

# Prince George Council of Seniors

## Senior Times Newsletter

### November 2023 Edition



#### **MARK YOUR CALENDAR**

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

##### **November 13**

Remembrance Day

##### **Events:**

##### **November 06, 2023**

Goldean Age Social

##### **November 10**

Cougars Game Chuck a Puck fundraiser for

PGCOS x-mas hampers

##### **November 15**

Meals on Wheels Fundraiser

##### **November 21, 2023**

Submission Deadline



- 2 Meals on Wheels menu
- 3 Meals on Wheels Fundraiser
- 4 Golden Age Social
- 5-9 PGCOS x-mas Hamper information
- 10 Volunteers needed
- 11 Caregiver Coffee & talk Info
- 12-13 Advance Planning Clinic Details
- 14-18 ECRA
- 19-20 Hart Pioneer Centre
- 21 North Central Seniors Activity Centre
- 22-23 Spruce Capitol Information
- 24-27 Seniors Activity Centre
- 28 Live Well PG
- 29 Seniors Advocate
- 30 Old Time Fiddlers
- 31 Parkinson's Support Group
- 32 Life Before the Pulp Mills Book
- 33 Alzheimer's Society Information
- 34 Recycle Your Old Eyeglasses/ Used Hearing Aids
- 35 Lawn Bowling– Seniors moments
- 36-37 Grief Support Services
- 38 PGCOS Services
- 39 PGCOS Board information





# NOVEMBER



	Mon	Tue	Wed	Thu	Fri	Sat
<b>MEALS ON WHEELS</b> <b>250-564-5888 or 250-564-9100</b>			1	2	3	4
			Hot Hamburger Sandwich	Chicken Stew	Rosted Pork Loin	
5	6	7	8	9	10	11
	Spaghetti & Meatballs	Pork Schnitzel	BBQ Chicken	Beef Stew	Roasted Salmon with Lemon Dill	
12	13	14	15	16	17	18
	<b>CLOSED</b> (Remembrance Day)	Beef & Cheese Macaroni Casserole	Pork Cutlet	Chili Cheese Fries	Chicken Roulade	
19	20	21	22	23	24	25
	Sweet & Sour Meatballs	Honey Garlic Roasted Chicken	Baked Cod with Lemon Dill Sauce	BBQ Pulled Pork	Chicken Cordon Bleu	
26	27	28	29	30	If you would like an extra meal on November 10 <sup>th</sup> , please contact Nicole or Nancy.	
	Beef Stir Fry	Chicken Parm & Spaghetti	Sloppy Joes	Ham & Scalloped Potatoes		



**Meals on Wheels**  
prince george council of seniors

***fundraiser***

in partnership with

PRINCE GEORGE  
**CITIZEN**



caring for our  
community

hosted with

**OAKROOM**  
**GRILL**

NORTHERN LIGHTS  
— ESTATE WINERY —



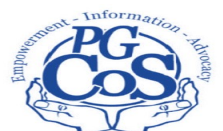
Join the Prince George Citizen and Canadian Tire on Wednesday, November 15, at the Oakroom Grill to raise funds for PGCOS Meals on Wheels program, which delivers prepared meals for senior citizens throughout our community.

**Oakroom Grill**

*1023 Central Street West  
Prince George, BC V2M 3C9*

*For more info or to get your Tickets go to the link below*

<https://pgcitizentickets.evvnt.events/events/meals-on-wheels-fundraiser-11-15-2023>







# 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 2<sup>nd</sup>, 2023**

**Monday November 6<sup>th</sup>, 2023**

**Wednesday December 6<sup>th</sup>, 2023**

**Monday February 12<sup>th</sup>, 2024**

**Monday March 25<sup>th</sup>, 2024**

**\*Wednesday June 12<sup>th</sup>, 2024\***

**For more Information Contact Lindsay [info@pgcos.ca](mailto:info@pgcos.ca)  
or at 250-564-5888**

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





# Christmas Hamper Donations

PGCOS is very grateful to all who have donated for the Christmas Hampers in the past. Because of your generosity we provided over 180 hampers to seniors in our community in 2022. This year we will be accepting donations in the form of **Money or Gift cards**. Donations can be brought at 1330 5th Ave. You can also e-transfer donations to [ed@pgcos.ca](mailto:ed@pgcos.ca). Please bring donations no later than **December 08** as this will determine how many hampers we can provide. for more information please contact Lindsay at [info@pgcos.ca](mailto:info@pgcos.ca) or 250-564-5888







# CHRISTMAS HAMPER

WE WILL BE COLLECTING  
HAMPER APPLICATION FROM

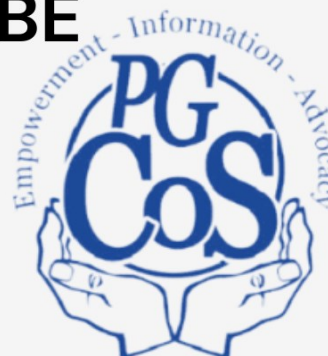
**NOVEMBER 2 TO NOVEMBER 30**

YOU CAN PICK UP OR BRING YOUR  
APPLICATION AT THE SENIORS  
RESOUCRE CENTER AT 1330 5TH  
STARTING **NOVEMBER 2.**

FOR MORE INFO PLEASE CONTACT  
LINDSAY AT [INFO@PGCOS.CA](mailto:INFO@PGCOS.CA)  
OR AT 250-564-5888



**DELIVERY DATES WILL BE  
ON  
DECEMBER 20-21**





## CHRISTMAS HAMPER APPLICATION FORM - 2023

Date: \_\_\_\_\_

**Applicant name:** \_\_\_\_\_

Applicant aged 65 + ☐ YES ☐ NO

Received hamper from PGCOS last year? ☐ YES ☐ NO

Applicant received GIS (Guaranteed Income Supplement) ☐ YES ☐ NO

Applicant's ID: \_\_\_\_\_

Proof of Residence: \_\_\_\_\_

\_\_\_\_\_ **total # people living in applicant's household** – list their names & relationships to applicant:

<b>Their Names</b>	<b>Are they 65+ ?</b>	<b>Relationship to applicant</b>	<b>Their ID</b>

Delivery address: \_\_\_\_\_

Delivery instructions: \_\_\_\_\_

Applicant's Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Alternate Contact: \_\_\_\_\_

Their Phone #: \_\_\_\_\_ Their cell #: \_\_\_\_\_

**Applications will be processed by the Prince George Council of Seniors and evaluated to determine eligibility. PGCOS maintains the right to refuse service.**

**Prefer:**

☐ **TURKEY**

☐ **HAM**



Do you have any pets (e.g., cat or dog) and would like to receive pet food?

☐ Dog Food      ☐ Cat Food      ☐ Both

☐ I / we have special dietary needs (e.g.,

Diabetic) or serious food allergies:

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PGCOS will endeavour to – but cannot promise – to address dietary needs.  
Hamper contents depend 100% on donations.

Applications will be processed by the Prince George Council of Seniors and evaluated to determine eligibility. PGCOS maintains the right to refuse service.

I agree and consent to the following:

☐ The information I have provided is accurate to the best of my knowledge.

☐ I have not and will not apply for a Christmas Hamper from another agency.

☐ My information may be shared with other agencies in Prince George for the purposes of Hamper distribution.

☐ I will be home on delivery day to receive my hamper.

☐ I will inform the Seniors Resource Centre IMMEDIATELY if my address or phone number changes prior to delivery date of hamper.

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Signature of Applicant	Date
------------------------	------

This application form must be submitted to the Seniors Resource Centre, 1330 5<sup>th</sup> Avenue, Prince George BC V2L 3L4 OR faxed to 250 564 9155

**Before Thursday November 30<sup>th</sup>, 2023.**

**Hampers will be delivered December 20<sup>th</sup>-21<sup>st</sup>.**

Applications will be processed by the Prince George Council of Seniors and evaluated to determine eligibility. PGCOS maintains the right to refuse service.



# Christmas Hamper Volunteers Needed

HAMPER ASSEMBLEE DATES

DECEMBER 18-19

HAMPER DELIVERY

DECEMBER 20-21

FOR MORE INFORMATION

CONTACT

WENDY AT [HCN@PGCOS.CA](mailto:HCN@PGCOS.CA)

OR CALL 250-564-5888

# VOLUNTEERS NEEDED!

**Better at Home  
Volunteers Needed**  
program  
For Friendly visits  
Grocery Ordering



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

**friendly voice? Our FRIENDLY  
PHONE CALL volunteers can  
help!**

**VOLUNTEERS NEEDED FOR  
FRIENDLY PHONE CALLS**

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

## **VOLUNTEER DRIVERS**

**NEEDED for our  
growing Meals on  
Wheels Program.**



**We deliver meals Monday-Friday  
between 10:45am-12:00pm.**

**If you have a vehicle and are interest-  
ed in giving back to our community .**

## **Front Desk Volunteers Needed**

**2 different shifts 9-12 or 12-3**

**Answer the phone,**

**Receive payments**

**Direct clients to the ap-  
propriate program.**



**For all Volunteer Opportunities please contact Wendy  
at 250-564-5888 or hcn@pgcos.ca**





## 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



United Way  
British Columbia

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



## Free Advance Planning Clinics for Low-Income Older Adults



In partnership with the Prince George Council of Seniors, Seniors First BC's lawyers provide free advance planning documents, including Wills, Powers of Attorney, and Representation Agreements, to eligible older adults.



Every 2nd and 4th Wednesday of the month, by appointment



1330 5th Ave., Prince George, BC

### Eligibility

Age: 55+

Financial eligibility based on:

- Income: \$40k + \$10k per additional household member
- Assets: discussed during intake

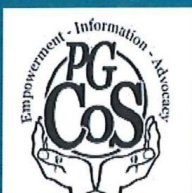
Exceptions made on a case-by-case basis.

### What to bring:

- ID (BC ID and one other)
- Full legal names and addresses of all people to be named (i.e. executor, beneficiaries, power of attorney, and alternate(s))
- Description of all items & assets for the will

## Contact Us!

Call SFBC's Seniors Abuse & Information Line at **1-866-437-1940** for an intake. Press 2 to leave a voice message. Calls returned from a private number.



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).



Info, legal advocacy, and support for BC seniors with issues affecting their well-being. Visit [seniorsfirstbc.ca](http://seniorsfirstbc.ca) or call **1-866-437-1940**.



# The Documents



## Will

Provides instructions for what happens to your body and everything you own when you die. It appoints someone (your "executor") who will follow those instructions.

*Think About:*

- **Who can reliably follow your instructions on your Will?**
- **Who do you want to leave what you own to?**
- **What happens if the people you leave your belongings to or your executor die before you do?**



## Power of Attorney

Appoints someone you trust (your "Attorney") to manage your financial and legal matters in case you are unable to.

*Think About:*

- **Who can you trust to manage your possessions/finances?**
- **Are they a good record-keeper?**
- **Who else can be your Attorney?**



## Representation Agreement

Appoints someone who represents you for:

- health and some financial decisions (section 7)
- health and personal care matters (section 9)

*Think About:*

- **Who understands and respects your values, wishes, and beliefs?**
- **Can they be trusted to make important decisions for you?**
- **Who else can be your representative?**



# ELDER CITIZENS RECREATION ASSOCIATION

**1692 TENTH AVENUE**

**250 561 9381**

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





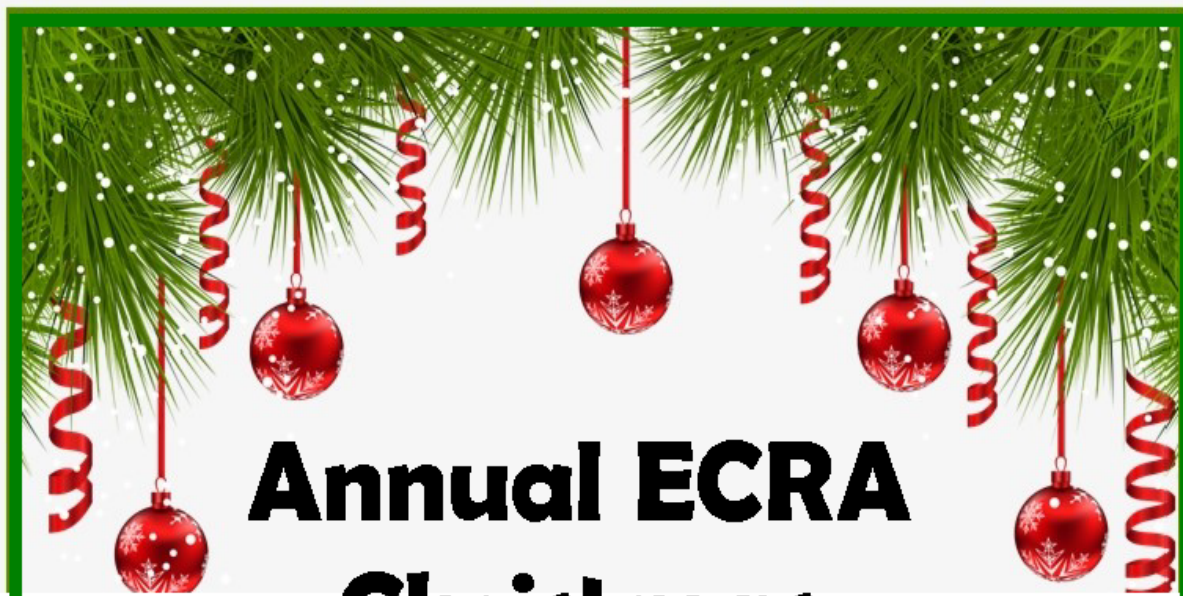
## **November 2023 Lunch Menu** (served from 11:30—1:00)(Cash Only)



<b>1st</b>	Salisbury Steak, Mashed Potatoes & Veg	
<b>2nd</b>	Hawaiian Pork w/Spanish Rice & Veg	
<b>3rd</b>	Liver & Onions, Mashed Potatoes & Veg	
<b>6th</b>	European wieners, with Mac & Cheese	<b>Birthday Tea</b>
<b>7th</b>	Baked Chicken, Mashed Potatoes & Veg	
<b>8th</b>	Teriyaki Pork, Fried Rice, ChowMein, Stirfry	
<b>9th</b>	Beef Stew & Biscuits	
<b>10th</b>	Ham, Scalloped Potatoes & Veg	
<b>13th</b>	<b>Closed In Lieu of Remembrance Day</b>	<b>Board Mtg</b>
<b>14th</b>	Scalloped Chicken & Potatoes & Veg	
<b>15th</b>	Lasagna & Garlic Toast	
<b>16th</b>	Hamburger Hash, Mashed Potatoes & Veg	
<b>17th</b>	Ribs, Baked Potatoes & Veggies	
<b>20th</b>	SweetnSour Meatblls, Seasoned Rice & Veg	
<b>21st</b>	Swiss Steak, Mashed Potatoes & Veg	
<b>22nd</b>	Parmesan Chicken, Mashed Potatoes & Veg	
<b>23rd</b>	Meatloaf, Mashed Potatoes & Veg	
<b>24th</b>	Pork Roast w/stuffing, Mashed Pot & Veg	
<b>27th</b>	Fish Cutlets, Mashed Potatoes & Veg	<b>General Mtg</b>
<b>28th</b>	Chckn Cacciatorie w/Buttered Noodles, Rice	
<b>29th</b>	Porkchops, Mashed Potatoes & Veg	
<b>30th</b>	Smokies & Perogies	
<b>1st</b>	Roast Beef, Yorkshire, Mash Potatoes & Veg	

## ECRA.....NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  9:45 Floor Curling 1:00 Carpet Bowl	2  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	3  9:45 & 11:00 Tai Chi 7:00 Whist	4
5	6  9:00 Foot Clinic 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork	7  9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	8  9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	9  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	10  9:45 & 11:00 Tai Chi 7:00 Whist	11
12	13  CLOSED FOR REMEMBRANCE DAY	14  9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	15  9:45 Floor Curling 1:00 Carpet Bowl	16  9:00 Board Meeting 10:00 Yoga 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling 7:00 Whist	17  9:45 & 11:00 Tai Chi 7:00 Whist  7:00 PM <u>PATCHWORK OF TALENT</u> <u>PERFORMANCE</u>	18
19  2:00 PM <u>PATCHWORK OF</u> <u>TALENT</u> <u>PERFORMANCE</u>	20  9:00 Foot Clinic 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork	21  9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	22  9:45 Floor Curling 1:00 Carpet Bowl	23  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	24  9:45 & 11:00 Tai Chi 7:00 Whist	25
26	27  10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork	28  9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 1:00 Gen.Meeting 7:00 Cribbage	29  9:45 Floor Curling 1:00 Carpet Bowl	30  10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling		



# **Annual ECRA Christmas Dinners**

**Saturday, December 9, 2023 at 5:00 pm**

**Sunday, December 10, 2023 at 5:00 pm**

**Doors Open at 4:00 pm**

**Cost \$25.00 per person**

**Tickets on sale starting November 6, 2023**

**50/50 Tickets will be sold at the dinner**

These dinners sell out early

Please buy your tickets soon

1692 10th Avenue

**Elder Citizens' Recreation Association**

**1692 Tenth Avenue, Prince George**

ELDER CITIZENS' RECREATION ASSOCIATION  
1692 Tenth Avenue, Phone Number 250-561-9381

## The Patchwork of Talent Group



*Presents*

Their first production of  
skits, jokes, songs and  
*FUN! FUN! FUN!*

November 2023

Friday, 17th—7:00 pm

Sunday, 19th—2:00 pm



HAVE  
FUN

**Tickets \$10.00**

Advance Tickets at Office

Buy Soon—Come One, Come All





# **The Forever Young Chorus**

Presents

## **Songs of the Season**

Friday, December 1 @ 7 pm

Saturday, December 2 @ 7 pm

Sunday, December 3 @ 2 pm

**Tickets: \$12.00 each**

**On sale starting November 1 at  
Elder Citizens Recreation Association  
1692 Tenth Ave., Prince George  
Or at the door**



November 2023				
Mon	Tue	Wed	Thu	Fri
		1 Salisbury Steak Mashed Potatoes Veggies	2 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	3 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy
6 Beef Stroganoff Pasta Veggies	7 Parmesan Chicken Tortellini & Alfredo Sauce Garlic Bread Veggies	8 Liver & Onions Mashed Potatoes Veggies	9 Macaroni & Cheese Grilled Pork Tenderloin Medallions Veggies	10 Salmon Patties Parsley Potatoes Dill Sauce Veggies
13 <b>CLOSED</b>	14 Chicken Stuffed Apple Brie Roasted Potatoes White Wine Sauce Veggies	15 Sweet & Sour Meatballs Basmati Rice Veggies	16 Schnitzel Spaetzle Mushroom Sauce Veggies	17 Spanish Paella Garlic Bread Veggies
20 Spaghetti & Meat Sauce Garlic Bread Veggies	21 Chicken Stew with Mushrooms Parsley Potatoes Veggies	22 Sweet & Sour Pork Chow Mein Rice	23 Beef Dip French Fries Hoagie Bun Au Jus Coleslaw	24 BBQ Turkey Drumsticks Twice Baked Potato Veggies
27 Pork Roast Mashed Potatoes Gravy Veggies	28 Beef Stew Hungarian Style Mashed Potatoes Veggies	29 BBQ Chicken Roasted Potatoes Veggies	30 Ham Scalloped Potatoes Veggies	

**HART PIONEER CENTRE**  
**6986 Hart Highway**  
**(250) 962-6712**

*Menu subject to change without notice.*  
**Pick-up Time: 11:30 am - 1 pm**  
**\*\* See reverse for more information.**

### Hart Pioneer Upcoming Functions:

1. OKTOBERFEST - Saturday, Oct. 28 6:00 pm-  
German dinner buffet & luncheon and a dance!!  
Tickets available at the office. \$50 per person
2. Craft Fair & Bake Sale – Saturday, Nov. 4 –  
9am – 3pm
3. Roast Beef Dinner Buffet – Sunday, Nov. 19 5pm.  
\$20 per person – First come, first served.
4. **GENERAL MEETING – Thursday, Nov. 23 – 1:30 pm**
5. Dance – Saturday, Nov. 25 – Music by BSide  
8pm – 12pm. \$20 per person includes a light lunch.
6. Cribbage Tournament – Sunday, Nov. 26 – 1pm
6. Christmas Turkey Dinner – Thursday, Dec. 7 5:00pm  
\$20 per person. Tickets available at the office.
7. New Year's Dance – Dec. 31 - Music BSide 8pm – 1am.  
\$45 per person. Tickets available at the office.

*Your support for the above functions is greatly appreciated. With your participation, it ensures that the Hart Pioneer Centre is a thriving Senior Centre.*



# NORTH CENTRAL SENIORS CALENDAR FOR MONTH OF

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

NOV 2023

## MONDAYS

Nov: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

CARDS: Crib & Canasta: 9:30am – Noon

YOGA: 10am – 11am

PHOTO CLUB: 10am – Noon

Nov 27<sup>th</sup>

CARDS: Crib & Canasta: 9:30am – 11:30

YOGA: 10am – 11am

PHOTO CLUB: 10am – 11:30

**LUNCH: 11:30 - Noon**

## TUESDAYS

Nov: 14<sup>th</sup>

BREAKFAST CLUB: GRAMA'S INN  
9:30am – At Your Discretion

## WEDNESDAYS

Nov: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

TAI-CHI: 10am - 11am

MENS POOL: 10am – Noon

SCRABBLE: 10am – Noon

### NOTICE:

*Ticket Sales*

*Will Be*

*Mondays and Wednesdays*

*from 9:15am to 10:00am*

*& at Birthday Tea.*

## THURSDAYS

Nov: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

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

## FRIDAYS

Nov: 3<sup>rd</sup>

EXECUTIVE MEETING: 9am -

Nov: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

CARDS: Crib & Canasta: 9:30am – Noon

MENS/LADIES POOL: 10am – Noon

Nov: 10<sup>th</sup>

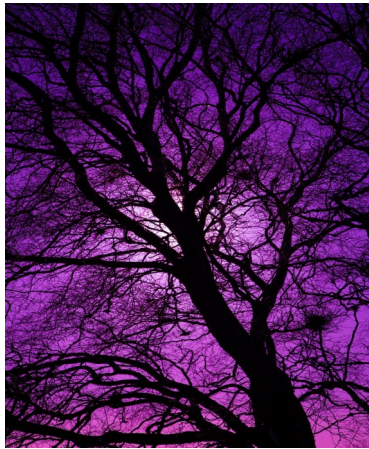
ART CLASS: 10am – Noon  
(By Ginny)

Nov: 17<sup>th</sup>

DEMO KITCHEN: 10am – Noon  
(By Silvia)

Nov: 24<sup>th</sup>

BIRTHDAY TEA: 10am - 11:45  
(Music by Request)



**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**

NOVEMBER SCHEDULE OF EVENTS		
Monday November 13	Scheduled events will take place	Remembrance Day
Monday	Tai Chi	1:00 pm
Monday	Resistance band exercises	10:00 am
Tuesday	Yoga	10:00 am
Tuesday	CANASTA	1:00 pm – 3:00 pm
Wednesday Nov 8 and 22	Reflexology with Lady Di Esthetics	Call office to book appointment
Wednesday	BINGO	1:00 pm
Thursday, Nov 2	Annual General Meeting No Canasta	1:30 pm
Thursday Nov 2, 16, 30	Foot Clinic with Martha	Phone for an appointment
Thursday	Pound	10:00 am
Thursday	CANASTA except Nov 2	1:00 pm
Friday	Free computer classes	Sign up for classes
Friday Nov 10	BAND	1-3 pm
Saturday November 18	Crib Tournament	Register: 10:00 am Play: 11:00 am

**Drop-In Fee is \$2.00**

This applies to Fun Crib, Chair Yoga, Resistance Band Exercises, Canasta, Tai Chi, Pool, Shuffleboard, Carpet Bowling,

**Organizations or businesses that rent space** in our facility include: The Free Believers Church on Sundays, A Stitchery Group on the first Monday of every month at 7 pm, A Scrapbooking Group, A Cribbage Group every Monday at 7 pm, The Parkinson's Support Group, TOPS on Wednesdays, Myeracle Driftwood Wellness by appointment, Lady Di Esthetics by appointment, Nov 8 and 22, Foot Clinic Nov 2, 16 and 30, Quality Time Wellness on Tuesday.

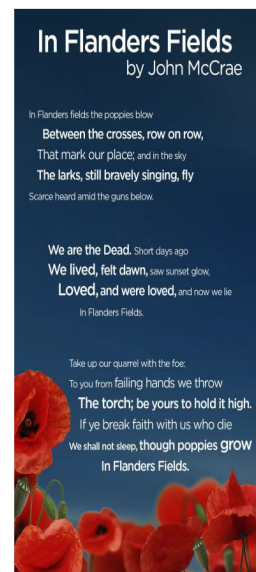
**November Lunch Menu**

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

**Our cook posts the menu daily and includes at least two types of soup and two types of sandwiches. Egg salad and grilled cheese sandwiches are regularly available.**

**COMING EVENTS**

**November 2 – Annual General Meeting  
November 11 – Remembrance Day**





# FREE COMPUTER LESSONS FOR SENIORS

**When:** Starts Friday, October 6<sup>th</sup> at 9:00 a.m. or 10:30 a.m. or 1:00 p.m.

**Where:** Spruce Capital Seniors Centre, 3701 Rainbow Dr.

**What:** One lesson a week for 9 weeks

**How:** For Beginners. No experience necessary!

Only available to the first 9 people who register.

Made possible by generous grants from



To reserve your spot, phone

**250.563.6450**





# November 2023

Dine in or Take Out - 425 Brunswick St.

LUNCH served: 11am to 1pm

BREAKFAST available: 8:30am to 11am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Prince George Senior Activity Centre 425 Brunswick Street 250-563-1915 Email: senioractivitypg@shaw.ca</p>			1 Spaghetti	2 Ham & Scalloped	3 Pork Cutlet	4
5	6 Talapia & Rice	7 Chicken Chow Mein	8 Meatballs & Mashed Potatoes	9 Perogies & Smokies	10 Cowboy Stew	11 Remembrance Day 
12	13 <b>CLOSED</b> 	14 Burgers & Fries	15 Stew	16 Cabbage Rolls	17 Grilled Chicken & Roast Potatoes	18
19	20 Lasagna	21 Salisbury Steak & Mashed	22 Hot Pork Sandwich & Fries	23 Stir Fry	24 Chicken Pot Pie *Plaid Friday*	25 Concession *Craft Fair *
26	27 Chicken Burger & Fries	28 Shepherds Pie	29 Chili	30 Fish & Chips		



**Country  
Dance!**

# **CARIBOO THUNDER**

**Saturday  
November 4th**

**\$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



*Dance !  
Country!  
Rock n' Roll!*

## **B Side**

**Saturday  
November 18th**

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

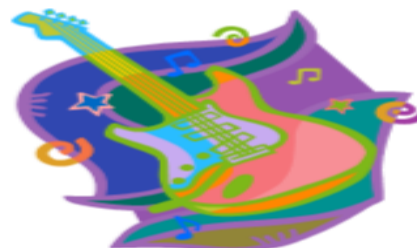
**Doors Open at 7:00pm  
Dancing 7:30 to 11:30**

**Cash Bar  
50/50 Draw**

**Everyone 19+ welcome**



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





MARK YOUR CALENDAR  
**2<sup>ND</sup> ANNUAL - CHRISTMAS KICKOFF WEEKEND**

November 24, 25, 26

Prince George Senior Activity Centre – 425 Brunswick St



**Friday, Nov. 24 - Plaid Friday – Downtown Prince George**

Join in Plaid Friday fun at the Senior Activity Centre

Stop by & enjoy a special \$7 Plaid Friday Lunch

Lunch 11am-1:00pm

**Saturday, Nov. 25 - 2<sup>ND</sup> Annual  
Craft & Small Business Fair & Bake Sale  
10am – 3pm**

Craft Tables

Gingerbread House Raffle

Bake Sale Tables

Music

Concession

Small Business Vendors

And so much more!



**Sunday, Nov 26  
Pancake Breakfast with Santa**

Doors open @ 9:30am

Breakfast served at 10am

Pancakes & beverage \$7

Children 7 & under \$5







*Prince George Senior Activity Centre - 425 Brunswick*

## **Christmas Dinner Party**

**Turkey and Ham dinner, with all the trimmings**

**December 9**

Dinner, Prizes & Surprises

Doors open at 5pm

Dinner at 5:30

Tickets \$26

Children 8 and under \$10

**Tickets Available Now – Pre-purchase Required - Prior to December 6**

**NO Tickets at the door**

*Tickets available Monday to Friday – 9am to 3pm  
at the centre, 425 Brunswick Street*

*Everyone Welcome*

Prince George Senior Activity Centre – 425 Brunswick St. — 250-563-1915  
Website: <https://senioractivitypg.wixsite.com/brunswickst> Facebook: Prince George Senior Centre



## *New Year's Eve Celebration*

*425 Brunswick Street (4th & Brunswick)*

*December 31st*

*Prizes, fun & more*

*Doors open at 7:30pm*

*Music starts at 8pm*

*Music by Cariboo Thunder*

*Appies 10:00pm*



*\$ 40 per ticket | per person*

*Pre-purchase required prior to Dec 22nd*

*Tickets available now in office*

*Everyone 19+ is Welcome*

*Contact the Prince George Senior Activity Centre  
425 Brunswick, for more info: 250-563-1915*

# Live Well Prince George Society UPCOMING

Arthritis Support Group  
Free Events

2023-24

27  
Sept.

## Open House

Meet, greet, share a treat  
and your successes and  
challenges

25  
Oct.

## CHARITY WORK

Review and celebrate World  
Arthritis Day- learn the pain  
cycle and how we thrive in  
spite of it.

29  
Nov.

## Jingle Bell Walk

Walk and Talk putting the fun  
back into exercise. Bring a  
friend!

27  
Dec

## 12 days of Thriving

Bring in your best tips and  
tools to share with the group

31  
Jan.

## Webinars & Podcasts

Recommended selections of  
prerecorded Arthritis  
information from the  
Arthritis Society

28  
Feb.

## Arthritis & Heart

learn what they have in  
common and why it is  
important to your overall  
health and wellness

27  
Mar

## Wellness North Expo

Learn whats new in  
mainstream and alternative  
treatments and pain relief

24  
April

## Arthritis and Gardening

Michelle Miller will provide  
tips and tools to ensure that  
your garden will be springing  
up with vegetables and  
beautiful flowers

29  
May

## What colour is your Pain

a trip to the 2 Rivers Gallery  
to try your hand at art & learn  
how colours can help with pain  
relief

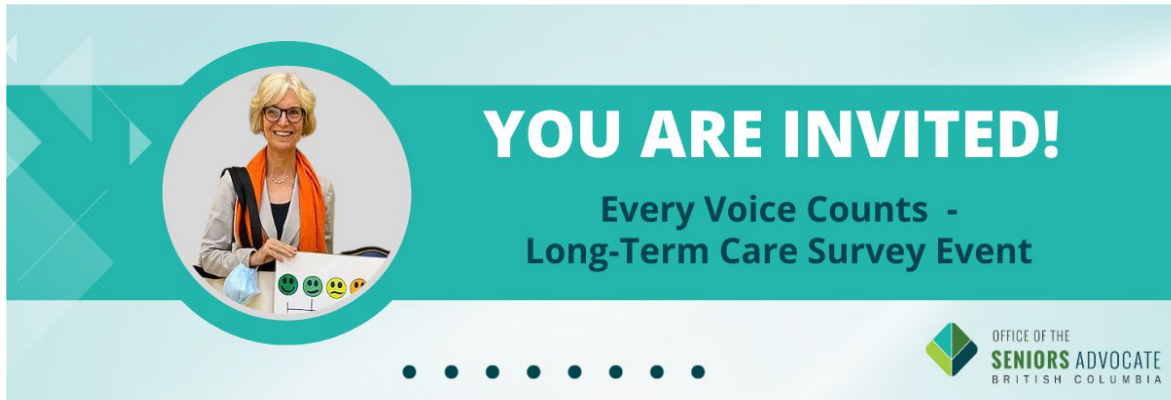
26  
June

## Recap and refresh

Medication information  
review, recap, questions and  
answers will be provided by  
a pharmacist. Bring your  
questions

For more information check out our  
website: [livewellpg.ca](http://livewellpg.ca)

Funded by the Arthritis Society of Canada



Please join me and my colleagues as we release the results of our latest survey of long-term care residents in B.C.

This survey reflects the voices of over 11,000 seniors living in one of B.C.'s 297 long-term care homes. This massive undertaking would not have been possible without you and the efforts of nearly 500 Volunteer Surveyors who collectively contributed over 18,000 hours of service.

We are hosting in-person events at four venues across the province. A presentation on the survey findings will be delivered live in Burnaby, and livestreamed to venues in Kelowna, Prince George and Victoria. A light lunch will follow the presentation at all venues.

This will be a wonderful opportunity to hear about the experiences of long-term care residents and connect with others who share in the passion to improve the quality of life of our most vulnerable seniors.

I hope you can join us in person as we celebrate the efforts of thousands of volunteers and care staff and listen to the voices of wisdom and experience as we learn about life in long-term care in B.C.

**Date: Thursday, November 16, 2023**

**Time: 11 a.m. – 1 p.m.**

**Various Locations: Burnaby, Kelowna, Prince George, Victoria**

**Please RSVP online by November 3, 2023.**

**[CLICK HERE TO RSVP](#)**

If you have any questions, please email [osa.comms@gov.bc.ca](mailto:osa.comms@gov.bc.ca) or call 1-888-952-3181.

Sincerely,

Isobel Mackenzie  
BC Seniors Advocate



*BC Old Time Fiddlers'*

# **DANCE**

**Friday, NOV 10**

**7-11 pm**

Featuring Live Music from members of the local Fiddlers Group



**Elks Hall**

**663 Douglas St. Prince George**

**Tickets: \$10 at the Door**

Includes ice cream snack

Families Welcome

(Free entry for children under 18 accompanied by an adult)

*For more information call (250) 565-1025*

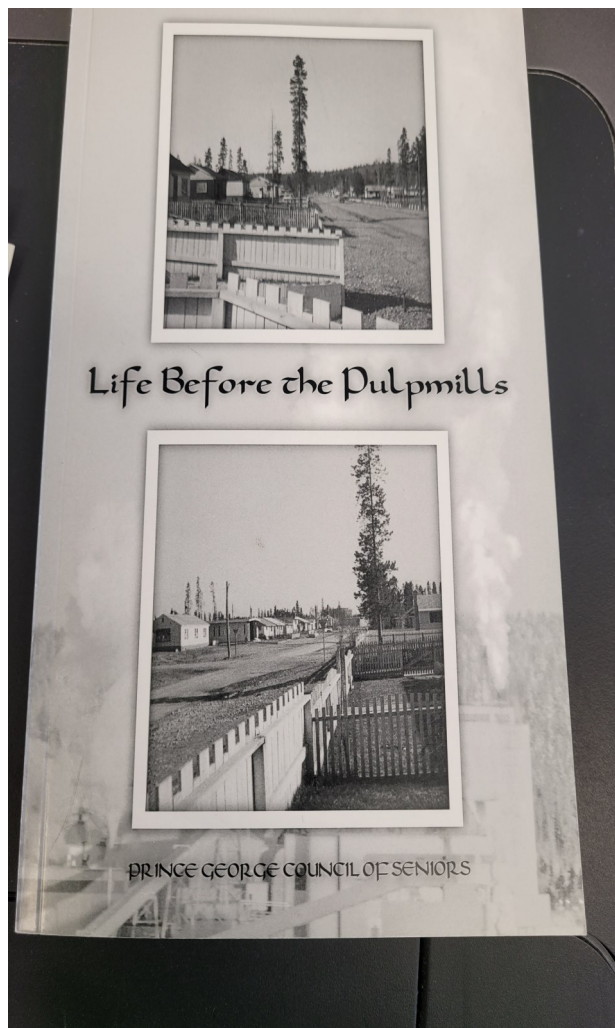
# PARKINSON'S SUPPORT GROUP



The Prince George Parkinson's Support Group  
meets on the 3rd Saturday of each month at  
1:00pm at the Spruce Capital Seniors Recreation  
Centre at 3701 Rainbow Drive.

Sharing information, education and support.

**FOR MORE INFORMATION CONTACT  
LINDA AT (250) 964-7994 OR GINA AT (250) 960-1600**



## Book Review

Life Before the Pulp Mills – Prince George Council of Seniors

Edited by June Chamberland,

Bev Christensen and Luci Redmond

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

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

### 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**



# 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)

# 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.**

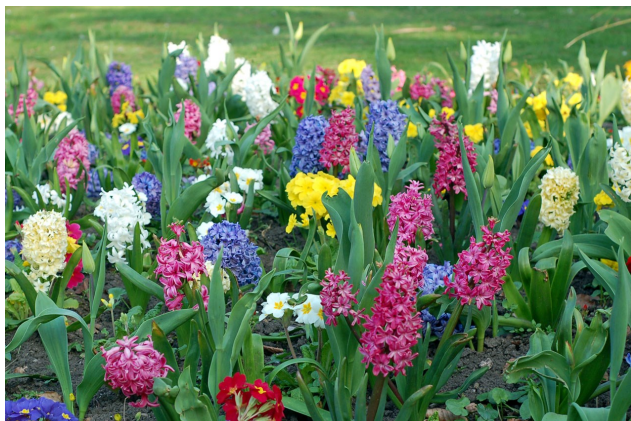
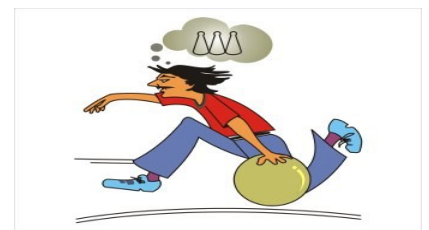
**Wednesday Evening -7 P.M.**

**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)





Prince George Hospice Palliative Care Society



## *Family Grief Support*

For Registration or more information:

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

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



## PGCOS BOARD OF DIRECTORS

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Dr. Lynn Jacques

*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.*