

25 cents per issue

FREE via Email

# THE SENIOR TIMES

SEPTEMBER 2022



The Seniors Resource  
Centre will be closed on  
Monday for Labor Day.



TO EVERYONE who helped make  
our 2022 SENIORS FAIR @ the  
BCNE such a success! Exhibitors,  
donors, volunteers ... we couldn't  
have done it without you all!



## Newsletter Submission Deadline

**If you would like Something  
included in our newsletter  
please contact [ed@pgcos.ca](mailto:ed@pgcos.ca)  
no later than the last Monday  
of the month.**

- 2 PGCOS AGM Announcement/Seeking nominations for directors
- 3 Nomination form
- 4 Nomination form continued
- 5 PGCOS Volunteers needed
- 6 Advance planning Volunteers needed
- 7 Advance Planning clinics
- 8 Spruce Capitol Seniors calendar
- 9 Spruce Capitol Crib tournament/ Garage Sale
- 10 Elder Citizens Recreation Association
- 11-12 E.C.R.A Menu/E.C.R.A Calendar
- 13 Queen Platinum Jubilee Medallions
- 14-15 Hart Pioneer Centre Menu
- 16-17 Brunswick Street Centre Menu /Calendar
- 18 North Central Seniors Association Calendar
- 19 Labor Day Celebration
- 20-21 Alzheimer Society
- 22 YMCA
- 23 SAFER
- 24 Public Library info
- 25 Golden Age Social Dates
- 26 Take Back The Night March Event
- 27 Red Dress Campaign
- 28 Better at Home
- 29 Foot Care/Seniors Moment Radio/ PG Lawn Bowling
- 30 PG Hospice Palliative Care ( Grief Support Services)
- 31 Live Well Prince George AGM/SAIL– Seniors Abuse Info Line
- 32 PGCOS Programs and Services
- 33 PGCOS Seniors Resource Team
- 34 PGCOS Board of Directors and Funders



**Prince George Council of Seniors will be holding their Annual General meeting on Tuesday September 27, 2022**

**Time: 1:30 pm**

**Location: 425 Brunswick Street downstairs.**

## **SEEKING NOMINATIONS**

The Prince George Council of Seniors is a non-profit/Charity governed by a volunteer Board of Directors, and is seeking nominations for directors. Individuals should have a good working knowledge of Robert's Rules of Order, the PGCOS Constitution, and Bylaws, and become informed about the Society's programs and services. The purpose of the Board of Directors is to act as a governing body and to offer regular direction, guidance and oversight to the Society's operation. Directors ensure the Society is on track meeting its goals and participate in developing policies and procedures in support of those goals.

Directors meetings are held once a month on the last Tuesday of each month commencing at 10:00 am. The Executive within the Board of Directors consists of a President; Vice-President, Treasurer and Secretary. Active Committees include Fund raising, Human Resources, Policy & Procedures, Public Relations, Diversity, Senior Liaison Advisory, and nomination Committees.

Good Boards are high functioning work groups. They are distinguished by a climate of respect, trust, honesty, emotional intelligence, candor among each other and between the board and management. Information is shared openly and on time. Directors act in a manner that is always respectful and ensures that everyone at the table has equal opportunity to be heard. Conflict is handled constructively. Directors are reflective on their communication style and impact and, adjust accordingly. Directors should be open to feedback and have the ability to see issues from different points of view.

Questions in considering a nomination to run as a Director for the Prince George Council of Seniors should be addressed to:

**Lori Dennill at 250-960-0186 or email at: [lorigennill@gmail.com](mailto:lorigennill@gmail.com)**

Nomination forms should be submitted by September 20, 2022 by 12:00 pm by email to Lori or dropped off at the Seniors Resource Centre at **721 Victoria street.**

Nominees elected will also need to complete and provide a criminal record check. The Nomination Committee will contact candidates seeking election to ensure that any questions are answered as well as go over skills candidates will bring to the table.

Elections Will take place at the 2022 Annual General Meeting on September 27 at 1:30 pm at the Seniors Activity Centre at 425 Brunswick Street downstairs.

## PRINCE GEORGE COUNCIL OF SENIORS—NOMINATION FORM FOR DIRECTORS

**Any paid-up member of an Association, Group, Organization or business accepted as a member of PGCOS is also a member of PGCOS and may be nominated or stand in nomination through the PGCOS election process. Individuals who are paid-up Associate members of PGCOS may also nominate or stand in nomination through the PGCOS election process.**

### **PGCOS Classes of Members:**

- ◆ **ASSOCIATION OR GROUP MEMBER:** Associations or not-for profit groups or organizations with a primary interest in seniors. Association or group members may nominate an individual affiliated with their association or group to stand for nomination through the PGCOS election process.
- ◆ **COMMUNITY MEMBER:** public organizations and community--based groups with an interest in the objectives of PGCOS. Community members may nominate an individual affiliated with their organization or group to stand for nomination through the PGCOS election process.
- ◆ **CORPORATE MEMBER:** A business with an interest in the objectives of PGCOS. Corporate members may nominate an individual associated with that business to stand for nomination through the PGCOS election process.
- ◆ **ASSOCIATE MEMBER:** An individual with an interest in the objectives of PGCOS. An associate member may be nominated or stand for nomination through the PGCOS election process.

**Name of PGCOS Member making this nomination** \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Cell # \_\_\_\_\_

Email address \_\_\_\_\_

☐ I am a paid-up member of \_\_\_\_\_

(Name of PGCOS Member Organization—see above classes of members)

☐ I am an Associate member of PGCOS.

### **I am nominating this person for Board Director of PGCOS**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Cell # \_\_\_\_\_

Email address \_\_\_\_\_

☐ This individual has been informed about their nomination.

☐ This individual understands this nomination is for a two-year position.

☐ This individual agrees to stand in nomination through the PGCOS election process.

**Submit completed Nomination Form (PAGES 1 & 2) to:**

**Prince George Council of Seniors, 721 Victoria Street, Prince George BC V2L 2K7**

Or email at: [lorigennill@gmail.com](mailto:lorigennill@gmail.com)

**No later than the Nominations Closing Date of September 20, 2022 at 12:00 pm.**

# PRINCE GEORGE COUNCIL OF SENIORS—NOMINATED PERSON STATEMENT

My interest in the PG Council of Seniors (BRIEF POINT FORM is fine):

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My knowledge and interest in seniors and seniors issues:

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The experience and skills I will bring to the PGCOS Board of Directors:

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My time availability:

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My level of computer skills:

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Anything else I would like PGCOS to know about me:

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Date\_\_\_\_\_

Signature\_\_\_\_\_



# VOLUNTEERS NEEDED!

CALL SENIORS RESOURCE CENTRE 250 564 5888

**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](mailto: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](mailto:nicole.pgcos@gmail.ca)



**ARE YOU ... OR DO YOU KNOW ... an isolated or lonely senior who would appreciate 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?**

**Call Lorraine at 250 564 5888 for more information! Or [hcn@pgcos.ca](mailto:hcn@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](mailto: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.**

# VOLUNTEERS NEEDED

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

The volunteer role includes:

- making sure the clinic materials are available for use at the clinic and returned to the PGCOS office afterwards (materials include a dedicated AP Clinic laptop and a small portable printer/scanner, as well as printed forms);
- arriving early to ensuring the meeting room is open and ready, and to be available to greet clients and lawyers;
- providing AP Clinic brochures and handouts with advance care planning and advance planning information and resources to any interested older adults who stop by without an appointment;
- being available to print, copy or scan forms or documents at the end of each meeting as directed by the volunteer lawyer, compiling copies of any non-confidential forms and information SFBC may need;
- being a second witness for the signing of Wills when necessary;
- after a client's first meeting, making sure the client knows who to call to book their second meeting, to review and sign their Advance Planning documents; and
- problem-solving with the volunteer lawyer or liaising with PGCOS if any logistical issues arise.

AP Clinics are scheduled for two to three times per month (not in December or August). The AP Clinics will be offered one Wednesday morning a month at the Prince George & District Senior Citizens Activity Centre (425 Brunswick Street) and one Wednesday morning a month at the North Central Seniors Association (College Heights Baptist Church basement, 5401 Moriarty Crescent). We may also later offer a monthly AP Clinic at the Hart Pioneer Centre (6986 Hart Highway), subject to volunteer availability and the number of prospective pro bono clients waiting for assistance. In the future, volunteer legal professionals may offer group Advance Planning information and document-preparation sessions. We will need volunteers to assist with those events as well. **Contact 250-564-5888** if you are interested in volunteering or with any questions you have about this rewarding volunteer opportunity.

# Advance Planning Clinics



- Meet with a pro bono lawyer to have a Will, Power of Attorney and/or Representation Agreement in place.
- Eligibility criteria:
  - Age: 55+
  - Income ceiling: \$40K + \$10K per household member.
  - Net Assets: \$150,000.

**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 September 14th 9:00 am to 12:00 pm

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 September 21st 9:30 am to 12:00 pm

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

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

# SPRUCE CAPITOL SENIORS

ADDRESS: 3701 RAINBOW DRIVE

PHONE: 250-563-6450

EMAIL: sprucecapitalsenior@shaw.ca

## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Arthritic Support	3
4	5 Holiday	6 Canasta 1 PM	7 Tops 10 AM Bingo 1 PM	8 Canasta 1 PM	9 Closed	10 Crib Tournament Register 10 AM Play 11 AM
r	12 Fun Crib 10 AM Tai Chi 1 PM	13 Canasta 1 PM Senior Chair Yoga 10 AM Parkinson Support Group 2 PM	14 Tops 10 AM Bingo 1 PM	15 Canasta 1 PM	16 Closed	17 Garage Sale
18	19 Fun Crib 10 AM Tai Chi 1 PM	20 Canasta 1 PM	21 Tops 10 AM Bingo 1 AM	22 Foot Clinic 9 AM Canasta 1 PM	23 Closed	24
25	26 Fun Crib 10 AM Tai Chi 1 PM	27 Canasta 1 PM	28 Tops 10 AM Bingo 1 PM	19 Canasta 1 PM	30 Closed	

### SPRUCE CAPITOL SENIORS

ADDRESS: 3701 RAINBOW DRIVE

PHONE: 250-563-6450

EMAIL: sprucecapitalsenior@shaw.ca



**Crib  
Tournament  
September 10, 2022  
Spruce Capital Senior Centre  
Register at 10a.m.  
Play at 11:00**



***Next*  
Garage Sale  
Saturday  
September 17, 2022  
Donation Are Greatly  
Accepted  
NO Clothes  
Spruce Capital Seniors  
Phone---250-563-6450  
3701 Rainbow Drive**



# 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.



## SEPTEMBER 2022 Lunch Menu


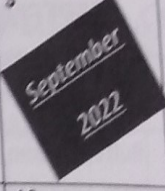




(subject to change without notice)

Desserts are not included with the Meal

1st	Butter Chicken, Rice, Naan Bread	
2nd	Ham, Scalloped Potatoes & Veg	
5th	<b>Labour Day—ECRA is Closed</b>	
6th	Chicken Burgers, Coleslaw, Potato Wedges	
7th	Stew & Biscuits	
8th	Meatloaf, Mashed Potatoes & Veg	
9th	Liver & Onions, Mashed Potatoes & Veg	
12th	Hungarian Meatballs, Rice & Veg	
13th	Stuffed Chicken, Shrimp & Veg	
14th	Pork Chops, Mashed Potatoes & Veg	<b>Birthday Tea Board Mtg</b>
15th	Chicken Souvlaki, Greek Potatoes & Veg	
16th	Beef Roast, Yorkshire Pudding & Veg	
19th	Salisbury Steak, Mashed Potatoes & Veg	
20th	Teriyaki Pork, Stir Fry & Chow Mein	
21st	Lasagna & Garlic Toast	
22nd	Beef, Mushroom, Pepper Medley & Veg	
23rd	Ribs, Baked Potatoes & Veg	
26th	Chicken Quesadilla & Cheese Tatter Tots	
27th	Baked Chicken, Mashed Potatoes & Veg	<b>Gen. Mtg</b>
28th	Cabbage Rolls & Perogies	
29th	Smokies & Perogies	
30th	Turx1key & All The Trimmings	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Craft Group 1:00 Floor Curling	2 7:00 Whist	3 
4	5 <b>Labour Day</b>	6 1:00 Carpet Bowling 7:00 Cribbage	7 9:45 Floor Curling 1:00 Carpet Bowl	8 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	9 7:00 Whist	10
11	12 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	13 9:00-3:00 Foot Care 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 1:00 Carpet Bowling 7:00 Cribbage	14 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	15 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	16 9:45 & 11:00 Tai Chi 7:00 Whist	17
18	19 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	20 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 1:00 Carpet Bowling 7:00 Cribbage	21 9:00-3:00 Foot Care 9:45 Floor Curling 1:00 Carpet Bowl	22 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	23 9:45 & 11:00 Tai Chi 7:00 Whist	24
25 	26 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	27 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi *1:00 Gen. Meeting* 7:00 Cribbage	28 9:45 Floor Curling 1:00 Carpet Bowl	29 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	30 9:45 & 11:00 Tai Chi 1:00 Bridge 1:15 Mini Bingo 7:00 Whist	31 

## 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



# MP Zimmer Honours Recipients in Prince George with the Queen's Platinum Jubilee Medallions



<b>Name</b>	<b>Category</b>
Cassandra Premack	Community Service
Doreen Denicola	Community Service
Lorraine Prouse	Community Service
Penny Jones	First Responder
Katherine Carlson	Community Service
Cristian Silva	Veteran and Community Service
Darrel Thompson	First Responder and Military
Chuck Chin	Community Service
Brett Wilson	Community Service
Dave Horton	Community Service
Charles Scott	Community Service
Dan McLaren	Community Service
Donna Flood	Health Care
Neil Wilkinson	Community Service
Eric Depenau	Military and Community Service
Eva Gillis	Community Service
Dick Mynen	Community Service
David Hruby	First Responder
Glen Stanley	Community Service
Tanya Rich	First Responder
Curtis Pawliuk	Sport and Conservation
Pete Pearson	Community Service
Adele Barnes	Community Service
Shannon Bezo	Community Service
Kim Guthrie	Community Service
Lynda Moreland	Community Service

September 2022				
Mon	Tue	Wed	Thu	Fri
			1 Sweet & Sour Meat Balls Rice Veggies	2 Braised Lamb Shank Polenta Gravy Veggies <b>\$15</b>
5 <b>Labour Day CLOSED</b>	6 Beef Stroganoff Pasta Noodle Veggies	7 Chicken Cordon Bleu Rice Pilaf Veggies	8 Pulled Pork Wrap Beans in Tomato Sauce Corn	9 Salmon Parsley Potatoes Sauce Bernaise Veggies
12 KFC Style Chicken Drumsticks Potato Wedges Coleslaw	13 Meatloaf Mashed Potatoes Gravy Veggies	14 Sweet & Sour Pork Chow Mein Rice	15 Bacon Wrapped Pork Tenderloin Twice Baked Potato Peppercorn Sauce Veggies	16 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy
19 Pork Roast Mashed Potatoes Gravy Veggies	20 Cabbage Roll Perogies Sauerkraut	21 BBQ Chicken Roasted Potatoes Veggies	22 Schnitzel Spaetzle Mushroom Sauce Veggies	23 Lasagna Garlic Bread Veggies
26 Liver & Onions Mashed Potatoes Veggies	27 Swiss Steak Baked Potato Veggies	28 Ham Scalloped Potatoes Veggies	29 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	30 Spaghetti & Meat Sauce Garlic Bread 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.



## SEPTEMBER MENU

**TAKEOUT--- \$10 includes soup or salad**

If there is a lunch in September'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 September in advance by calling the Centre.

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## "LABOUR DAY SPECIAL"

**Friday, September 2<sup>nd</sup>, 11:30am – 1:00 pm.**

Enjoy a delicious **Braised Lamb Shank** consisting of delicious wholesome lamb, creamy, cheesy Polenta, fresh vegetables and gravy and a **special dessert** for **\$15.**

**Pre-order by Tuesday, August 31<sup>st</sup> noon.**

*THANK YOU  
for supporting the  
Hart Pioneer Centre!!*



# September 2022



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 Lasagna	2 Cheese Burger	3
4	Closed Labour Day	6 Chef Salad	7 Pork Cutlet	8 Beef Dip	9 Fish	10
11	12 Fettucine Alfredo	13 Lazy Man Cabbage Rolls	14 Liver & Onions	15 Ham & Scalloped Potatoes	16 Pizza & Salad	17
18	19 Spaghetti & Meat Sauce	20 Curried Chicken & Rice	21 B.B.Q. Chicken	22 Quiche & Salad	23 Dry Garlic Pork	24
25	26 Chili & Cheese	27 Hot Pork Sandwich	28 Beef Quesadillas	29 Smokies & Sauerkraut	30 Chicken Burger	

## **BRUNSWICK STREET CENTRE**

425 Brunswick Street - Prince George, BC V2L 2B7

Phone: 250-564-3287 or 250-563-1915

Email: [senioractivitypg@shaw.ca](mailto:senioractivitypg@shaw.ca)



# September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>BRUNSWICK STREET CENTRE</b> 425 Brunswick Street - Prince George, BC V2L 2B7 Phone: 250-564-3287 or 250-563-1915 Email: <a href="mailto:senioractivitypg@shaw.ca">senioractivitypg@shaw.ca</a>			1 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00	2 Floor Curling 9:45 Crib 1:00	3 Dance with <b>Cariboo Thunder</b> Doors open at 7:00pm Tickets \$15
4	5 CLOSED FOR Labour day	6 Carpet Bowling 9:45 50/50 Bingo 12:30	7 Bridge 12:30 Whist 7:00pm	8 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00 <b>BRD MTG 11:00</b>	9 Floor Curling 9:45 Crib 1:00	10
11	12 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	13 Carpet Bowling 9:45 50/50 Bingo 12:30	14 Bridge 12:30 Whist 7:00pm	15 Fitness 10:00 Line Dancing 11:30 <b>BIRTHDAY TEA</b> <b>12:30</b> Tai Chi 1:00	16 Floor Curling 9:45 Crib 1:00	17 Dance with <b>'B' Side</b> Doors open at 7:00pm Tickets \$15
18	19 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	20 Carpet Bowling 9:45 50/50 Bingo 12:30	21 Bridge 12:30 Whist 7:00pm	22 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00	23 Floor Curling 9:45 Crib 1:00	24
25 <b>DINNER</b> HAM & ROAST BEEF Doors open 4:00 Dinner at 5:00 <b>\$20.00</b> each	26 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	27 Carpet Bowling 9:45 50/50 Bingo 12:30	28 Bridge 12:30 Whist 7:00pm	29 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00	30 Floor Curling 9:45 Crib 1:00	

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All activities will be in the basement of College Heights Baptist Church, unless otherwise noted. NCSA will be following current Northern Health Covid guidelines.</p>				<b>1</b> 2:00 p.m. Coffee Social at Tim Horton's in College Heights	<b>2</b>	<b>3</b> 
<b>4</b>	<b>5 Labour Day</b> 	<b>6</b>	<b>7</b>	<b>8</b> 2:00 p.m. Coffee Social at Tim Horton's in College Heights	<b>9</b>	<b>10</b>
<b>11</b> 	<b>12</b> Executive meeting 10:00 at NCSA Centre	<b>13</b>	<b>14</b> <i>Welcome Back!</i> Tai Chi 10-11 Pool 10-12	<b>15</b> 2:00 p.m. Coffee Social at Tim Horton's in College Heights	<b>16</b> Music with Eric Bennett ♪♪♪	<b>17</b>
<b>18</b>	<b>19</b> Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	<b>20 9:30 a.m.</b> <b>Breakfast Club</b> Bon Voyage Restaurant	<b>21</b> Tai Chi 10-11 Pool 10-12	<b>22 First Day of Autumn</b> Coffee Social at Tim Horton's in College Heights, 2:00 p.m.	<b>23</b> Art Lesson 9:30 - 12	<b>24</b>
<b>25</b> 	<b>26</b> Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12 Monthly Lunch 11:30	<b>27</b>	<b>28</b> Tai Chi 10-11 Pool 10-12	<b>29</b> 2:00 p.m. Coffee Social at Tim Horton's in College Heights	<b>30 10-12</b> Birthday Social with Live Music <i>National Day for Truth and Reconciliation</i>	
President Maurice will be available 7 a.m to 9 p.m. 250-612-2680 loaderm@telus.net		North Central Seniors Association in College Heights 5401 Moriarty Crescent, Prince George Website: <a href="http://ncsapg.bravehost.com">http://ncsapg.bravehost.com</a>				<b>2022</b>

**EVERYONE WELCOME!**  
**LABOUR DAY**  
**CELEBRATION & MARCH**  
**LABOUR MOVEMENT**  
**PAST-PRESENT-FUTURE...**  
**FIGHTING FOR THE RIGHTS OF ALL**  
**WHEN AND WHERE?**

**Monday, September 5, 2022**  
**10:30am – March Through Downtown**  
**(Start at Canada Games Plaza in PG)**  
**12 Noon to 3pm – Celebration**  
**(Canada Games Plaza)**  
**FREE FOOD AND ENTERTAINMENT**  
**FOR THE WHOLE FAMILY!**



For further information contact Matt Baker  
250-563-3669 or [mbaker@luoe115.ca](mailto:mbaker@luoe115.ca)

*Produced by volunteer labour*

**ALL AGES FAMILY  
EVENT**

***SPONSORING UNIONS***

- BC GENERAL EMPLOYEES UNION
- BC REGIONAL COUNCIL OF CARPENTERS
- CANADIAN LABOUR CONGRESS
- CANADIAN UNION OF PUBLIC EMPLOYEES LOCAL 399, 3799, 1048, 3742 & 2278
- FACULTY ASSOCIATION OF CNC
- FIREFIGHTERS LOCAL 1372
- HEALTH SCIENCES ASSOCIATION
- IUOE LOCAL 115
- LABOUR DAY ORGANIZING COMMITTEE
- LIUNA LOCAL 1611
- NORTH CENTRAL LABOUR COUNCIL
- PUBLIC SERVICE ALLIANCE OF CANADA
- PG DISTRICT TEACHERS' ASSOCIATION
- PPWC LOCAL 9
- PROFESSIONAL EMPLOYEES ASSOCIATION
- TEAMSTERS LOCAL 31
- USW LOCAL 1-2017
- UNBC FACULTY ASSOCIATION
- AND MORE TO COME!

***SUPPORTING ORGANIZATIONS***

- BC FORUM
- IDL PROJECTS
- IMMIGRANT & MULTICULTURAL SERVICES SOCIETY
- MAY DAY ORGANIZING COMMITTEE
- NORTHERN FIRE & WOMEN NORTH NETWORK
- NORTH LABOUR LAW
- STAND UP FOR THE NORTH COMMITTEE
- UNITED WAY OF NORTHERN BC
- WASTE MANAGEMENT
- AND MORE TO COME!

***Organized by the Labour  
Day Organizing Committee***





## September News

September is World Alzheimer's Month, an opportunity to encourage people to have conversations about dementia, raise awareness and challenge the stigma that surrounds the disease. You can also get involved and show your community support by volunteering as a caregiver support group facilitator. The Alzheimer Society of B.C. is looking for volunteers who are not actively caregiving to facilitate our in-person and virtual support groups with a minimum commitment of one year. Our support group facilitators have the chance to help us offer a safe space for people affected by dementia. To learn more about how you can volunteer with us, click [here](#).

**Note: As part of our commitment to equity, diversity and inclusion, the Alzheimer Society of B.C., including the First Link<sup>®</sup> Dementia Helpline, will be closed on September 30 to recognize the National Day of Truth and Reconciliation.**

On September 21, World Alzheimer's Day, you're invited to a "Inspiring Aging-Friendly Communities," a special virtual event hosted by Province Health Care as part of their Dialogues in Aging public presentation series. Our CEO Jen Lyle and other Society representatives will be participating in a panel discussion exploring why dementia-friendly communities are important provincially, nationally and internationally. To learn more and register, click [here](#).

Read on to learn about both virtual and in-person programming taking place this month in the Peace region and Northern Interior. We also invite you to participate in a questionnaire to share your views on ageism and how it affects older Canadians.





# September Events

## In-person education

**Dementia dialogues: My wishes, my care** | Take the first step towards advance care planning by identifying what matters most when it comes to your health and personal care. Express your values, beliefs and wishes for your future during this guided conversation. This dialogue is for people living with early symptoms of dementia to attend with their prospective representative, substitute decision maker or a trusted family member or friend.

**Prince George:** Alzheimer Society of B.C. Resource Centre, 302-1811 Victoria Street  
**Wednesday, September 6 from 1 to 3:30 p.m.**

**Dementia dialogues: Grief and loss** | Take the first step towards advance care planning by identifying what matters most when it comes to your health and personal care. Express your values, beliefs and wishes for your future during this guided conversation. This dialogue is for people living with early symptoms of dementia to attend with their prospective representative, substitute decision maker or a trusted family member or friend.

**Prince George:** Alzheimer Society of B.C. Resource Centre, 302-1811 Victoria Street  
**Wednesday, September 13 from 1 to 3 p.m.**

**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.

**Prince George:** Alzheimer Society of B.C. Resource Centre, 302-1811 Victoria Street  
**Wednesday, September 28 from 10 a.m. to noon**

**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](https://alzbc.org/COVID-safety).

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## 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.

**Coping with change, grief and loss** | The dementia experience involves change and loss and uncertainty. Join us to explore strategies to help you and those around you cope in the face of these changes. For caregivers and people living with dementia.

**Thursday, September 8 from 10 to 11:30 a.m.**

[Click here to register](#)

**Planning for health-care, legal and financial decisions** | Plan now, before dementia affects the ability to communicate. Learn how to begin early legal, health-care and financial planning to prepare for your future. For caregivers and people living with dementia.

**Monday, September 19 from 2 to 3:30 p.m.**

[Click here to register](#)

**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](#)

**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](https://alzbc.org/edu-workshops).

GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today-  
It's FREE!



"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](http://www.choosetomove.ca)



**NEW session starting October 1<sup>st</sup>, 2022!**

All participants get a 3-month  
YMCA Membership.

**Register today**

Phone Lisa: 778-281-0694

## Minds in Motion®

Minds in Motion® is a fitness and social program offered for people experiencing early symptoms of dementia and their care partners. Each fitness session is followed by social time, an opportunity to connect with others living with dementia.

Register for an in-person series:

YMCA – Prince George

2020 Massey Drive, Prince George

Eight Tuesdays, July 26 – September 20 from 10 to 11:30 a.m. \*No class on August 2

Cost: \$54.30 + tax per pair for eight sessions. Register at any time; series is pro-rated.

Registration: Contact the Prince George Resource Centre at 250-564-7533 or email [info.princegeorge@alzheimerbcc.org](mailto:info.princegeorge@alzheimerbcc.org).

Register for an online session:

Tuesdays: 10 to 11:30 a.m. or 1 to 2:30 p.m.

Wednesdays: 10 to 11:30 a.m.

Wednesdays (Cantonese): 1 to 2:15 p.m.

Thursdays: 1 to 2:30 p.m.

Fridays: 1 to 2:30 p.m.



**YMCA of  
Northern BC**

Registration: Sessions are free to attend and hosted in Microsoft Teams. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 (English) or 1-833-674-5007 (Cantonese).



# Make your rent more affordable



## Shelter Aid for Elderly Renters

### A Guide to Shelter Aid for Elderly Renters (SAFER)

The Shelter Aid for Elderly Renters provides eligible seniors with monthly assistance to help with their monthly rent payments.

### Do you qualify for assistance?

You **may be eligible** for the SAFER Program if you meet **all** of the following criteria:

- ➔ You are age 60 or older.
- ➔ You have lived in British Columbia for the full 12 months immediately preceding your application.
- ➔ You and your spouse (with whom you are living) meet the citizenship requirements:
  - Applicants must permanently reside in British Columbia when applying, and each member of the household must be one of the following:
    - Canadian citizens not under sponsorship
    - Individuals lawfully admitted into Canada for permanent residence and not under sponsorship
    - Individuals who have applied for refugee status
    - Individuals for whom private sponsorship has broken down
- ➔ You pay more than 30 percent of your gross (before tax) monthly household income towards the rent for your home, including the cost of pad rental for a manufactured home (trailer) that you own and occupy.

Once you have confirmed your eligibility, the next step is to complete an application form.



05/21



Contact the Seniors Resource Centre at 250-564-5888

And ask to speak to **Lorraine** our

**Housing & Community Navigator**

for assistance with this application



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 September 14, 2022

Time: 2-4 pm

Location: Bob Harkins Branch

Target Audience: Adult Seniors

Registration: Free

Call 250-563-9251 Ext. 120 to book a 30 minute appointment.

## **Borrow Cognitive Care Kits from the Prince George Public Library**

Cognitive care kits are available to borrow at the Prince George library.



These kits help to stimulate brain activity in people experiencing cognitive decline such as memory loss and Alzheimer's disease and other dementias.

Nine cognitive care kits are available, each unique and tailored to help people with different levels of cognitive decline.

The kits include activities, games, puzzles, and workbooks that encourage social connection and provide meaningful links to daily activities.

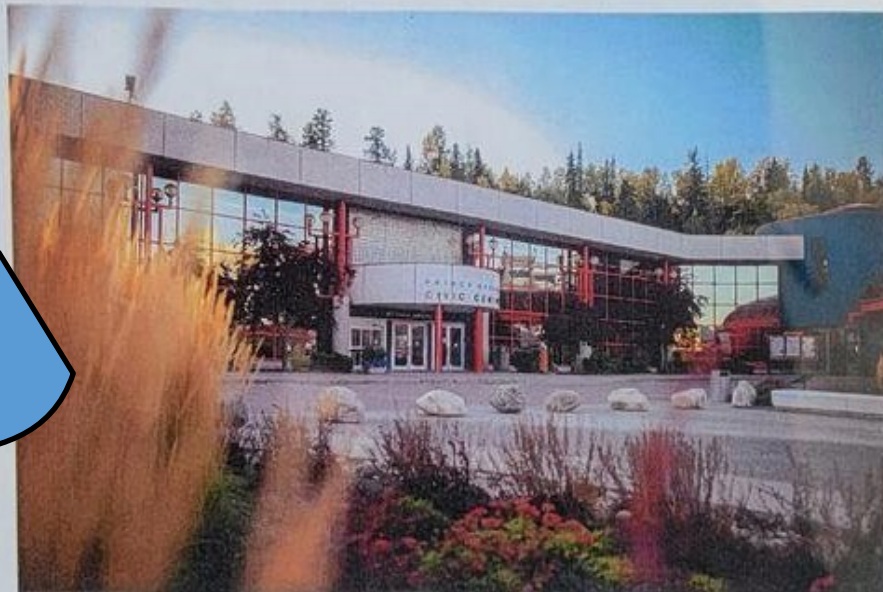




# GOLDEN AGE SOCIAL

**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 12<sup>th</sup>, 2022**  
**Wednesday November 16<sup>th</sup>, 2022**  
**Wednesday December 7<sup>th</sup>, 2022**  
**Wednesday February 15<sup>th</sup>, 2023**  
**Wednesday March 15<sup>th</sup>, 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](http://www.princegeorge.ca) | [@cityofpg](https://twitter.com/cityofpg) [/cityofpg](https://facebook.com/cityofpg) [@cityofpg](https://instagram.com/cityofpg)

Please Follow all Provincial COVID -19 Health Guidelines

# Take Back The Night March

Thursday September 22, 2022



Canada Games Plaza (Civic Centre)

6:30PM Speakers

7:00PM March

Stand Up, Speak Out

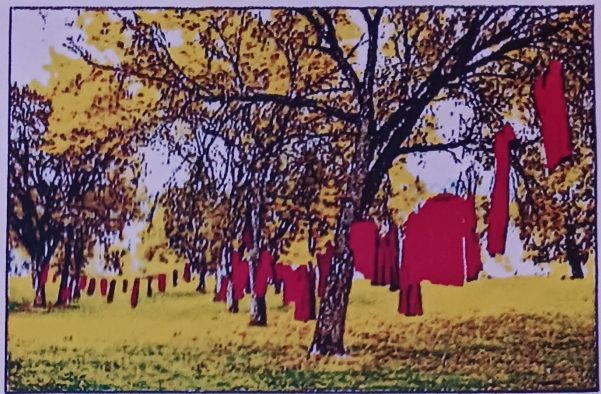
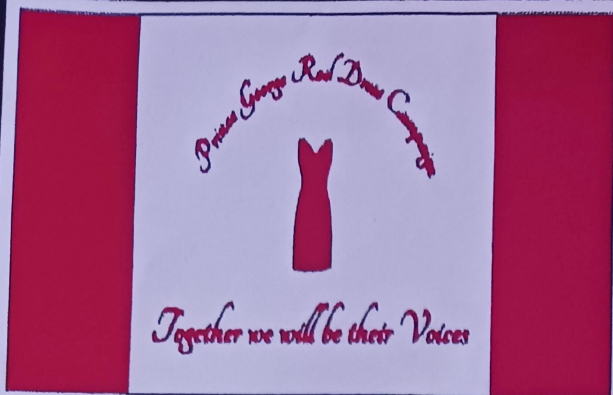
Stop Violence Against Women

Bring a poster, candle or flashlight

Follow Us on Facebook: @tbtnpg

Organized in partnership by the TakeBack the Night Committee and community partners





# PRINCE GEORGE RED DRESS CAMPAIGN

Together we will be their voices

**SUNDAY Sept 11<sup>th</sup>, 2022**

**1pm- unveiling of the monument highway 16 & Ferry Ave (on the corner of Cemetery) followed by the stand-in**

Healing Circle featuring Khas't'an Drummers

Stand in on Highway 16

Photographs

**3pm-Lheidli T'enneh Memorial Park Pavilion**

Behind Exploration place

Hanging of dresses

Guest Speakers

Performances featuring Kym Gouchie, Kelsey Abraham & Bella Rain

Candle Vigil

Craft-fabric red dresses to take home

**JOIN US IN GIVING BACK A VOICE AND ENSURING THEY ARE NEVER FORGOTTEN**

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.



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 Relagiate

Call **250-563-1915**

**for appointment**



### SENIOR MOMENTS Radio Program

Livestream — [www.cfisfm.com](http://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.

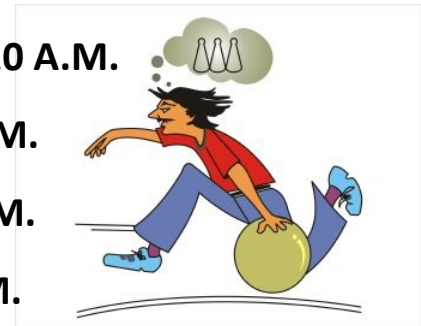
Where: - Watrous Park - 3<sup>rd</sup> Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

**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](mailto:sullypg@shaw.ca)

Prince George Hospice Palliative Care Society



## ***Grief Support Services***

For more information:

[www.PGHPCS.ca](http://www.PGHPCS.ca) | [info@PGHPCS.ca](mailto: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.

**Live Well Prince George Society**

# ***Annual General Meeting***

**Sept. 6th**

**At 7:00pm**

**your vote counts**

**Prince George Civic Centre  
Room # 207,  
808 Canada Way,  
Prince George, BC**

**RSVP 250-981-1256  
livewellprincegeorge@gmail.com**

## **SAIL – Seniors Abuse and Information Line**

**Call: 604-437-1940 or Toll Free: 1-866-437-1940**



Weekdays 8am to 8pm and weekends 10am to 5:30pm, excluding statutory holidays.

Language interpretation is available Monday through Friday, 9am to 4pm.

Our province wide confidential **Seniors Abuse and Information Line (SAIL)** is a safe place for older adults, and those who care about them to talk to a trained intake worker about abuse or mistreatment, receive information and support about issues that impact the health and well being of an older adult. SAIL intake workers are trained to provide a listening, non-judgmental and supportive ear and provide resources, referrals to our free internal programs and support. Callers who are age 50+ and are victims of abuse or family and sexual violence, and who need practical and emotional support may be referred to our [Victim Services Program](#) for information, support and referrals to services in the community.

When calling SAIL, **press 1 to speak with an Intake Worker, or press 2 if you would like to leave a voicemail message for a callback.** When leaving a message, please state whether it is safe for our staff to leave a message. **We will not leave a message if not specified.**

SAIL is made possible thanks to funding from the BC Ministry of Health.



**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.pgcoss@gmail.ca](mailto:nicole.pgcoss@gmail.ca)

**Housing & Community Navigator**

**Lorraine**



[hcn@pgcos.ca](mailto:hcn@pgcos.ca)

**Executive Director**

**Michelle McGregor**



[ed@pgcos.ca](mailto:ed@pgcos.ca)

**Better at Home**

**Coordinator**

**Terry**



[betterathome@pgcos.ca](mailto:betterathome@pgcos.ca)

**Better at Home**

**Housekeeper**

**Kristi**



[bahhk@pgcos.ca](mailto:bahhk@pgcos.ca)

**Friends & Family**

**Caregiver Support**

**Coordinator**

**Laurie**



[csp@pgcos.ca](mailto:csp@pgcos.ca)

## PGCOS BOARD OF DIRECTORS

### President:

Fred Archibald

virginia@netbistro.com

### Secretary

Barbara Gunn

bggunn44@telus.net

### Directors:

Ethel Gowman

Cheryl Jacobus

Terry Pipkey

### Vice-President

Virginia Parsons

parsonsv@telus.net

### Treasurer

Lori Dennill

loridennill@gmail.com

Marie Hay

Janet Marren

Marilyn Rayner

## Mission Statement:

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

*We acknowledge the support of*



**United Way**  
Northern British Columbia



**northern health**  
*the northern way of caring*



CITY OF  
PRINCE GEORGE

**SHINE BC**

Seniors Services Society of BC



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