



# THE SENIOR TIMES

JUNE 2023

25 cents per issue

FREE via Email



## SENIORS RESOURCE CENTRE

### MARK YOUR CALENDAR

#### World Elder Abuse Awareness Day

High Tea

June 14, 2023

1:00 pm to 3:00 pm

Call 250-564-5888 to reserve a spot before June 9th.

#### PGCOS AGM

June 21, 2023

1:00 pm

1330 5th Ave

#### Dementia Workshop

June 27, 2023

10:00 am to 3:45 pm

Prince George Public Library

- 2-3 World Elder Abuse Awareness Day
- 4 Pride Info/National Indigenous Peoples day
- 5 PGCOS AGM Notice
- 6 Dementia Workshop
- 7 A day of Cultures
- 8 Live Well Healthy Living Workshop
- 9 Advance Planning Clinic Details
- 10-11 Lymphedema Information
- 12-13 Elder Citizens Recreation Association (ECRA)
- 14-15 Hart Pioneer Centre
- 16 North Central Seniors Association
- 17-18 PG & District Seniors Activity Centre
- 19 Life Before the Pulp Mills Book
- 20-22 Public Library Events
- 23 CTAAN Dementia and 55+ Games Info
- 24 Technology that supports older Adults
- 25-27 Alzheimer's Society Information
- 28 Recycle Your Old Eyeglasses/ Used Hearing Aids
- 29 Lawn Bowling– Seniors moments
- 30 Grief Support Services
- 31 PGCOS Services
- 32 PGCOS Board information

## Newsletter Submission

### Deadline

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

**Please send your info to Michelle at [ed@pgcos.ca](mailto:ed@pgcos.ca)**



The ***Prince George Council of Seniors*** and  
the ***Community Response Network***  
would like you to join us on **June 14th** from **1-3**  
Contact the **Seniors Resource Centre** for more  
information and to reserve a spot before **June 9th**  
At **250-564-5888**. Ask to speak to **Lindsay**  
There will be tea, coffee, snacks and entertainment.  
No Charge

## WHAT SHOULD I DO IF I SUSPECT ELDER ABUSE?

\*Elder abuse is a horrific act against older adults who often have more concern about the consequences for the abuser than for their own safety.

\*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 have to prove abuse is occurring. It is up to the professionals to determine this.

- **Immediate danger -911**
- **Concerns** - Adult protection Line -250-565-7414
- **Questions:**
  - o Community Policing 250-561-3366
  - o PG Council of Seniors 250-564-5888
  - o BC Coalition to Eliminate Abuse of Seniors [www.bcecas.ca](http://www.bcecas.ca)
  - o Public Guardian & Trustee of BC 1-800-663-7867 [www.trustee.bc.ca](http://www.trustee.bc.ca)
  - o Canadian Network for the Prevention of Elder Abuse [www.cnpea.org](http://www.cnpea.org)
  - o Older Adult Knowledge Network [www.oak-net.org](http://www.oak-net.org)
  - o BC Institute Against Family Violence [www.bcifv.org](http://www.bcifv.org)
- **Information on seniors' rights and elder law:**
  - o BC Ministry of Community Services 1-800-465-4911 [www.cserv.gov.bc.ca/seniors](http://www.cserv.gov.bc.ca/seniors)
  - o Service Canada 1-800-622-6232 [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
  - o Canadian Centre for Elder Law Studies 1-604-822-0633 [www.ccels.ca](http://www.ccels.ca)
  - o Dial-A-Law 1-800-565-5297 [www.cba.org/bc](http://www.cba.org/bc)

## WHAT SHOULD I DO IF I HAVE BEEN ABUSIVE OR FEAR ABUSING A SENIOR IN MY CARE?

- Give yourself a break. Do something to relieve your tension. (e.g. respite care)
- Talk to a counsellor, pastor, or trusted friend.
- Address any alcohol or drug problems.
- Ask your doctor for a referral to a qualified therapist.
- MOST OF ALL BE HONEST WITH YOURSELF AND THOSE WHO WANT TO HELP YOU!







*happy pride*

## PG Pride Parade



## National Indigenous Peoples Day







## **PRINCE GEORGE COUNCIL OF SENIORS (PGCOS)**

Seniors Resource Centre

1330 5<sup>th</sup> Ave Prince George, BC V2L 3L5

Phone 250 564 5888

[www.pgcoss.ca](http://www.pgcoss.ca)

### **Will be holding their Annual General Meeting**

**Date: June 21, 2023**

**Time: 1:00pm**

**Location: 1330 5th Ave**

**Make sure your membership fees are up to date**



## DEMENTIA WORKSHOP

# Dementia and navigating supports for seniors with Q&A



Presenters - Alzheimer Society of B.C. Northern Resource Centre, Prince George Council of Seniors: Better at Home Coordinator, Housing and Community Navigator and CNIB. Free to attend.

**For the general public.**



### WHERE

Prince George Public Library  
888 Canada Games Way  
Prince George



### WHEN

Tuesday, June 27 2023  
10 a.m. to 3:45 p.m.



### REGISTRATION

Registration not required.  
For more information, please  
call the First Link® Dementia  
Helpline at 1-800-936-6033.



We acknowledge the support and partnership of:



**\*Masks are optional.**

Learn more about safety protocols at [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety)

**Alzheimer Society**  
BRITISH COLUMBIA

**First Link®**  
YOUR LINK TO DEMENTIA SUPPORT



Ministry of  
Health



# Festival A DAY OF CULTURES

JUNE 24, 2023 . 10AM - 4PM



## TRADITIONAL CULTURAL FOOD, MUSIC & PERFORMANCES

Prince George Civic Centre, 808 Canada Games Way

PRESENTED BY



Immigrant & Multicultural Services Society  
1270 2nd Ave., Prince George

For more information [www.imss.ca](http://www.imss.ca) 250-562-2900

Funded by the Government of Canada





# HEALTHY LIVING Workshop



1pm - 2pm

Price George Pubic Libary

[www.livewellpg.org](http://www.livewellpg.org)

Live Well Prince George Society

# 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](http://PGCOS.ca).



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

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





## Supporting the Lymphedema Garment Fund

Did you know that your recycling can help the **Lymphedema Garment Fund** at the **Spirit of the North Healthcare Foundation**?

An account has been established for the PG Lymphedema Group at the 3 recycling stations in Prince George:

- 1) Hart Highway & West Austin Rd (beside the Hart Dental Office)
- 2) 2614 Peterson Rd (by Andre's Electronics and Fortune Palace)
- 3) Nechako Bottle Depot (on 1st Avenue)

To use the system, simply bring your containers to the depot in sealed (tied knot at the top), clear bags, and enter the registered phone number **250-613-8579** into the Express kiosk. After you're prompted to select the number of bags you're dropping off, the kiosk will automatically print the same number of sticker tags displaying our unique Express account code. Tag each of your bags with a sticker tag and drop the bags off in the designated Express drop-off area to be counted. No need to wait in line or stand by while your recycling is being counted. Simply "drop and go" once the tags have been printed and placed on your bags.

Or....if taking the recycling isn't possible for you, call that same number: **250-613-8579** and leave a message with your name, address and best time to come by to collect your recyclables. We will come to collect them.

Thank you for supporting the **Lymphedema Garment Fund** and the **Spirit of the North Healthcare Foundation**.

## What Is Lymphedema?

- ♦ There is **no** cure.
- ♦ Left untreated the patient can suffer from dangerous infections such as cellulitis, and other chronic wounds.
- ♦ If not diagnosed and treated properly, Lymphedema patients may become a drain on our health care system.
- ♦ Most Health Care Professionals know very little about Lymphedema and can easily misdiagnose the disease.
- ♦ Lymphedema may present many years after the initial trauma that created it.
- ♦ Lymphedema treatment is (currently), not covered by BC Medical.

*If you are interested in booking a speaker for your event, please contact us.*



*Supporting Lymphedema Patients  
in the Northern BC Health Region*

c/o Lila Reynolds  
11480 Lakeside Dr  
Prince George, BC V2K 5M6  
Phone: 250-967-4549  
Text: 250-613-8579  
E-mail: PGLymphgroup@gmail.com



## Our Speakers



**Sonja Redden** is a highly respected Certified Lymph Drainage Massage Therapist, and owner of *Healing Rivers Physiotherapy*, practicing in Prince George since 2006. Sonja has served as Chair on the Education Committee for the **Canadian Lymphedema Framework**, and is passionate about providing education and support to Lymphedema patients and their families. She is also eager to share information about Lymphedema with Health Care Professionals and other members of our community. *"Knowledge is so important"*.



**Lila Reynolds** has been a Lymphedema patient since 2014. She served with the BC Lymphedema Association in two Executive positions (Vice-President and Treasurer). In partnership with Sonja and other supporters of the PG Lymphedema Group, Lila has spearheaded the **Lymphedema Garment Fund**, A Fund administered by the **Spirit of the North Healthcare Foundation**. The "Garment Fund" provides bandaging supplies and Compression Garments for Lymphedema Patients in the Northern Health Region.



We are interested in offering educational presentations, or participating in panel discussions and Q & A's. Our presentations can be tailored to the time frame your Group's agenda allows.

What we prefer, but it is not essential

- ♦ Audio/Visual equipment
- ♦ A Sound System

Presentations range between 10—30 Minutes, depending on what your Agenda has room for. If the Group has questions following our presentation, we would be pleased to try to answer as best we can. This would add a bit extra time, but will be decided by your Chairperson.

We may be available for Day or Evening appointments.

There is never a charge for our presentation, however should your Group choose to offer an honorarium to the Spirit of the North, earmarked for the Lymphedema Garment Fund, it would be appreciated.

PG Lymphedema Group  
c/o Lila Reynolds  
11480 Lakeside Dr  
Prince George, BC V2K 5M6  
Phone 250-967-4549  
Text 250-613-8579  
Email: [PGLymphgroup@gmail.com](mailto:PGLymphgroup@gmail.com)

## Looking for Someone to Speak at Your Club Meeting?



## Have You Ever Heard of Lymphedema?



Strange word??? Yes it is!!!

Pronounced Limb-fa-dee-ma, this disease is not well known—except to those who have it—and their families, of course.

A few key points:

- ♦ *Lymphedema treatment is (currently), not covered by BC Medical.*
- ♦ *There is no cure.*
- ♦ *Left untreated the patient can suffer from dangerous infections such as cellulitis, and other chronic wounds.*
- ♦ *If not diagnosed and treated properly, Lymphedema patients may become a drain on our health care system.*
- ♦ *Most Health Care Professionals know very little about Lymphedema and can easily misdiagnose the disease.*
- ♦ *Lymphedema may present many years after the initial trauma that created it.*

## What Causes Lymphedema?

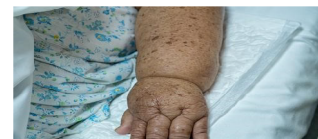
Our presenters will be pleased to provide you with information about the different types of Lymphedema, and what some of the more common causes are. Treatment options will be explained.

## What Are The Challenges?

Our speakers have many years of experience dealing with Lymphedema patients who suffer anywhere from very mild symptoms through to extreme cases that are painful and difficult to live with. They will share a couple of case histories with you.

## How Can You Make A Difference?

The PG Lymphedema Group have a few suggestions about how you can lend your support. There are lots of ways to make a difference. We welcome the opportunity to share some of those ideas with you.



## World Lymphedema Day

Lymphedema is not just a little swelling. It can be a complete physical, emotional, and mental toll on the mind and body.

*Lymphatic  
Strong*

# 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.





## **JUNE—2023 Lunch Menu**

**(served from 11:30—1:00)(Cash Only)**



<b>1st</b>	Cabbage Rolls, Perogies & Veggies	
<b>2nd</b>	Liver, Onions, Mashed Pot & Veggies	
<b>5th</b>	Meat Loaf Monday, Mashed Pot & Veg	
<b>6th</b>	Sausages, Dumplings & Veggies	
<b>7th</b>	Pork Chops, Mashed Potatoes & Veggies	
<b>8th</b>	Jambalaya with Vegetables	
<b>9th</b>	Ham, Scalloped Potatoes & Veggies	
<b>12th</b>	Hungarian Chicken, Rice & Veggies	
<b>13th</b>	Taco Tuesday, Refried Beans	
<b>14th</b>	Lasagna with Garlic Toast	<b>Birthday Tea Board Mtg</b>
<b>15th</b>	Chnky Beef w/ Mshrms & Pprs, & Msh Pot & Veg	
<b>16th</b>	Roast Beef, Yorkshire Pud, Mash Pot & Veg	
<b>19th</b>	Salisbury Steak, Mashed Potatoes & Veg	
<b>20th</b>	Baked Chicken, Mashed Potatoes & Veg	
<b>21st</b>	Chilli & Biscuits	
<b>22nd</b>	Hamburgers, Potato Salad & Brown Beans	
<b>23rd</b>	Ribs and Perogies	
<b>26th</b>	Meatblls, Mshrm Grvy, Mashed Pot & Veg	<b>Gen. Mtg</b>
<b>27th</b>	Swissed Beef, Mashed Potatoes & Veg	
<b>28th</b>	Teriyaki Chicken, Chowmein, Stirfry, Rice	
<b>29th</b>	Smokies & Perogies	
<b>30th</b>	Turkey With All The Trimmings	

## ECRA.....JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: center;"><b>Many of our events are going on hiatus until September.</b></p>			<p style="text-align: center;"><b>1</b></p> <p>10:00 Craft Group 1:00 Floor Curling</p>	<p style="text-align: center;"><b>2</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Whist</p>	<p style="text-align: center;"><b>3</b></p>
<p style="text-align: center;"><b>4</b></p>	<p style="text-align: center;"><b>5</b></p> <p>10:00 Yoga</p>	<p style="text-align: center;"><b>6</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Cribbage</p>	<p style="text-align: center;"><b>7</b></p> <p>9:45 Floor Curling 1:00 Carpet Bowl</p>	<p style="text-align: center;"><b>8</b></p> <p>10:00 Craft Group 1:00 Floor Curling</p>	<p style="text-align: center;"><b>9</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Whist</p>	<p style="text-align: center;"><b>10</b></p>
<p style="text-align: center;"><b>11</b></p>	<p style="text-align: center;"><b>12</b></p> <p>10:00 Yoga</p>	<p style="text-align: center;"><b>13</b></p> <p>9:00 Foot Clinic 9:45 &amp; 11:00 Tai Chi 7:00 Cribbage</p>	<p style="text-align: center;"><b>14</b></p> <p>9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea</p>	<p style="text-align: center;"><b>15</b></p> <p>9:00 Board Meeting 10:00 Craft Group 1:00 Floor Curling</p>	<p style="text-align: center;"><b>16</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Whist</p>	<p style="text-align: center;"><b>17</b></p>
<p style="text-align: center;"><b>18</b></p>	<p style="text-align: center;"><b>19</b></p> <p>10:00 Yoga</p>	<p style="text-align: center;"><b>20</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Cribbage</p>	<p style="text-align: center;"><b>21</b></p> <p>9:00 Foot Clinic 9:45 Floor Curling 1:00 Carpet Bowl</p>	<p style="text-align: center;"><b>22</b></p> <p>10:00 Craft Group 1:00 Floor Curling</p>	<p style="text-align: center;"><b>23</b></p> <p>9:45 &amp; 11:00 Tai Chi 7:00 Whist</p>	<p style="text-align: center;"><b>24</b></p>
<p style="text-align: center;"><b>25</b></p>	<p style="text-align: center;"><b>26</b></p> <p>10:00 Yoga</p>	<p style="text-align: center;"><b>27</b></p> <p>9:45 &amp; 11:00 Tai Chi *1:00 Gen.Meeting* 7:00 Cribbage</p>	<p style="text-align: center;"><b>28</b></p> <p>9:45 Floor Curling 1:00 Carpet Bowl</p>	<p style="text-align: center;"><b>29</b></p> <p>10:00 Craft Group 1:00 Floor Curling</p>	<p style="text-align: center;"><b>30</b></p> <p>9:45 &amp; 11:00 Tai Chi 1:00 Bridge 7:00 Whist</p>	



# HART PIONEER CENTRE

## 6986 Hart Highway

### (250) 962-6712



#### JUNE MENU

**TAKEOUT--- \$10 includes soup**

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

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#### 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!!!**

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

June 2023				
Mon	Tue	Wed	Thu	Fri
			1 Seafood Linguine Alfredo Veggies Garlic Bread	2 Parmesan Stuffed Chicken Breast Roasted Potatoes Veggies
5 Buttermilk Chicken Rice Pilaf Veggies	6 Pork Roast Roasted Potatoes Gravy Veggies	7 Beef Enchiladas Tomato Sauce Rice Veggies	8 BBQ Chicken Roasted Potatoes Veggies	9 Liver & Onions Mashed Potatoes Veggies
12 Chicken Fingers Potato Wedges Veggies	13 Meatloaf Mashed Potatoes Gravy Veggies	14 Danish Pork Medallions Red Cabbage Mashed Potatoes Gravy	15 Penne Bolognese Garlic Bread Veggies	16 Sausage Rolls Beans & Bacon Tomato sauce
19 Salisbury Steak Mashed Potatoes Gravy Veggies	20 Ham Scalloped Potatoes Veggies	21 Garlic Chicken on Pasta Veggies	22 Lasagna Garlic Bread Veggies	23 Sweet & Sour Pork Chow Mein Rice
26 Honey Garlic Meatballs Rice Veggies	27 Beef Dip Potato Wedges Veggies	28 Pulled Pork Wrap Baked Beans Veggies	29 Tortellini & Chicken Breast Marinara Sauce Veggies	30 Salmon Parsley Potatoes Sauce Bernaise 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.**

# NORTH CENTRAL SENIORS CALENDAR FOR MONTH OF

**JUNE 2023**

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

## MONDAYS

June: 5<sup>th</sup>; 12<sup>th</sup>; 19<sup>th</sup>

CARDS: Crib & Canasta: 9:30am – Noon

YOGA: 10am – 11am

MENS POOL (OPEN): 10am – Noon

*(Note: Photo Club discontinued until Sept)*

## TUESDAYS

June 13<sup>th</sup>

BREAKFAST CLUB AT BON VOYAGE

9:30am – At Your Discretion

### NOTICE:

#### TO ALL POOL PLAYERS

*June is the month to take  
advantage of the opportunity to  
play pool on all our open days:*

*Monday, Wednesday, & Friday  
10am to Noon*

## WEDNESDAYS

June: 7<sup>th</sup>; 14<sup>th</sup>; 21<sup>st</sup>

TAI-CHI: 10am - 11am )

MENS POOL: 10am – Noon

SCRABBLE: 10am – Noon

## THURSDAYS

COFFEE SOCIAL AT COLLEGE HEIGHT TIM'S

2pm - At Your Discretion

& Throughout the Summer

### NOTICE

*June 23<sup>rd</sup> will be our last day before  
Summer Break*

#### Except For:

*Bus Trip to Fort St James:  
JULY 5<sup>TH</sup>*

## FRIDAYS

June 2<sup>nd</sup>

EXECUTIVE MEETING: 9am – 10am

June 2<sup>nd</sup>; 9<sup>th</sup>; 16<sup>th</sup>

CARDS: Crib & Canasta: 9:30am – Noon

SCRABBLE: 10am – Noon

MENS POOL (OPEN): 10am – Noon

June 9<sup>th</sup>

ART WITH GINNY: 9:30am - Noon

*(In the Main Room)*

**June 23<sup>rd</sup>**

**SPRING SEASON ENDS, BARBEQUE  
& SILENT AUCTION  
10:30AM – Noon**

*After the Summer Break  
Our Centre Will Reopen,  
Monday, Sept 11<sup>th</sup>*

*Next General Meeting:  
Friday, Sept 15<sup>th</sup>*





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>MEALS ON WHEELS</b> <b>250-564-5888 or 250-564-9100</b> NEW ADDRESS- 1330 5 <sup>TH</sup> AVE			1  Pork Chops & Mushroom Sauce	2  Fish	3  
4	5  Cheese Burger	6  Breaded Baked Chicken	7  Meatloaf & Mashed Potatoes	8  Beef Stir-Fry	9  Ham & Scalloped Potatoes	10
11	12  Mac & Cheese	13  Pork Cutlet	14  Chicken Burger	15  Lasagna	16  Chili & Cheese	17
18	19  Meatballs	20  Chicken Stir-Fry	21  Pork Roast	22  Shepherd's Pie	23  Chicken Wings	
25  	26  Hot Beef Sandwich	27  Smokies & Perogies	28  Spaghetti & Meat Sauce	29  Chicken Tenders	30  Cold Plate	

# 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 <b>BEGINNER LESSONS 7:30-8:30</b> Open Dance 8:30-9:00		Doors Open at 6:45pm Advanced Moves 7:00-7:25 <b>BEGINNER LESSONS 7:30-8:30</b> 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

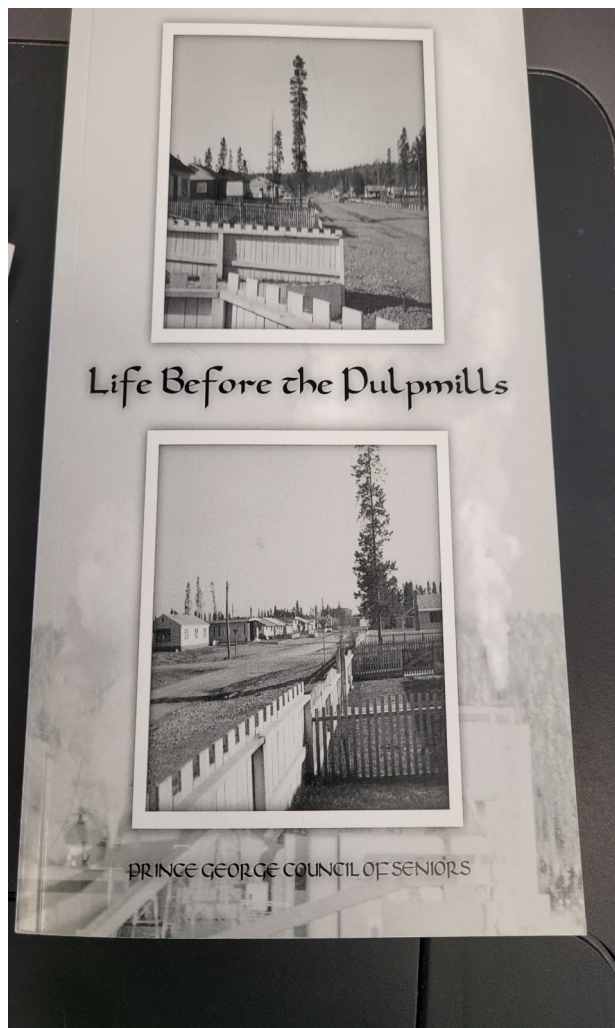
**PRICING: \$50/per Month/Person**

**- 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**



## 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 >*





# 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, June 1, 8, 15, 22, 29 2023

**Time:** 12:30pm to 1:30pm

**Location:** Bob Harkins Branch

## 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, June 7, 14, 28, 2023 -

**Time:** 2:30pm to 3:30pm

**Location:** Bob Harkins Branch



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.

**Dates & Locations:** Bob Harkins Branch: June 9, 23

Nechako Branch: June 2, 16, 30

**Time:** 12:30pm to 1:30pm



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

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, June 1, 2023

**Time:** 6:30pm to 7:30pm

**Location:** Bob Harkins Branch



Connect with services

such as Work BC, The Ministry of Social Development and  
Poverty Reduction, and Service BC.

Date: Tuesday, June 6, 2023

Time: 1:00pm to 3:00pm

Location: Bob Harkins Branch



The Alzheimer's Society of BC and the PG Council of Seniors invite you attend a day of presentations about the services they provide seniors in our community.

#### TOPICS:

Programs & Services- PGCOS

Caregiving - PGCOS

Getting to know dementia - ASBC

Cognitive Care Kits

Date: Tuesday, June 27, 2023

Time: 10:00am to 3:00pm

Location: Bob Harkins Branch





## Dementia Online Information

Are you looking for Dementia Information

Consider accessing  
[dementiawellnesscanada.com](http://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](mailto: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**



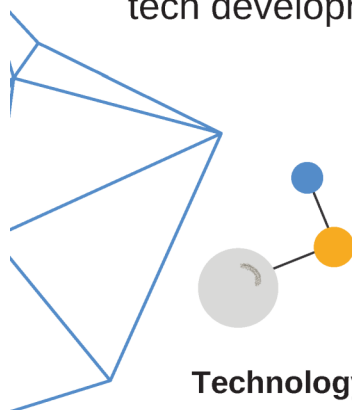
# Are you interested in technology that supports older adults?



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**



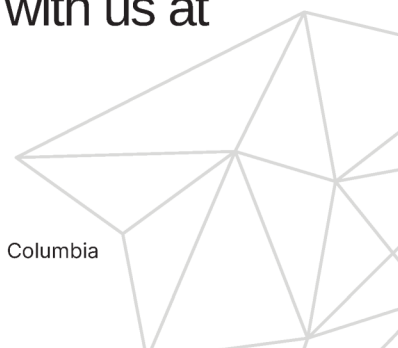
**Upon completion:  
you will receive a  
\$50 e-gift card**

*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](mailto:unbctechstudy@unbc.ca)**



This study has been reviewed by the Research Ethics Board at the University of Northern British Columbia  
Email: [research@unbc.ca](mailto: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](mailto:info.princegeorge@alzheimercbc.org)



# Caregiver support group

Receive peer support and resources if you are caring for someone living with dementia



Our family caregiver support group offers a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey. Free to attend; donations appreciated.

## Where

Prince George Resource Centre  
302-1811 Victoria Street

## Registration

To register, please call the First Link Dementia Helpline®  
at 1-800-936-6033

## When

2nd Wednesday of every month  
10:30 am to noon

## COVID-19 safety protocol

Masks are optional. Learn more about  
safety protocols at  
[alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

**Alzheimer Society**  
BRITISH COLUMBIA

**First Link®**  
YOUR LINK TO DEMENTIA SUPPORT

 **BRITISH COLUMBIA**  
Ministry of Health

# Early-stage support group

Receive peer support and resources if you are in the early stages of dementia



Our early-stage support group offers a safe place for people in the early stages of dementia. Learn about dementia and community resources, and connect with others on a similar journey. Free to attend; donations appreciated.

## Where

Prince George Resource Centre  
302-1811 Victoria Street

## Registration

To register, please call the First Link Dementia Helpline® at 1-800-936-6033

## When

2nd Wednesday of every month  
1 to 2 pm

## COVID-19 safety protocol

Masks are optional. Learn more about safety protocols at [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

**Alzheimer Society**  
BRITISH COLUMBIA

**First Link®**  
YOUR LINK TO DEMENTIA SUPPORT

 **Ministry of Health**

# 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](http://www.cfisfm.com)

1:00 to 2:-00 pm every Tuesday! Listen LIVE — 93.1 FM

## PRINCE GEORGE LAWN BOWLING CLUB

Join the Prince George Lawn Bowling Club for enjoyable outdoor activity.

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

**When: - Tuesday morning at 10 A.M.**

**Wednesday Evening -7 P.M.**

**Thursday afternoon- 1 P.M.**

**Sunday Afternoon -2 P.M.**

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

For further information: Phone: Dan Gilgan -962-0643 or  
John Warner - 563-4888,  
or Evelyn O'Sullivan at 250-561-7448 [sullypg@shaw.ca](mailto:sullypg@shaw.ca)



### Foot Care

425 Brunswick

Joanne Relagiate

Call [250-563-1915](tel:250-563-1915)

**for appointment**



Prince George Hospice Palliative Care Society



## *Grief Support Services*

For more information:

[www.PGHPCS.ca](http://www.PGHPCS.ca) | [info@PGHPCS.ca](mailto:info@PGHPCS.ca)

250-563-2551 | 1506 Ferry Ave

### Family Grief Support

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

The program has three groups that run simultaneously:

A group for children ages 6 – 12 years.

A group for youth ages 13 – 20 years.

A group for parents and people who care for children.

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

### Adult Support Services

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

Tea Time for the Soul: Drop-in Wednesdays 3:00 – 5:00 pm

Virtual Grief Support: Drop-in Thursdays 1:30–3:00 pm

Broken Circle: Ten-week peer support and grief education group.

Grief and Grub for Guys: Eight-week program specific for grieving men.

Hospice Hearts: Support for parents who have lost a child by opioid overdose

COVID Long Haulers: Drop-in Mondays 1:00 – 3:00 pm.

Coffee for the Caregiver: Drop-in support for caregivers Thursdays 1:00–3:00 pm

Registration is required for all of our programs.



**PGCOS-Seniors Resource Center — Call 250-564-5888 for more info**

## **Programs & Other Support Services**

### **Programs: Funding Based**

#### **Meals on Wheels**

Meals on wheels supports Older adults 55+ residing in the bowl area of Prince George who have difficulty preparing meals. 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**

#### **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:**

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fhavja@telus.net

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bgunn44@telus.net

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jcmarren@telus.net

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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.*