



THE SENIOR TIMES

MAY 2023

25 cents per issue

FREE via Email



SENIORS RESOURCE CENTRE

MARK YOUR CALENDAR

Office will be closed

May 22 for
Victoria Day

PGCOS AGM

May 30th
1:00 pm
1330 5th Ave

Advance planning Clinic :

By Appointment only

Dates to be determined on availability.

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

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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- 4 Advance Planning Clinic Details
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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

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



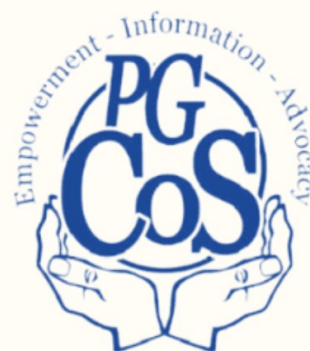
Family Caregivers
of British Columbia

— Let us help —



United Way
British Columbia

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



Weekly

PG Friends & Family Caregivers Program Coffee & Chat



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



United Way
British Columbia

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

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



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

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

*Clinic schedule subject to change

Eligibility

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

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

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

How the Advance Planning Clinics Works

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



PGCOS is a registered charity that operates several programs, services and events to enhance the lives of seniors in the Prince George area. Visit PGCOS.ca.



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



PRINCE GEORGE COUNCIL OF SENIORS (PGCOS)

Seniors Resource Centre

1330 5th Ave Prince George, BC V2L 3L\$

Phone 250 564 5888

www.pgcoss.ca

Will be holding their Annual General Meeting

Date: May 30, 2023

Time: 1:00pm

Location: 1330 5th Ave

Make sure your membership fees are up to date

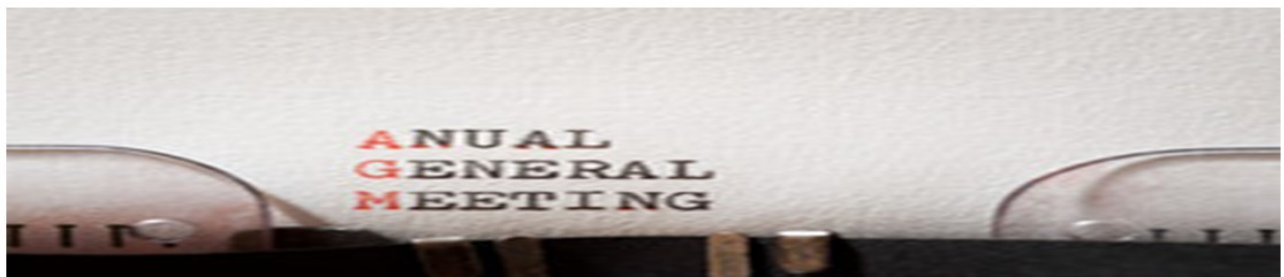
SEEKING NOMINATIONS FOR DIRECTORS

See the Nominations Form following this announcement or

For more info contact:

Barb Gunn at 250-563-0630

email at: bggunn44@telus.net



PRINCE GEORGE COUNCIL OF SENIORS—NOMINATION FORM FOR DIRECTORS

Any paid-up member of an Association, Group, Organization or business accepted as a member of PGCOS is also a member of PGCOS and may be nominated or stand in nomination through the PGCOS election process. Individuals who are paid-up Associate members of PGCOS may also nominate or stand in nomination through the PGCOS election process.

PGCOS Classes of Members:

- ◆ **ASSOCIATION OR GROUP MEMBER:** Associations or not-for profit groups or organizations with a primary interest in seniors.
Association or group members may nominate an individual affiliated with their association or group to stand for nomination through the PGCOS election process.
- ◆ **COMMUNITY MEMBER:** public organizations and community--based groups with an interest in the objectives of PGCOS.
Community members may nominate an individual affiliated with their organization or group to stand for nomination through the PGCOS election process.
- ◆ **CORPORATE MEMBER:** A business with an interest in the objectives of PGCOS. Corporate members may nominate an individual associated with that business to stand for nomination through the PGCOS election process.
- ◆ **ASSOCIATE MEMBER:** An individual with an interest in the objectives of PGCOS. An associate member may be nominated or stand for nomination through the PGCOS election process.

Name of PGCOS Member making this nomination _____

Address _____

Phone # _____ Cell # _____

Email address _____

☐ I am a paid-up member of _____

(Name of PGCOS Member Organization—see above classes of members)

☐ I am an Associate member of PGCOS.

I am nominating this person for Board Director of PGCOS

Name _____

Address _____

Phone # _____ Cell # _____

Email address _____

☐ This individual has been informed about their nomination.

☐ This individual understands this nomination is for a two-year position.

☐ This individual agrees to stand in nomination through the PGCOS election process.

☐ This individual agrees to complete a criminal record check.

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

Prince George Council of Seniors, 1330 5th Ave, Prince George BC V2L 3M4

Or by email: ed@pgcos.ca

No later than the Nominations Closing Date of May 19, 2023 12:00 pm.

PRINCE GEORGE COUNCIL OF SENIORS—NOMINATED PERSON STATEMENT

My interest in the PG Council of Seniors (BRIEF POINT FORM is fine):

My knowledge and interest in seniors and seniors issues:

The experience and skills I will bring to the PGCOS Board of Directors:

My time availability:

My level of computer skills:

Anything else I would like PGCOS to know about me:

Date _____ **Signature** _____

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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



May 2023 Lunch Menu

(served from 11:30—1:00)(Cash Only)



1st	Swedish Meatballs , Rice & Veggies	
2nd	Pork Chops, Mashed Potatoes & Veggies	
3rd	Chckn Filets w/Mshrm Grv, Mash Pot & Veg	
4th	Swiss Beef, Mashed Potatoes & Veggies	
5th	Roast Beef, Yrkshre Pud, Mash Pot & Veg	
8th	Butter Chicken, Rice, Naan Bread & Veg	
9th	Mac & Cheese with Mild Italian Sausage	
10th	Lasagna and Garlic Toast	Birthday Tea
11th	Liver & Onions, Mashed Potatoes, & Veg	
12th	Ribs, Baked Potatoes & Veggies	
15th	Salisbury Steak, Mashed Potatoes & Veg	
16th	Chicken Souvlaki, Greek Spuds & Veg	
17th	Stew and Biscuits	
18th	Teriyaki Pork, Chow Mean, Stirfry & Rice	Board Mtg
19th	Ham, Scalloped Potatoes & Veggies	
22nd	Victoria Day—ECRA is Closed	
23rd	Fish burgers, Potato Wedges & Cole Slaw	General Mtg
24th	Meatloaf, Mashed Potatoes & Veg	
25th	Smokies & Perogies	
26th	Turkey & The Trimmings	
29th	Spaghetti & Garlic Toast	
30th	Hamburgers w/Potato and Macaroni Salads	
31st	Baked Chicken, Mashed Potatoes & Veggies	

ECRA.....MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Ukulele Group 10:00 Yoga	2 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Gribbage	3 9:45 Floor Curling 1:00 Carpet Bowl	4 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	5 9:45 & 11:00 Tai Chi 7:00 Whist 7:00 MOMENTS TO REMEMBER	6
7 2:00 PM MOMENTS TO REMEMBER	8 10:00 Ukulele Group 10:00 Yoga	9 9:00 Foot Clinic 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Gribbage	10 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	11 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	12 9:45 & 11:00 Tai Chi 7:00 Whist	13
14	15 10:00 Ukulele Group 10:00 Yoga	16 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Gribbage	17 9:00 Foot Clinic 9:45 Floor Curling 1:00 Carpet Bowl	18 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	19 9:45 & 11:00 Tai Chi 7:00 Whist	20
21	22 VICTORIA DAY CLOSED	23 9:45 & 11:00 Tai Chi *1:00 Gen.Meeting* 7:00 Gribbage	24 9:45 Floor Curling 1:00 Carpet Bowl	25 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	26 9:45 & 11:00 Tai Chi 7:00 Whist	27 10 am PLANT SALE
28	29 10:00 Ukulele Group 10:00 Yoga	30 9:45 & 11:00 Tai Chi 7:00 Gribbage	31 9:45 Floor Curling 1:00 Carpet Bowl	NOTES: Line Dancing will end May 16th and resume Sept 12th		

ECRA's Newly Elected Board of Directors

As of March 29, 2023

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

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

Directors
Two Year Term

Gladys Goode
Bryan Bucci
Vacant

One Year Term

Lana Armstrong
Helen Dahl
Vacant

E.C.R.A. PLANT SALE

(Organized by the Tai Chi Group)

**SATURDAY
27 MAY 2023**

10 AM – 2 PM

FRONT ENTRANCE, E.C.R.A.

1692 – 10TH AVE



FEATURING:

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

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





Fabulous 50's

**THE FOREVER YOUNG CHORUS
PRESENTS**

MOMENTS TO REMEMBER

A musical trip back to the 50's

Friday May 57 pm

Sunday May 7 ...2 pm

Tickets \$10.00

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

Tickets on Sale at ECRA Starting April 3

1692 10th Avenue Prince George



HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712

MAY MENU

TAKEOUT--- \$10 includes soup

If there is a lunch in May'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 you wish, you can pre-order takeout lunches for the month of May in advance by calling the Centre.

FOR YOUR INFORMATION

Welcome to Chef Karl (Chuck) who is temporarily replacing Chef Frank. Our best wishes to Chef Frank for a speedy recovery. **WE ALL MISS HIM!!!**

Reminder: The next Hart Pioneer Meeting is Tuesday, May 25 at 1:00 pm

MOTHER's DAY TEA

Wednesday, May 10th 1:00 pm – 3:00 pm

Enjoy delicious dainty croissants with a Special Mother's Day dessert and of course TEA!!

Bring your Mother, Grandmother, Sister, Aunt & Best Friend for an entertaining afternoon!! (Dads / Grandpas are also welcomed.)

Tickets - \$10 each. Limited Seating.

Phone (250) 962-6712 for tickets.

THANK YOU for supporting the

May 2023				
Mon	Tue	Wed	Thu	Fri
1 Chicken Fingers Potato Wedges Veggies	2 Pork Roast Mashed Potatoes Gravy Veggies	3 Meatloaf Mashed Potatoes Gravy Veggies	4 Penne Bolognese Garlic Bread Veggies	5 Salmon Parsley Potatoes Sauce Bernaise Veggies
8 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	9 Beef Dip Hoagie Bun Au Jus Coleslaw Potato Wedges	10 Chicken Enchiladas Tomato Sauce Veggies MOTHER's DAY TEA 1:00 pm – 3:00 pm \$10	11 Lasagna Garlic Bread Veggies	12 Honey Garlic Chicken Rice Veggies
15 Spaghetti & Meat Sauce Garlic Bread Veggies	16 Butter Chicken Basmati Rice Naan Bread Veggies	17 Beef Stew Hungarian Style Mashed Potatoes Veggies	18 Asian Glazed Chicken Thighs Rice Veggies	19 Ginger Beef Chow Mein
22 Victoria Day CLOSED	23 CLOSED	24 BBQ Chicken Roasted Potatoes Veggies	25 Cabbage Rolls Perogies Sauerkraut	26 Ham Scalloped Potatoes Veggies
29 Sweet & Sour Chicken Rice Veggies	30 Schnitzel Spaetzle Mushroom Sauce Veggies	31 Chicken Cordon Bleu Rice Pilaf 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.**



Invitation

Mother's Day Tea

Wednesday, May 10th

1:00 pm - 3:00 pm

Hart Pioneer Centre

6986 Hart Highway

Enjoy an afternoon of relaxation and camaraderie with your Mother, Sister, Grandmother, Niece, Neighbour and Best Friend sipping Tea.

Delicious croissants and a Special Mother's Day dessert will be served.

Tickets are \$10 each Limited Seating

Phone: (250) 962-6712 for reservation.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spaghetti & Meat Sauce	2 Cheese Burger	3 Pork Cutlet	4 Chicken Fettucine	5 Meatballs & Rice	6
7	8 Mac & Cheese	9 Chicken Stir-Fry	10 Liver & Onions (Substitute- Chef Salad)	11 Pork Chops & Mushroom Sauce	12 Fish	13
14	15 Lasagna	16 Taco Salad	17 Smokies & Perogies	18 Meatloaf & Mashed Potatoes	19 Chef Salad	20
21	22 <u>CLOSED</u> VICTORIA DAY	23 BBQ Chicken	24 Sausages & Mashed Potatoes	25 Ham & Scalloped Potatoes	26 Baked Sole & Rice	27 
28 	29 Beef Stir-Fry	30 Chicken Burger	31 Chili & Cheese	PG & DISTRICT SENIOR ACTIVITY CENTRE 425 Brunswick Street 250-563-1915		

SUMMER 2023 GROUP DANCE CLASSES

LEARN THE BASICS IN DIFFERENT STYLES

Location: 425 Brunswick Street

JUNE, JULY, AUGUST - DANCE SCHEDULE

MONDAY NIGHTS: 7:00-9:00 pm		FRIDAY NIGHTS: 7:00-9:00 pm	
Doors Open at 6:45pm Advanced Moves 7:00-7:25 BEGINNER LESSONS 7:30-8:30 Open Dance 8:30-9:00		Doors Open at 6:45pm Advanced Moves 7:00-7:25 BEGINNER LESSONS 7:30-8:30 Open Dance 8:30-9:00	
DATE	DANCE STYLE	DATE	DANCE STYLE
		2-Jun	Rumba
5-Jun	Salsa	9-Jun	Rumba
12-Jun	Salsa	16-Jun	Cha Cha
19-Jun	Salsa	23-Jun	Cha Cha
26-Jun	Merengue	30-Jun	All Dances Q&A and Practise
3-Jul	Waltz - Standard	7-Jul	Fox Trot - Standard
10-Jul	Waltz - Standard	14-Jul	Fox Trot - Standard
17-Jul	Waltz - Standard	21-Jul	Fox Trot - Standard
24-Jul	Waltz - Country/Viennese	28-Jul	Fox Trot - One Step
31-Jul	All Dances Q&A and Practise		
		4-Aug	Single Time Swing
7-Aug	Country Western Two Step	11-Aug	Single Time Swing
14-Aug	Country Western Two Step	18-Aug	Single Time Swing
21-Aug	Country Western Two Step	25-Aug	East Coast Tripple Time Swing
28-Aug	Country Western Six Step		

THIS IS A PARTIAL FUND RAISER FOR BRUNSWICK SENIORS ACTIVITY CENTRE SPONSORED BY DANCEPG.CA

PRICING: \$50/per Month/Person

- OR \$80/10 Visit Punch Card (10 visits for one person; 5 visits for two people).

Registration to be completed ahead of classes or at first class of the month.

TO REGISTER - SEE ANGIE IN THE BRUNSWICK OFFICE (M-F 9am-3pm)

OR CONTACT DANCEPG: WENDY SCHMIDT Cell 250-961-1483 Email CODASAM@TELUS.NET

North Central Seniors Association,

5401 Moriarty Crescent,

Prince George, BC V2N 4C5

NORTH CENTRAL SENIORS CALENDAR FOR MONTH OF

MAY 2023

NCSA, 5401 Moriarty Crescent, Prince George BC, V2N 4C5

MONDAYS

May: 1st, 8th, 15th

CARDS: 9:30am – Noon

YOGA: 10am – 11am

PHOTO CLUB: 10am – Noon

May 22nd

Closed for Victoria Day

May 29th

CARDS: 9am – 11:15am

YOGA: 10am – 11am

PHOTO CLUB: 10am – 11:15am

LUNCH: 11:15am – Noon

TUESDAYS

May 16th

BREAKFAST CLUB AT SUPER 8 (OLD ESTERS INN)
9:30am – At Your Discretion

WEDNESDAYS

May: 3rd, 10th, 17th, 24th, 31st

TIA CHI: 10am - 11am *(No Tia Chi on 3rd)*

MENS POOL: 10am – Noon

SCRABBLE: 10am – Noon

May 31st:

ART WITH GINNY: 9:30am – Noon
(In the back room)

THURSDAYS

COFFEE SOCIAL AT COLLEGE HEIGHT TIM'S
2pm - At Your Discretion

NOTICE:

UPCOMING ACTIVITIES TO PLAN FOR:

- **BARBEQUE: JUNE 23RD**
- **BUS TRIP TO FORT ST JAMES: JULY 5TH**

Website:

North Central Seniors Association

ncsapresident@yahoo.com

FRIDAYS

May 5th

EXECUTIVE MEETING: 9am – 10am

GENERAL MEETING: 10am - Noon

May 12th

CARDS: 9:30am – Noon

ART WITH GINNY: 9:30am - Noon
(In the Main Room)

BLDG COMM MEETING: 10am - Noon

May 19th

CARDS: 9:30am – Noon

DEMO KITCHEN: 10am – Noon

May 26th

CARDS: 9:30am – Noon

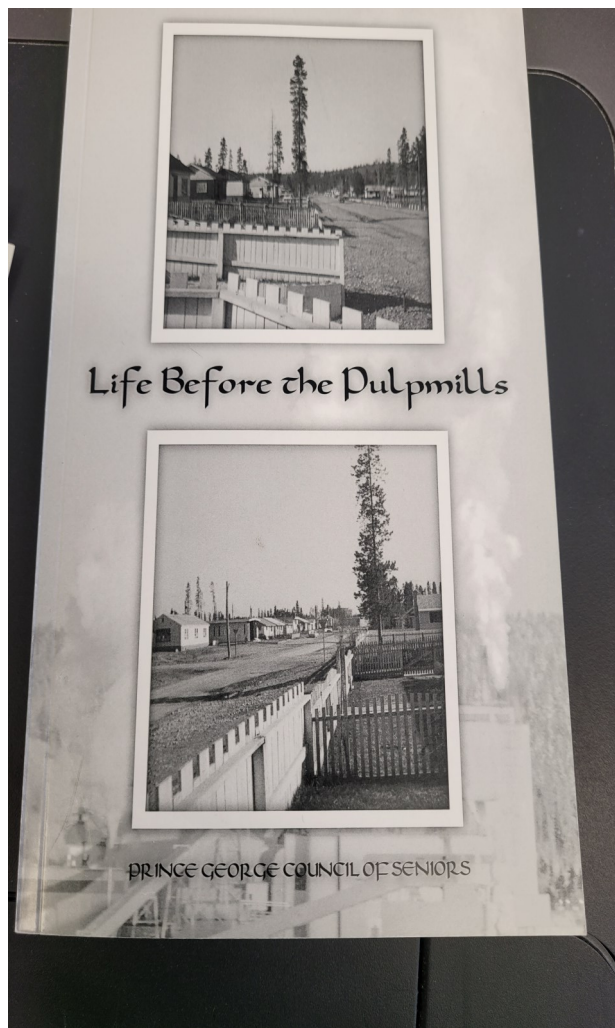
BIRTHDAY TEA: 10am – Noon
(Music By "Request")

PICKUP HUNNIFORD PLANTS AT
CHURCH PARKING LOT: 3pm – 4:30pm

SATURDAY

MAY 13TH

JUNK IN THE TRUNK AT CHURCH
PARKING LOT: 10am – 2pm



Book Review

Life Before the Pulp Mills – Prince George Council of Seniors

Edited by June Chamberland,

Bev Christensen and Luci Redmond

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

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

Blue Rose Mobile Foot Care and Esthetics

Debby Boutilier

Certified Master Pedicurist / Esthetician

Highest Level and Safest Pedicures

250.981.1961

bluerose.mobilefootcare@gmail.com

or message me on Facebook

10045 Merton Place, Prince George, BC



Specializing in diabetic and senior care

Municipal Pension Retirees Association

District 27 Prince George



QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006

email kfmck12@gmail.com

BC Government Retired Employees Association

Exclusions, professionals or union members



Come and attend our Quarterly Meetings and learn about travel insurance, hearing aides, travel discounts, etc.

For more information call Rosemarie 250 563 4194

or email < oconno-4@telus.net >



JOIN OUR COUNCIL OF ADVISORS

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

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

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

**APPLY
ONLINE**

seniorsadvocatebc.ca

Deadline: April 15, 2023

1-877-952-3181

osa.comms@gov.bc.ca



OFFICE OF THE
SENIORS ADVOCATE



The Prince George Public Library

GENEALOGY CLUB

Come join other family history researchers to make use of the library's genealogy collection and online resources. Subject matter experts with experience in Metis, First Nations, and European genealogical research will be available on a casual basis. Upstairs near the Skylab.

Dates:

Thursday, May 4, 11, 18, 25, 2023 - 12:30pm to 1:30pm

Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Drop In

1-on-1 Tech Help

BY APPOINTMENT

From downloading eBooks to using Microsoft Office programs, our tech support staff can help you to get the most out of your computer, tablet, or other digital device. Call 250-563-9251 Ext. 156 to book a 30 minute appointment.

Dates:

Wednesday, May 3, 10, 17, 24, 31, 2023 - 2:30pm to 3:30pm

Location: Bob Harkins Branch

Target Audience: Adults & Seniors

Registration: Free Registration



In partnership with REAPS, a series of programs designed to teach new ways you can lower your material waste and save money!

May4: Garden Planning Phase 2: Planning & Building Garden Structures

Join us to expand on garden planning phase 1 to talk about garden structures. We will overview the layout and placement of your garden, planting in the sun or shade, building garden beds, cold frames, greenhouses and more. We will also highlight what building materials are good and what are best to avoid.

June 1: Water saving tips for the garden+

Join us for our overview on best practices for conserving water in the garden that also will benefit your garden soil and plants! We will cover topics on water saving adapters and facets, rain barrels, irrigation methods, and when, how much and how often to water what plants.

Date: Thursday, May 4, 2023 - 6:30pm to 7:30pm



Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Drop In



Join instructor Tom Hynd as he leads us through a Tai Chi form originally developed as a restorative practice for people suffering from arthritis. Anyone is welcome to join us for an hour of easy-to-follow gentle movement that can be done seated or standing.

Bob Harkins Branch: May 12, 26, June 9, 23

Nechako Branch: May 19, June 2, 16, 30

Date: Friday, May 12, 19, 26 2023 - 12:15pm to 1:30pm



Location: Bob Harkins Branch

Target Audience: Adults

Registration:

Seniors
Free Drop In



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



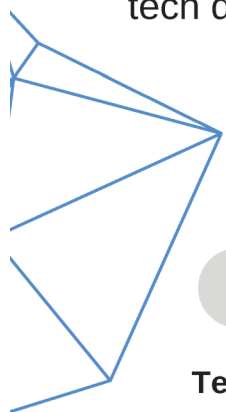
Are you interested in technology that supports older adults?

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.

Participation may include:



Technology demonstration



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, 1330 5th Ave.**

Simply bring in old eyewear and drop them off! **Please do not bring the cases.**

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 4

Housing & Community Navigator

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

Services offered by this program

Advocacy

Friendly Phone Calls

Information

Resources

Community referrals

Help with Forms

Housing resources

Other Support Services: Donation based

Denture support — — On Hold for now

Income Tax — — Preparation for low-income seniors

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

Christmas Hampers — — For low-income and isolated seniors

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

PLEASE FILL OUT ALL AREAS

Name of

Organization: _____

Membership category (check appropriate box):

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

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

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

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

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

My / our "snail mail"

address: _____

My / our email

address: _____

My / our home phone: _____ My / our cell phone: _____

Our regular meeting dates / times: _____

Our Annual General Meeting: _____

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

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

Their

name: _____

Their email

address: _____

Their home phone: _____ Their cell phone: _____

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

→ OVER PAGE →

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

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

\$25.00 plus 10 cents per member

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

\$ 0.10 X _____ = \$ _____)

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

\$50.00

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

\$200.00

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

\$10.00

Paid by our cheque # _____ Date: _____

What are the benefits of being a member with PGCOS.

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

Prince George Council of Seniors (PGCOS)

Please return this form to the Seniors Resource Centre at **1330 5th Ave, Prince George, BC V2L 3L4**. You can also fill out this form online at our website **http://www.pgcoss.ca/?page_id=1598** 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



SHINE BC

Seniors Services Society of BC



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