADA

Join us for an interactive workshop that explores everyday Canadian customs, social norms, and communication styles. Participants will learn practical tips for navigating common situations with confidence through discussions, activities, and real-life examples.

Eligibility:

This program is focused on supporting **Permanent Residents and Protected Persons**.



Date: Tuesday, September 8, 2026.

Time: 12:30 - 2:00 PM.

Location: #100 – 4460 Beresford St,
Burnaby, BC V5H 0B8 (South House,
third floor, Banquet Hall 2).

For more information about this program and how to participate, contact Osama at

OsamaA@burnabynh.ca

WWW.BURNABYNH.CA

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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.





Puzzle

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



ANNUALS
 BEANS
 BEETS
 BIENNIAL
 BROCCOLI
 CARROTS
 COMPOST
 CULTIVATE
 DAISIES
 DIGGING
 FERTILIZER
 FLOWERS
 FUCHSIA

GARDEN
 GERANIUMS
 GLOVES
 GNOME
 GREENHOUSE
 GROW
 HOES
 HORTICULTURE
 HOSE
 HYDRANGEA
 LILACS
 LILIES
 MARIGOLDS

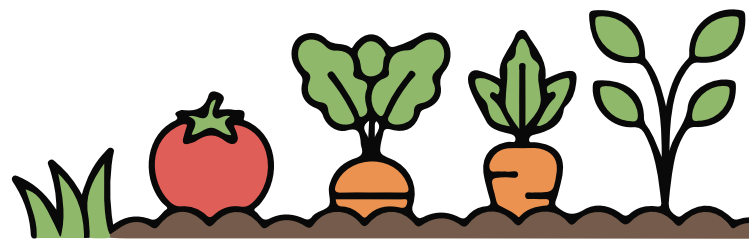
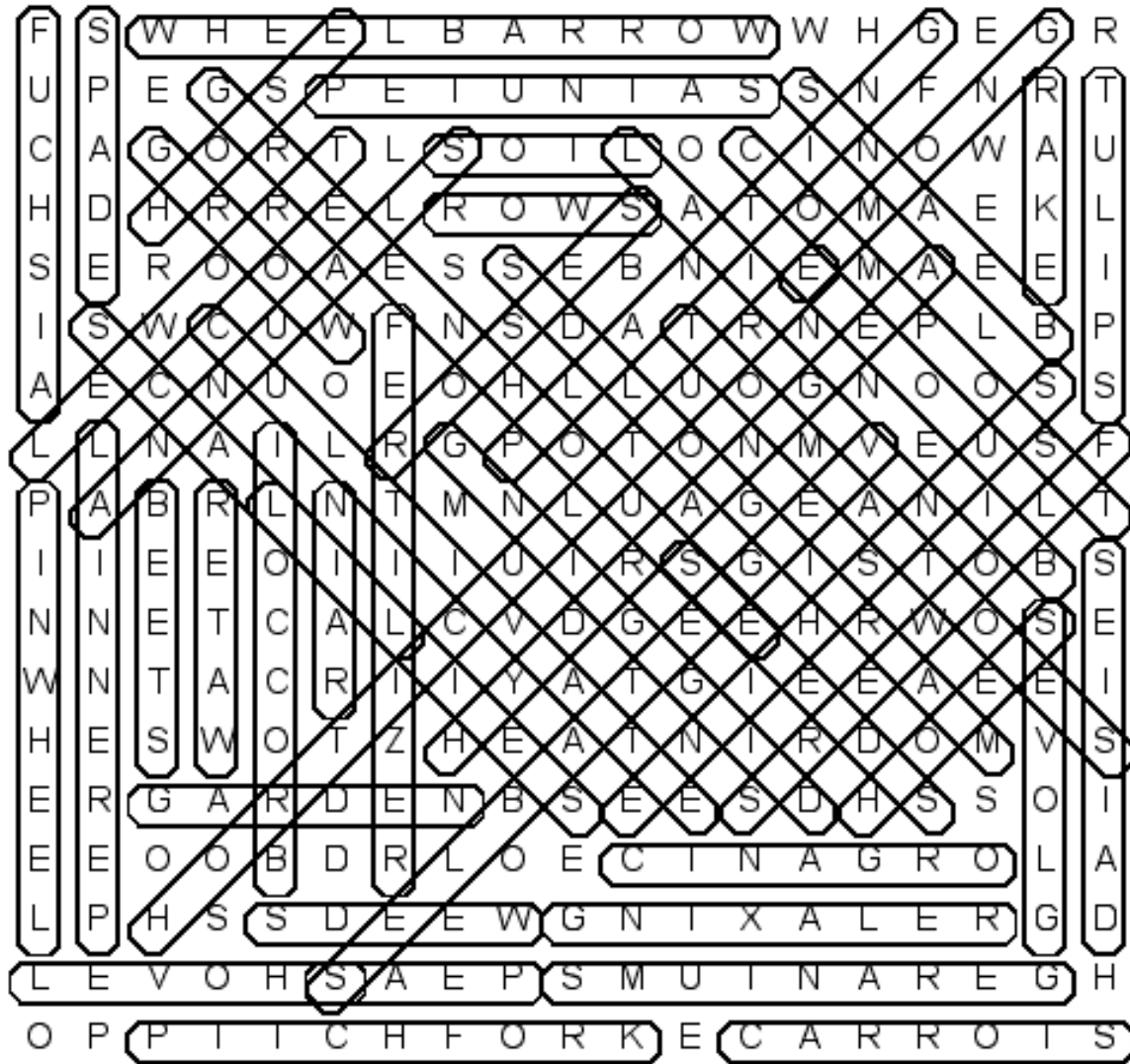
ORGANIC
 PEAS
 PERENNIAL
 PETUNIAS
 PINWHEEL
 PITCH FORK
 PLANTING
 RAIN
 RAKE
 RELAXING
 ROSES
 ROWS

SEEDS
 SHOVEL
 SOIL
 SPADE
 SUNSHINE
 TOMATOES
 TROWEL
 TULIPS
 VEGETABLES
 WATER
 WEEDS
 WHEELBARROW





Solution



MEMBERSHIP



Memberships are in effect for 365 days from the registered date and are 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/get-involved/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/get-involved/membership/>
3. E-Transfer: send your fee to info@burnabynh.ca with the password 'membership'

THANK
YOU

Thank You to our Generous Sponsors!



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