

THE SENIOR TIMES

JANUARY 2023

25 cents per issue

FREE via Email



TO EACH AND EVERY
DONOR AND VOLUNTEER
WHO HELPED OUR
CHRISTMAS HAMPERS
PROJECT! WE COULD NOT
HAVE DONE IT WITHOUT
ALL OF YOU!

SENIORS RESOURCE CENTRE

MARK YOUR CALENDAR

Advance planning Clinic Dates:

January 11- 25 at 425 Brunswick Street

From 9 Am to 12 PM

GOLDEN AGE SOCIAL

2 PM to 4PM at the Civic Centre

Wednesday February 15, 2023

Wednesday March 15, 2023

last GOLDEN AGE SOCIAL for this season!

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- 3 One time Rent Top up from CRA Info
- 4-5 Friends & Family Caregiver Support
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- 7 Advance Planning Clinic Details
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- 11-12 Hart Pioneer Centre
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- 17 Life Before the Pulp Mills Book
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Accepting Used Hearing Aids too
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Newsletter Submission Deadline

**If you would like
something included in our
newsletter please**

**contact Michelle at
ed@pgcos.ca**

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



The Seniors Resource Centre now
has a ***DEBIT MACHINE.***

We accept

Cash

Check

Money orders

E-transfer

&

Debit

for donations or payments.



One-time Rent Top Up to Canada Housing Benefit

If you are a low-income renter, you may be eligible for a one-time, tax-free benefit of **\$500**, administered by the Canada Revenue Agency (CRA).

Applications are made on-line and are open from December 12, 2022 to March 31, 2023.

Eligibility criteria:

- Born on or before December 1, 2007.
- Your principal residence was in Canada on December 1, 2022.
- You were a resident of Canada in 2022 for tax purposes.
- You filed your 2021 income tax return or statement of income.
- Family income was \$35,000 or less, or individual income was \$20,000 or less.
- You paid rent in 2022.
- Rent paid was 30% or more of your 2021 income.

Information you will need:

- Addresses you rented in 2022.
- Total rent paid in 2022.
- Names, addresses and phone numbers of persons to who you paid rent.

You can apply online at www.canada.ca and search One-time Top Up to the Canada Housing Benefit or by phone 1-800-282-8079.

We can also help with your online application. To book an appointment, call Wendy, 250-564-5888.



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



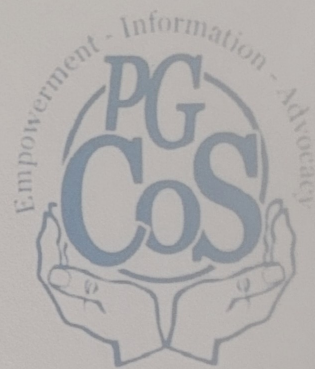
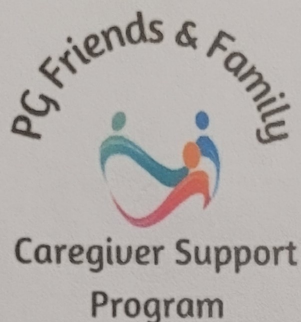
Family Caregivers
of British Columbia

— 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 am to noon to deliver hot meals to homebound clients. Requirements are to have friendly manner, valid drivers license, reliable vehicle, and criminal record check.

Contact Nicole.pgcos@gmail.com

**FRONT DESK
VOLUNTEER NEEDED**



Clear speaking voice and friendly disposition necessary

We currently have openings on
Tuesday afternoons and **Friday mornings**.

Call Michelle at

250-564-5888 or ed@pgcos.ca

If you have a couple hours to spare!



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.

Scan the QR code or visit linktr.ee/seniorsfirstbc to learn about other SFBC clinic locations and legal programs.



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**.



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

January 11 and 25

9:00 am to 12:00 pm

February 8 and 22

9:00 am to 12:00 pm



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

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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

ECRA....January 2023

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



January 2023 Year Lunch Menu



2nd	Closed for New Years	
3rd	Meat Loaf, Mashed Potatoes & Veg	
4th	Baked Chicken, Mashed Potatoes & Veg	
5th	Beef Stew & Biscuits	
6th	Ham, Scalloped Potatoes & Veg	
9th	Prk Chps, Mushroom Gravy, Mash Pot & Veg	Birthday Tea
10th	Tryki Prk, Egg Fu Yng, Chw Men, Str Fry & Rice	
11th	Greek stuffed chicken, Greek Pot & Grk Salad	
12th	Swiss Beef, Mashed Potatoes & Veggies	
13th	Liver & Onions, Mashed Potatoes & Veg	
16th	Cook's Choice	Board Mtg
17th	Creamy Pasta w/Shrimp & Vegetables	
18th	Buttered chicken, Rice, Naan Bread & Veg	
19th	Salisbury Steak, Mashed Potatoes & Veg	
20th	Roast Beef, Yorkshire, Mashed Pot & Veg	
23rd	Meatballs w/Blackbean Sauce, Rice & Veg	Gen. Mtg
24th	Lasagna & Garlic Toast	
25th	Chicken Cutlets, Mashed Potatoes & Veg	
26th	Smokies & Perogies	
27th	Turkey Dinner and all the Trimmings	
30th	Beef Stroganoff, Mashed Potatoes & Veg	
31st	Peppered Steak, Mashed Potatoes & Veg	

January 2023				
Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 Ham Scalloped Potatoes Veggies	4 Seafood Linguine Alfredo Veggies Garlic Bread	5 BBQ Chicken Roasted Potatoes Veggies	6 Beef Stew Hungarian Style Mashed Potatoes Veggies
9 Pork Roast Mashed Potatoes Gravy Veggies	10 Meatloaf Mashed Potatoes Gravy Veggies	11 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	12 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy	13 Salmon Parsley Potatoes Sauce Bernaise Veggies
16 Beef Stroganoff Pasta Noodle Veggies	17 Butter Chicken Basmati Rice Naan Bread Veggies	18 Spaghetti & Meat Sauce Garlic Bread Veggies	19 Chicken Enchiladas Tomato Sauce Veggies	20 Sweet & Sour Pork Chow Mein Rice
23 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	24 Sweet & Sour Meat Balls Rice Veggies	25 Lasagna Garlic Bread Veggies	26 Schnitzel Spaetzle Mushroom Sauce Veggies	27 Parmesan Chicken Roasted Potatoes Veggies
30 Chicken Ragout Mushroom Sauce Parsley Potatoes Veggies	31 SPECIAL - \$15 RIBS Beans & Tomato Sauce Corn on the Cob Corn Bread			

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.**

JANUARY MENU

TAKEOUT--- \$10 includes soup

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

FOR YOUR INFORMATION

The cost of all items, especially food products, has risen drastically and in the previous months there have been shortages of many items. In the coming months, consideration of the rising costs and shortages will have an effect on the cost of the lunch take-outs. The kitchen will continue to provide wholesome, delicious meals at a very reasonable price.

JANUARY SPECIAL




Tuesday, January 31, 11:30am – 1:00 pm.

Enjoy delicious, mouth -watering **RIBS** with a side order of flavorful corn on the cob, beans in tomato sauce, corn bread, salad and a dessert for **\$15.**

Pre-order(s) by **Friday, January 27th noon.**

***THANK YOU for supporting the
Hart Pioneer Centre!!
Happy New Year & Best Wishes in 2023!!***

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
 1	2 Yoga 10-11 AM Photo Club 10-12 Cards/Crib 10-12	3	4 Tai Chi 10-11AM Men's Pool 10-12	5 Coffee Social Tim Horton's College Hts 2:00 PM	6 Subject to change	 7
8	9 Yoga 10-11 AM Photo Club 10-12 Cards/Crib 10-12	10 Breakfast Club 9:30 Location: Grandma's Inn	11 Tai Chi 10-11AM Men's Pool 10-12 Sign language with Lou 11-12	12 Coffee Social Tim Horton's College Hts 2:00 PM	13 Ladies Pool 10-12 AM	14
15	16 Yoga 10-11 AM Photo Club 10-12 Cards/Crib 10-12	17	18 Tai Chi 10-11AM Men's Pool 10-12	19 Coffee Social Tim Horton's College Hts 2:00 PM	20	21
22	23 Yoga 10-11 AM Photo Club 10-12 Cards/Crib 10-12	24	25 Tai Chi 10-11AM Men's Pool 10-12 Sign language with Lou 11-12	26 Coffee Social Tim Horton's College Hts 2:00 PM	27 Pharmacist Larry*Subject to Chg.* Birthday tea	28
 29	30 Yoga 10-11 AM Photo Club 10-12 Cards/Crib 10-12 Lunch	31	Website: type North Central Seniors Association in search bar	Location: 5401 Moriarty Cres. P.G.	email: ncsapresident@ yahoo.com	

2023

North Central Seniors Association

In College Heights

5401 Moriarty Cr. PG

Website: <http://ncsapg.bravehost.com>

Email Address: ncsapresident@yahoo.com

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 Mac 'N' Cheese With Bacon	4 B.B.Q. Chicken	5 Fish Fry	6 Meatloaf	7
8	9 Lazy Man Cabbage Rolls	10 Lasagna	11 Liver & Onions	12 Chicken Stir Fry	13 Chili & Cheese	14
15	16 Meatballs & Gravy	17 Fettucine with Chicken & Mushrooms	18 Cheese Burger	19 Stuffed Pork Loin	20 Taco Salad	21
22	23 Hot Beef Sandwich	24 Pork Cutlet	25 Spaghetti Meat Sauce	26 Breaded Chicken	27 Shepherds Pie	28
29	30 Smokies & Perogies	31 Chicken Wings				

BRUNSWICK STREET CENTRE

425 Brunswick Street - Prince George, BC V2L 2B7

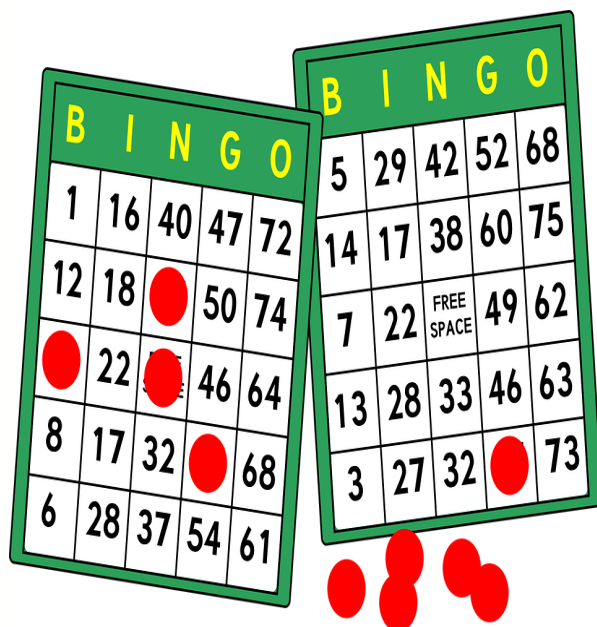
Phone: 250-564-3287 or 250-563-1915 Email: senioractivitypg@shaw.ca

Spruce Capital Senior Citizens
Recreation Centre
3701 Rainbow Drive
Prince George, BC V2M 3V9
Phone: 250-563-6450; Fax: 250-562-6493
sprucecapitalseniors@shaw.ca

JANUARY LUNCH MENU 11:30 AM TO 1:00 PM Menu is subject to change		
Tuesday	Wednesday	Thursday
3 Beef Barley Ham and cheese	4 Loaded Hamburgers Macaroni salad	5 Turkey soup Egg or tuna
10 Vegie soup Roast beef sand	11 Chili Reuben	12 Chicken noodle Grilled cheese
17 Pea Soup Ham and cheese	18 Baked chicken Scalloped potatoes with vegies	19 Hamburger soup Turkey sandwich
24 Tomato soup Salmon sand	25 Shepherd's pie Garlic bread	26 Vegie soup Egg Salad sand
31 Burgers Potato salad	Feb 1 Spaghetti & meat balls Garlic bread	Feb 2 Broccoli and cauli- flower soup Roast beef sand

Coming Events

Mondays	FUN CRIB	10:00 am
Mondays starting Jan 9	Carpet Bowling and Pool \$ 2.00 drop in	10:00 am
Mondays	Tai Chi	1:00 pm
Monday Dec 5	Stitchery	7:00 pm
Tuesdays	CANASTA now \$ 2.00	1:00 - 3:00 pm
Tuesdays	Senior Chair Yoga	10:00 am
Tuesday, Jan 10	Board Meeting	11:00 am
Wednesdays	BINGO	1:00- 3:00 pm
Wednesdays	TOPS Meeting	10:00– 11:00 am
Thurs Dec 1	Parkinson Support Group	1:00 pm
Thursday Jan 19	Foot Care by Judy Bala	By appointment
Thursday Dec 15	CANASTA	1:00 pm
Friday Dec 2	Arthritic Support Group	10:00 am
Fridays	BINGO	1:00 pm
Saturday January 7	CRIB TOURNAMENT	Register 10:00 am Play 11:00 am
Sundays starting Jan 8	Chair Yoga	5:00 pm



Crib Tournament

January 7, 2023

Spruce Capital Senior Centre

Fee: \$10.00

Register at 10:00 am

Play at 11:00 am

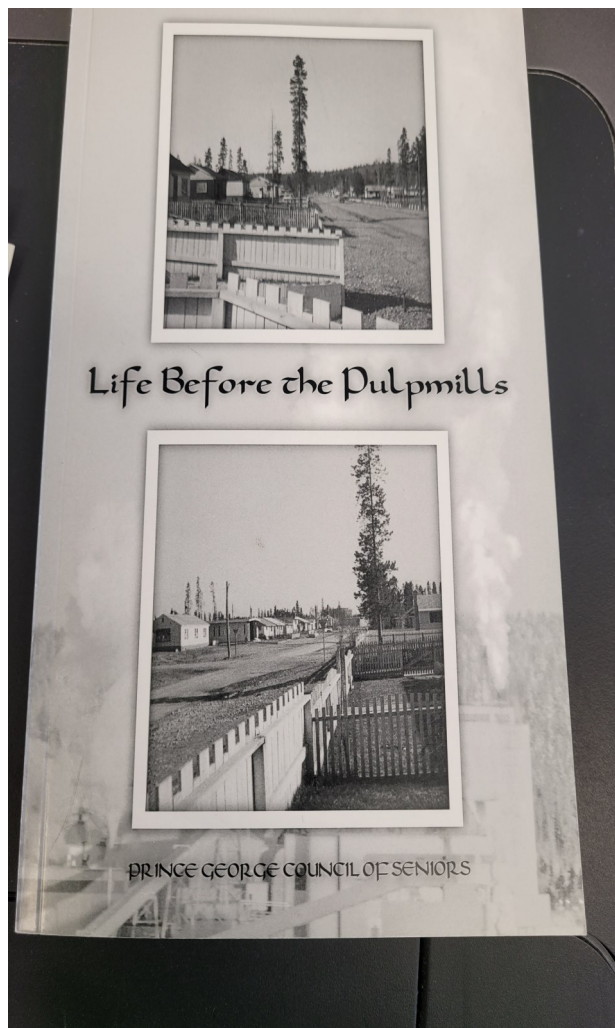
50/50 Tickets are 3 for \$1.00

All Day coffee for \$1.00

Hamburger or Chicken Noodle Soup \$5.00

Egg sandwich \$4.50

Soup and sandwich \$9.00



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, Kirsch-
ke 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 >

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

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.

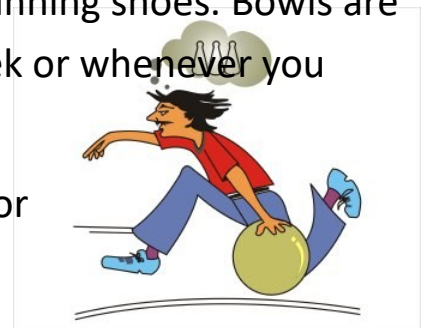
Thursday afternoon- 1 P.M.

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



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 | 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. 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 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 — 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

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
Marilyn Rayner
Margaret Jackson

We acknowledge the support of



United Way
Northern British Columbia



northern health
the northern way of caring



SHINE BC

Seniors Services Society of BC



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