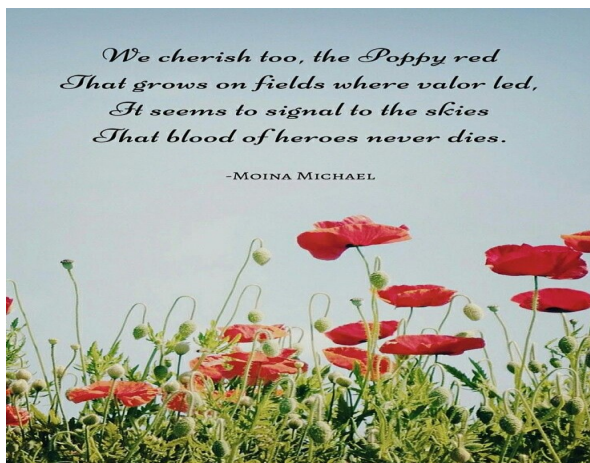


25 cents per issue

FREE via Email

THE SENIOR TIMES

NOVEMBER 2022



PGCOS would like to send out a great big Thank you to all who came out, donated and sponsored our Fundraiser.

Thank you Greg Morton, Maureen Langan,
PG Motors, Medichair and Especially Garth Miller.

Dates to remember

Christmas hamper applications accepted

November 2-30

Seniors Resource Center Closed

November 11, 2022 for

Remembrance day.

Golden Age Social

November 16 from 2-4

Newsletter Submission Deadline

If you would like Something included in our newsletter please contact ed@pgcos.ca no later than the last Monday of the month.

- 2 PGCOS Christmas Hamper Donations
- 3 PGCOS Christmas Hamper Applications
- 4 PGCOS Volunteers needed
- 5 PGCOS Golden Age Social Dates
- 6 PGCOS Seniors First Advance Planning clinics / Life Before the Pulp Mills Book
- 7 Who to Contact
- 8-10 Spruce Capitol Seniors menu & calendar
Spruce Capitol Crib tournament & AGM
- 10-15 Elder Citizens Recreation Association
E.C.R.A Menu & E.C.R.A Calendar
E.C.R.A Christmas Dinner & Forever Young Orchestra
- 16-17 Hart Pioneer Menu
- 18 PG & District Activity Centre
- 19 PGCOS New Housing & Community Navigator / Donate your Glasses
- 20 Foot Care/Seniors Moment Radio/ PG Lawn Bowling
- 21 PG Hospice Palliative Care (Grief Support Services)
- 22 PGCOS Programs and Services
- 23 PGCOS Seniors Resource Team
- 24 PGCOS Board of Directors and Funders

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.





CHRISTMAS HAMPER



We will be collecting Applications

NOVEMBER 2 TO NOVEMBER 30

YOU CAN PICK UP OR DROP OFF YOUR FILLED
APPLICATIONS AT

THE SENIORS RESOURCE CENTER

721 VICTORIA STREET

OR CALL 250-564-5888 FOR MORE INFO

APPLICATIONS WILL ALSO BE AVAILABLE

AT WWW.PGCOS.CA

DELIVERY DATES WILL

BE ON

DECEMBER 15-16



VOLUNTEERS NEEDED!

Our Better at Home program is in need of some Volunteers to assist with a few tasks. Please contact Terry at 250-564-5888 or betterathome@pgcos.ca

VOLUNTEER DRIVERS

NEEDED for our growing Meals on Wheels Program.

We deliver meals Monday-Friday between

10:45am-12:00pm.

If you have a vehicle and are interested in giving back to our community please contact Nicole for more information at 250-564-5888 or email:

nicole.pgcos@gmail.ca



ARE YOU ... OR DO YOU KNOW ... an isolated or lonely senior who would appreciate hearing a friendly

voice? Our FRIENDLY PHONE CALL volunteers can help!

VOLUNTEERS NEEDED FOR FRIENDLY PHONE CALLS

**Do you have the 'gift of the gab'?
Do you enjoy brightening up other folks' days?**

**Please contact Wendy at
250-564-5888 or
hcn@pgcos.ca**

Advance Planning Clinic

In partnership with Seniors First BC Society ("SFBC") is looking for volunteers for our new **Advance Planning Pro Bono Clinics**

("AP Clinics") We are in Need of Volunteers for November, Volunteers will assist eligible low-income older adults (55+) receive assistance from legal professionals with their Wills,

Enduring Powers of Attorney and/or Representation Agreements. PGCOS's standard volunteer background checks will need to be completed.

Contact 250-564-5888 for more info



GOLDEN AGE SOCIAL

WE ARE EXCITED TO WELCOME YOU BACK!

**FREE AFTERNOON SENIORS SOCIALS AT THE PRINCE
GEORGE CONFERENCE AND CIVIC CENTRE!**

Time 2-4 pm



Mark your calendar for the dates below:

Wednesday October 12th, 2022
Wednesday November 16th, 2022
Wednesday December 7th, 2022
Wednesday February 15th, 2023
Wednesday March 15th, 2023

For More Information, Please Call: Prince George Council of Seniors at 250-564-5888

1100 Patricia Blvd., V2L 3V9 | p: 250.561.7600 | www.princegeorge.ca | [@cityofpg](https://twitter.com/cityofpg) [/cityofpg](https://facebook.com/cityofpg) [@cityofpg](https://instagram.com/cityofpg)

Advance Planning Clinics



Seniors First BC

**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

Second Wednesday of the Month If there are confirmed appointments

North Central Seniors Association

College Heights Baptist Church basement, 5401 Moriarty Crescent

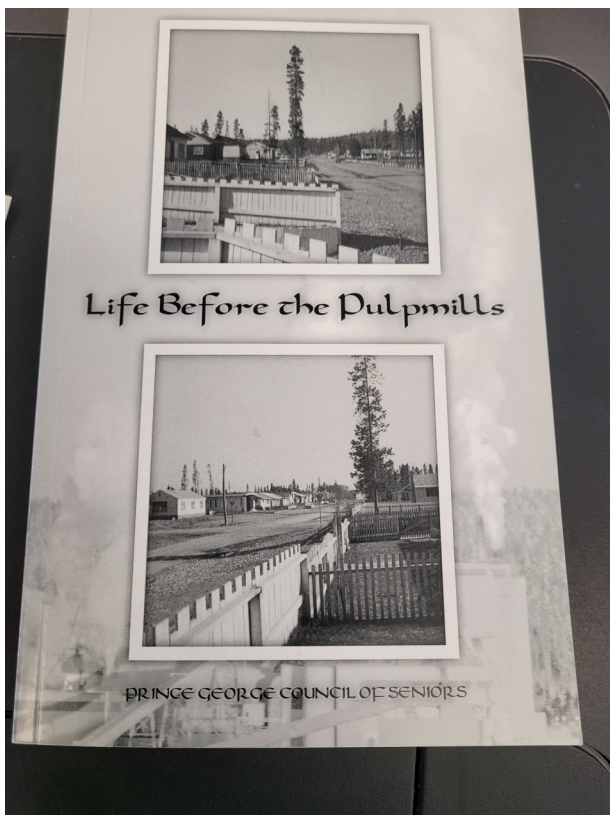
Third Wednesday of the Month if there are confirmed appointments

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.





Who to contact

What should I do if I suspect elder Abuse?

If you suspect elder abuse, turn your concerns over to the professionals and let them investigate.

DO NOT confront an abuser yourself!

You do **NOT** need to prove abuse is occurring. It is up to the professionals to determine this.

WHO TO CALL

Immediate danger **911** — BC 211 info line **211** — Adult Protection Line **250-565-7414**

S.A.I.L **1- 604-437-1940** — **1-866-437-1940** — <https://seniorsfirstbc.ca/>

QUESTIONS

Community Policing: **250-561-3366** — Community Response Network: **778-349-2291**

PG Council of Seniors: **250-564-9100** — BC Coalition to Eliminate Abuse of Seniors:
www.bcceas.ca

Public Guardian & Trustee of BC **1-800-663-7867** www.trustee.bc.ca

Canadian Network for the Prevention of Elder Abuse: www.cnpea.org

Older Adult Knowledge Network www.oak-net.org — BC Institute Against Family Violence
www.bcifv.org

Information on Seniors rights and Elder law:

Prince George Community Legal Clinic. **250-645-5519**

Seniors First BC <https://seniorsfirstbc.ca/programs/legal-programs/>

Canadian Centre for Elder Law Studies **1-604-822-0633** www.ccels.ca

Dial-A-Law **1-800-565-5297** www.cba.org/bc

SPRUCE CAPITOL SENIORS

ADDRESS: 3701 RAINBOW DRIVE

PHONE: 250-563-6450

EMAIL: sprucecapitalsenior@shaw.ca

November 2022 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken noodle Soup & Grilled cheese Sandwiches	2 Chili & Veggie soup Egg & Ruben Sandwiches	3 Stew & Bun Egg & cheese sandwiches	4	5 Hamburger soup with Ham & Cheese
6	7	8 Cream of Broccoli & Grilled Cheese	9 Borscht soup & Hamburger soup With B.L.T'S	10 Cream of Cauliflower With Roast beef	11	12
13	14	15 Chili & Bun With Egg salad Sandwich	16 Tomato soup With Chicken or Beef Taco's	17 Ravioli with Egg salad Sandwich	18	19
20	21	22 Mushroom soup With Chicken or Turkey sandwich	23 Potato & Bacon With Roast beef Or B.L.T.'s	24 Veggie Soup With Chicken or egg Sandwiches's	25	26
27	28	29 Hamburger Or hotdog	30 Chili & Bun With Egg sandwich			

www.calendarlabs.com

November 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Parkinson's 1:00 pm	4 Arthritic Support 10:00am Bingo 1:00pm	5 Crib Tournament Register 10 AM Play 11AM
6 Time change Fall back 1 hour	7 Fun Crib 10 am Tai Chi 1 PM Stitchery 7pm	8 Senior Chair Yoga 10 AM Canasta 1 PM	9 Tops 10 AM Bingo 1 PM	10 A.G.M 1:00 PM	11 Closed Remembrance day	13
13	14 Fun Crib 10 AM Tai Chi 1 PM	15 Senior Chair Yoga 10 am Canasta 1 PM Parkinson support 2 PM	16 Tops 10 AM Bingo 1 PM	17 Foot Clinic 9:00 am	18 Bingo 1:00 pm	19 Parkinson's 1:00pm
20	21 Fun Crib 10 AM Tai Chi 1 PM	22 Senior Chair Yoga 10AM Canasta 1 PM	23 Tops 10 AM Bingo 1 AM	24 Parkinson's 1:00pm Canasta 1 PM	25 Bingo 1:00pm	26
27	28 Fun Crib 10 AM Tai Chi 1 PM	29 Senior chair Yoga 10 AM Canasta 1 PM	30 Tops 10am Bingo 1 pm			



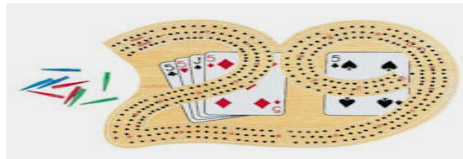
**SPRUCE CAPITAL SENIORS
RECREATION CENTRE**

**ANNUAL GENERAL
MEETING & ELECTION
OF
OFFICERS**

THURSDAY, NOVEMBER 10TH , 2022

Meeting starts at 1.00 P.M.

Amazing Door Prizes



Crib

Tournament

November 5th , 2022

Spruce Capital Senior Centre

50 / 50 3 for \$1.00

Register at 10a.m.

Play at 11:00

Elder Citizens Recreation Association

1692 10th Avenue

Meal Program

The Centre is now open Monday-Friday, from 9:00 am until 3:00 pm

Coffee is available for .50 per cup, refills are also .50 per cup, and muffins are 1.00 each.

Sit in dining is available Monday to Friday from 11:30 - 1:00pm
on a first come, first served basis. Take out meals are available as well

Monday through Thursday meal prices are:

\$7.00 for members, \$9.00 for non members

Fridays: \$9.00 for members, \$11.00 for non-members

You can pre-order Fridays meal up to Thursday afternoon.

Go to the website below to see what the menu is.

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



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 >

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



NOVEMBER 2022 Lunch Menu






(subject to change without notice)

Desserts are not included in the Meal



1st	SwtnSour Meatballs w/Garlic Rice & Veg	
2nd	Spaghetti & Garlic Toast	
3rd	Swiss Beef, Mash Potatoes & Veg	
4th	Ribs, Baked Potatoes & Veg	
7th	Chicken & Biscuits	
8th	Peppered Steak, Mash Potatoes & Veg	
9th	Teriyaki Prk, Veg Stirfry, Chowmein & Rice	Birthday Tea
10th	Stew & Biscuits	
11th	Remembrance Day—ECRA is Closed	
14th	Tuna Noodle Casserole	
15th	Hungarian Chicken w/Peppers, Rice & Veg	
16th	Lasagna & Garlic Toast	
17th	Meatloaf, Mashed Potatoes & Veg	Board Mtg.
18th	Roast Beef, Yorkshire, Mashed Pot & Veg	
21st	Fish Burgers, Potato Wedges & Coleslaw	
22nd	Salisbury Steak, Mashed Potatoes & Veg	General Mtg
23rd	Baked Chicken, Mashed Potatoes & Veg	
24th	Chilli & Biscuits	
25th	Ham, Scalloped Potatoes & Veg	
28th	Mac & Cheese, Mild Italian Sausage, Veg	
29th	Parm Chicken, Mashed Potatoes & Veg	
30th	Smokies and Perogies	

ECRA NOVEMBER 2022

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

Blue Rose Mobile Foot Care and Esthetics

Debby Boutillier

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



With age, wisdom & power

QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006

email kfmck12@gmail.com



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





THE
FOREVER YOUNG CHORUS
PRESENTS

FAVOURITES
FOR
FALL

Friday-November 18-7:00 pm

Sunday-November 20-2:00 pm

**Tickets: \$10.00 ea.— On sale October 28 at
Elder Citizens Recreation Association
1692 Tenth Ave., Prince George, BC
Or at the door**

NOVEMBER MENU

TAKEOUT--- \$10 includes soup or salad

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

.....

"NOVEMBER SPECIAL"

Thursday, November 10th , 11:30am – 1:00 pm.

Enjoy a delicious Braised Lamb Shank consisting of delicious wholesome lamb, creamy, cheesy Polenta, fresh vegetables and gravy and a dessert for \$15.

Pre-order by Tuesday, November 9th, noon.

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

November 2022

Mon	Tue	Wed	Thu	Fri
	1 Chicken Fingers Potato Wedges Veggies	2 Sauerbraten Potato Dumplings Braised Red Cabbage Gravy	3 Schnitzel Spaetzle Mushroom Sauce Veggies	4 Seafood Linguine Alfredo Veggies
7 Meatloaf Mashed Potatoes Gravy Veggies	8 Chicken Paprika Mashed Potatoes Veggies	9 Chicken Enchiladas Tomato Sauce Veggies	10 Braised Lamb Shank Polenta Gravy Veggies \$15	11 Remembrance Day CLOSED
14 Pan-fried Boneless Pork Chop Mashed Potatoes Gravy Veggies	15 Lasagna Garlic Bread Veggies	16 Pork Roast Mashed Potatoes Gravy Veggies	17 Parmesan Chicken Roasted Potatoes Veggies	18 Beef Rouladen Mashed Potatoes Gravy Veggies
21 Spaghetti & Meat Sauce Garlic Bread Veggies	22 Cabbage Rolls Perogies Sauerkraut	23 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	24 Beef Stroganoff Pasta Noodle Veggies	25 Sweet & Sour Pork Chow Mein Rice
28 Ham Scalloped Potatoes Veggies	29 BBQ Chicken Roasted Potatoes Veggies	30 Beef Stew Hungarian Style Mashed Potatoes 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.**



Mark your Calendar

November 25 - 27, 2022

Christmas Kick Off Weekend

Prince George Senior Activity Centre – 425 Brunswick Street

Friday, Nov. 25 - Plaid Friday – Down Town Prince George

Join in Plaid Friday fun at the Senior Activity Centre

Stop by, in your Plaid & enjoy a special \$5 Plaid Friday lunch

Lunch 11am-1:00pm

**Saturday, Nov. 26 --- Craft Fair & Bake Sale
10am – 3pm**

Craft Tables

Gingerbread House Raffle

Bake Sale Tables

Photos with Santa

Kitchen open – serving Kathie's Beef Barley Soup

Music

And so much more!



Vendors:

Reserve your table now, early bird, until Oct 31 - \$20 / \$25

Table rental fee after October 31, \$25 / \$30

Table rental savings for Centre members & out of town vendors \$5

Contact Centre at 250-563-1915 for details & to reserve your table

Email: senioractivitypg.ca@shaw.ca

Facebook: Prince George Senior Centre

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

The Prince George Senior Activity Centre, will have a table & would be grateful for any craft donations, to support the centre.



**Sunday, Nov 27
9:30am – 11:30am
Pancake Breakfast with Santa**

Pancakes & beverage \$5



Help support: Prince George Senior Activity Centre – 425 Brunswick

Plan to attend



Prince George Council of Seniors is very pleased to

introduce **Wendy** our new

Housing & Community Navigator.

If you are 55+ and are in need of
assistance with housing information or other
resources contact Wendy at 250-564-5888
to see about getting assistance.

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 EYGLASSES TODAY!.



ACCEPTING USED HEARING AIDS TOO!



Foot Care

425 Brunswick

Joanne Relagiate

Call **250-563-1915**

for appointment



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.

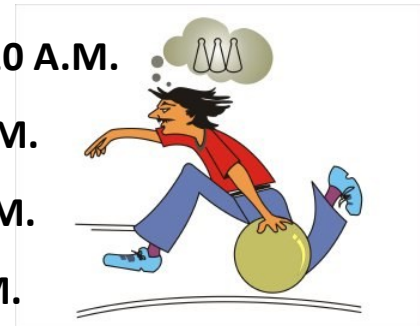
Where: - Watrous Park - 3rd Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

When: - Tuesday morning at 10 A.M.

Wednesday Evening -7 P.M.

Thursday afternoon- 1 P.M.

Sunday Afternoon -2 P.M.



Come and try Lawn Bowling. All you need is a pair of running shoes. Bowls are provided and instruction is provided. Come once a week or whenever you choose. Teams are drawn from whomever shows up.

For further information: Phone: Dan Gilgan -962-0643 or

John Warner - 563-4888,

or Evelyn O'Sullivan at 250-561-7448 sullypg@shaw.ca

Prince George Hospice Palliative Care Society



Grief Support Services

For more information:

www.PGHPCS.ca | info@PGHPCS.ca

250-563-2551 | 1506 Ferry Ave

Family Grief Support

Our Family Grief Program supports grieving children, youth, and caregivers.

The program has three groups that run simultaneously:

A group for children ages 6 – 12 years.

A group for youth ages 13 – 20 years.

A group for parents and people who care for children.

In addition, we offer a children's drop-in every Tuesday 3:00 – 4:30 pm

Adult Support Services

One-on-One grief support on the phone or in person.

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 noon by dedicated volunteers.

Better at Home

Better at Home supports the **non-medical** needs of older adults 55+ who are in the Prince George area. These services are aimed to help seniors stay independent in their own homes. Some services offered are based on a sliding scale dependant on your income.

Current services available

Grocery shopping and Delivery

Light Housekeeping

**Friends & Family
Caregiver Support**

**Coming Soon. Stay tuned
for more details.**

Housing & Community Navigator

The Housing & Community Navigator assists older adults 55+ navigate through the many different resources and information available to them.

Services offered by this program

Advocacy

Friendly Phone Calls

Information

Resources

Community referrals

Help with Forms

Housing resources

Other Support Services: Donation based

Denture support — — Financial assistance for dentures for low-income seniors

Income Tax — — Preparation for low-income seniors

Blue Bottle Service — — To keep important personal health information with easy access

Christmas Hampers — — For low-income and isolated seniors

Seniors Resource Centre Team

Meals On Wheels Coordinator

Nicole



nicole.pgcos@gmail.ca

Housing & Community Navigator



hcn@pgcos.ca

Executive Director

Michelle McGregor



ed@pgcos.ca

Better at Home

Coordinator

Terry



betterathome@pgcos.ca

Better at Home

Housekeeper

Kristi



bahhk@pgcos.ca

Friends & Family

Caregiver Support

Coordinator

Laurie



csp@pgcos.ca

PGCOS BOARD OF DIRECTORS

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virginia@netbistro.com

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bggunn44@telus.net

Vice-President

Janet Marren
jcmarren@telus.net

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Lori Dennill
loridennill@gmail.com

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

We acknowledge the support of



United Way
Northern British Columbia



**BRITISH
COLUMBIA**
Community Gaming Grants



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.**