

Prince George Council of Seniors

Senior Times Newsletter

September 2023 Edition



Meals On wheels Announcement

We are please to announce that we are collaborating with Trinity United Church for the Meals on Wheels Program. It has been a very busy month, finding a kitchen, kitchen staff , getting permits and so on. But we are just about there. Meals for the Meals on Wheels Program will resume on **September 5th**. Thank you to all who have reached out, and a Special Thank you to Reverand Bob from Trinity United. Please remember that donations for this program are necessary to succeed and are greatly appreciated.



Michelle McGregor

Executive Director

And

Nicole Currie

Meals on Wheels Coordinator

MARK YOUR CALENDAR

The Seniors Resource Centre will be closed on the following days:

September 04, 2023 BC Labor Day



Submission Deadline

September 26th

- 2 Meals on Wheels menu
- 3 Thank you from PGCOS
- 4-5 Golden Age Social
- 6 Volunteers needed
- 7 Do you Identify as a caregiver
- 8 Caregiver Coffee & talk Info
- 9 Mobility scooters for sale
- 10 Advance Planning Clinic Details
- 11-14 Elder Citizens Recreation Association (ECRA)
- 15-18 Hart Pioneer Centre
- 19-23 PG & District Seniors Activity Centre dance lesson info
- 24-25 Spruce Capitol Information
- 26 Life Before the Pulpmills Book
- 27-28 Le Cercles Des Canadiens Français
- 29 Parkinson Super walk
- 30 Alzheimer's Society Information
- 31 Recycle Your Old Eyeglasses/ Used Hearing Aids
- 32 Lawn Bowling– Seniors moments
- 33-34 Grief Support Services
- 35 PGCOS Services
- 36 PGCOS Board information



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 MEALS ON WHEELS 250-564-5888 or 250-564-9100					1 <u>CLOSED</u>	2
MEAL \$9.50 INCLUDES: 1 SIDE AND 1 BREAD/BUN		SIDE OPTIONS CREAM SOUP BROTH SOUP SALAD DESSERT FRUIT PLATE		EXTRA'S SIDES \$3.00 BREAD \$1.00		
3	4 <u>CLOSED</u> LABOUR DAY	5 Shepherd's Pie	6 Chicken & Rice	7 Spaghetti	8 Ribs & Baked Potato	9 
10	11 Cabbage Rolls, Smokies & Perogies	12 Meatloaf & Mashed Potatoes	13 Chicken Stir-Fry	14 Mac & Cheese	15 Pork Chop with Mushroom Gravy	16
17	18 Fish & Rice	19 Roast Beef & Mashed Potatoes	20 Chicken Stew	21 Chef Salad	22 Pork Cutlet & Potatoes	23 
24	25 Chili & Cheese	26 Beef Stir-Fry	27 Ham & Scalloped Potatoes	28 Lasagna	29 Pork Roast & Potatoes	30

We would Like to give big shout out to Elder Citizen Recreation Centre (ECRA) who has helped us serve some meals for some of our Meals on Wheels clients for the month of August. A special Thanks to the Chef at ECRA Laurel and her assistant Amanda and to Joan and the board for assisting the clients who did not have any alternative resources. We are on a mission to resume services for the month of September. Thank you to all the Community who has reached out and is always showing their support.

Sincerely

Michelle McGregor

Nicole Currie

The PGCOS Board





PGCOS Is looking for host agencies to assist with the Golden Age Social.

What is the Golden Age Social?

In collaboration with the City of Prince George we put on The Golden Age Social in October, November, December, February, March and June.

There are snacks and Entertainment.

What is required of the host agency?

Volunteers to set up, serve the snack, and to clean up.

The Host Agency provides the snacks, table prizes and decorations.

**Currently we need a host Agency for October,
November, December, & March**

If we cannot find a host agency we may need to cancel these event. These events allow seniors to have social interactions with many seniors. It is so important to their well being and mental health.

For more information please contact

Lindsay at info@pgcos.ca or 250-981-1213



GOLDEN AGE SOCIAL

Please Join us!

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



Doors Open at 1:30pm & Entertainment starts at 2:00pm

Mark your calendar for the dates below:

Monday October 2nd, 2023

Monday November 6th, 2023

Wednesday December 6th, 2023

Monday February 12th, 2024

Monday March 25th, 2024

Wednesday June 12th, 2024

VOLUNTEERS NEEDED!

CALL SENIORS RESOURCE CENTRE 250 564 5888

Our Better at Home Program is in need of some Volunteers to

assist with a few tasks.

Please contact Wendy and she will assist you with the process.

She can be reached at 250-564-5888 or hcn@pgcos.ca

Our Caregiver support Program is in need of Volunteers who have experience is caring for seniors. If you are a retired Nurse or retired caregiver and would like to volunteer some time to assists families and friends who are caring for they loved ones please contact Wendy and she will assist you with the process. She can be reached at 250-564-5888 or hcn@pgcos.ca



ARE YOU ... OR DO YOU KNOW ... an isolated or lonely senior who would appreciated 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?**

Call Wendy at 250 564 5888 for more information! Or hcn@pgcos.ca



DO YOU IDENTIFY AS A **CAREGIVER?**



Are you a
Spouse,

Child or Friend

who is supporting or assisting someone living
with an illness, disability or frailty due to aging

If you are, then you are

A CAREGIVER

and we want to connect with you. Contact Clarence
for more info on our Caregiver Support Program at
250-564-5888 or by email at csp@pgcos.ca



United Way
British Columbia

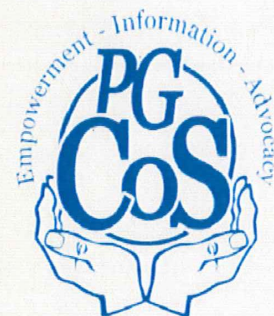
Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island





PG Friends & Family

Caregiver Support
Program



PG Friends & Family Caregiver Program

is having a weekly

Coffee & Talk

Join us

Wednesdays @ 11:00am
1330 5th Avenue

Please call CLARK
at (250) 564 5888 to register
as space is limited



Family Caregivers
of British Columbia



United Way
British Columbia

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

Mobility scooter for sale. Please contact Brent at brentmintenko@gmail.com or 250-962-9838



3 Wheel Fortress
(1700DT). OLDER
model,
new battery.
\$600



Hearty Beef and Barley Soup



Ingredients

- 1 tablespoon canola oil
- 1 pound beef top round steak, cut into 1/2-inch cubes
- 3 cans (14-1/2 ounces each) beef broth
- 2 cups water
- 1/3 cup medium pearl barley
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 3 tablespoons minced fresh parsley

Directions

1. In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes. Stir in peas; heat through.

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

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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



September 2023 Lunch Menu

(served from 11:30—1:00)(Cash Only)



1st	Ham, Scalloped Potatoes & Veg	
4th	Labour Day...ECRA is Closed	
5th	Macaroni & Cheese w/European Wieners	
6th	Teriyaki Pork, Chow Mein, Stir Fry & Rice	
7th	Salisbury Steak, Mashed Potatoes & Veg	
8th	Roast Beef, Yorkshire, Mashed Pot & Veg	
11th	Beef Stroganoff with Biscuits	
12th	Chicken Souvlaki, Greek Spuds & Veg	
13th	Lasagna & Garlic Toast	Birthday Tea
14th	Beef Stew & Biscuits	
15th	Liver, Onions, Mashed Potatoes & Veg	
18th	Hamburgers, Potato & Macaroni Salads	
19th	Swiss Baked Chicken, Mashed Pot & Veg	
20th	Meatloaf, Mashed Potatoes & Veg	
21st	Chilli & Biscuits	Board Mtg
22nd	Ribs, Baked Potatoes & Veg	
25th	Hamburger Hash, Roasted Potatoes & Veg	
26th	Chicken Burgers, Macaroni & Potato Salads	General Mtg
27th	Jambalaya & Vegetables	
28th	Smokies & Perogies	
29th	Turkey & All The Trimmings	

Elder Citizens' Recreation Association

1692 Tenth Ave. Prince George, B.C. V2L 3S4

Telephone: 250-561-9381



CRAFT FAIR BOOK SALE & BAKE SALE



SATURDAY, OCTOBER 21, 2023

TIME: 9:00 AM TO 2:00 PM

BAKE SALE

Donations appreciated



CONCESSION

Vendor tables still available @ 25.00 each



There will be a great selection of everything you may need to help you with your Christmas shopping!!

Take home some delicious home baking for the whole house to enjoy.

For more information call the ECRA office 250-561-9381

Or come in and talk to the Manager

ECRA.....September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00 Whist	2
3	4 LABOUR DAY ECRA is Closed	5 7:00 Cribbage	6 9:45 Floor Curling 1:00 Carpet Bowl	7 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	8 7:00 Whist	9
10	11 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	12 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	13 9:45 Floor Curling 1:00 Birthday Tea 1:00 Carpet Bowl	14 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	15 9:45 & 11:00 Tai Chi 7:00 Whist	16
17	18 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	19 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	20 9:45 Floor Curling 1:00 Carpet Bowl	21 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	22 9:45 & 11:00 Tai Chi 7:00 Whist	22
24	25 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	26 9:00 Line Dancing 9:45 & 11:00 Tai Chi *1:00 Gen.Meeting* 7:00 Cribbage	27 9:45 Floor Curling 1:00 Carpet Bowl	28 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	29 9:45 & 11:00 Tai Chi 7:00 Whist	30 

**MEMBER SERVICES AVAILABLE AT OUR CENTRE
ELDER CITIZENS' RECREATION ASSOCIATION
(aka ECRA)**

****Be our guest for 2 visits to any activity; after that,
Membership is required to continue attendance****

You don't have to be a member to enjoy lunch.

****SOCIAL ****

Birthday Tea—2nd Wednesday, September thru June at 1:00 pm. Everyone Welcome to help celebrate those who have birthdays and anniversaries.

Craft Group—Thursday, 10:00 am

Cribbage—Tuesday, 7:00 pm

Whist—Friday, 7:00 pm

Canasta—Hopefully coming

****EXERCISE****

Yoga—Monday, 10:00 am

Tai Chi —Tuesday & Fridays 9:45 & 11:00 am

Carpet Bowling—Wednesday 1:00 pm

Floor Curling—Wednesday, 9:45 am/Thursday 1:00 pm

Line Dancing—Tuesday, 9:00 am

****ENTERTAINMENT****

Forever Young Chorus—Thursday—1:00 pm

Ukulele Group—Monday —10:00 am

Patch Work of Talent Group — Monday — 1:00 pm

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HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712



SEPTEMBER MENU

TAKEOUT--- \$10 includes soup

If there is a lunch in September's menu that you would like to order, **please call** the Centre (250) 962-6712 at least **24 hours** prior between the hours of 9 am to 1 pm.

DINING - IN - Please call 24 hrs. in advance, if possible.

*If you wish, you can pre-order takeout lunches for the month of September in advance by calling the Centre.

.....

SEPTEMBER's SPECIAL

Friday, September 15th 11:30am – 1:00 pm.

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

Pre-order(s) by Wednesday, September 13th -12 noon.

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

September 2023

Mon	Tue	Wed	Thu	Fri
				1 Macaroni & Cheese Grilled Pork Tenderloin Medallions Veggies
4 Labour Day CLOSED	5 Chicken Stuffed Apple Brie Roasted Potatoes White Wine Sauce Veggies	6 Liver & Onions Mashed Potatoes Veggies	7 Schnitzel Spaetzle Mushroom Sauce Veggies	8 Chicken Stew & Mushrooms Parsley Potatoes Veggies
11 Ham & Perogies Sauerkraut	12 Meatloaf Mashed Potatoes Gravy Veggies	13 Parmesan Chicken Tortellini & Alfredo Sauce Veggies	14 Chili con Carne Scone Pasta Salad	15 SPECIAL - \$15 ROASTED LEG of LAMB Duchess Potatoes Gravy Veggies Dessert
18 Spaghetti & Meat Sauce Garlic Bread Veggies	19 Chicken Fingers French Fries Veggies	20 Beef Dip Roasted Potatoes Hoagie Bun Au Jus Coleslaw	21 Sweet & Sour Pork Chow Mein Rice	22 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki
25 Pork Roast Mashed Potatoes Gravy Veggies	26 Lasagna Garlic Bread Veggies	27 Seafood Linguine Alfredo Veggies Garlic Bread	28 BBQ Turkey Drumsticks Twice Baked Potato Veggies	29 Beef Rouladen Mashed Potatoes Gravy 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.



HART PIONEER CENTRE

6986 Hart Highway

Prince George

(250) 962-6712

HARVEST TEA

Wednesday, Oct. 4th

1:00 – 3:00 pm

\$10.00 per person

UPDATE: UPCOMING EVENTS

1. Thursday, Sept. 21, 1:30 pm – **GENERAL MEETING**
2. Sunday, Sept. 24, 1:00 pm – **CRIBBAGE TOURNAMENT**
\$10 per person – Must 19 years old and over to participate.
3. Wednesday, Oct. 4 – 1:00 pm. – **HARVEST TEA**
\$10 per person – Limited seating – Tickets available. Contact the office.
4. Saturday, Oct. 28 - **OKTOBERFEST (Dinner & Dance) – BSide**
5. Saturday, Nov. 4 – 9:00 am – **CRAFT FAIR & BAKE SALE**
Tables available - \$20 each – Contact the office.
6. Sunday, Nov. 19 - 5:00 pm – **ROAST BEEF DINNER**
7. Thursday, Nov. 23 – 1:30 pm – **GENERAL MEETING**
8. Saturday, Nov. 25 – 8:00 pm – **DANCE - BSide**
9. Thursday, Dec. 7 – 5:00 pm – **ANNUAL XMAS DINNER**
10. Sunday, Dec. 31 – **NEW YEAR'S DANCE - BSide**

Please note: Information will be forthcoming regarding tickets etc .for the following # - 4, 6, 8, 9, 10

Phone number (250) 962-6712


Prince George Senior Activity Centre

425 Brunswick

250-563-1915

September 2023—Menu

Sun Mon Tue Wed Thu Fri Sat

Prince George Senior Activity Centre 425 Brunswick St. Prince George, BC. V2L 2B7 Phone: (250) 563-1915 Email: senioractivitypg@shaw.ca Facebook: Prince George Senior Centre Website: https://senioractivitypg.wixsite.com/brunswickst			Dine in or Take out **NEW** Breakfast: 8:30 am to 11am **Change** Lunch Served: 11:00 am to 1pm		1 Taco Salad	2
3	4 CLOSED Labour Day 	5 Pork Chops & Mushroom Sauce	6 Cabbage Rolls **New**	7 Western Quiche **New**	8 Smokies & Perogies	9
10	11 Roast Beef Dinner	12 Chicken Stir Fry	13 Shepherds Pie **New**	14 Open Face Denver w/ Chips **New**	15 Cheese Burger & Mac Salad	16
17	18 Meat Balls & Rice	19 Chicken Penne	20 Hamburger Casserole	21 Ham & Scalloped Potatoes	22 Liver & Onions	23
24	25 Fish & Chips **New**	26 Salisbury Steak & Mashed Potatoes **New**	27 Pork Cutlet & Mac & Cheese	28 Stuffed Baked Chicken Breast **New**	29 Beef Stew	30



**Country
Dance!**

CARIBOO THUNDER

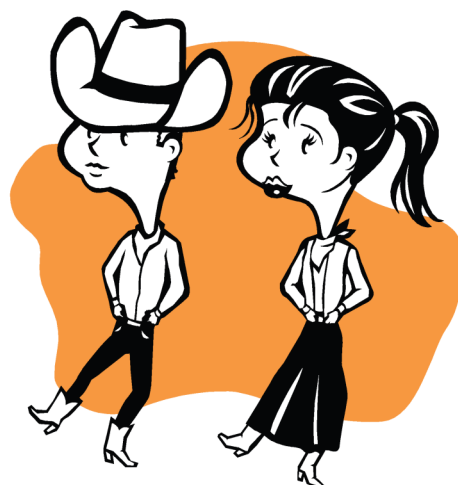
**Saturday
September 2**

**\$20 at the door
includes lite snack**

**Doors Open at 7:00pm
Dancing 7:30 to 11:30**

**Cash Bar
50/50 Draw**

**Everyone 19+
welcome**



425 Brunswick Street
Prince George Senior Activity Centre
250-563-1915



EVENING BINGO & COOKIES

September 16

Doors open 6pm

Bingo starts at 6:30pm

\$15 at the door

Includes:

15 Bingo Cards

9 Games

5 Cookies

Coffee / Tea

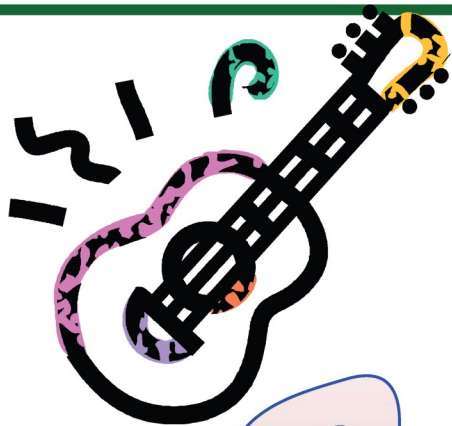
Everyone 19+ Welcome

50/50 Raffle

Prince George Senior Activity Centre

425 Brunswick Street

250-563-1915



*Dance !
Country!
Rock n' Roll!*

B Side

**Saturday
September 23**

**\$20.00 at the door
includes a lite snack!**



**Doors Open at 7:00pm
Dancing 7:30 to 11:30**

**Cash Bar
50/50 Draw**



Everyone 19+ welcome



**Senior Activity Centre
425 Brunswick St—564-3287**



Fall Harvest Breakfast

Sunday, September 24

Doors open @ 9:30 am

Breakfast served @ 10 am



TICKETS:

Adult \$17

Kids 8 & Under \$5

**Tickets must be Pre-purchased Prior to September 21
(No tickets at the door)**



Breakfast Includes:

Scramble Eggs

Bacon / Sausage

Toast / Jams

Muffins

Hashbrowns

Fruit Salad

Pancakes / syrup / fruit compote



425 Brunswick Street
Prince George Senior
Activity Centre
250-563-1915



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

SEPTEMBER SCHEDULE OF EVENTS

September 4	Closed for Labour Day	
Monday	Tai Chi starting September 11	10:00 am
Tuesday	CANASTA	1:00 pm – 3:00 pm
Wednesday September 6 and 20th	Reflexology with Lady Di Esthetics	Call office to book appointment
Wednesday	BINGO	1:00 pm
Thursday	CANASTA	1:00 pm
Friday	Free computer classes	10:00 am
Friday September 15	Angora Pool Tournament	10:00 am
Saturday September 9	Crib Tournament	Register: 10:00 am Play: 11:00 am

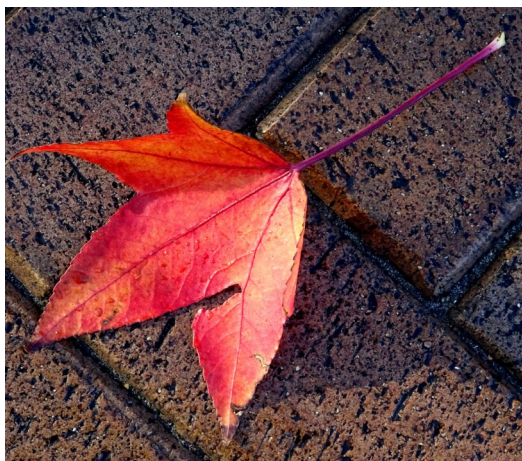
September Lunch Menu

Soup and a bun	\$ 6.00
Sandwich	\$ 6.00
Soup and Sandwich	\$ 10.00

Our menu is posted daily and includes at least two types of soup and two types of sandwiches. Egg salad and grilled cheese sandwiches are usually available. We also strive to provide gluten free options.

COMING EVENTS

September 8th	Silent Auction of Silver Jewellery
September 9	Cribbage Tournament
September 13	Reflexology with Lady Di Esthetics
September 15th	Free pool tournament and pizza
September 26th	Grand opening of Quality Time Wellness
September 30th Sale	Scrapbooking Garage Sale
October 21	Our Garage Sale – Donations are now being accepted
November 2^{ing}	Annual General Meeting



Computer Corner

Computers classes start September 8th. There is a sign-up sheet on the front table.

These classes are free and will take place every Friday. Each class lasts for 1 ½ hours.

Computers will be available but you may bring your own devices if you wish.

Learn how to:

- Keep track of appointments and tasks

- Use the internet

- Use e-mail and social media

- Use Microsoft Word

- Use Excel to create a budget

- Communicate with video chats



Cribbage Tournament

September 9, 2023

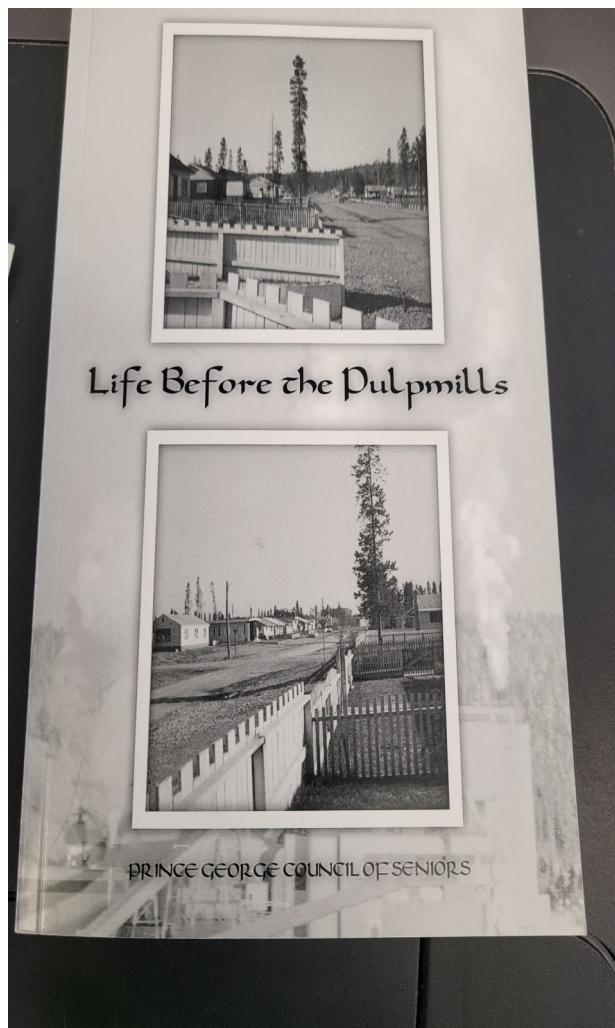
Registration: 10:00 am

Play begins: 11:00 am

Soup and sandwiches will
be available.



Please donate to our Octo-
ber 21st Garage Sale



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 Rose O'Connor 250-563-4194

or email oconno4@telus.net



LE CERCLE DES
CANADIENS FRANÇAIS
PRESENTS:

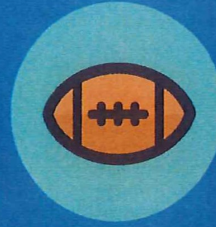
SPORTS ACTIVITY - SPECIAL FOR SENIORS

TUESDAY AUGUST 29TH
10AM-12PM
UNBC (3333 UNIVERSITY WAY)

WARM UP | DODGEBALL | SNACK

POUR S'INSCRIRE!
TÉLÉPHONE: 250-561-2565
EMAIL: INFOLECERCLE@GMAIL.COM

JOIN US!



Canada

BOOK LAUNCH WITH ELIZABETH EAKIN

AUTHOR OF

A BC ISLAND ANIMAL DREAM



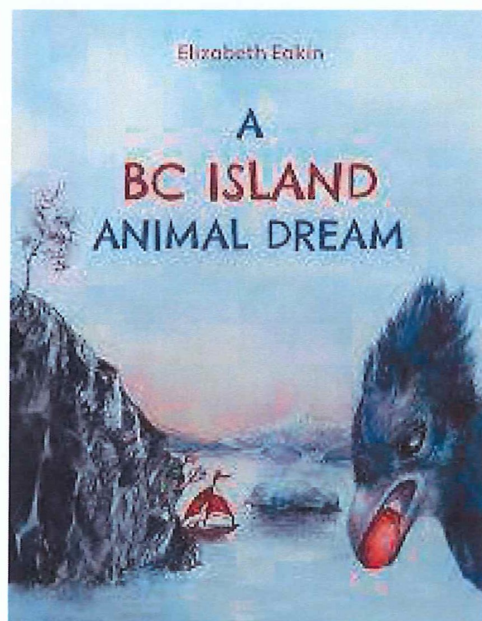
WEDNESDAY, AUGUST 23 2023



6:30 PM TO 8:00 PM



TWO RIVERS GALLERY, PRINCE GEORGE



AUTOGRAPHS | DISCUSSION | STARTERS | CRAFT

MORE INFORMATION



250-561-2565



infolecercle@gmail.com



Le Cercle Des
Canadiens Français
De Prince George

Canada



Two Rivers
Gallery

ARTS
NORTH
DIGITAL MEDIA CENTRE
A Branch of studio2880



PRINCE GEORGE

Saturday, September 9

Lheidli T'enneh Memorial Park

20th Avenue entrance

Registration: 11:30am | Walk: 12:30pm

Donate or register online today!
www.parkinson.bc.ca/superwalk

Funds raised support over 15,000 British Columbians living with Parkinson's disease through education, programs, advocacy, and research contributions.



Thank you to
our sponsor

BondRepro

Parkinson SuperWalk in British Columbia is operated by Parkinson Society British Columbia under license from Parkinson Canada.

1-800-668-3330 | events@parkinson.bc.ca

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

When: - Tuesday morning at 10 A.M.

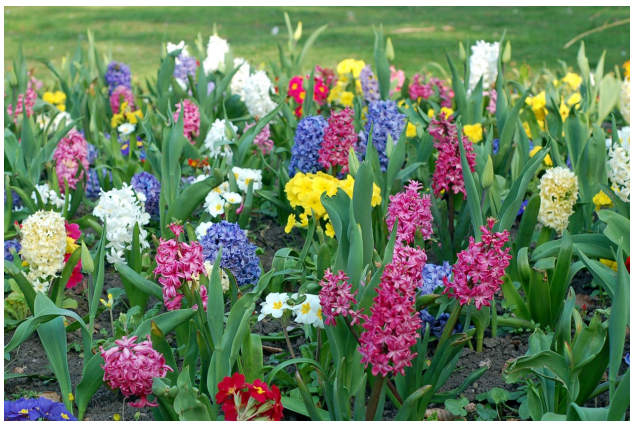
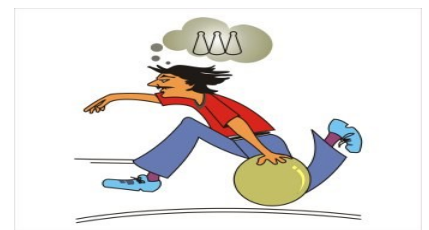
Wednesday Evening -7 P.M.

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



Family Grief Support

For Registration or more information:

www.PGHPCS.ca | info@PGHPCS.ca

250-563-2551

At Hospice, we think of family members as a single unit. We know that by supporting the family together, we can help everyone learn to support each other in their grief.

Grief doesn't happen in a vacuum, and neither will the healing. At Hospice, our care and service are holistic. We care for the whole system.

We are now bringing this philosophy to our grief services and programs. We are excited to be offering a Family Grief Support Service, which will support children who grieve and their parents (or those that care for them). The programs are separate but will run at the same time.

The program is designed to present the same topics to each group, which can then be shared as a family at home together.



Parent/Caregiver, Youth & Child Grief Support Group – Registration Required

Tuesdays 6:00–7:30 PM – Offered Three Times a Year – 8 Week Sessions

Children's Drop-In Grief Support group– Registration Required

Tuesdays 3:00–4:30 PM – Ongoing

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

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

All programs are free of charge.

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 and Donation based

Meals on Wheels

Meals on wheels supports Older adults 55+ residing in the bowl area of Prince George. (We are looking to expand to College Heights) We serve individuals 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 **\$9.50** per meal. Non-refundable prepayment of **\$95** 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

Assists Caregivers of friends & family who live independently and are 55plus. The Coordinator offers one-one support and other resources.

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

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We acknowledge the support of



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Seniors Services Society of BC



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