

THE SENIOR TIMES

MARCH 2023

25 cents per issue

FREE via Email

“WE did it”

The Prince George Council of Seniors is pleased to announce that we have moved over to our new location and are open for business.

Our New address is 1330 5th Ave

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 March 7, 14, 21, 28 Time: 9:00 -11:00 Am

Thursday March 9, 16, 23, 30 Time: 1:00 – 3:00 PM

GOLDEN AGE SOCIAL

2 PM to 4PM at the Civic Centre

Wednesday March 15, 2023

(last one for this year)

Caregiver Support Coffee & Chat

Weekly meet ups

Wednesdays at 11:00 am

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

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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



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 7th and April every

Tuesday mornings: 9:00-11:00

Thursday afternoons: 1:00-3:00

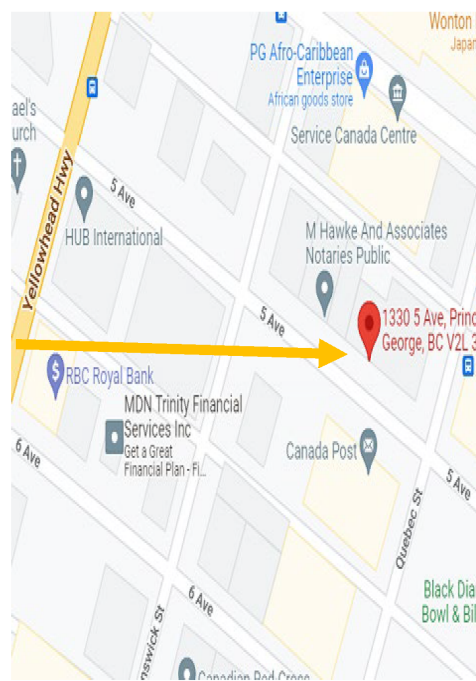
At the Seniors Resource Centre

New Location

1330-5th Avenue

Prince George (Across from the Post office on 5th)

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.



Sunday April 16th, 2023

Are you a Senior without Dental Coverage?

Family Dental Care would like to help!

We are Giving Back your Smile by offering a no charge cleaning, filling or extraction on Sunday April 16, 2023.

Applications accepted ONLY at Seniors Resource Centre (1330 5th Avenue Prince George, BC) Deadline to apply March 31, 2023.

All seniors will be pre-screened and contacted to schedule an appointment. There is limited space available so please submit your application asap. Only applicants without coverage will be considered.

****This program is separate from our daily practice and scheduling. Please do not contact Family Dental Care directly.**





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.

1330 5th Ave
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

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.



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

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



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>

If you would like to preorder meals for Fridays, please let
Laurel or Amanda know.





MARCH 2023 Lunch Menu

(subject to change without notice)



1st	Spaghetti & Garlic Toast	
2nd	Sweet & Sour Meatballs w/Rice & Veg	
3rd	Ham, Scalloped Potatoes & Vegetables	
6th	Butter Chicken, Rice & Vegetables	Birthday Tea
7th	Peppered Beef, Mashed Potatoes & Veg	
8th	Pork Teriyaki, Rice, Chow Mein & Stir Fry	
9th	Chckn Souvlaki, Lmn Grk Pot, Veg & Grk Salad	
10th	Ribs, Baked Potatoes & Vegetables	
13th	Chili & Biscuits	Board Mtg
14th	Baked Chicken, Mashed Potatoes & Veg	
15th	Lasagna & Garlic Toast	
16th	Cabbage Rolls, Perogies & Vegetables	
17th	Liver & Onions, Mashed Potatoes & Veg	
20th	Sausages, Potstickers, & Vegetables	
21st	Paprika Meatballs, Rice & Veggies	
22nd	Parmesan Chicken, Mashed Potatoes & Veg	
23rd	Salisbury Steak, Mashed Potatoes & Veg	
24th	Roast Beef, Yorkshire Pud, Mash Pot & Veg	
27th	Chicken Burgers & Tater Tots	Annual & General Mtg On Tuesday the 28th
28th	Pork Chops, Mashed Potatoes & Vegetables	
29th	Meat Loaf, Mashed Potatoes & Vegetables	
30th	Smokies & Perogies	
31st	Turkey & All The Trimmings	

ECRA.....MARCH 2023

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

Help Needed, please

If you can help us with any of the following, , please call the office at 250-561-9381.

We are looking for the following help

- 1) An Organizer for our Birthday Tea once a month.**
- 2) Volunteers to help with:**
 - Table and Chair set up and take downs for meetings and events**
 - Catering**
 - A Dining Room Helper during lunch**
 - Kitchen Help Monday to Friday**
- 3) Someone who is a good with computers and programs for occasional assistance**
- 4) Someone to shovel just our sidewalks when it snows.**

Any help you can give us is greatly appreciated.



HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712

MARCH MENU

TAKEOUT--- \$10 includes soup

If there is a lunch in March'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 March 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.

MARCH's SPECIAL

Wednesday, March 8th 11:30am – 1:00 pm.

Enjoy a delicious Roasted Leg of Lamb dinner with all the trimmings – Duchess Potato & gravy, Veggies, Salad and an exquisite dessert!! \$15

Pre-order(s) by Monday, March 6th -12 noon.

THANK YOU for supporting the

March 2023				
Mon	Tue	Wed	Thu	Fri
		1 Chicken Ragout White Wine Mushroom Sauce Parsley Potatoes Veggies	2 Beef Dip Hoagie Bun Au Jus Coleslaw Potato Wedges	3 Schnitzel Spaetzle Mushroom Sauce Veggies
6 BBQ Chicken Roasted Potatoes Veggies	7 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy	8 SPECIAL - \$15 ROASTED LEG of LAMB Duchess Potato Salad & Gravy Dessert	9 Parmesan Chicken Roasted Potatoes Veggies	10 Bacon Wrapped Pork Tenderloin Twice Baked Potato Peppercorn Sauce Veggies
13 Pork Roast Mashed Potatoes Gravy Veggies	14 Beef Stroganoff Pasta Noodle Veggies	15 Parmesan Stuffed Chicken Breast White Wine Sauce Rice Veggies	16 Salisbury Steak Mashed Potatoes Veggies	17 St. Patrick Day Irish Stew Colcannon Scone
20 Seafood Linguine Alfredo Veggies Garlic Bread	21 Sweet & Sour Pork Chow Mein Rice	22 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	23 Ham Scalloped Potatoes Veggies	24 Spaghetti & Meat Sauce Garlic Bread Veggies
27 Chicken Fingers Potato Wedges Veggies	28 Sausage Rolls Beans in Tomato Sauce with Bacon	29 Butter Chicken Basmati Rice Naan Bread Veggies	30 Bacon & Cheese wrapped Jumbo Wieners in Puff Pastry Pan-fried Potatoes	31 Lasagna Garlic Bread Veggies

HART PIONEER CENTRE
6986 Hart Highway


(250) 962-6712

Menu /price subject to change without notice.

Pick-up Time: 11:30 am – 1 pm.

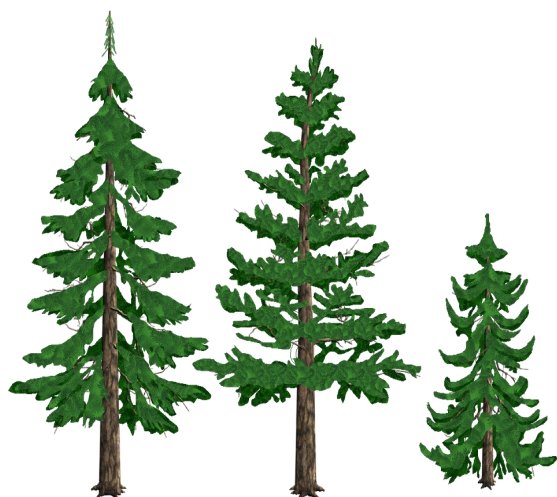
**** See reverse for more information.**

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PG & District Senior Activity Centre Society 425 Brunswick Street 250-563-1915			1 Mac & Cheese	2 Meatloaf	3 BBQ Chicken	4
5	6 Lazyman Cabbage Rolls	7 Meatballs & Gravy	8 Cheese Burger	9 Chicken Stir-Fry	10 Chili & Cheese	11
12	13 Pork Cutlet	14 Spaghetti	15 Shepherd's Pie	16 Breaded Chicken	17 Ham & Scalloped Potatoes	18 
19 	20 Taco Salad	21 Chicken Wings	22 Beef Stir-Fry	23 Chicken & Mushroom Fettucine	24 Mushroom Pork	25
26	27 Hot Beef Sandwich	28 Lasagna	29 Chicken Burger	30 Smokies & Perogies	31 Fish	

MARCH 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tops 10 am Bingo 1:00 pm	2 Canasta 1 PM	3	4 Crib registration 10 AM Crib play time 11 AM
5	6 Crib 10:00 am Carpet bowling 10:00 AM Tai Chi 1:00 pm	7 Senior chair yoga 10:00 am Bridge 1:00 pm Canasta 1:00	8 Tops 10 AM Bingo 1 PM	9 Canasta 1 PM	10	11
12 Time Change Spring Ahead	13 Crib 10:00 am Carpet bowling 10:00 AM Tai Chi 1 PM	14 Senior chair yoga 10:00 am Bridge 1:00 pm Canasta 1:00	15 Tops 10 AM Bingo 1 PM	16 Foot Clinic 9AM Canasta 1 Pm Parkinson's 1pm	17	18
19	20 Crib 10:00 am Carpet bowling 10:00 AM Tai Chi 1:00 pm	21 Senior chair yoga 10:00 am Bridge 1:00 pm Canasta 1:00	22 Tops 10 AM Bingo 1 PM	23 Canasta 1pm	24 Magic Show 1:00 pm	25
26	27 Crib 10:00 am Carpet bowling 10:00 AM Tai Chi 1:00 PM	28 Senior chair yoga 10:00 am Bridge: 1:00 pm Canasta 1:00	29 Tops 10 AM Bingo 1 PM	30 Canasta 1pm	31	

www.calendarlabs.com



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



Crib

Tournament

March 4th , 2023

Spruce Capital Senior Centre

3701 Rainbow Drive

(250)563-6450

Register at 10a.m.

Play at 11:00

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

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

North Central Seniors Association,

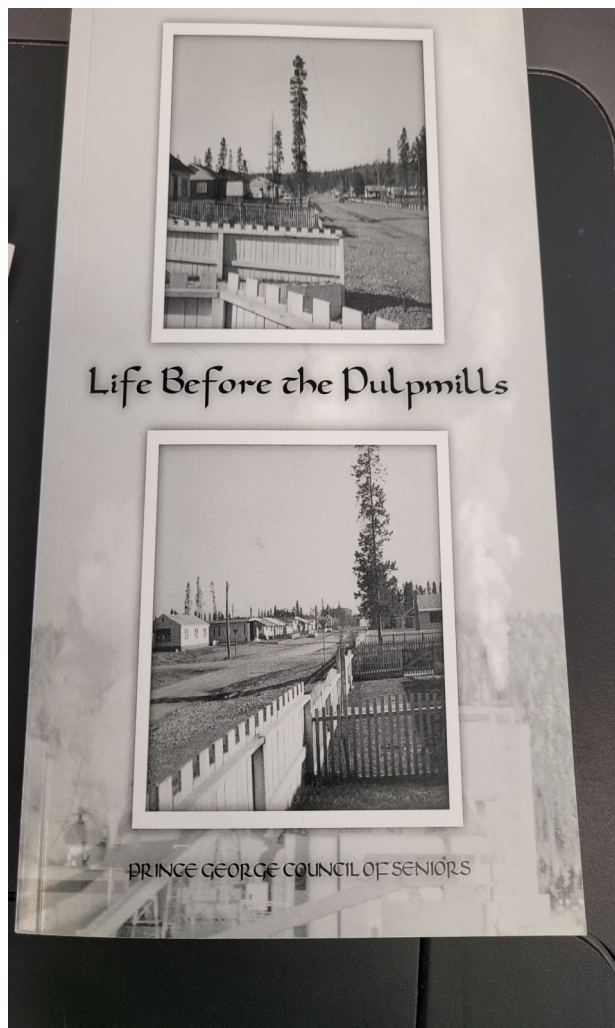
5401 Moriarty Crescent,

Prince George, BC V2N 4C5

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	Email: ncsapresident@yahoo.com	NCSA Ctr: 5401 Moriarty Cres. P.G.	1 Tai-Chi 10-11am Men's Pool 10-12:00	2 Coffee Social Tim's @ College Hts 2:00pm	3 Ladies Pool 10-12:00	4
5 Website: North Central Seniors Association	6 Yoga 10-11:am Photo club 10-12 Cards/Crib 9:30-12:00	7	8 Tai-Chi 10-11am Men's Pool 10-12:00 Sign Language Lou 11:15-12:00	9 Coffee Social Tim's @ College Hts 2:00pm	10 Art w/ Ginny 9:30-12:00 Bldg Committie 10:00 Back Rm	11
12	13 Yoga 10-11:am Photo club 10-12 Cards/Crib 9:30-12:00	14 Breakfast Club 9:30 @ D'lanos family Restaurant	15 Tai-Chi 10-11am Men's Pool 10-12:00	16 Coffee Social Tim's @ College Hts 2:00pm	17 Crib Tournament 9:00-12:00 Lunch Included	18
19	20 Yoga 10-11:am Photo club 10-12 Cards/Crib 9:30-12:00	21	22 Tai-Chi 10-11am Men's Pool 10-12:00 Sign Language with Lou 11:15-12	23 Coffee Social Tim's @ College Hts 2:00pm	24 Demo Kitchen, 10:00-12:00 details to follow	25 Spring is coming!
26	27 Yoga 10-11:am Photo club 10-12 Cards/Crib 9:30-12 + Lunch	28	29 Tai-Chi 10-11am Men's Pool 10-12:00	30 Coffee Social Tim's @ College Hts 2:00pm	31 Birthday Tea 10-12:00 music : By Request	

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 >



Dementia Online Information

Are you looking for Dementia Information

Consider accessing
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 or go to their website at

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

There will be over 25 sport events

Registration deadline is June 15, 2023



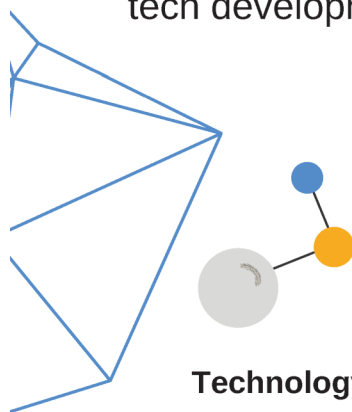
Are you interested in technology that supports older adults?



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



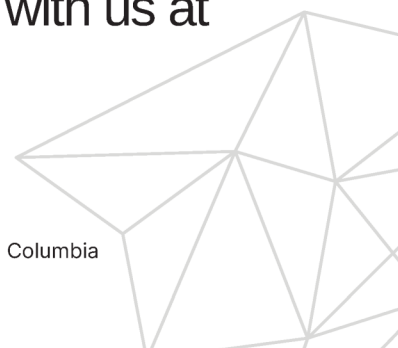
**Upon completion:
you will receive a
\$50 e-gift card**

*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



This study has been reviewed by the Research Ethics Board at the University of Northern British Columbia
Email: 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

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.

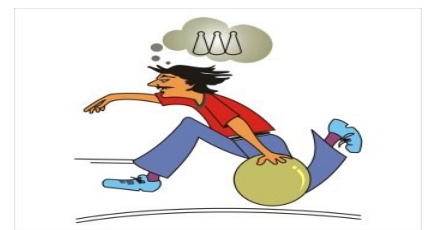
Wednesday Evening -7 P.M.

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 6

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** 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
bggunn44@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



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.*