

THE SENIOR TIMES

JULY 2022

25 cents per issue

FREE via Email



Great News. We have
Farmers Markets
coupons at our office.

Please call to make an
appointment with either Terry or
Lorraine to access these coupons.
Space is limited. We only have 20
spots. **Pick Up Days are Wednesdays**

SENIORS RESOURCE CENTRE

Monday—Friday 9:00—3:00

Closed Saturday, Sunday and

Statutory Holidays

721 Victoria — 250-564-5888

Website: www.pgcoss.ca

- 2 BCNE Seniors Fair Exciting News
- 3 BC Farmers Market Coupons
- 4 BC Farmers Market Coupons Cont-
- 5 The Importance of Advance Planning
- 6 Hart Pioneer Centre Monthly menu
- 7 Hart Pioneer Important Information
- 8 North Central Seniors Association
- 9 Elder Citizens Recreation Association
(ECRA) Meal Program
- 10 Elder Citizens Recreation Association
(ECRA) July Menu
- 11 Elder Citizens Recreation Association
(ECRA) July activities
- 12 Alzheimer Society Education
- 13 Golden Age Social Dates
- 14 Gentle Seated Tai Chi/ Volunteers
Needed for PGCOS
- 15 DemScape/ Donate your glasses
- 16 WORDSEARCH
- 17 BC Women's Institute/
Seniors Moment Radio Station
PG Lawn Bowling
- 18 PG Hospice Palliative Care
(Grief Support Services)
Make Art From Junk
- 19 wordsearch solution./
1-on-1 Tech Help
- 20 PGCOS Programs and Services
- 21 The Seniors Resource Team
- 21 Board of Directors and Funders



Exciting News

PGCOS is back at the fair
this year.



SENIORS FAIR @ BCNE ("the Ex")

WHEN Thursday August 18, 2022, 10:00 am to
5:00 pm

WHERE Kin 3 Arena, CN Centre (BCNE Fair-
grounds)

THEME Pioneer Days to Modern Ways



For more information or to register
contact Michelle at ed@pgcos.ca

Or call 250-564-588



**Early registration
deadline is July 8,
2022**



BC Farmers' Market Nutrition Coupon Program

Use coupons at your local farmers' market.

Look for these signs:



About the Coupons













- Coupons can be used until Dec 18, 2022.
- Sellers **cannot** give change.
- Coupons **cannot** be sold or traded.
- Return coupons you do not use.



The Farmers' Market Nutrition Coupon Program is supported by the Province of British Columbia.

Contact PGCOS for more info at 250-564-5888

What You Can Buy With Coupons

GREEN COUPONS	BLUE COUPONS
<p>fresh vegetables/fruits</p> 	<p>fresh vegetables/fruits</p> 
<p>fresh cut herbs</p> 	<p>fresh cut herbs</p> 
<p>cheese and eggs</p> 	<p>cheese and eggs</p> 
<p>nuts</p> 	<p>nuts</p> 
<p>vegetable/fruit plants</p> 	<p>vegetable/fruit plants</p> 
YELLOW COUPON	
<p>all items + honey</p> 	<p>fish, seafood & meat</p> 

THE IMPORTANCE OF

ADVANCE PLANNING

What older adults should know about

Wills

Powers of Attorney

Representative Agreements

Wednesday July 27, 2022

1-3 PM

Prince George Public Library

Attend this free event to learn more about the basics and importance for you and your loved ones of both **Estate Planning** (planning for after your death) and **Incapacity Planning** (planning for a possible future incapacity while you are living).

The presentation will be given by **Trevor Slaney**, a lawyer who specializes in wills, planning and estate administration, and **Carolynne Burkholder-James**, a lawyer who specializes in real estate, wills and estates. Carolynne is a member and Trevor is the current president and a long-time member of the Prince George Estate Planning Council (EPC).

Register by calling the Seniors Resource Centre at 250-564-5888

Please register for this event in advance for the following reasons: space is limited; so that we can be prepared for whatever covid protocols may be in place in July; and so that we can ensure that we have enough handouts available for all attendees.

Space permitting, everyone is welcome to attend, but priority will be given to those who register in advance.



HART PIONEER CENTRE

*No Strangers, Just Friends
You Haven't Met Yet*

250-962-6712

July 2022

Mon	Tue	Wed	Thu	Fri
				1 Canada Day CLOSED
4 CLOSED	5 CLOSED	6 CLOSED	7 CLOSED	8 CLOSED
11 CLOSED	12 CLOSED	13 CLOSED	14 CLOSED	15 CLOSED
18 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	19 BBQ Chicken Roasted Potatoes Veggies	20 Bacon Wrapped Pork Tenderloin Twice Baked Potato Peppercorn Sauce Veggies	21 Beef Stew Hungarian Style Mashed Potatoes Veggies	22 Bacon & Cheese wrapped Jumbo Wieners in Puff Pastry Pan-fried Potatoes Beans in Tomato Sauce
25 Tortellini topped with Chicken Breast Tomato Sauce Veggies	26 Meatloaf Mashed Potatoes Gravy Veggies	27 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	28 Lasagna Garlic Bread Veggies	29 Beef Kabob Hungarian Style Rice Veggies

HART PIONEER CENTRE
6986 Hart Highway
(250) 962-6712

Menu subject to change without notice.
Pick-up Time: 11:30 am - 1 pm.
** See reverse for more information.



IMPORTANT INFORMATION

CLOSURE

The Hart Pioneer Centre will be **closed from Friday, July 1st till Sunday, July 17th**. The Centre will **reopen on Monday, July 18th**.

This closure will give a well-deserved holiday to Chef Frank and Custodian Dianne and all the Volunteers.

JULY MENU

TAKEOUT--- \$10 includes soup or salad

If there is a lunch in July's menu that you would like to order, **please call the Centre (250) 962-6712 at least 24 hours prior between the hours of 9 am to 1 pm.**

****If you wish, you can pre-order takeout lunches for the month of July in advance by calling the Centre.**

THANK YOU
for supporting the
Hart Pioneer Centre!!

July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			President Maurice will be available 7 a.m to 9 p.m. 250-612-2680 <i>loaderm@telus.net</i>		1 	2
3	4	5	6 	7 2:00 p.m. Coffee Social at Tim Horton's in College Heights	8	9
10 	11	12	13	14 2:00 p.m. Coffee Social at Tim Horton's in College Heights	15	16 
17	18	19	20	21 2:00 p.m. Coffee Social at Tim Horton's in College Heights	22	23
24	25 	26	27	28 2:00 p.m. Coffee Social at Tim Horton's in College Heights	29	30
31		North Central Seniors Association in College Heights 5401 Moriarty Crescent, Prince George Website: http://ncsapg.bravehost.com				2022

June 27, 2022 will be the last day the Centre is open until Wednesday, September 14, 2022, when we will resume weekly activities.

During July and August, the informal drop in coffee meetings will continue at 2:00 p.m. Thursdays, at Tim Horton's in College Heights, for those who wish to participate. Please check the calendar for the schedule.

Elder Citizens Recreation Association

1692 10th Avenue

Meal Program

The Centre is now open Monday-Friday, from 9:00 am until 3:00 pm

Coffee is available for .50 per cup, refills are also .50 per cup, and muffins are 1.00 each.

Sit in dining is available Monday to Friday from 11:30 - 1:00pm

on a first come, first served basis. Take out meals are available as well

Monday through Thursday meal prices are:

\$7.00 for members, \$9.00 for non members

Fridays: \$9.00 for members, \$11.00 for non-members

You can pre-order Fridays meal up to Thursday afternoon.

Go to the website below to see what the menu is.

<https://eldercitizens.wixsite.com/website/menu>



BC Government Retired Employees Association
Exclusions, professionals or union members



Come and attend our Quarterly Meetings and learn about
travel insurance, hearing aides, travel discounts, etc.

For more information call Rosemarie 250 563 4194
or email < oconno-4@telus.net >

If you would like to preorder meals for Fridays, please let Laurel or Amanda know.







July 2022 Lunch Menu

(subject to change without notice)



1st	Canada Day—ECRA is Closed	
4th	Parm Chicken, Mashed Potatoes & Veg	
5th	Hungarian Meatballs, Rice & Veg	
6th	Beef Stroganoff & Biscuits	
7th	Fish Cutlets, Roast Potatoes & Veg	
8th	Ham, Scalloped Potatoes & Veg	
11th	Pork Chops, Mashed Potatoes & Veg	
12th	Beef, Mushroom Gravy, Mashed Pot & Veg	
13th	Lasagna	
14th	Chicken Cordon Bleu, Mashed Pot & Veg	
15th	Roast Beef, Yorkshire Pud, Mash Pot & Veg	
18th	Smokies & Perogies	
19th	Meatloaf, Mashed Potatoes & Veg	
20th	Teriyaki Prk, Veg Stir Fry, Chw Mein & Rice	
21st	Chicken Cutlets, Mashed Pot & Veg	Board Mtg
22nd	Liver & Onions, Mashed Potatoes & Veg	
25th	Salisbury Steak, Mashed Potatoes & Veg	
26th	Italian Baked Chicken, Marinara Sauce, Mashed Potatoes, & Veg	
27th	Spaghetti in Spaghetti Garlic Sauce	
28th	Mnced Beef in Mshrm Gvy, Msh Pot & Veg	
29th	Ribs, Br Beans, Baked Potatoes & Veg	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Just a reminder that some of these events, not all, are on summer hiatus and will return after the long weekend in September. Have a great summer!</p>					1 Canada Day	2 
3	4 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	5 9:45 & 11:00 Tai Chi 1:00 Carpet Bowling 7:00 Cribbage	6 9:45 Floor Curling 1:00 Carpet Bowl	7 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	8 9:45 & 11:00 Tai Chi 7:00 Whist	9
10	11 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	12 9:45 & 11:00 Tai Chi 1:00 Carpet Bowling 7:00 Cribbage	13 9:45 Floor Curling 1:00 Carpet Bowl	14 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	15 9:45 & 11:00 Tai Chi 7:00 Whist	16
17	18 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	19 9:45 & 11:00 Tai Chi 1:00 Carpet Bowling 7:00 Cribbage	20 9:45 Floor Curling 1:00 Carpet Bowl	21 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	22 9:45 & 11:00 Tai Chi 7:00 Whist	22
24 	25 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	26 9:45 & 11:00 Tai Chi 7:00 Cribbage	27 9:45 Floor Curling 1:00 Carpet Bowl	28 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	29 9:45 & 11:00 Tai Chi 7:00 Whist	30 

Alzheimer's Society of British Columbia



In-person education

Focus on behaviour: Targeted strategies for denial, paranoia, shadowing and anxiety | Learn specific strategies for responding to four commonly experienced behaviours that people ask us about.

Prince George: Prince George Resource Centre, 302-1811 Victoria Street
Tuesday, July 12 from 1 to 3 p.m.

Accessing services | Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers.

Prince George: Prince George Public Library, 888 Canada Games Way
Wednesday, July 20 from 1 to 2:30 p.m.

Registration: To register or to learn more, please call the First Link[®] Dementia Helpline at 1-800-936-6033. Masks are now optional, but proof of full vaccination will still be required to attend in-person programs. To learn more about safety protocols, visit alzbc.org/COVID-safety.

Online education

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Driving and dementia | Learn how dementia may affect a person's driving abilities and strategies to ease the transition for driving cessation. For caregivers and people living with dementia.

Tuesday, July 5 from 10 to 11:30 a.m.

[Click here to register](#)

Focus on behaviour: Bathing and hygiene | Learn how dementia impacts bathing and hygiene and explore strategies for managing these changes. For caregivers.

Wednesday, July 13 from 6 to 7:30 p.m.

[Click here to register](#)

Understanding communication changes | Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.

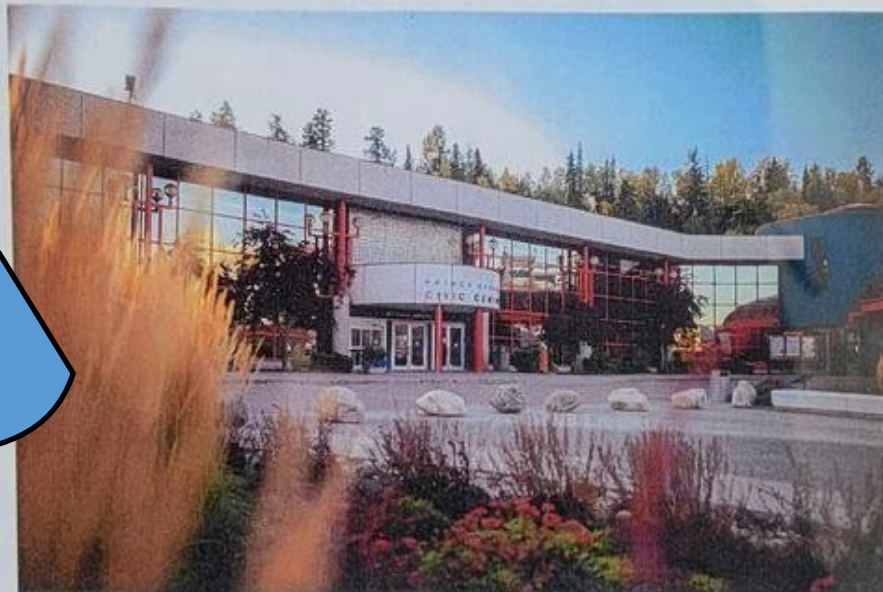
Thursday, July 21 from 10 to 11:30 a.m.



GOLDEN AGE SOCIAL

WE ARE EXCITED TO WELCOME YOU BACK!

**FREE AFTERNOON SENIORS SOCIALS AT THE PRINCE
GEORGE CONFERENCE AND CIVIC CENTRE!**



Time 2-4 pm

Mark your calendar for the dates below:

Wednesday October 12th, 2022
Wednesday November 16th, 2022
Wednesday December 7th, 2022
Wednesday February 15th, 2023
Wednesday March 15th, 2023

For More Information, Please Call: Prince George Council of Seniors at 250-564-5888

1100 Patricia Blvd., V2L 3V9 | p: 250.561.7600 | www.princegeorge.ca | [@cityofpg](https://twitter.com/cityofpg) [/cityofpg](https://facebook.com/cityofpg) [@cityofpg](https://instagram.com/cityofpg)



Instructor Tom Hynd will lead participants through a Tai Chi form originally developed as a restorative practice for people living with arthritis. Can be done seated or standing.

Date & Time: Friday, July 15, 2022 - 1:00pm to 2:00pm

Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Drop In

VOLUNTEER



- **MEALS ON WHEELS DRIVERS** — once per week approximately 10:30 to noon to deliver hot meals to homebound clients. Must be double vaccinated for COVID, have friendly manner, valid drivers license, reliable vehicle, and Criminal Record check.

Contact Laurie at nicole.pgcoss@gmail.com

- **PGCOS SOCIAL LINE VOLUNTEERS** — to provide friendly telephone calls and uplifting conversation to lonely or shut-in seniors. Must have cheerful manner and Criminal Record check. **Contact Lorraine at 250-564-5888**
- **RESOURCE CENTRE FRONT DESK and Administration assistance VOLUNTEERS** — Regular 3 to 4 hour shifts once per week to answer the telephone and greet people and to assist the Better at Home Coordinator. Must have friendly manner, good communication skills and Criminal Record check.

Inquire to ed@pgcos.ca or drop by 721 Victoria Street to pickup an application form.



Dementia-inclusive Streets and Community Access, Participation, and Engagement

What is this study about?

- Understanding how people living with mild to moderate dementia use their streets
- Exploring how streets and outdoor spaces can be made more accessible and dementia-friendly

Scheduling will be at your convenience, based on your availability.

Lead Researcher
Dr. Habib Chaudhury (SFU)

Co-Researchers
Dr. Shannon Freeman (UNBC)
Dr. Mark Groulx (UNBC)
Prof. Dawn Hemingway (UNBC)
Dr. Lillian Hung (UBC)
Dr. Alison Phinney (UBC)

CONTACT US & PARTICIPATE

Emma Rossnagel
UNBC Project Manager

demscape@unbc.ca

250-960-5154



We want to hear your thoughts!

Do you find it easy to make your way around your neighbourhood?

What do you like/dislike about your streets?

What could be done to make your streets better for walking and finding different places?

What would participants be asked to do?

A member of our team will schedule with you (and your care partner/family member if needed):

- Conversations on three separate days at your home or preferred place about experiences of walking in the neighbourhood
- One outdoor walk with the researcher in the participant's neighbourhood on a route of their choice
- All activities will follow latest COVID-19 guidelines

Scheduling will be at your convenience, based on your availability.

Who can participate?

We are looking for **persons living with mild to moderate dementia** in the community who can walk independently and communicate comfortably in English.

Participants will receive a **\$200 honourarium** for taking part in the study.

RESEARCH PARTNERS



FUNDED BY



Public Health Agency of Canada

Alzheimer Society CANADA

Donation is easy. The *Spruce City Lions Club* has a **Recycle for Sight collection box in the Seniors Resource Centre, 721 Victoria Street**. Simply bring in old eyewear and drop them off!

All eyewear is acceptable (prescription & non-prescription glasses, sunglasses and readers). Children's glasses are especially needed. Even if the eyewear is broken still donate them because we are sometimes able to repair them or use parts to repair other donated Recycle For Sight frames.

Then the donated glasses will be shipped to the Canadian Lions Eyeglass Recycling Center (CLERC) where they will be cleaned, categorized by prescription and prepared for distribution free of charge to people in developing countries.

DONATE YOUR OLD EYEGLASSES TODAY!.



ACCEPTING USED HEARING AIDS TOO!

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON



Foot Care

425 Brunswick

250-563-1915

Joanne Relagiate

June 8th and 20th

Cost is \$30

Call the centre for appointment



Solution found on page 19

Municipal Pension Retirees Association
District 27 Prince George

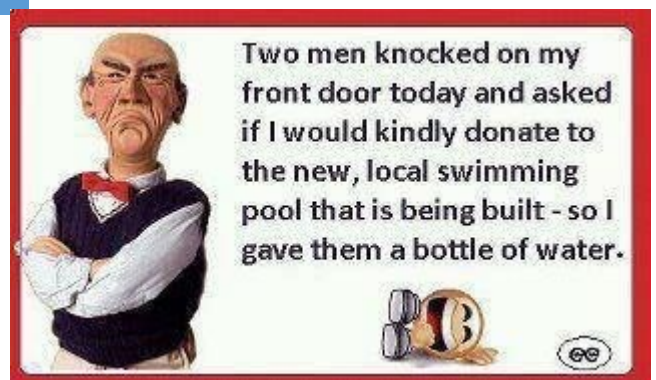


QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006 email kfmck12@gmail.com



Two men knocked on my front door today and asked if I would kindly donate to the new, local swimming pool that is being built - so I gave them a bottle of water.



The BC Women's Institute

Are you interested in starting up the Women's group again. If you are please contact Lorraine Doiron at 250-596-1518 and e-mail: ldoiron985@gmail.com for more info on what the BC Women's Institute is you can go to their website at <https://www.bcw.bc.ca> or phone 250-554-5406, the BC Women's head office.



SENIOR MOMENTS Radio Program

Livestream — www.cfisfm.com

1:00 to 2:-00 pm every Tuesday! Listen LIVE — 93.1 FM

PRINCE GEORGE LAWN BOWLING CLUB

Join the Prince George Lawn Bowling Club for enjoyable outdoor activity.

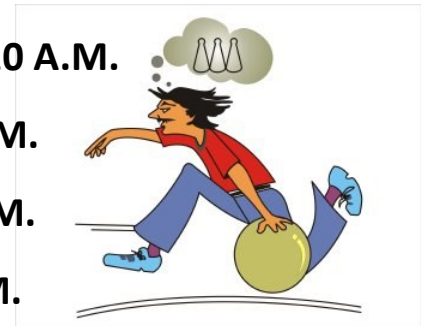
Where: - Watrous Park - 3rd Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

When: - Tuesday morning at 10 A.M.

Wednesday Evening -7 P.M.

Thursday afternoon- 1 P.M.

Sunday Afternoon -2 P.M.



Come and try Lawn Bowling. All you need is a pair of running shoes. Bowls are provided and instruction is provided. Come once a week or whenever you choose. Teams are drawn from whomever shows up.

For further information: Phone: Dan Gilgan -962-0643 or John Warner - 563-4888

or Evelyn O'Sullivan at 250-561-7448 sullypg@shaw.ca

Prince George Hospice Palliative Care Society



Grief Support Services

For more information:

www.PGHPCS.ca | info@PGHPCS.ca

250-563-2551 | 1506 Ferry Ave

Family Grief Support

Our Family Grief Program supports grieving children, youth, and caregivers.

The program has three groups that run simultaneously:

A group for children ages 6 – 12 years.

A group for youth ages 13 – 20 years.

A group for parents and people who care for children.

In addition, we offer a children's drop-in every Tuesday 3:00 – 4:30 pm

Adult Support Services

One-on-One grief support on the phone or in person.



Play with found materials, which will be supplied, and make art that makes no garbage, except what was thrown away to begin with.

Date & Time: Saturday, July 9, 2022 - 2:00pm to 3:00pm

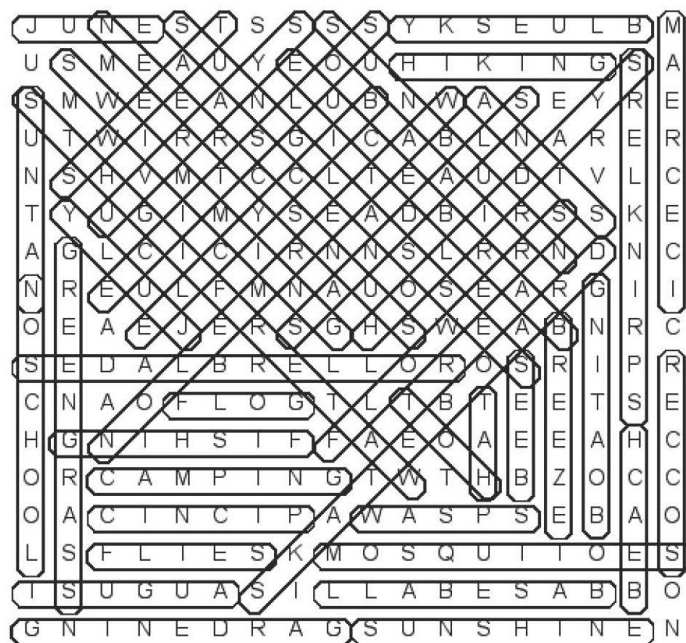
Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Drop In

Summer

This is the solution to the puzzle located [here](#).



ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON



Puzzle solution from page 16



1-on-1 Tech Help

By Appointment

From downloading eBooks to using Microsoft Office programs, our tech support experts can help you to get the most out of your computer, tablet, or other digital device.

Date: Wednesday July 6, 2022

Time: 2-4 pm

Location: Bob Harkins Branch

Target Audience: Adult Seniors

Registration: Free



PGCOS-Seniors Resource Center — — Call 250-564-5888 for more info

Programs & Other Support Services

Programs: Funding Based

Meals on Wheels

Meals on wheels supports Older adults 55+ residing in the bowl area of Prince George who have difficulty preparing meals for themselves by providing fresh nutritional and affordable noon meals . Sometimes based on available resources this program will help individuals younger than 55.

Cost to the client is \$8.50 per meal. Non-refundable prepayment of \$85 for initial service is now required.

Meals are delivered weekdays between 11:00 am and 12:00 noon by dedicated volunteers.

Better at Home

Better at Home supports the **non-medical** needs of older adults 55+ who are in the Prince George area. These services are aimed to help seniors stay independent in their own homes. Some services offered are based on a sliding scale dependant on your income.

Current services available

Grocery shopping and Delivery

Coming Soon

Light housekeeping

Friendly visits

Minor repairs

Seasonal Yard Work

Housing & Community Navigator

The Housing & Community Navigator assists older adults 55+ navigate through the many different resources and information available to them.

Services offered by this program

Advocacy

Friendly Phone Calls

Information

Resources

Community referrals

Help with Forms

Housing resources

Other Support Services: Donation based

Denture support — — Financial assistance for dentures for low-income seniors

Income Tax — — Preparation for low-income seniors

Blue Bottle Service — — To keep important personal health information with easy access

Christmas Hampers — — For low-income and isolated seniors

Seniors Resource Centre Team

Meals On Wheels Coordinators

Nicole



nicole.pgcos@gmail.ca

mow@pgcos.ca

Laurie



We are transitioning out of the Gmail account.

As of August 31, 2022 the Gmail emails will no longer be in use. We will keep everyone posted of the

Executive Director

Michelle McGregor



ed@pgcos.ca

Better at Home Coordinator

Terry



betterathome@pgcos.ca

Housing & Community Navigator

Lorraine



hcn@pgcos.ca

PGCOS BOARD OF DIRECTORS

President:

Fred Archibald

virginia@netbistro.com

Secretary

Lori Dennill

loridennill@gmail.com

Directors:

Ethel Gowman

Marie Hay

Janet Marren

Marilyn Rayner

Vice-President

Virginia Parsons

parsonsv@telus.net

Treasurer

Don Chamberlain

donchamberlain@shaw.ca

Barbara Gunn

Cheryl Jacobus

Terry Pipkey

Mission Statement:

Our mission is to inform, empower, and advocate for seniors.

We acknowledge the support of



United Way
Northern British Columbia



SHINE BC

Seniors Housing Information

And Navigation Ease



We would also like to thank all of
our Donors and Volunteers.