

# THE SENIOR TIMES

DECEMBER 2022

25 cents per issue

FREE via Email



**From all of us  
at the Seniors Resource Centre!**

**SENIORS RESOURCE CENTRE**

**HOLIDAY  
CLOSURE:**

**Our office will be  
CLOSED**

**December 26**

**and**

**December 27**



- 2 For Lease
- 3-4 Friends & Family Caregiver Support
- 5 WANT TO VOLUNTEER?
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You have probably noticed the for lease sign in our window and are wondering what that is all about.

The Seniors Resource Centre is bursting at the seams at this location. We are in the process of securing a new space for the Resource Center. If you know any business looking for a space to lease here is the link to the listing for more details.

<https://www.realtor.ca/real-estate/25095035/721-victoria-street-pg-city-central>





## 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.**

**721 Victoria Street  
Prince George BC  
250-564-5888  
email: csp@pgcos.ca**



**Family Caregivers  
of British Columbia**

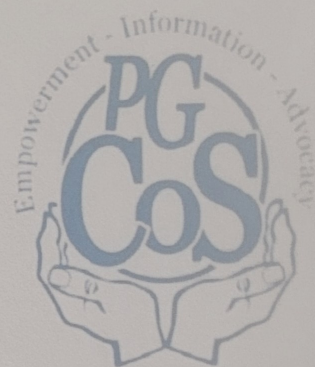
— Let us help —



**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 1590 - 9th  
Avenue  
Please call Laurie  
at  
250-564-5888 to  
register as space  
is limited



United Way  
British Columbia

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



# VOLUNTEERS NEEDED!



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

**Contact [Nicole.pgcos@gmail.com](mailto:Nicole.pgcos@gmail.com)**

We help eligible older adults with their **Wills, Powers of Attorney, and Representation Agreements.**

## Free Advance Planning Help for Low-Income Seniors (55+)

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 on the 2nd and 4th Wednesdays of the month\* by appointment at the Brunswick Street Seniors Centre (425 Brunswick Street).

\*Clinic schedule subject to change.

### Eligibility criteria:

- Age: **55+**
- Income ceiling (gross): **\$40K + \$10K** per additional household member
- Asset test determined during booking

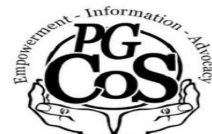
Exceptions may be made, on a case-by-case basis.

To determine eligibility and to book an appointment, please call **1-833-512-0665**.

Scan the QR code or visit [linktr.ee/seniorsfirstbc](http://linktr.ee/seniorsfirstbc) to learn about other SFBC clinic locations and legal programs.



**seniors  
first  
BC**



# ELDER CITIZENS RECREATION ASSOCIATION

**1692 TENTH AVENUE**

**250 561 9381**

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



**Christmas  
SING-ALONG**

*COME JOIN THE  
FOREVER YOUNG CHORUS*  
**& Enjoy a Sing-Along  
with Seasonal Songs,  
Sweets, Savouries,  
& Door Prizes**

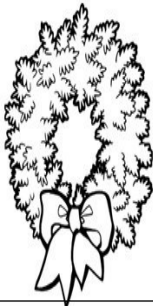

**Sunday, December 11th,  
2:00 pm**

**@ Elder Citizens' Recreation Association  
1692 10th Ave. Prince George, BC**

**Tickets: \$12.00 each  
On Sale at ECRA starting November 25th**



## ECRA.....DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	<b>2</b>  9:45 & 11:00 Tai Chi 7:00 Whist	<b>3</b>  <b>CHRISTMAS DINNER 5:00 PM</b>
<b>4</b>	<b>5</b>  10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	<b>6</b>  9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	<b>7</b>  9:45 Floor Curling 1:00 Carpet Bowl	<b>8</b>  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	<b>9</b>  9:45 & 11:00 Tai Chi	<b>10</b>
<b>11</b>  <b>CHRISTMAS SING ALONG 2 PM</b>	<b>12</b>  10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	<b>13</b>  9:00 Footcare 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	<b>14</b>  9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	<b>15</b>  9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	<b>16</b>  9:45 & 11:00 Tai Chi 7:00 Whist	<b>17</b>
<b>18</b>	<b>19</b>  10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	<b>20</b>  9:00 NO Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	<b>21</b>  9:00 Footcare 9:45 Floor Curling 1:00 Carpet Bowl	<b>MERRY CHRISTMAS</b>	<b>HAPPY HOLIDAYS</b>	<b>24</b>
<b>25</b>	<b>MERRY CHRISTMAS</b>	<b>HAPPY HOLIDAYS</b>		<b>MERRY CHRISTMAS</b>	<b>HAPPY HOLIDAYS</b>	<b>31</b>  



# December 2022 Lunch Menu

(subject to change without notice)

Desserts are not included with the Meal



<b>1st</b>	Meatballs w/Black Bean Salsa, Rice & Pepper Medley	
<b>2nd</b>	Ribs, Baked Potatoes & Vegetables	
<b>5th</b>	Pork Chops, Mashed Potatoes & Veg	
<b>6th</b>	Chicken Souvlaki, Greek Pot & Veg	
<b>7th</b>	Creamy Pasta with Shrimp & Vegetables	
<b>8th</b>	Salisbury Steak, Mashed Potatoes & Veg	
<b>9th</b>	Cabbage Rolls, Baked Potatoes & Veg	
<b>12th</b>	Minced Beef w/ Mushroom Gravy, Roast Pot & Veg	<b>Birthday Tea Board Mtg</b>
<b>13th</b>	Smokies & Perogies	
<b>14th</b>	Lasagna and Garlic Toast	
<b>15th</b>	Meatloaf, Mashed Potatoes & Vegetables	
<b>16th</b>	Roast Beef, Mashed Pot, Veg & Yorkshire	
<b>19th</b>	Peppered Steak, Mashed Potatoes & Veg	
<b>20th</b>	Chicken & Biscuits & Vegetables	
<b>21st</b>	Teriyaki Pork, Chow Mein, Rice & Stirfry	
<b>22nd</b>	<b>CLOSED FOR CHRISTMAS</b>	
<b>23rd</b>		
<b>26th</b>	<b>See you in the New Year!! Have a Great Christmas and New Year!!!</b>	
<b>27th</b>		
<b>28th</b>		
<b>29th</b>		
<b>30th</b>		





## **Elder Citizens' Recreation Association**

1692 Tenth Avenue, Prince George

# **Annual ECRA Christmas Dinners**

**Saturday, November 26th, 2022 at 5:00 pm**

**Saturday, December 3rd, 2022 at 5:00 pm**

**Doors Open at 4:00 pm**

**Cost \$22.00 per person**

**Tickets on sale starting October 28, 2022**

**These dinners sell out early**



### **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**



*Prince George Senior Activity Centre - 425 Brunswick*

## **Christmas Dinner**

**Turkey and Ham dinner, with all the trimmings**

**December 10**

Dinner, Prizes & Surprises

Doors open at 5pm

Dinner at 5:30

Tickets \$25

Children 8 and under \$10

**Tickets Available Now – Pre-purchase Required - Prior to December 6**

**NO Tickets at the door**

*Tickets available Monday to Friday – 9am to 3pm*

*at the centre, 425 Brunswick Street*

*Everyone Welcome*

Prince George Senior Activity Centre – 425 Brunswick St. – 250-563-1915

Website: <https://senioractivitypg.wixsite.com/brunswickst>

Facebook: Prince George Senior Centre







# *NEW YEAR'S EVE DANCE*

*Prince George Senior Activity Centre*

*425 Brunswick St*

*December 31*

*Prizes, fun & more*

*Doors open: 7pm*

*Music starts 8pm – Cariboo Thunder*

*Appies 10:30pm*



*\$40 per ticket / person*  
*Pre-purchase required - prior to Dec 22*  
*Available now - in the office*

*Everyone 19+ is Welcome*

Contact the Prince George Senior Activity Centre- 425 Brunswick, for more info: 250-563-1915

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

December 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Canasta 1:00 PM	2 Arthritic Support 10:00 AM Bingo 1:00 PM	3 Crib Tournament Register 10 AM Play 11:00 AM
4	5 Fun Crib 10 AM  Tai Chi 1:00 PM  Stitchery 7:00 PM	6 Senior Chair Yoga 10 AM  Canasta 1 PM	7 Tops 10 AM  Bingo 1:00 PM	8 Parkinson's 1:00 PM  Canasta 1:00 PM	9 Caledonia Rambler's 6:00 Bingo 1:00 pm	10
11	12 Fun Crib 10 AM  Tai Chi 1:00 PM	13 Senior Chair Yoga 10 AM  Canasta 1 PM  Parkinson support 2:00 PM	14 Tops 10 AM  Bingo 1:00 PM	15 Foot Clinic 9:00am Parkinson's 1:00 pm Canasta 1:00 PM	16 Bingo 1:00 PM	17 Parkinson's 1:00PM
18	19 Fun Crib 10 AM  Tai Chi 1 PM	20 Senior Chair Yoga 10AM  Canasta 1 PM	21 Tops 10 AM  Bingo 1:00 PM	22 Canasta 1:00 PM	23 Bingo 1:00 pm	24
25	26 Fun Crib 10 AM  Tai Chi 1:00 PM	27 Senior chair Yoga 10:00 AM  Canasta 1:00 PM	28 Tops 10am  Bingo 1:00 PM	29 Canasta 1:00 PM	30 Bingo 1:00 pm	31





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

December 2022 Menu						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Stew & Egg or Salmon		3 Hamburger soup Chicken noodle  & Grilled Cheese
4	5	6 Tomato soup  Grilled cheese & Tuna	7 Christmas lunch Potato & bacon soup With B.L.T'S	8 Veggie soup  & Ham & cheese	9	10
11	12	13 Chili & Bun With  Egg salad Sandwich	14 Lasagna Garlic bread & Ruben's	15 Veggie Noodle soup & Ham & cheese	16	17
18  Closed till Jan 1st 2023	19	20	21	22	23	24
27	28	29	30	31		

## December 2022

Mon	Tue	Wed	Thu	Fri
			1 CLOSED	2 Butter Chicken Basmati Rice Naan Bread Veggies
5 Chicken Ragout Mushroom Sauce Parsley Potatoes Veggies	6 Meatloaf Mashed Potatoes Gravy Veggies	7 Seafood Linguine Alfredo Veggies Garlic Bread	8 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy	9 Spaghetti & Meat Sauce Garlic Bread Veggies
12 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	13 Sweet & Sour Meat Balls Rice Veggies	14 Sausage Rolls Beans & Tomato Sauce & Bacon	15 Sweet & Sour Pork Chow Mein Rice	16 Beef Stew Hungarian Style Mashed Potatoes Veggies
19 Beef Stroganoff Pasta Noodle Veggies	20 Chicken Enchiladas Tomato Sauce Veggies	21 Ham Scalloped Potatoes Veggies	22 CLOSED	23 CLOSED
26 <b>Boxing Day</b> CLOSED	27 CLOSED (In lieu of Christmas Day)	28 Pork Roast Mashed Potatoes Gravy Veggies	29 Parmesan Chicken Roasted Potatoes Veggies	30 CLOSED

*Merry Christmas & Happy New Year!!*

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

*Menu subject to change without notice.*

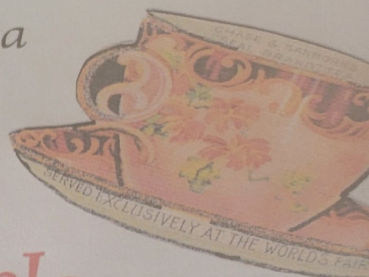


December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Coffee Social at Tim Horton's in College Heights @ 2:00 PM	<b>2</b> Ladies Pool 10-12	<b>3</b>  <b>Joy to the World!</b>
<b>4</b>	<b>5</b> Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	<b>6</b>	<b>7</b> Tai Chi 10-11 Men's Pool 10-12	<b>8</b> Coffee Social at Tim Horton's in College Heights @ 2:00 PM	<b>9</b> Crib Tournament 9-12 Optional lunch and Prizes. Tickets for sale at the Center	<b>10</b>
<b>11</b>	<b>12</b> Yoga 10-11 Photo Club 10-12 Cards/Crib 10-12	<b>13</b> Breakfast Club Super 8 Restaurant 1151 Commercial Cr. 9:30 am	<b>14</b> Tai Chi 10-11 Men's Pool 10-12	<b>15</b> <b>Christmas Dinner at BonVoyage Restaurant</b> Doors open @ 5:00 PM	<b>16</b> Center Closed reopens January 9/23 Have a Merry Christmas	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> 						
		North Central Seniors Association In College Heights 5401 Moriarty Cr. PG Website: <a href="http://nscapg.bravehost.com">http://nscapg.bravehost.com</a> Email Address: <a href="mailto:ncsanresident@yahoo.com">ncsanresident@yahoo.com</a>				

Please join **G2G PG** for a

**Christmas Tea,**

**Craft & Bake Sale**



**Saturday, December 3rd**

10:00 ~ 2:00 pm

**Trinity United Church**

3555 5<sup>th</sup> Ave

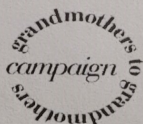
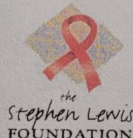
*- Union & 5<sup>th</sup> -*

~ Enjoy a cup of tea with friends & shop for  
Christmas crafts, G2G signature beads & baked goods. ~

**All proceeds to SLF**

**Grandmothers to Grandmothers Campaign**

Proceeds donated to:





# Christmas Hamper Donations



**PGCOS is very grateful to** all who gave generously previously for Christmas Hampers, because of your generosity we were able to provide hampers to **250 seniors** in our community in 2021. This year we will be collecting donations for the 2022 Christmas Hampers in the form of

## **Money or Gift Cards**

Donations can be dropped off at  
**721 Victoria Street or the Citizen.**

You can also e-transfer donations at **ed@pgcos.ca**  
for more info contact Michelle at 250-564-5888

Please bring donations for hampers no later than  
**December 5**, this will determine how many hampers  
we can give this year .

**Thank You**  
**Prince George Council of Seniors.**





# 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

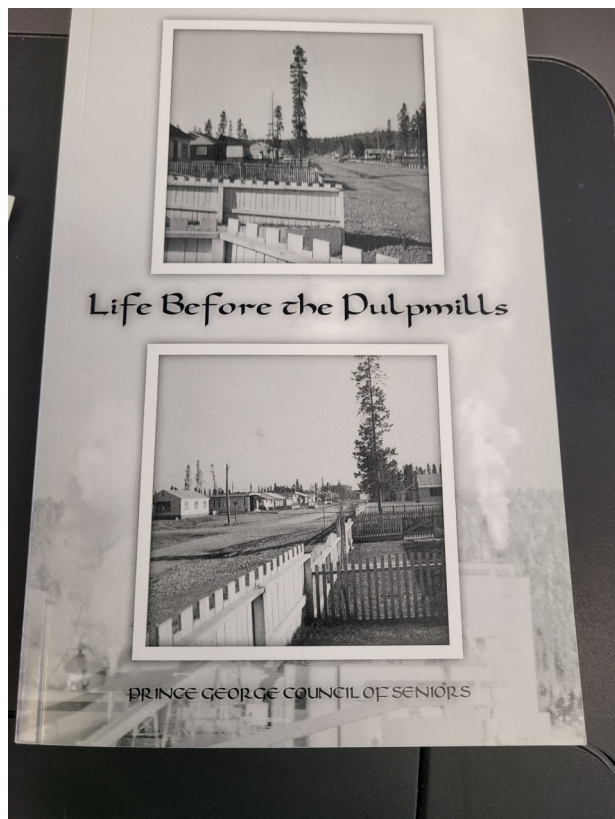


**Mark your calendar for the dates below:**

**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





## Great Christmas Gift Idea

### 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, Kirschke 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.



*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 >

# **CANADA'S FAVOURITE FOODS**



- |                  |                |                  |
|------------------|----------------|------------------|
| ◇ BEEF           | ◇ KETCHUP      | ◇ POUTINE        |
| ◇ BUTTER TARTS   | ◇ MAPLE SYRUP  | ◇ QUINDA         |
| ◇ CHICKEN        | ◇ MUFFINS      | ◇ RASPBERRIES    |
| ◇ DOUGH NUTS     | ◇ NANAIMO BARS | ◇ RIBS           |
| ◇ FISH AND CHIPS | ◇ PANCAKES     | ◇ SPLIT PEA SOUP |
| ◇ FLAX           | ◇ PEA MEAL     | ◇ STEW           |
| ◇ FRENCH FRIES   | ◇ PIZZA        | ◇ TOURTIERE      |
| ◇ HAMBURGERS     | ◇ PORK         | ◇ WINGS          |

*Solution found on page 22*



Crabby Road

12-21-11

Last year I actually saw some flying reindeer. And that's the last time I put homemade moonshine in my eggnog.



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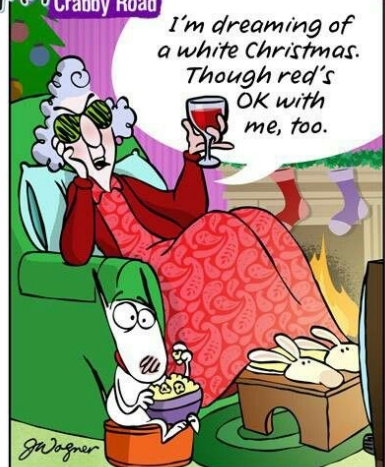
Maxine.com



Maxine  
Crabby Road

12-24-13

I'm dreaming of a white Christmas. Though red's OK with me, too.



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www.facebook.com/maxine



# 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, 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!**

## 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)



### 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.



**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 pm by the 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**

[See the information on Page 3 and 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** — 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



## PGCOS BOARD OF DIRECTORS

### President:

Fred Archibald  
virginia@netbistro.com

### Vice-President

Janet Marren  
jcmarren@telus.net

### Secretary

Barbara Gunn  
bgunn44@telus.net

### Treasurer

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### Directors:

Ethel Gowman, Terry Pipkey, Marilyn Rayner, Margaret Jackson

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

**Virginia (Ginny) Parsons**

**Don Chamberlain**

**Marie Hay**

**Cheryl Jacobus**

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