25 cents per issue

FREE via Email

THE SENIOR TIMES

OCTOBER 2022

The Seniors Resource Centre will be closed on the following days

Friday September 30th, 2022

Monday October 10th, 2022

Newsletter Submission Deadline

If you would like Something included in our newsletter please contact ed@pgcos.ca no later than the last Monday of the month.

2 PGCOS Truth & Reconciliation information
3 PGCOS Happy National Seniors Day/ PGCOS Classifieds
4 PGCOS Volunteers needed
5 PGCOS Job Posting
6 PGCOS Golden Age Social Dates
7 PGCOS Comedy Show Fundraiser for PGCOS
8 Seniors First Advance Planning clinics
9 PG Votes– Voting Locations
10 Who to Contact
11-12 Spruce Capitol Seniors calendar
Spruce Capitol Crib tournament
13-16 Elder Citizens Recreation Association
E.C.R.A Menu /E.C.R.A Calendar
E.C.R.A Bake & Craft Sale
17 –19 Hart Pioneer Centre Oktoberfest
Hart Pioneer Menu/Hart Pioneer Craft/ Bake Sale
20 North Central Seniors Calendar
21-23 PG & District Activity Centre
24 Alzheimer Society
25 YMCA
26 Sacred Heart Catholic Women's League A Country Bazaar
27 NICA AGM/Live Well Prince George Arthritis Workshop
28 Better at Home/ Donate your Glasses
29 Foot Care/Seniors Moment Radio/ PG Lawn Bowling
30 PG Hospice Palliative Care (Grief Support Services)
31 PGCOS Programs and Services
32 PGCOS Seniors Resource Team
33 PGCOS Board of Directors and Funders

National Day for Truth and Reconciliation.

September 30, 2022, marks the second National Day for Truth and Reconciliation. The day was established in 2021 in response to the Truth and Reconciliation Commission of Canada's 80th call to action:

The Prince George Council of Seniors would like to acknowledge that we are grateful to be working and learning on the unceded ancestral lands of the Lheidli T'enneh First Nation, McLeod Lake Indian band and Simpcw First Nation, each of whom have been part of these lands for at least 9 000 years. We honour and respect these beautiful ancestral lands, cultures and people through the work we do with our communities.

On Lheidli T'enneh's ancestral lands we honour the Dakelh dialect: Lheidli T'enneh hubeh keyoh whuts'odelhti. Nts'ezla hubeh yun ts'uwhut'i, ts'uzt'en ink'ez ts'unuwhulyeh.

We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work and play.

Respectfully
Michelle McGregor
Executive Director

Below are five ways you can mark the day and deepen your understanding of truth and reconciliation.

1. Read an educational resource/memoir

"Where are the children?"

2. Watch

"For Love" The film was produced and written by Mary Teegee of Carrier Sekani Family Services

alongside director Matt Smiley. Here in Prince George and can be seen on YouTube

3. Listen

"Telling Our Twisted Histories." Words connect us. Words hurt us. Indigenous histories have been twisted by centuries of colonization. Host Kaniehti:io Horn brings us together to decolonize our minds– one word, one concept, one story at a time.

"Unreserved" is the radio space for Indigenous community, culture, and conversation. Host Rosanna Deerchild takes you straight into Indigenous Canada, from Halifax to Haida Gwaii, from Shamattawa to Ottawa, introducing listeners to the storytellers, culture makers and community shakers from across the country.

4. Wear an orange shirt

5. Attend an event in your city: See front page for events hosted by Lheidli T'enneh

Happy National Seniors Day

October 1, 2022

PGCOS Classifieds

I am an older widow looking to offer two safe and separate bedrooms in a family type home for two senior people. Must not need personal care and must be independent, though I can help out with some things. My home is located 9km from the Hart Highway so a car would be an asset, but I go to town often so could drive if need be for errands once a week or so. I have a big yard and there are lots of places to putter in terms of gardening and tinkering and lots of natural places to walk. This is a share my home, room and board situation that includes companionship and groceries. I cook for myself so I will also cook a nutritious breakfast and dinner (maybe lunch if I'm home) for you. Utilities and internet are included as well. I am a chef in PG who used to work at a five star seniors resort in the Okanagan and own a local catering company and I am always making something new. There will always be new food to try if you are up to it. (I also do a lot of crafts, wood work & greenwood carving and would love to have someone to do them with. The entrance way has six stairs to come up into the main part of the house and six down to basement so stairs must not be an issue for you. Just finishing up the downstairs bedroom which also has a sitting area. P.S. I do have a kitten. I don't drink or smoke pot so will not entertain someone who does. If you know of any lively, lovely & lonely seniors who would like a nice safe place to call home please email for more details.

1life196countries@gmail.com Kelly Little

VOLUNTEERS NEEDED!

Our Better at Home Program is in need of some Volunteers to assist with a few tasks. Please contact Terry at 250-564-5888 or betterathome@pgcos.ca

VOLUNTEER DRIVERS NEEDED for our growing Meals on Wheels Program.

We deliver meals Monday-Friday between

10:45am-12:00pm.

If you have a vehicle and are interested in giving back to our community please contact Nicole for more information at 250-564-5888 or email:

nicole.pgcos@gmail.ca

ARE YOU ... OR DO YOU KNOW ... an isolated or lonely senior who would appreciated hearing a friendly voice? Our FRIENDLY PHONE CALL volunteers can help!

VOLUNTEERS NEEDED FOR FRIENDLY PHONE CALLS

Do you have the 'gift of the gab'? Do you enjoy brightening up other folks' days?

Please contact Terry at 250-564-5888 or betterathome@pgcos.ca

FRONT DESK VOLUNTEER NEEDED

Once a week — 9 am to 12 noon OR 12 noon to 3:00 pm

Clear speaking voice and friendly disposition necessary

Call Michelle at 250-564-5888 or ed@pgcos.ca

We are so very thankful to all our current Volunteers and could not do the work we do without them.

Please consider joining our team.

Job Posting

Housing and Community Navigator,

Prince George Council of Seniors (PGCOS)

WHY JOIN THE Prince George Council of Seniors (PGCOS)

The Prince George Council of Seniors was established in the 90's. The purpose of the Society is to facilitate communication among seniors' and other community organizations and to provide services that empower seniors and enhance the quality of life of all seniors in the community. PGCOS advocates for seniors and maintains a liaison with municipal, provincial and federal governments on issues of concern for seniors

COME AS YOU ARE

At PGCOS, we embrace everyone's uniqueness and recognize the strength that lies in differences. We believe in the power of our collective potential and strive to achieve a more diverse, inclusive, and equitable workplace to empower and create opportunities for all. We welcome and encourage applications from all qualified candidates regardless of their gender, age, religion, race, ethnicity, and nationality. Particularly equity deserving groups, such as members of the BIPOC, and LGBTQ2+ communities, people living with disabilities, veterans, and anyone who may contribute to the further diversification of the Prince George Council of Seniors.

Visit www.pgcos.ca

WHAT YOU'LL BE DOING:

The Housing and Community Navigator will work closely with seniors aged 55+ to assist them in connecting with community supports and services through referrals. As the intake person you will help with applications, and introductions. The Navigator reports to the Executive Director of the Prince George Council of Seniors.

The Housing and Community Navigator is part of a team at the Seniors Resource Centre and collaborates with other staff to meet the specific needs of individual seniors accessing the Centre.

What you Bring:

- Two to three year related work experience preferably in the area of Social Services.
- Experience working with seniors and diverse populations from all socio-economic backgrounds.
- Ability to effectively communicate the Housing and Community Navigator program to partners.
- Excellent written and oral communication skills.
- Ability to give instruction and advice with compassion and patience.
- Ability to collaborate with staff and volunteers.
- Ability to work independently with strong time management and organizational skills.
- Strong computer skills.

For a full list of job duties, contact Michelle McGregor Executive Director at ed@pgcos.ca

Qualified candidates are asked to submit a cover letter and resume to ed@pgcos.ca or to the Seniors Resource Centre no later than October 07, 2022 .

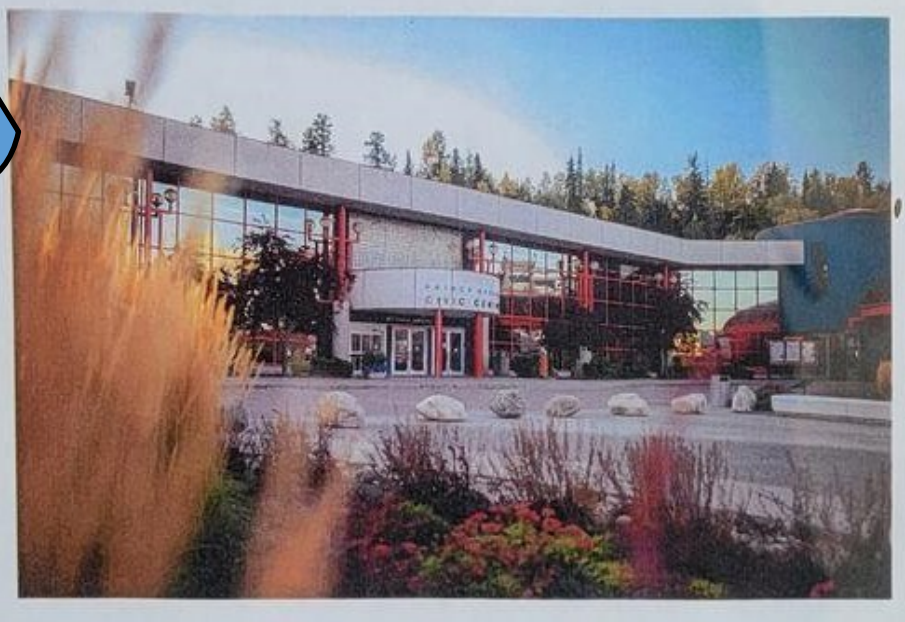
CITY OF
PRINCE GEORGE

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 /cityofpg @cityofpg

Prince George Council of Seniors presents:

IN CASE OF EMERGENCY...

Laugh!

October 22 Vanier Hall

Featuring:

GREG MORTON

Mr. Standing O and semi-finalist on America's Got Talent also seen on Dry Bar Comedy

With:

MAUREEN LANGAN

Comedian and Ted X Talk Speaker, as seen on HBO Gotham Live and "Don't Make Her Hate You!"

TICKETS

$50

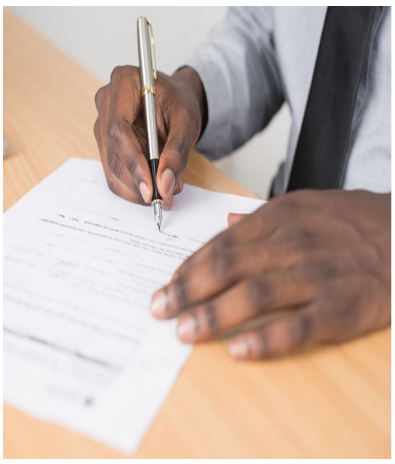
Available at **ticketsnorth.ca and CN Centre**

2 SHOWS
2PM AND 7PM

All net proceeds to benefit the seniors in our community.

PRINCE GEORGE FORD

Advance Planning Clinics



Seniors First BC

Advanced Planning Clinic Line:

Call to set up an intake for the upcoming clinics.

•1-833-512-0665 (toll free)

Prince George & District Senior Citizens Activity Centre

425 Brunswick Street

Second Wednesday of the Month

Wednesday October 12th 9:00 am to 12:00 pm

Wednesday November 9th 9:00 am to 12:00 pm

North Central Seniors Association

College Heights Baptist Church basement, 5401 Moriarty Crescent

Third Wednesday of the Month

Wednesday October 19th 9:30 am to 12:00 pm

Wednesday November 16th 9:30 am to 12:00 pm

VOLUNTEERS NEEDED

PGCOS In partnership with Seniors First BC Society ("SFBC") is looking for volunteers for our new Advance Planning Pro Bono Clinics ("AP Clinics") We are in Need of Volunteers for November, Volunteers will assist eligible low-income older adults (55+) receive assistance from legal professionals with their Wills, Enduring Powers of Attorney and/or Representation Agreements. PGCOS's standard volunteer background checks and confidentiality forms will need to be completed.

Contact 250-564-5888

if you are interested in volunteering or with any questions you have about this rewarding volunteer opportunity.

Advance Voting

Wednesday, October 5 and Thursday, October 6 - 8:00am to 8:00pm

Prince George Conference and Civic Centre

Rooms 201, 202, 203

Voter assist terminal available

Tuesday, October 11 - 8:00am to 8:00pm

University of Northern British Columbia

(Room 7-170 in the Bentley Centre (pay parking in effect)

Wednesday, October 12 - 8:00am to 8:00pm

CN Centre

CN Centre Atrium

General Voting Day

Saturday, October 15 - 8:00am to 8:00pm

Blackburn Elementary School

College Heights Secondary School

DP Todd Secondary School

Edgewood Elementary School

John McInnis Learning Centre (Centre for Learning Alternatives)

Prince George Conference and Civic Centre

Shas Ti Kelly Road Secondary School

Vanway Elementary School

Who to contact

What should I do if I suspect elder Abuse?

If you suspect elder abuse, turn your concerns over to the professionals and let them investigate.

DO NOT confront an abuser yourself!

You do **NOT** need to prove abuse is occurring. It is up to the professionals to determine this.

WHO TO CALL

Immediate danger 911 — BC 211 info line 211 — Adult Protection Line 250-565-7414

S.A.I.L 1- 604-437-1940 ——1-866-437-1940 —— https://seniorsfirstbc.ca/

QUESTIONS

Community Policing: 250-561-3366 —— Community Response Network: 778-349-2291

PG Council of Seniors: 250-564-9100 ——BC Coalition to Eliminate Abuse of Seniors: www.bcceas.ca

Public Guardian & Trustee of BC 1-800-663-7867 www.trustee.bc.ca

Canadian Network for the Prevention of Elder Abuse: www.cnpea.org

Older Adult Knowledge Network www.oak-net.org ——BC Institute Against Family Violence www.bcifv.org

Information on Seniors rights and Elder law:

Prince George Community Legal Clinic. 250-645-5519

Seniors First BC https://seniorsfirstbc.ca/programs/legal-programs/

Canadian Centre for Elder Law Studies 1-604-822-0633 www.ccels.ca

Dial-A-Law 1-800-565-5297 www.cba.org/bc

SPRUCE CAPITOL SENIORS

ADDRESS: 3701 RAINBOW DRIVE

PHONE: 250-563-6450

EMAIL: sprucecapitalsenior@shaw.ca

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Crib Tournament Register 10 AM Play 11AM
2	3 Fun Crib 10 am Tai Chi 1 PM Stitchery 7pm	4 Senior Chair Yoga 10 AM Canasta 1 PM	5 Tops 10 AM Bingo 1 PM	6 Canasta 1 PM	7 Arthritic Support 9 AM	8
9	10 CLOSED For Thanksgiving	11 Senior Chair Yoga 10 am Canasta 1 PM	12 Tops 10 AM Bingo 1 PM	13 Canasta 1 PM	14 Closed	15 Parkinson's Support 2 PM
16	17 Fun Crib 10 AM Tai Chi 1 PM	18 Senior Chair Yoga 10AM Canasta 1 PM	19 Tops 10 AM Bingo 1 PM	20 Foot Clinic 9 AM Canasta 1 PM	21 Closed	22
23 30	24 Fun Crib 10 AM Tai Chi 1 PM 31	25 Senior chair Yoga 10 AM Canasta 1 PM	26 Tops 10 AM Bingo 1 PM	27 Canasta 1 PM	28 Closed	29

www.calendarlabs.com

Crib

Tournament

October 1, 2022

Spruce Capital Senior Centre

Register at 10a.m.

Play at 11:00

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

Charis Counselling Services
ph: 250-562-7882
cell: 250-617-2181
chariscs@telus.net
chariscounselling.ca
Brian Bulgin MEd

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 >

OCTOBER 2022 Lunch Menu

(subject to change without notice)

Desserts are not included with the Meal

3rd	Tuna Noodle Casserole	
4th	Minced Beef, Mshrm Grvy, Mash Pot & Veg	
5th	Parm Chicken, Roasted Potatoes & Veg	
6th	Meatloaf, Mashed Potatoes & Veg	
7th	Ham, Scalloped Potatoes & Veg	
10th	**Thanksgiving.....ECRA is Closed**	
11th	Sweet & Sour Pork, Pineapple Rice, & Veg	
12th	Lasagna & Garlic Toast	**Birthday Tea**
13th	Smokes & Perogies	
14th	Liver, Bacon & Onions, Mash Potatoes & Veg	
17th	Swedish Meatballs, Mash Potatoes & Veg	
18th	Beef&Pepper Medley, Mash Potatoes & Veg	
19th	Teriyaki Pork, Chow Mein & Rice	
20th	Jambalaya	**Board Mtg**
21st	Roast Beef, Mash Pot, Yorkshire Pud & Veg	
24th	Hamburger Streak, Mash Potatoes & Veg	
25th	Creamy Shrimp & Vegetable Spaghetti	**Gen. Mtg**
26th	Butter Chicken, Naan Bread, Rice & Veg	
27th	Chilli & Biscuits	
28th	Turkey and The Trimmings	
31st	Chicken Cutlets, Potato Wedges & Veg	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 October 2022
2 ECRA	3 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	4 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	5 9:45 Floor Curling 1:00 Carpet Bowl	6 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	7 9:45 & 11:00 Tai Chi 7:00 Whist	
9	10 THANKSGIVING	11 9:00-3:00 Foot Care 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	12 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	13 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	14 9:45 & 11:00 Tai Chi 7:00 Whist	15
16	17 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	18 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	19 9:00-3:00 Foot Care 9:45 Floor Curling 1:00 Carpet Bowl	20 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	21 9:45 & 11:00 Tai Chi 7:00 Whist	22 ** Craft fair 9am—4pm **
23	24 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	25 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi *1:00 Gen.Meeting* 7:00 Cribbage	26 9:45 Floor Curling 1:00 Carpet Bowl	27 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	28 9:45 & 11:00 Tai Chi 7:00 Whist	29
30 October 2022	31 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta					ECRA

Blue Rose Mobile Foot Care and Esthetics

Debby Boutilier
Certified Master Pedicurist / Esthetician
Highest Level and Safest Pedicures

250.981.1961

bluerose.mobilefootcare@gmail.com
or message me on Facebook

10045 Merton Place, Prince George, BC

Specializing in diabetic and senior care

Municipal Pension Retirees Association

District 27 Prince George

With age, wisdom & power

QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006 email kfmck12@gmail.com

Elder Citizens' Recreation Association

1692 Tenth Ave. Prince George, B.C. V2L 3S4
Telephone: 250-561-9381

CRAFT FAIR
AND
BAKE SALE

SATURDAY, OCTOBER 22, 2022

TIME: 9:00 AM TO 4:00 PM

BAKE SALE

Donations appreciated

CONCESSION

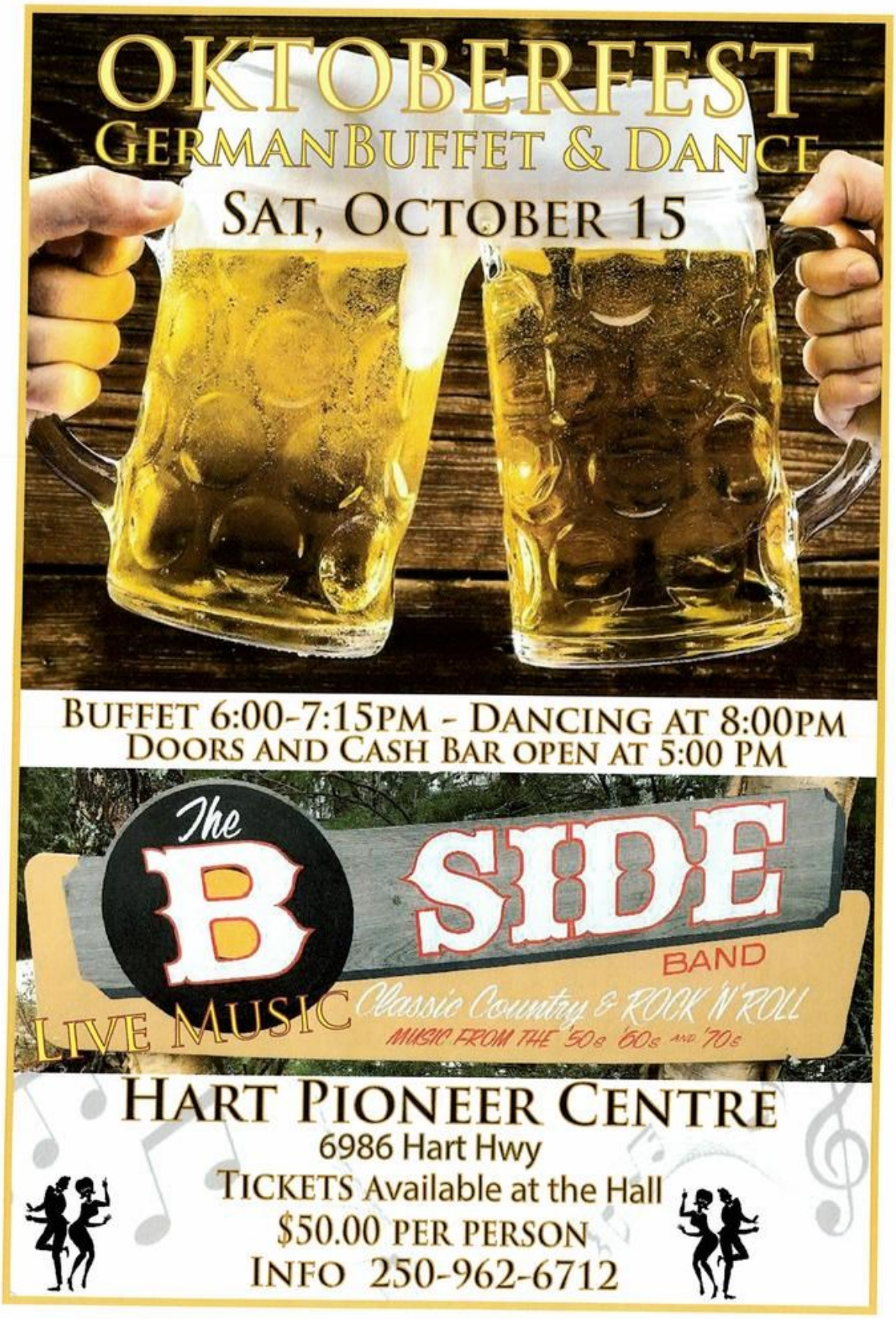
Vendor tables still available @ 25.00 each

There will be a great selection of everything you may need to help you with your Christmas shopping!!

Take home some delicious home baking for the whole house to enjoy.

For more information call the ECRA office

Or come in and talk to the Manager


OKTOBERFEST
GERMAN BUFFET & DANCE
SAT, OCTOBER 15
BUFFET 6:00-7:15PM - DANCING AT 8:00PM
DOORS AND CASH BAR OPEN AT 5:00 PM
The B SIDE BAND
LIVE MUSIC
Classic Country & ROCK 'N' ROLL
MUSIC FROM THE '50s '60s AND '70s
HART PIONEER CENTRE
6986 Hart Hwy
TICKETS Available at the Hall
$50.00 PER PERSON
INFO 250-962-6712

OCTOBER MENU

TAKEOUT--- $10 includes soup or salad

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

DINING - IN - Please call 24 hrs. in advance , if possible.

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

Hart Pioneer Centre will be closed on Monday October 10 – Thanksgiving and Friday, October 14.

October 2022

Mon	Tue	Wed	Thu	Fri
3 Pan-fried Boneless Pork Chop Mashed Potatoes Gravy Veggies	4 BBQ Meatballs Rice Veggies	5 Parmesan Chicken Roasted Potatoes Veggies	6 Seafood Linguine Alfredo Veggies	7 Beef Rouladen Mashed Potatoes Gravy Veggies
10 Thanksgiving CLOSED	11 Ginger Beef Rice Veggies	12 Chili Con Carne Polenta Veggies	13 Pork Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	14 CLOSED for Takeouts & Lunches
17 BBQ Chicken Roasted Potatoes Veggies	18 Beef Stroganoff Pasta Noodle Veggies	19 Sweet & Sour Pork Chow Mein Rice	20 Bacon Wrapped Pork Tenderloin Twice Baked Potato Peppercorn Sauce Veggies	21 Spaghetti & Meat Sauce Garlic Bread Veggies
24 Butter Chicken Basmati Rice Naan Bread Veggies	25 Cabbage Rolls Perogies Sauerkraut	26 Pork Roast Mashed Potatoes Gravy Veggies	27 Beef Stew Hungarian Style Mashed Potaotes Veggies	28 Salmon Parsley Potatoes Sauce Bernaise Veggies
31 Halloween Ham Scalloped Potatoes 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.**

CRAFT & BAKE SALE

Saturday, October29th
9am – 3pm

Hart Pioneer Centre
6986 Hart Highway
Phone 250-962-6712

Tables are available at $20.00 each

CONCESSION

Great selection for your Christmas Shopping!!!

Delicious home baking to enjoy!!

October

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
	All activities will be in the basement of College Heights Baptist Church, unless otherwise noted.					**1**
2	**3** Yoga 10-11 Photo Club 10-12 **Cards/Crib 10-12**	**4**	**5** Tai Chi 10-11 Men's Pool 10-12	**6** 2:00 p.m. **Coffee Social at Tim Horton's in College Heights**	**7** **10:00** Guest Speaker **Comfort Keepers**	**8**
9	**10 Thanksgiving Centre Closed**	**11** 9:30 a.m. **Breakfast Club** D'Lanos Family Restaurant **1515 Victoria St**	**12** Tai Chi 10-11 Men's Pool 10-12	**13** 2:00 p.m. **Coffee Social at Tim Horton's in College Heights**	**14** **AGM 10:00** ***All Members please attend***	**15**
16	**17** Yoga 10-11 Photo Club 10-12 **Cards/Crib 10-12**	**18**	**19 9:30** **Advanced Planning Clinic** Tai Chi 10-11 Men's Pool 10-12	**20** 2:00 p.m. **Coffee Social at Tim Horton's in College Heights**	**21** Ladies Pool 10-12	**22**
23	**24** Yoga 10-11 Photo Club 10-12 **Cards/Crib 10-12**	**25**	**26** Tai Chi 10-11 Men's Pool 10-12	**27** 2:00 p.m. **Coffee Social at Tim Horton's in College Heights**	**28** 10-12 Birthday Social with Live Music	**29**
30	**31** Yoga 10-11 Photo Club and Cards/Crib 10-12 Monthly Lunch 11:30	**North Central Seniors Association in College Heights** **5401 Moriarty Crescent, Prince George** Website: http://ncsapg.bravehost.com				

2022

Mark your Calendar

November 25 - 27, 2022

Christmas Kick Off Weekend

Prince George Senior Activity Centre – 425 Brunswick Street

Friday, Nov. 25 - Plaid Friday – Down Town Prince George

Join in Plaid Friday fun at the Senior Activity Centre

Stop by, in your Plaid & enjoy a special $5 Plaid Friday lunch

Lunch 11am-1:00pm

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Saturday, Nov. 26 --- Craft Fair & Bake Sale
10am – 3pm

Craft Tables — Gingerbread House Raffle

Bake Sale Tables — Photos with Santa

Kitchen open – serving Kathie's Beef Barley Soup

Music — And so much more!

Vendors:

Reserve your table now, early bird, until Oct 31 - $20 / $25

Table rental fee after October 31, $25 / $30

Table rental savings for Centre members & out of town vendors $5

Contact Centre at 250-563-1915 for details & to reserve your table

Email: senioractivitypg.ca@shaw.ca Facebook: Prince George Senior Centre
Website: https://senioractivitypg.wixsite.com/brunswickst

The Prince George Senior Activity Centre, will have a table & would be grateful for any craft donations, to support the centre.

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Sunday, Nov 27
9:30am – 11:30am
Pancake Breakfast with Santa

Pancakes & beverage $5

Help support: Prince George Senior Activity Centre – 425 Brunswick

Plan to attend
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October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Spaghetti & Meat Sauce	4 Pork Cutlet	5 Meatballs In Gravy	6 Fish Sticks	7 B.B.Q. Chicken Leg	8
9	10 **CENTRE CLOSED**	11 **Beef Stew**	12 **Sweet & Sour Pork w/Rice**	13 **Fettucine Alfredo**	14 Chicken	15
16	17 Chicken Kebobs	18 Lasagna	19 Shake 'n' Bake Chicken	20 Stuffed Pork Loin	21 Chili & Cheese	22
23	24 Hot Beef Sandwich	25 Beef-a-Roni	26 Chicken Pot Pie	27 Bangers And Mash	28 Shepherds Pie	29
30	31 Cheese Burger					

October 2022

BRUNSWICK STREET CENTRE

425 Brunswick Street - Prince George, BC V2L 2B7

Phone: 250-564-3287 or 250-563-1915 **Email: senioractivitypg@shaw.ca**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Dance with **Cariboo Thunder** Doors open at 7:00pm Tickets $15
2	3 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	4 Carpet Bowling 9:45 50/50 Bingo 12:30	5 Bridge 12:30 Whist 7:00pm	6 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00	7 Floor Curling 9:45 Crib 1:00	8
9	10 **CENTRE CLOSED**	11 Carpet Bowling 9:45 50/50 Bingo 12:30	12 Bridge 12:30 Whist 7:00pm	13 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00 **BRD MTG 11:00**	14 Floor Curling 9:45 Crib 1:00	15
16	17 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	18 Carpet Bowling 9:45 50/50 Bingo 12:30	19 Bridge 12:30 Whist 7:00pm	20 Fitness 10:00 Line Dancing 11:30 **BIRTHDAY TEA 12:30** Tai Chi 1:00	21 Floor Curling 9:45 Crib 1:00	22
23 ROAST BEEF DINNER Doors open 4:00 Dinner at 5:00 **$20.00** each	24 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	25 Carpet Bowling 9:45 50/50 Bingo 12:30	26 Bridge 12:30 Whist 7:00pm	27 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00	28 Floor Curling 9:45 Crib 1:00	29 HALLOWEEN **"Dress Up"** DANCE **'B' Side** Tickets $15
30	31 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00					

October Events

In-person education

Introduction to brain health | It's never too soon or too late to make changes if you are concerned about dementia. Learn strategies to maintain or improve your brain health. For the general public.
Prince George: Prince George Library, 888 Canada Games Way
Tuesday, November 1 from 1 to 3 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.

Focus on behaviour: Sundowning (late-day confusion) | Learn the signs of "sundowning," also known as late-day confusion, caused by dementia and explore strategies for responding. For caregivers.
Thursday, September 29 from 2 to 3:30 p.m.
Click here to register

Making activities dementia inclusive | Discuss the benefits of meaningful activities and explore how different types of activities can be dementia inclusive. Be inspired to create your own dementia-inclusive activities to help improve quality of life and maintain well-being and maximize your enjoyment together. For caregivers and people living with dementia.
Thursday, October 6 from 2 to 3:30 p.m.
Click here to register

Long-distance caregiving | Learn practical tips on providing meaningful caregiving support from a distance. For caregivers.
Tuesday, October 11 from 1:30 to 3 p.m.
Click here to register

Recognizing your journey as a caregiver | Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care and how you can build your resilience as a caregivers.
Thursday, October 20 from 6 to 7:30 p.m.
Click here to register

For more information: Sessions are free to attend. For more information, call our First Link® Dementia Helpline at

1-800-933-6033 or visit alzbc.org/edu-workshops.

active aging society

Choose to Move

BRITISH COLUMBIA
Supported by the Province of British Columbia

GET THE MOTIVATION YOU NEED TO BE ACTIVE!

"I am working to stay healthy...to be a role model for my grandkids. Choose to Move is so good for me."

A FREE program that supports seniors to BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
- ✓ Choose activities you like
- ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

www.choosetomove.ca

NEW session starting October 1st, 2022!

All participants get a 3-month YMCA Membership.

Register today

Phone Lisa: 778-281-0694

Sacred Heart Catholic Women's League invites you to attend

A COUNTRY BAZAAR

October 22 & 23, 2022 10 – 4pm each day

887 Patricia Blvd. – Gym Building off Ingledew St.

On site concession will serve fresh made soup, chili, buns, hot dogs, fresh baked cookies & other goodies!

Join us for Lunch

If you wish to be a vendor at the Bazaar please contact Laurie by e mail at homestaymom@shaw.ca or call 250.565.5169

Northern Interior Communities Association

Annual General Meeting

Oct. 13th

At 7:00pm

your vote counts

Native Friendship Hall
1600 - 3rd Avenue
Prince George, BC

RSVP 250-562-2553
coordinator@northernica.org

HEALTHY LIVING Workshop

Friday Oct 7th,2022
Arthritis and
You

10:00 am - 11:00 am
Spruce Capital Seniors Centre
3701 Rainbow Dr
Prince George, BC

Live Well Prince George Society

Prince George Council of Seniors is very please to introduce ***Kristi*** our new Better at Home Housekeeper.

If you are 55+ and are in need of housekeeping Contact Terry our **Better at Home Coordinator** at 250-564-5888 to see about getting this service.

Better at Home

United Way helping seniors remain independent.

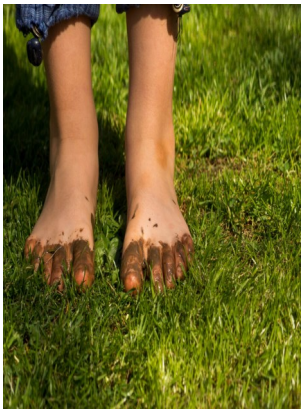
Donation is easy. The *Spruce City Lions Club* has a Recycle for Sight **collection box in the Seniors Resource Centre, 721 Victoria Street**.
Simply bring in old eyewear and drop them off!

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!



Foot Care

425 Brunswick

Joanne Relagliate

Call 250-563-1915

for appointment

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 - 3"' 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.

Tea Time for the Soul: Drop-in Wednesdays 3:00 – 5:00 pm

Virtual Grief Support: Drop-in Thursdays 1:30-3:00 pm

Broken Circle: Ten-week peer support and grief education group.

Grief and Grub for Guys: Eight-week program specific for grieving men.

Hospice Hearts: Support for parents who have lost a child by opioid overdose

COVID Long Haulers: Drop-in Mondays 1:00 – 3:00 pm.
Coffee for the Caregiver: Drop-in support for caregivers Thursdays 1:00-3:00 pm

Registration is required for all of our programs.

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

Light Housekeeping

Friends & Family Caregiver Support

Coming Soon. Stay tuned for more details.

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 Coordinator

Nicole

nicole.pgcos@gmail.ca

Housing & Community Navigator

hcn@pgcos.ca

Executive Director

Michelle McGregor

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Better at Home

Coordinator

Terry

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Better at Home

Housekeeper

Kristi

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Friends & Family

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Ethel Gowman, Terry Pipkey, Marilyn Rayner, Margaret Jackson

Prince George Council of Seniors would like to thank the following Board Directors for their years of service.

Virginia (Ginny) Parsons

Don Chamberlain

Marie Hay

Cheryl Jacobus

We acknowledge the support of

United Way Northern British Columbia

British Columbia Community Gaming Grants

SHINE BC

Seniors Services Society of BC

northern health the northern way of caring

City of Prince George

British Columbia

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