

# THE SENIOR TIMES

APRIL 2023

25 cents per issue

FREE via Email



## SENIORS RESOURCE CENTRE

### MARK YOUR CALENDAR

#### Advance planning Clinic :

##### **By Appointment only**

Dates to be determined on availability.

All clinics are going to be at **1330 5th moving forward.**

#### Income Tax Clinic

**Location: 1330 5th Ave**

Call 250-564-5888 to make an appointment

Tuesday April 4, 11, 18, 25 Time: 9:00 - 11:00 Am

Thursday April 6, 13, 20, 27 Time: 1:00 – 3:00 PM

#### Caregiver Support Coffee & Chat

Weekly meet ups

Wednesdays at 11:00 am

At **1330 5th** Call Laurie at 250-564-5888 for more info

- 2 PGCOS Grand Opening Event
- 3 Income Tax Clinic
- 4-5 Friends & Family Caregiver Support
- 6 Advance Planning Clinic Details
- 7-9 PGCOS AGM Notice And Nomination Form
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## Newsletter Submission

### Deadline

**no later than one week before the end of the month.**

**Please send your info to Michelle at [ed@pgcos.ca](mailto:ed@pgcos.ca)**



PRINCE GEORGE  
COUNCIL OF SENIORS

INVITES YOU TO OUR



# GRAND OPENING EVENT

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*APRIL 26, 2023 | 1-3 PM*

1330 5TH AVE  
PRINCE GEORGE BC

[WWW.PGCOS.CA](http://WWW.PGCOS.CA)





## Prince George Council of Seniors

### Community Volunteer Income Tax Program

## NEED A HAND TO PREPARE YOUR 2022 INCOME TAX RETURN?

#### ELIGIBILITY

- **Age 55+**
- **Total income per individual \$35,000 or less**
  - Total income per couple \$45,000 or less
- **Simple tax situation:**
  - **NO** business, rental income nor employment expense
  - **NO** capital gains or losses
  - **NO** investment income over \$1,000
  - **NO** bankruptcy
  - **NO** sale of principle residence
  - **NO** completing a tax return for a deceased person

**BY APPOINTMENT ONLY Call 250 564 5888 to book your appointment**

**10-minute** appointments to meet with the volunteer and drop off your info are available Starting March 7<sup>th</sup> and April every

Tuesday mornings: 9:00-11:00

Thursday afternoons: 1:00-3:00

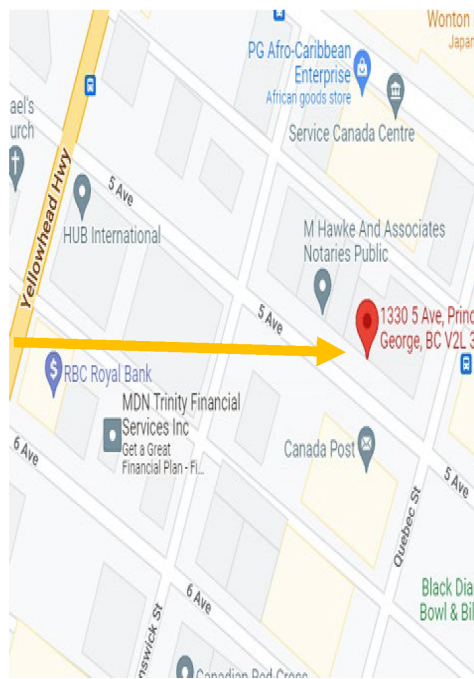
At the Seniors Resource Centre

**New Location**

**1330-5<sup>th</sup> Avenue**

**Prince George (Across from the Post office on 5<sup>th</sup>)**

Completed tax returns can then be picked up **two weeks** later at the Seniors Resource Centre.



**Volunteers do NOT keep records from year to year. It is YOUR responsibility to inform the volunteer about any deductions or changes.**



# ARE YOU A CAREGIVER?

The Prince George Council of Seniors is  
pleased to announce our **NEW**  
Friends and Family Caregiver Support  
Program

Are you the caregiver  
for a senior who lives  
in the Prince George  
area?



Do you need practical ideas  
to help you care for your  
loved one?



Do you feel frustrated, angry,  
sad, overwhelmed, guilty,  
helpless, hopeless, tired?



Do you need help to  
care for YOU?



WE ARE THE NEW CAREGIVERS SUPPORT PROGRAM FOR  
PRINCE GEORGE & AREA SENIORS

**OUR SERVICE IS FREE AND CONFIDENTIAL**

JOIN US FOR COFFEE GATHERINGS, WORKSHOPS, GROUP AND 1:1 SESSIONS  
FOR MORE INFORMATION CALL US AT  
250-564-5888

## What we offer:

1:1 peer support sessions

Weekly coffee/social chat gatherings

Group activities: bi-weekly walking groups  
(indoors & outdoors - weather dependant)

Monthly Lunch & Learn workshops – guest  
speakers, continuing education, support &  
self-care (in person or online – weather  
dependent)

Wellness check ins with those unable to  
attend the groups

Group snowshoe - weather dependant

## LET US HELP!

We are here to help you maneuver through the  
challenges that you face as a caregiver by  
offering informed education, fun self-care  
activities and groups.

1330 5th Ave  
Prince George BC

250-564-5888

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



Family Caregivers  
of British Columbia

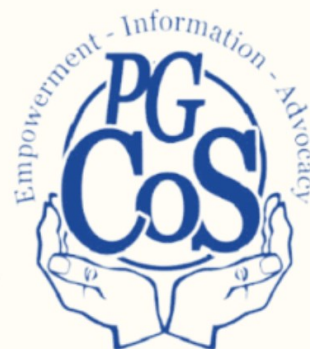
— Let us help —



United Way  
British Columbia

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





# Weekly

## PG Friends & Family Caregivers Program Coffee & Chat



Wednesdays  
11am  
at 1330 5th  
Avenue  
Please call Laurie  
to register as  
space is limited  
250-564-5888



**United Way**  
British Columbia

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

# Free Advance Planning Legal Help for Low-Income Seniors (55+) in Prince George



The Prince George Council of Seniors and Seniors First BC are partnering with local volunteer legal professionals to offer free advance planning documents (Wills, Powers of Attorney, and Representation Agreements) to eligible seniors (55+).

Clinics are held one Wednesday per month\* **by appointment** at the new PGCOS / Seniors Resource Centre office (1330 5th Avenue).

\*Clinic schedule subject to change

## Eligibility

- Age: 55+
- Gross income: \$40k + \$10k per additional household member
- Asset test determined during booking

Call us to determine if you are eligible and to book an appointment or to be added to the waitlist, if the clinics are full.

Exceptions to income and asset eligibility limits may be made on a case-by-case basis.

## How the Advance Planning Clinics Works

- 1** Call 1-833-512-0665 to confirm eligibility and to be added to the waitlist for your first appointment with a legal professional, after answering a few questions.
- 2** Gather your documents and information.
- 3** Meeting #1: Meet with a legal professional to discuss advance planning options & provide instructions .
- 4** Provide any further information requested by the legal professional & review draft documents.
- 5** Meeting #2: Review and sign your advance planning documents. You are responsible for keeping them safe.



PGCOS is a registered charity that operates several programs, services and events to enhance the lives of seniors in the Prince George area. Visit [PGCOS.ca](http://PGCOS.ca).



SFBC provides information, advocacy, support, and referrals to BC seniors with issues affecting their well-being. For more info, visit [SeniorsFirstBC.ca](http://SeniorsFirstBC.ca) or call our Seniors Abuse & Information Line at 1-866-437-1940.

**APclinics@SeniorsFirstBC.ca | 1-833-512-0665**



## **PRINCE GEORGE COUNCIL OF SENIORS (PGCOS)**

Seniors Resource Centre

1330 5<sup>th</sup> Ave Prince George, BC V2L 3L\$

Phone 250 564 5888

[www.pgcoss.ca](http://www.pgcoss.ca)

### **Will be holding their Annual General Meeting**

**Date: May 30, 2023**

**Time: 1:00pm**

**Location: 1330 5th Ave**

**Make sure your membership fees are up to date**

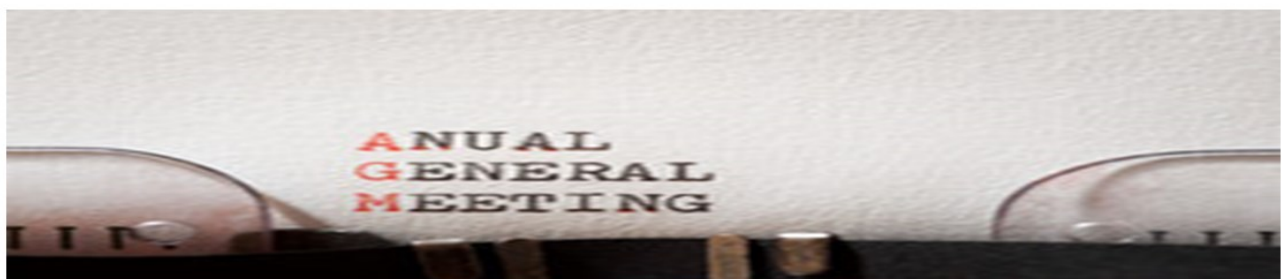
### **SEEKING NOMINATIONS FOR DIRECTORS**

**See the Nominations Form following this announcement or**

**For more info contact:**

**Barb Gunn at 250-563-0630**

**email at: [bggunn44@telus.net](mailto:bggunn44@telus.net)**





**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.

☐ This individual agrees to complete a criminal record check.

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

**Prince George Council of Seniors, 1330 5<sup>th</sup> Ave, Prince George BC V2L 3M4**

**Or by email: [ed@pgcos.ca](mailto:ed@pgcos.ca)**

**No later than the Nominations Closing Date of May 19, 2023 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** \_\_\_\_\_

# ELDER CITIZENS RECREATION ASSOCIATION

**1692 TENTH AVENUE**

**250 561 9381**

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



## **APRIL 2023 Lunch Menu**

**(subject to change without notice)**



<b>3rd</b>	<b>Mild Italian Sausage , Mash Pot &amp; Veg</b>	
<b>4th</b>	<b>Chicken Cacciatore , Pasta &amp; Veg</b>	
<b>5th</b>	<b>Swedish Meatballs, Mashed Pot &amp; Veg</b>	
<b>6th</b>	<b>Liver &amp; Onions, Mashed Potatoes &amp; Veg</b>	
<b>7th</b>	<b>GOOD FRIDAY....ECRA IS CLOSED</b>	
<b>10th</b>	<b>EASTER MONDAY...ECRA IS CLOSED</b>	
<b>11th</b>	<b>Wieners &amp; Beans and Biscuits</b>	<b>Birthday Tea</b>
<b>12th</b>	<b>Pork Chops, Mashed Potatoes &amp; Veg</b>	
<b>13th</b>	<b>Chicken Souvlaki, Greek Potatoes &amp; Veg</b>	
<b>14th</b>	<b>Roast Beef, Mash Pot, Yorkshire, &amp; Veg</b>	
<b>17th</b>	<b>Meat Loaf Monday, Mashed Pot &amp; Veg</b>	<b>Board Mtg</b>
<b>18th</b>	<b>Beef Stew &amp; Biscuits</b>	
<b>19th</b>	<b>Lasagna with Garlic Toast</b>	
<b>20th</b>	<b>Butter Chicken, Rice, Naan Bread &amp; Veg</b>	
<b>21st</b>	<b>Pork Loin, Mashed Pot, Stuffing &amp; Veg</b>	
<b>24th</b>	<b>Mac &amp; Cheese, Sausage &amp; Veg</b>	<b>Gen. Mtg</b>
<b>25th</b>	<b>Stuffed Peppers, Swt Potato Chunks &amp; Veg</b>	
<b>26th</b>	<b>Teriyaki Chicken, Chow Mein, Stir Fry, Rice</b>	
<b>27th</b>	<b>Smokies &amp; Perogies</b>	
<b>28th</b>	<b>Turkey &amp; All The Trimmings</b>	



## ECRA.....APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 10:00 Ukulele Group 10:00 Yoga	4 9:00 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 <b>GOOD FRIDAY CLOSED</b>	8
9	10 <b>EASTER MONDAY CLOSED</b>	11 9:00 Foot Care 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	12 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthhday 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	18 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	19 9:00 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
23	24 10:00 Ukulele Group 10:00 Yoga	25 9:00 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	31 10:00 Ukulele Group 10:00 Yoga					

### ECRA's Newly Elected Board of Directors

As of March 29, 2023

**President**  
**1st Vice-President**  
**2nd Vice-President**  
**Treasurer**  
**Secretary**  
**Past President**

Louise Bundock  
 Cindy Baur  
 Sandy Bishop  
 Odelia Kranz  
 Rose O'Connor  
 Judy Griffith

**Directors**  
**Two Year Term**

Gladys Goode  
 Bryan Bucci  
 Vacant

**One Year Term**

Lana Armstrong  
 Helen Dahl  
 Vacant

# E.C.R.A. PLANT SALE

(Organized by the Tai Chi Group)

**SATURDAY  
27 MAY 2023**

**10 AM – 2 PM**

**FRONT ENTRANCE, E.C.R.A.**

**1692 – 10<sup>TH</sup> AVE**



## ***FEATURING:***

Locally Grown  
Annuals, perennials, vegetables,  
heirloom and container tomatoes,  
herbs, small fruits, houseplants,

**Donations of plant  
material gratefully accepted  
between 8am and 10am on day of  
sale**





# Fabulous 50's

**THE FOREVER YOUNG CHORUS  
PRESENTS**

## **MOMENTS TO REMEMBER**

*A musical trip back to the 50's*

**Friday May 5 .....7 pm**

**Sunday May 7 ...2 pm**

***Tickets \$10.00***

***(children under 12.....\$5.00)***

**Tickets on Sale at ECRA Starting April 3**

**1692 10th Avenue Prince George**





# HART PIONEER CENTRE

## APRIL MENU

### **TAKEOUT--- \$10 includes soup**

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

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

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

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## FOR YOUR INFORMATION

Welcome to Chef Karl (Chuck) who is temporarily replacing Chef Frank.  
Our best wishes to Chef Frank for a speedy recovery.  
The Hart Pioneer Centre will continue to provide delicious, wholesome, nutritious meals for you to enjoy.

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## APRIL's SPECIAL

**Thursday, April 27<sup>th</sup> 11:30am – 1:00 pm.**

**Enjoy a delicious Roast Beef Dinner with all the trimmings –  
Roasted Potatoes & Gravy, Veggies, Salad and an exquisite  
dessert!! \$15**

**Pre-order(s) by Monday, April 24<sup>th</sup> -12 noon.**

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

April 2023				
Mon	Tue	Wed	Thu	Fri
3 Pork Roast Mashed Potatoes Gravy Veggies	4 Meatloaf Mashed Potatoes Gravy Veggies	5 Chicken Ragout Mushroom Sauce Parsley Potatoes Veggies	6 Teriyaki Meatballs Rice Veggies	7 <b>Good Friday</b>  CLOSED
10 <b>Easter Monday</b>  CLOSED	11 Poached Lemon Cod Basmati Rice Veggies	12 Salisbury Steak Mashed Potatoes Gravy Veggies	13 Pulled Pork on a Bun Coleslaw Veggies	14 BBQ Chicken Roasted Potatoes Veggies
17 Beef Stroganoff Pasta Noodle Veggies	18 Parmesan Stuffed Chicken Breast White Wine Sauce Rice Veggies	19 Danish Pork Medallions Red Cabbage Mashed Taters Gravy	20 Sweet & Sour Pork Chow Mein Rice	21 Liver & Onions Mashed Potatoes Veggies
24 Ham Scalloped Potatoes Veggies	25 Butter Chicken Basmati Rice Naan Bread Veggies	26 Sweet & Sour Meatballs Rice Veggies	27 <b>SPECIAL \$15</b> <b>ROAST BEEF</b> <b>DINNER</b> Roasted Potatoes Veggies Salad	28 Spaghetti & Meat Sauce Garlic Bread Veggies

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

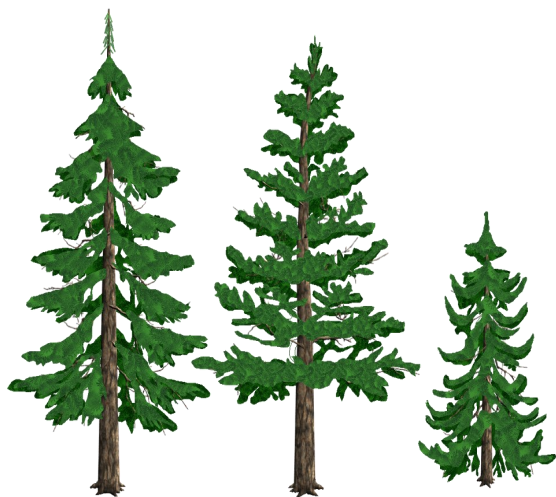
*Menu subject to change without notice.*  
Pick-up Time: 11:30 am - 1 pm.  
\*\* See reverse for more information.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>PG &amp; District Senior Activity Centre</b> <b>250-563-1915</b> 425 Brunswick Street						1
2	3 Mac and Cheese	4 Meatloaf	5 Cheese Burger	6 Chili & Cheese	7 <b><u>CLOSED</u></b> <b><u>(Good Friday)</u></b>	8
9	10 <b><u>CLOSED</u></b> <b><u>(Easter Monday)</u></b>	11 Spaghetti	12 Pork Cutlet	13 Beef Stir Fry	14 Taco Salad	15 
16	17 Lasagna	18 Smokies & Perogies	19 Beef Stir-Fry	20 BBQ Chicken	21 Chicken & Mushroom Fettucine	22
23  30	24 Hot Beef Sandwich	25 Fish	26 Pork Chops with Mushrooms	27 Ham & Scalloped Potatoes	28 Breaded Chicken	29

APRIL EVENTS 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Crib Tournament 10-Registration 11:00 playtime
2	3 Crib 10:00 am  Carpet bowling 10:00 AM  Tai Chi 1:00 pm	4 Senior chair yoga 10:00 am  Bridge 1:00 pm Canasta 1:00	5  Tops 10 AM  Bingo 1 PM	6  Canasta 1 PM	7	8
9	10 Crib 10:00 am  Carpet bowling 10:00 AM  Tai Chi 1 PM	11 Senior chair yoga 10:00 am  Bridge 1:00 pm Canasta 1:00	12  Tops 10 AM  Bingo 1 PM	13  Canasta 1 PM  Parkinson's 1pm	14	15
16	17 Crib 10:00 am  Carpet bowling 10:00 AM  Tai Chi 1:00 pm	18 Senior chair yoga 10:00 am  Bridge 1:00 pm Canasta 1:00	19  Tops 10 AM  Bingo 1 PM	20 Foot Clinic 9am Dot Art 10 am  Birthday Tea for everyone 1pm	21	22
23  30 Scrapbook zone Garage sale 9 am - 5 pm	24 Crib 10:00 am  Carpet bowling 10:00 AM  Tai Chi 1:00 PM	25 Senior chair yoga 10:00 am  Bridge: 1:00 pm Canasta 1:00	26  Tops 10 AM  Bingo 1 PM	27  Canasta 1pm	28	29  Scrapbook zone Garage sale  9 am - 5 pm

www.calendarlabs.com



Spruce Capital Senior  
Centre  
3701 Rainbow Drive  
(250)563-6450



March 2023 Menu						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Menu is subject Change	1 Lisa Surprise	2 Lisa Surprise	3	4 Hamburger soup
5	6 Chicken noodle soup & Egg Sandwiches	7 Tomato soup  Grilled cheese & Tuna	8 Potato & bacon soup With B.L.T'S	9 Veggie soup  & Ham & cheese	10	11
12	13 Stew & Dumplings	14 Lisa Surprise	15 Chicken soup & Ruben's	16 Veggie Noodle soup &  Ham & cheese	17	18
19	20 Potato & Bacon Soup & Roast beef Sandwiches	21 Broccoli cheese soup &  Ham & cheese Sandwiches	22 Spaghetti & meatballs with Garlic buns	23 Stew & Dumplings	24	25
26	27 Veggie soup  & Grilled Cheese Sandwiches	28 Hamburger Soup	29 Lisa Surprise	30 Lisa Surprise	31	

[www.calendarlabs.com](http://www.calendarlabs.com)

**Spruce Capital Senior Centre**  
**3701 Rainbow Drive**  
**(250)563-6450**



# Crib

## Tournament

April 1st , 2023

Spruce Capital Senior Centre

3701 Rainbow Drive

(250)563-6450


Register at 10a.m.

Play at 11:00

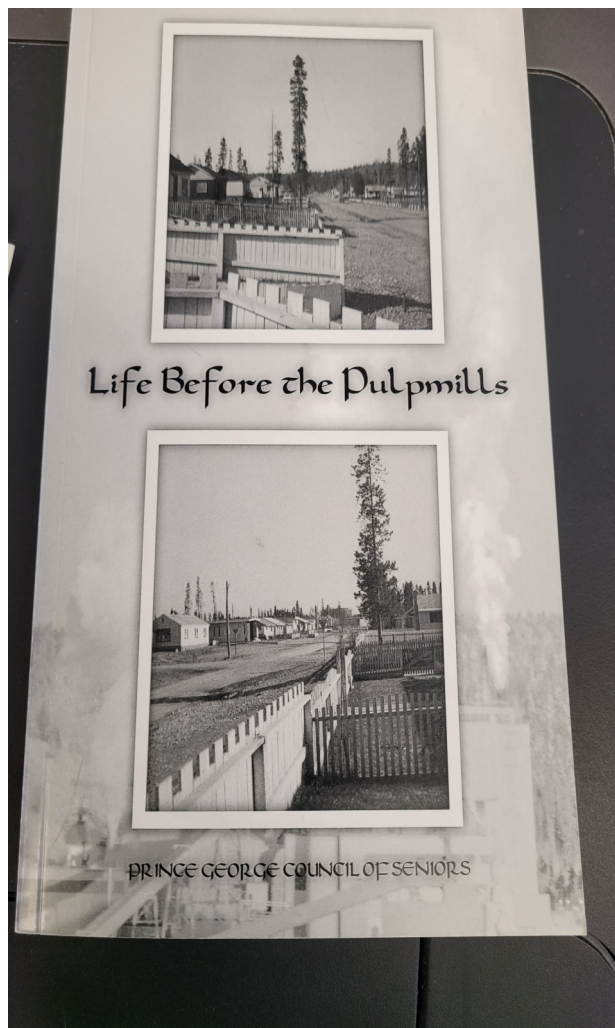
# North Central Seniors Association,

## 5401 Moriarty Crescent,

### Prince George, BC V2N 4C5

<div>April</div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Spring has arrived (officially...)		1
2	3 Photo club 10 -12 Yoga 10 -11 Cards/Crib 9:30-12	4	5 Tai-chi 10 – 11 Men's pool 10-12 Sign Language 11:15-12:00	6 Coffee Social @ Tim's College Hts 2:00 PM	7 Good Friday The center is closed	8
9	10 Photo club 10 -12 Yoga 10 -11 Cards/Crib 9:30-12	11 Breakfast club 9:30 Grandma's Inn	12 Tai-chi 10 – 11 Men's pool 10 -12 Scrabble 10 -12	13 “ “	14 Lady's Pool 10-12 Art With Ginny 9:30-12:00	15
16	17 Photo club 10-12 Yoga 10-11 Cards/Crib 9:30-12	18	19 Tai-chi 10 – 11 Men's pool 10-12 Sign Language 11:15-12:00	20 “ “	21 Demo Kitchen 10:00-12:00	22
23	24 Photo club 10-11:15 Yoga 10-11 Cards/Crib 9-11:15 Monday lunch @11:15	25	26 Tai-chi 10 – 11 Men's pool 10 -12 Scrabble 10 -12	27 “ “	28 Birthday Tea 10:00-12:00 Music: By Request	29
30 ncsapresident@yahoo.com	Website North Central Seniors Association	NCSA Center 5401 Moriarty Cr. Prince George BC Basement Entrance	Wheel Chair Accessible			

2023



## Book Review

Life Before the Pulp Mills – Prince George Council of Seniors

Edited by June Chamberland,

Bev Christensen and Luci Redmond

Would you like to know, or do you remember, what happened in the early years in Prince George such as:

Goat Island swimming hole and pier, the Old Army Hospital, paper routes, schools with teacherages and making do during World War 2? Using the words of past Prince George residents such as the Peckhams, Ollingers, Kirsche and others, PG in the 40's, 50's and early 60's comes alive. This excellent book of short stories is available at our office for \$20.

### 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**



**QUARTERLY MEETINGS**

**REGARDING YOUR PENSION & BENEFITS**

For more information:

Karen 250 640 0006

email kfmck12@gmail.com

**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 >*





# JOIN OUR COUNCIL OF ADVISORS

**Make a difference in the lives of B.C. seniors by providing feedback and recommendations on seniors' issues.**

The Office of the Seniors Advocate is accepting applications from B.C. residents who:

- ▶ Are 55+
- ▶ Can travel to 3 meetings a year
- ▶ Have computer proficiency
- ▶ Have a background and community involvement in seniors' issues and services

**APPLY  
ONLINE**

**[seniorsadvocatebc.ca](https://seniorsadvocatebc.ca)**

**Deadline: April 15, 2023**

1-877-952-3181

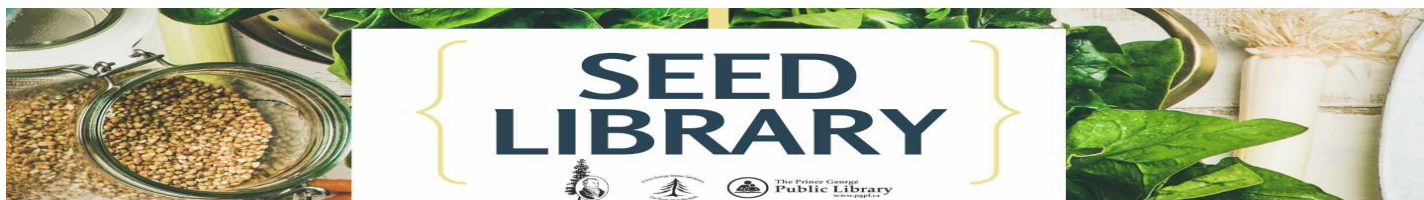
[osa.comms@gov.bc.ca](mailto:osa.comms@gov.bc.ca)



OFFICE OF THE  
**SENIORS ADVOCATE**



# The Prince George Public Library



Borrow, Grow, Return! Borrow seeds from either branch of the Prince George Public Library by filling out a simple form, then take them home to enjoy growing your own herbs, vegetables, and flowers all summer long. In the fall, let a few plants go to seed, harvest the seeds, and return them to the library to restock next year's collection!

In partnership with the Prince George Master Gardeners and David Douglas Botanical Garden Society.

**Date:** Monday, April 3, 2023 - 10:00am to 6:00pm

**Location:** Bob Harkins Branch and Nechako Branch

**Target Audience:** Adults

**Registration:** Free Drop In

## 1-on-1 Tech Help

BY APPOINTMENT

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

Call 250-563-9251 Ext. 156 to book a 30 minute appointment.

### Dates:

Wednesday, April 5, 2023 - 2:30pm to 3:30pm

Wednesday, April 19, 2023 - 2:30pm to 3:30pm

Wednesday, April 12, 2023 - 2:30pm to 3:30pm

Wednesday, April 26, 2023 - 2:30pm to 3:30pm

**Location:** Bob Harkins Branch

**Target Audience:** Adults & Seniors

**Registration:** Free Registration



## Dementia Online Information

Are you looking for Dementia Information

Consider accessing  
[dementiawellnesscanada.com](http://dementiawellnesscanada.com)

Here you will find the Dream resources.

Moving, Activity, Meaningful inclusion with Dementia

Some of these resources were developed in the North in conjunction with **UNBC Center for Technology Adoption for Aging in the North (CTAAN)**

They feature places and people from Prince George.



### 55+ Games

If you would like more information about the 55+ Games taking place in Abbotsford in August 22-26/ 2023 email

[zone9info@55plusbcgames.org](mailto:zone9info@55plusbcgames.org) or go to their website at

<https://55plusbcgames.org/abbotsford2023/>

There will be over 25 sport events

**Registration deadline is June 15, 2023**





## **ZONE 9 SPRING KICK-OFF**

### **DINNER & DANCE**

**Music by  
"THE WRANGLERS"**

**APRIL 29, 2023**

**PRINCE GEORGE LEGION**

**1116 - 6<sup>th</sup> Avenue, Prince George, B.C.**

**DOORS OPEN 6:00 P.M.**

**DINNER 6:30 P.M.**

**Dinner & Dance \$45.00 or only  
\$20.00 for Registered 55+ BC Games  
Participants!**

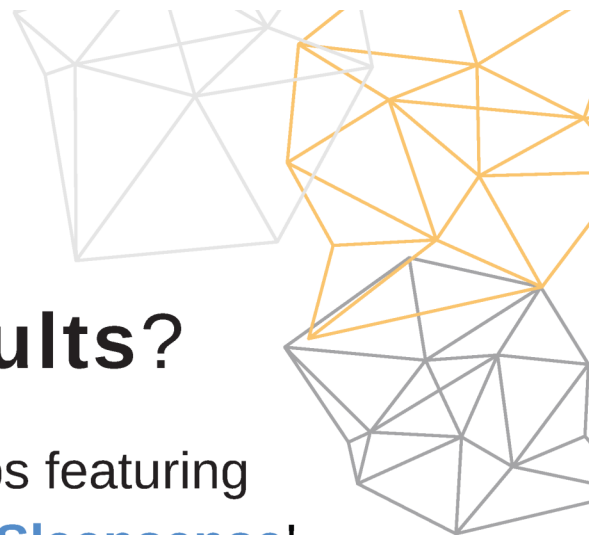
**Completed 55+ registration forms plus cheque or  
correct cash may be submitted at the door**

**For tickets contact: Linda 778-349-9026**

**Must be 19 yrs of age & over**



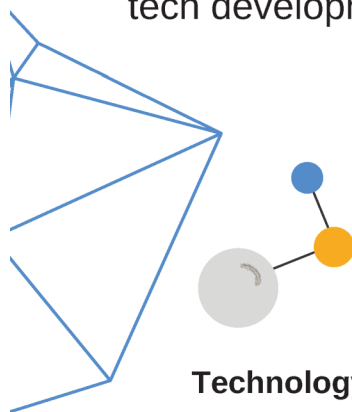
# Are you interested in technology that supports older adults?



If so, join us for online workshops featuring **Tochtech Technologies Toch Sleepsense!**

Toch Sleepsense is a bed sensor that alerts caregivers if a senior is not in bed or a health risk is detected which allows caregivers to intervene and prevent a potential fall or serious medical emergency.

If you are 19+, we want to hear your thoughts and opinions to help guide tech development and improve the wellbeing of aging adults and care partners in northern BC.



**Technology demonstration**

Participation may include:



**Group Discussions**



**Two Short Surveys**



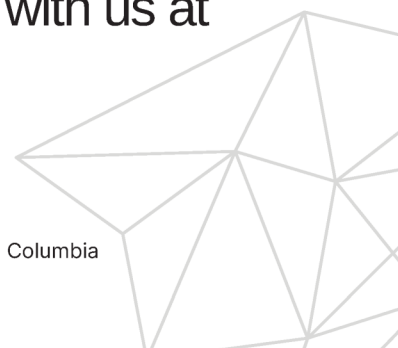
**Upon completion:  
you will receive a  
\$50 e-gift card**

*Part of AgeTech Discussions: Exploring Perspectives on Tech  
A University of Northern British Columbia/Centre for Technology Adoption  
for Aging in the North Research Project.*

For more info, or to participate, connect with us at  
**[unbctechstudy@unbc.ca](mailto:unbctechstudy@unbc.ca)**



This study has been reviewed by the Research Ethics Board at the University of Northern British Columbia  
Email: [research@unbc.ca](mailto:research@unbc.ca) | Phone: 250-960-6735  
This study was also reviewed by the NH Research Review Committee.



# Alzheimer's Society of British Columbia



Alzheimer resource centre -

Northern Interior, Northwest and Northeast

1811 Victoria Street

Suite 302

Prince George BC V2L 2L6

Canada

## **Hours of operation:**

We are currently offering virtual support only

**Phone number:** [250-564-7533](tel:250-564-7533)

**Phone number (Toll-free):** [1-866-564-7533](tel:1-866-564-7533)

**Email address:** [info.princegeorge@alzheimercbc.org](mailto:info.princegeorge@alzheimercbc.org)

# Recycle your old, even broken eyewear.

It could improve a persons life  
in another country!



**Lions  
RECYCLE  
For Sight**

Donation is easy. The *Spruce City Lions Club* has a Recycle for Sight **collection box** in the **Seniors Resource Centre, 1330 5th Ave.**

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!**

## 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"" 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)



### Foot Care

425 Brunswick

Joanne Relagiate

Call [250-563-1915](tel:250-563-1915)

for appointment





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.

# Concert

Canadian Traditional Fiddle Music by  
4 renowned world-class musicians

Sat April 15/23

ECRA, 1692 10th Avenue, Prince George, BC

7:30 pm, Doors at 7

Tickets: \$35 (ages 5 -17 \$20)

Purchase at Books & Co, ECRA, the Door  
or by e-transfer: [pgfiddlers@gmail.com](mailto:pgfiddlers@gmail.com)

*Daniel Lapp*

*Daniel Gervais*

*Troy Gates*



*Mike Sanyshyn*



For more info: [pgfiddlers@gmail.com](mailto:pgfiddlers@gmail.com) or (250) 565-1025,  
[www.bcfiddlers.com/branches/prince-george](http://www.bcfiddlers.com/branches/prince-george) or [facebook.com/pgfiddle](https://facebook.com/pgfiddle)

*Presented by the BC Old Time Fiddlers' Association Br#1  
as part of their Spring Jamboree Apr 14-16*



*Presented by BC Old Time Fiddlers' Association Br#1*

# SPRING JAMBOREE

**April 14-16, 2023**

workshops Intermediate & adv fiddle & guitar

*Teachers: renowned musicians Daniel Lapp,  
Mike Sanyshyn, Daniel Gervais & Troy Gates  
in fiddle & guitar*

**Family dance Fri Apr 14 at 7 pm**

**Workshops Apr 15 & 16**

**Concert Apr 15 at 7:30 pm**

**All events at ECRA 1692 10th Ave PG**

**\$150 includes lessons, lunches, dance & reduced concert ticket**

**EARLY BIRD PRICE \$120 UNTIL APR 3/23**

*To Register: [www.bcfiddlers.com/branches/prince-george](http://www.bcfiddlers.com/branches/prince-george)*

*Info: [pgfiddlers@gmail.com](mailto:pgfiddlers@gmail.com) or (250) 565-1025*



**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. The Program provides fresh nutritional and affordable meals for lunch delivered Monday –Friday except Holidays.

Meals are delivered weekdays between 11:00 am and 12:00 pm by the volunteers.

Individuals younger than 55 may be considered if resources are available.

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

#### **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**

**See the information on Page 4**

#### **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 — On Hold for now**

**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**



PRINCE GEORGE COUNCIL OF SENIORS – Member Application Form  
FOR THE FISCAL YEAR APRIL 1, 2023 to MARCH 30, 2024.

**PLEASE FILL OUT ALL AREAS**

Name of  
Organization: \_\_\_\_\_

Membership category (check appropriate box):

☐ **Association or Group Member** (Association or non-profit groups or organizations with a primary interest in seniors)

☐ **Community Member** (public organization or community-based group with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

☐ **Corporate Member** (a business with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

☐ **Associate Member** (any individual with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

How do we get in touch with you or your organization?

My / our "snail mail"  
address: \_\_\_\_\_

My / our email  
address: \_\_\_\_\_

My / our home phone: \_\_\_\_\_ My / our cell phone: \_\_\_\_\_

Our regular meeting dates / times: \_\_\_\_\_

Our Annual General Meeting: \_\_\_\_\_

Your organization's representative at the PGCOS Advisory Committee will be:

(The PGCOS Advisory Committee meets the first Wednesday of most months)

Their  
name: \_\_\_\_\_

Their email  
address: \_\_\_\_\_

Their home phone: \_\_\_\_\_ Their cell phone: \_\_\_\_\_

**PLEASE REMEMBER TO INFORM PGCOS OF ANY CHANGES IN THE ABOVE  
INFORMATION OVER THE COURSE OF THE YEAR. THANK YOU.**

**→ OVER PAGE →**

**ENCLOSED PLEASE FIND OUR MEMBERSHIP FEES IN THE PRINCE GEORGE  
COUNCIL OF SENIORS (PGCOS) FOR THE FISCAL YEAR APRIL 1,2023 to  
MARCH 30,2024.**

☐ **Association or Group Member** (Association or non-profit groups or organizations with a primary interest in seniors)

\$25.00 plus 10 cents per member

(total # of our paid-up members as at January 1 this year \_\_\_\_\_)

\$ 0.10 X \_\_\_\_\_ = \$ \_\_\_\_\_)

☐ **Community Member** (public organization or community-based group with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$50.00

☐ **Corporate Member** (a business with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$200.00

☐ **Associate Member** (any individual with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$10.00

Paid by our cheque # \_\_\_\_\_ Date: \_\_\_\_\_

What are the benefits of being a member with PGCOS.

1. Free advertising in our Monthly Newsletter that goes out to thousands of people.
2. Voting rights at our AGM.
3. A seat at our Advisory Liaison meeting.
4. Advocacy for Seniors in Prince George
5. Information for needs within your organisation.
6. Being part of the bigger picture of senior needs in Prince George.

*Prince George Council of Seniors (PGCOS)*

Please return this form to the Seniors Resource Centre at **1330 5th Ave, Prince George, BC V2L 3L4**. You can also fill out this form online at our website **[http://www.pgcoss.ca/?page\\_id=1598](http://www.pgcoss.ca/?page_id=1598)** and payments can be made by e-transfer at **ed@pgcoss.ca** . We will need these membership forms and payment done before our AGM which will be on May 30, 2023

## PGCOS BOARD OF DIRECTORS

### **President:**

Fred Archibald  
fhavja@telus.net

### **Secretary**

Barbara Gunn  
bgunn44@telus.net

### **Vice-President**

Janet Marren  
jcmarren@telus.net

### **Treasurer**

Lori Dennill  
loridennill@gmail.com

### **Directors:**

Ethel Gowman  
Terry Pipkey  
Margaret Jackson

*We acknowledge the support of*



**United Way**  
Northern British Columbia



**SHINE BC**

Seniors Services Society of BC



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