

THE SENIOR TIMES

JUNE 2022

25 cents per issue

FREE via Email



June 19, 2022



June is Pride Month. We at PGCOS are here for you.

<https://bccare.ca/aging-with-pride/>



SENIORS RESOURCE CENTRE

Monday—Friday 9:00—3:00

Closed Saturday, Sunday and

Statutory Holidays

721 Victoria — 250-564-5888

Website: www.pgcoss.ca

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In 2006, the United Nations officially proclaimed June 15th as World Elder Abuse Awareness Day (WEAAD) to bring greater recognition of abuse and neglect of seniors, which is taking place in communities everywhere. While elder abuse often goes unreported, the Ministry of Health reports that as many as 10% of BC seniors will experience some form of abuse in their later years, that one in 12 seniors will experience some form of financial abuse, and that this abuse is usually caused by close family member or trusted friends.

The Prince George Community Response Network will be at the **Community Market on Saturday June 18, 2022 from 8:30 to 2:pm and will have a variety of information present** that shine a light on the various forms of elder abuse.

On **Wednesday, June 15th, 10:00 am, at PG City Hall, Mayor Lynn Hall will raise the WEAAD Flag and read the Proclamation** that declares World Elder Abuse Awareness Day (WEAAD) to be officially observed. This worthy cause recognizes the achievements and milestones in the work to end elder abuse.

Please join us outside of City Hall. Please help by supporting those suffering elder abuse and those working to end elder abuse!

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



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



Exciting News

*PQCOS 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 Fairgrounds)

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**



June 2022				
Mon	Tue	Wed	Thu	Fri
		1 Tortellini topped with Chicken Breast Tomato Sauce Veggies	2 BBQ Turkey Drumstick Twice Baked Potato Veggies	3 Bacon & Cheese wrapped Jumbo Wieners in Puff Pastry Pan-fried Potatoes Beans in Tomato Sauce
6 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	7 Ginger Beef Chow Mein Veggies	8 Bacon Wrapped Pork Tenderloin Twice Baked Potato Peppercorn Sauce Veggies	9 Salisbury Steak Mashed Potato Gravy Veggies	10 Chicken Fingers Potato Wedges Veggies
13 RIBS Corn on the Cob Pork & Beans Rice Pilaf \$15	14 Chicken Ragout with Mushrooms in White Wine Pasta Veggies	15 Schnitzel Spaetzle Mushroom Sauce Veggies	16 Sweet & Sour Pork Chow Mein Rice Veggies	17 Spaghetti & Meat Sauce Garlic Bread Veggies
20 Ham Scalloped Potatoes Veggies	21 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy	22 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	23 Swiss Steak Baked Potato Veggies	24 Salmon Parsley Potatoes Sauce Bernaise Veggies
27 Pork Roast Mashed Potatoes Gravy Veggies	28 BBQ Chicken Roasted Potatoes Veggies	29 Meatloaf Mashed Potatoes Gravy Veggies	30 Beef Rouladen Mashed Potatoes Gravy 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.**

HART PIONEER CENTRE
PRESENTS

GARAGE SALE

SATURDAY, 25 JUNE . 9:30AM - 2PM

**COME
SELL
SHOP**

Hart Pioneer Centre

6986 Hart Hwy

Proceeds go towards running the Pioneer Centre and its activities including Meals on Wheels. Your support is greatly appreciated. Let us know if you have any goods to donate to the sale.

Tables inside \$15 each. Outdoor car stall \$15 and truck stall \$20. Hot food concession with hotdogs, pop and chips inside.

concession

Yes, Count me in!
For More info
(+250) 962-6712



Hart Pioneer Centre VOLUNTEERS NEEDED

The following functions will be happening at the Hart Pioneer Centre.

If you can spare a few hours, it would be greatly appreciated.

- **June 4** – Wedding – Dinner & Dance - (approx. 125 attendees)
- **June 11** – Wedding – Dinner & Dance – (approx. 150 attendees)
- **June 18** – Wedding – Dinner & Dance – (approx. 150 attendees)
- **August 13** – Memorial 1- 5pm – (approx. 125 attendees)
- **August 20** – Wedding – Dinner & Dance – (approx. 175 attendees)
- **August 27** – Tentative 100th Birthday Party - approx. 100 attendees)



PRINCE GEORGE, BC · CN CENTRE

Friday, June 10 • 1 pm–8 pm
Saturday, June 11 • 10 am–6 pm
Sunday, June 12 • 10 am–4 pm

NORTHERN BC'S PREMIER GOURMET ARTS FESTIVAL

*artisan spirits • brews • food • pottery • textiles
glassware • and much, more!*

*Enjoy our special events, sample the food trucks
and find one of one-of-a-kind items for your home!*

Admission by donation • Food bank donations accepted

<p>Community Appreciation Barbeque</p> <p>Sponsored by</p>   <p style="color: #A52A2A;">Friday, June 10 5 pm – 7 pm</p>	<p>Great Northern Chili Cook Off</p> <p>Sponsored by</p>   <p style="color: #A52A2A;">Saturday, June 11 11 am – 2 pm</p>	<p>Top Taste Tournament</p> <p>Sponsored by</p>   <p style="color: #A52A2A;">Sunday, June 12 11 am – 2 pm</p>
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Media Sponsor Gold Sponsor Sponsors and Partners
























www.bcgourmet.ca

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
All activities will be in the basement of College Heights Baptist Church, unless otherwise noted. <i>NCSA will be following current Northern Health Covid guidelines.</i>			1 Tai Chi 10-11 Pool 10-12	2 2:00 p.m. Coffee Social at Tim Horton's in College Heights	3 Ladies Pool 10-12	4
5	6 Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	7 Exec meeting Howard's mtg rm 10:00	8 Tai Chi 10-11 Pool 10-12	9 2:00 p.m. Coffee Social at Tim Horton's in College Heights	10 General Membership Meeting 10:00 a.m.	11 Junk in the Trunk Sale 9:00 a.m to 2:00 p.m. CHBC Parking lot
12	13 Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	14	15 Tai Chi 10-11 Pool 10-12	16 2:00 p.m. Coffee Social at Tim Horton's in College Heights	17 Art Lesson 9:30 - 12	
19 	20 Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	21  <i>First Day of Summer</i>	22 Tai Chi 10-11 Pool 10-12	23 2:00 p.m. Coffee Social at Tim Horton's in College Heights	24 Birthday Social <i>with Live Music</i> 10-12	25
26 	27 Yoga 10-11 10:00 Photo Club, Cards, and Crib Year End BBQ 11:30 a.m.	28	29 We're Closed Enjoy your summer! See you in September	30		
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: http://ncsapg.bravehost.com				2022



June 2022



Sun

Mon

Tue

Wed

Thu

Fri

Sat

BRUNSWICK STREET CENTRE

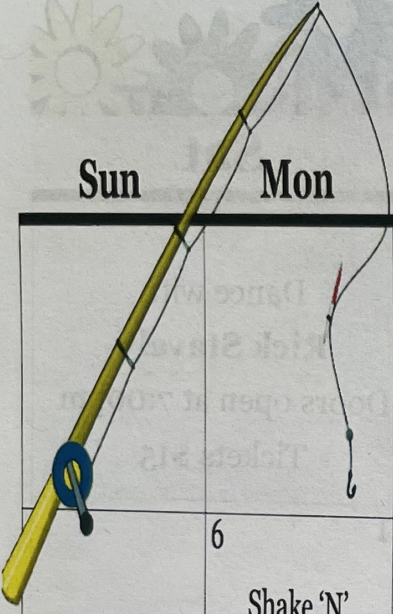
425 Brunswick Street - Prince George, BC V2L 2B7


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

Email: senioractivitypg@shaw.ca

			1 Bridge 12:30 Whist 7:00pm	2 Fitness 10:00 Line Dancing 11:30 50/50 Bingo 12:30 Tai Chi 1:00	3 Floor Curling 9:45 Crib 1:00	4 Dance with Rick Stavelly Doors open at 7:00pm Tickets \$15
5	6 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	7 Carpet Bowling 9:45 50/50 Bingo 12:30	8 Bridge 12:30 Whist 7:00pm	9 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00 BRD MTG 11:00	10 Floor Curling 9:45 Crib 1:00	11
12	13 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	14 Carpet Bowling 9:45 50/50 Bingo 12:30	15 Bridge 12:30 Whist 7:00pm	16 Fitness 10:00 Line Dancing 11:30 BIRTHDAY TEA 12:30 Tai Chi 1:00	17 Floor Curling 9:45 Crib 1:00	18 Dance with Ken Madden Doors open at 7:00pm Tickets \$15
19 	20 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	21 Carpet Bowling 9:45 50/50 Bingo 12:30	22 Bridge 12:30 Whist 7:00pm	23 Fitness 10:00 Line Dancing 11:30 50/50 Bingo 12:30 Tai Chi 1:00	24 Floor Curling 9:45 Crib 1:00	25 GARAGE SALE &  BAKE SALE 9:00-2:30
26 DINNER HAM & ROAST BEEF Doors open 4:00 Dinner at 5:00 \$20.00 each	27 Fitness 10:00 Line Dancing 11:30 Bridge 12:30 Curling 1:00	28 Carpet Bowling 9:45 50/50 Bingo 12:30	29 Bridge 12:30 Whist 7:00pm	30 Fitness 10:00 Line Dancing 11:30 Tai Chi 1:00		

June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Fingers	2 Pork Souvlaki	3 Lasagna	4
	6 Shake 'N' Bake Chicken	7 Sweet & Sour Meatballs	8 Liver & Onions	9 Open Beef Sandwich	10 Taco Salad	11
12	13 Chili & Cheese	14 Stuffed Pork Loin	15 Chef Salad	16 Meatloaf	17 Chicken Fettuccine	18
19	20 Quiche & Salad	21 Breaded Pork Cutlets	22 Spaghetti	23 B.B.Q. Chicken	24 Pizza	25
26	27 Cheeseburger	28 Chicken Something	29 Shepherds Pie	30 Philly Cheesesteak		

BRUNSWICK STREET CENTRE

425 Brunswick Street - Prince George, BC V2L 2B7

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

Email: senioractivitypg@shaw.ca

The Forever Young Chorus
Sings
BROADWAY

Sunday, May 29, 2022 - 2 pm
At the former Knox United Church
(5th and Brunswick)

AND
Sunday, June 5, 2022 - 2 pm
At Elder Citizens' Recreation Association
1692 10th Avenue

Special Guest: PG Ukes

Tickets \$10.00

Available in advance at ECRA or at the door
Proceeds from both concerts
will go to ECRA

Meal Program at ECRA

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>

June

2022

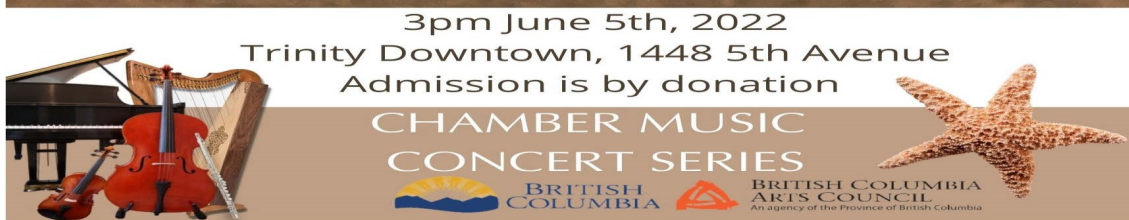
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 T.O.P.S 10:00 AM BINGO 1:00 PM	2 CANASTA 1:00 PM	3 CLOSED FOR NOW	4 CRIB TOURNAMENT 10 AM
5	6 FUN CRIB 10:00 AM TIACHI 1PM	7 CANASTA 1:00 PM	8 T.O.P.S 10:00 AM BINGO 1:00 PM	9 CANASTA 1:00 PM	10 CLOSED FOR NOW	11
12	13 FUN CRIB 10:00 AM TIACHI 1PM	14 CANASTA 1:00 PM	15 T.O.P.S 10:00 AM BINGO 1:00 PM	16 CANASTA 1:00 PM	17 CLOSED FOR NOW	18
19	20 FUN CRIB 10:00 AM TIACHI 1PM	21 CANASTA 1:00 PM	22 T.O.P.S 10:00 AM BINGO 1:00 PM	23 CANASTA 1:00 PM	24 CLOSED FOR NOW	25
26	27 FUN CRIB 10:00 AM TIACHI 1PM	28 CANASTA 1:00 PM	29 T.O.P.S 10:00 AM BINGO 1:00 PM	30 CANASTA 1:00 PM	1 CLOSED FOR NOW	2
3	4	5	6	7	8	9

Notes:

SPRUCE CAPITOL SENIORS
 ADDRESS: 3701 RAINBOW DRIVE
 PHONE: 250-563-6450
 EMAIL: sprucecapitalsenior@shaw.ca

6/1/22, 12:32 PM

At the Seaside concert poster.jpg


<https://mail.google.com/mail/u/1/#search/Newsletter/FMfgzGpFqZkSxqjHrBgXpZgbfJkzlh?projector=1&messagePartId=0.1>

1/1



Alban Classical Presents Classical Downtown



June 11, 2022 at 2:00 pm
St. Giles Presbyterian Church
1500 Edmonton Street
Free Admission

Erica Skowron – Oboe
 Simon Cole – Clarinet
 Flora Camuzet – Cello
 Hannah Kang – Piano

Schumann Romances
 Brahms Trio
 Trio on Northern Themes
 by Simon Cole



Supported by a grant from
the City of Prince George



We acknowledge the financial support of the province of British Columbia.

Alzheimer's Society of British Columbia



In-person education

Tuesday, June 14, 1 to 3:30 p.m.

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 care-givers and people living with dementia.

Prince George: Prince George Resource Centre, 302 -1811 Victoria Street

Wednesday, June 22, 1 to 2:30 p.m.

Introduction to brain health | It's never too soon or too late to make changes and to learn strategies to maintain or improve your brain health.

Prince George: Prince George Library (Nechako Branch), 6547 John Hart Highway

Registration: To register or to learn more, please call the First Link® Dementia Helpline at 1-800-936-6033.

Proof of full vaccination will 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.

Activities for warmer weather | As the weather warms up and we move outside, explore the benefits of meaningful

For more info contact Laurie de Groos

Alzheimer Society of BC - Northern Resource Centre

#302-1811 Victoria Street

Prince George, BC

V2L 2L6

Ph: 250-564-7533-Ext 2301/ Fax: 250-564-1642

Toll free: 1-866-564-7533

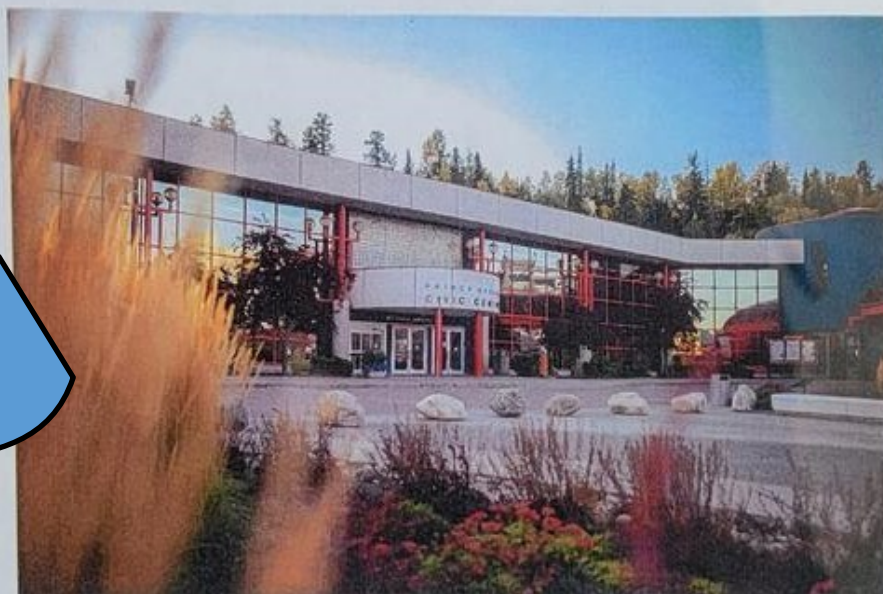
ldegroos@alzheimerbc.org



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)



PARTICIPANTS NEEDED for Research Study: Dementia Resources for Eating, Activity, and Meaningful Inclusion (DREAM)

Study Purpose: We developed resources to improve knowledge and skills of service providers to make physical activity and healthy eating experiences more inclusive for persons with dementia. The resources are designed to help persons living with dementia eat, move and live well

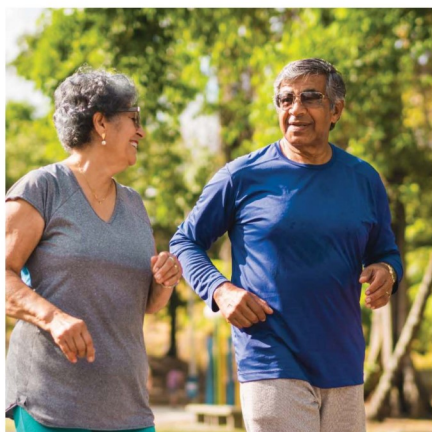
Looking for participants from British Columbia who are either a:

- ✓ Person living with dementia
- ✓ Person with experience as a caregiver for someone with dementia (family or friend)

What will you be asked to do?

- Attend an introductory meeting (optional for care partners)
- Attend an online meeting and complete a survey (30-45 minutes)
- Review website and resources
- Document your reactions and thoughts about the website and resources.
- Attend an online session after reviewing resources to complete follow-up survey and interview (30-45 minutes)
- Additionally, some participants will be asked to complete 1 or 2 interview(s).

You will receive a \$100 e-gift card for your participation



To find out more about the study or to sign up to participate, please contact:

Dr. Shannon Freeman

Associate Professor

School of Nursing, UNBC

unbc.dementiaresearch@unbc.ca

Phone: 250-960-5154

Liking, commenting, or sharing this post may publicly associate you with this study even if you do not participate.



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!



UNCLASSIFIED



BC/Yukon Outreach Presentations

JUNE 2022					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <u>CRA Persons with Disabilities Presentation</u> 1:30-2:30pm PDT	3	4
6	7 <u>CRA Post Secondary Students Presentation</u> 1:30-2:30pm PDT	8	9 <u>CRA Scam Awareness Presentation</u> 1:30-2:00pm PDT	10	11
13	14 <u>CRA International Students Presentation</u> 1:30-2:30pm PDT	15	16	17	18
20	21	22 <u>CRA Benefits & Credits for Indigenous People</u> 1:00-2:00pm PDT	23	24 <u>CRA Digital Services Presentation</u> 1:30-2:15pm PDT	25
27	28	29	30 <u>CRA General Benefits & Credits Presentation</u> 1:00-2:00pm PDT		

Charis Counselling Services

ph: 250-562-7882
cell: 250-617-2181
chariscs@telus.net
chariscounselling.ca

Brian Bulgin m.c.

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 >

6/2/22, 3:16 PM

Old West 3 - Free Word Search Puzzle

Free Printable Word Search Puzzles

Old West 3

Find and circle all of the words that are hidden in the grid.
The remaining 46 letters spell a John Wayne quotation.

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

ANVIL	DEPUTY	LIVERY	SETTLERS
APOTHECARY	DODGE CITY	MAYOR	SILVER DOLLAR
BANK	FRONTIER	MERCANTILE	STABLE
BARBER	GERONIMO	PASTURE	STOCKADE
BOARDING HOUSE	GOLD RUSH	PIG FEED	TOWN
BOUNTY HUNTER	HAYLOFT	PLOW	TRAIL BOSS
BRIDLE	HOLSTER	PROSPECTOR	TRAIN STATION
BUFFALO BILL CODY	HORSE TROUGH	RANGE	WAGON TRAIN
CATTLE	HORSESHOE	RAWHIDE	WRANGLER
CHURCH	JAIL	SADDLEBAG	WYATT EARP
COAL MINE	JESSE JAMES	SAGEBRUSH	
DALTON GANG	KEROSENE	SASPARILLA	

Solution found on page 22

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



Foot Care

425 Brunswick

250-563-1915

Joanne Relagiate

June 8th and 20th

Cost is \$30

Call the centre for appointment



We Thank our Sponsors:

**Tourism PG, Marvin Hawke Notary,
Community Futures and the BC Government**

NON-PROFIT CONFERENCE



MARTHA RANS QC

THE SPEAKERS

Carol Gass
Radio personality

Susan Stearns
Community Futures

Marvene Layte
CGG Facilitator

Penny Jones
Work life balance

16 JUNE 2022
09.00 am - 4.00 pm

At the
Prestige Hotel
Prince George, BC

Space is limited:

Cost is free to all non-profit organizations

Preregister

email: coordinator@northernica.org

facilitator@northernica.org

www.northernica.org

PRINCE GEORGE LAWN BOWLING CLUB

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

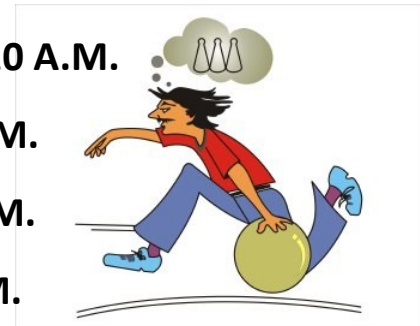
Where: - Watrous Park - 3rd Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

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.



PG MEN'S SHED IS NOW OPEN

SATURDAYS 9 AM-NOON
2816 NORWOOD ST.

ALL MEN WELCOME

COME FOR COFFEE,
CAMARADERIE,
AND CARPENTRY!

FOR MORE INFORMATION,
PLEASE CALL CRAIG AT (250) 565-7569

LEARN MORE AT MENSSHEDS.CA

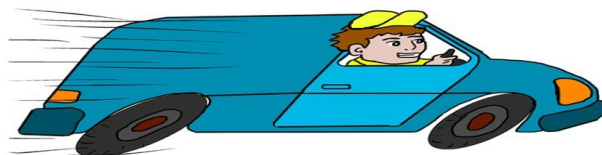


Canadian Mental
Health Association
Northern BC
Mental health for all





Volunteers needed



Our programs are in need of Volunteers

Meals on Wheels Drivers

Social Line Callers

Front Desk Reception

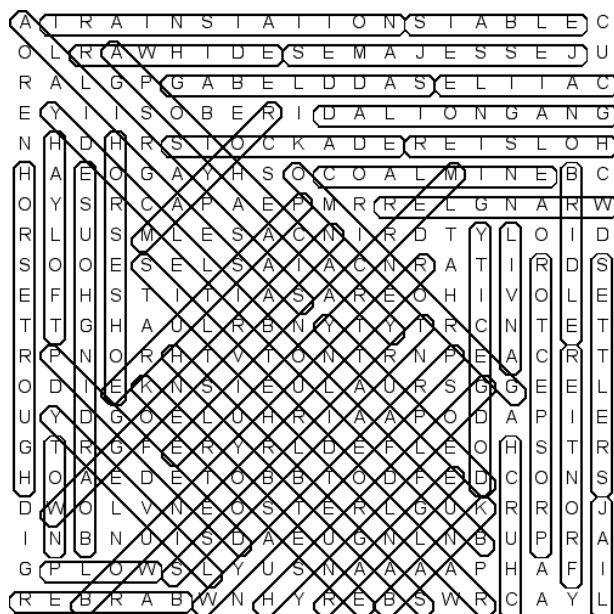
If you would like to assist us in supporting

Seniors in Prince George

Please contact The Seniors Resource Centre at

250-564-5888

Puzzle solution from page 20



SENIOR MOMENTS RADIO PROGRAM

LIVESTREAM —

WWW.CFISFM.COM

1:00 TO 2:00 PM EVE-

RY TUESDAY!

LISTEN LIVE — 93.1 FM



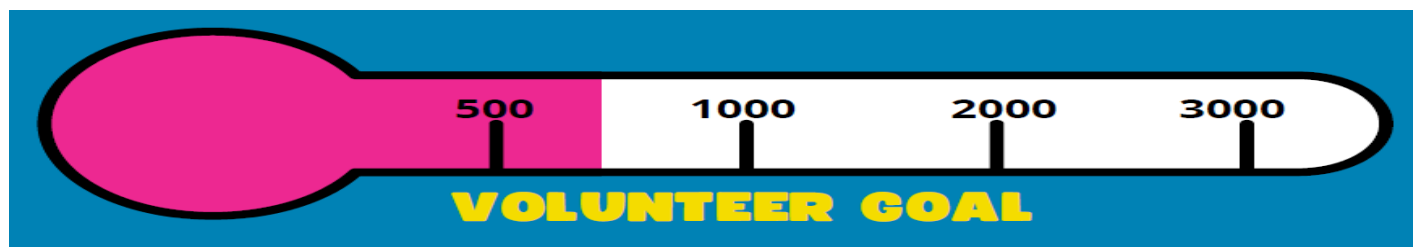


The BC Women's Institute

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.



Volunteer Recruitment - as of May 26



Volunteers with these Volunteers....

Meet some of our committed volunteers. Volunteer now to join them!

A **many as 3,000 volunteers are needed** to assist with everything from food preparation and service, to driving and delivery, to reporting and results entry, to accommodation check-in to assisting with medal presentations.

The Volunteer Recruitment team will be at events throughout the community.

Stop by and say hello, sign-up, and bring your friends and family with you!

- June 4 - Canadian Tire - 10:00 am - 4:00 pm
- June 4 - Downtown Farmers' Market - 8:30 am - 2:00 pm
- June 5 - Eagles Hall - 9:00 am - 2:00 pm
- June 5 - Small Business Fair - RollerDome - 10:00 am - 4:00 pm
- June 10 - BC Gourmet Arts Festival Community BBQ - CN Centre - 1:00 - 8:00 pm

For More info visit the BC Games Webpage at: <https://www.bcgames.org/Games/BC-Summer-Games/Volunteers>

PGCOS BOARD OF DIRECTORS

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virginia@netbistro.com

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loridennill@gmail.com

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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.*