

Prince George Council of Seniors

Senior Times Newsletter

October 2023 Edition



MARK YOUR CALENDAR

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

September 29, 2023

National Day of Truth and Reconciliation

October 09, 2023

Thanksgiving

Events:

October 2, 2023

Golden Age Social

October 23, 2023

Submission Deadline

- 2 Meals on Wheels menu
- 3 We are hiring
- 4-5 Golden Age Social
- 6 Volunteers needed
- 7 Caregiver Coffee & talk Info
- 8-9 Advance Planning Clinic Details
- 10-11 PGCOS X-Mas Hamper info
- 12-15 ECRA
- 16-18 Hart Pioneer Centre
- 19 North Central Seniors Activity Centre
- 20-21 Spruce Capitol Information
- 22 National Association of Federal Retirees
- 23 Parkinson's Support Group
- 24 Life Before the Pulp Mills Book
- 25 Alzheimer's Society Information
- 26 Recycle Your Old Eyeglasses/ Used Hearing Aids
- 27 Lawn Bowling– Seniors moments
- 28-29 Grief Support Services
- 30 PGCOS Services
- 31 PGCOS Board information



October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO MEALS	3 Beef and Brocoli, Rice	4 Chicken Tenders and Fries	5 Penne Carbonara	6 Turkey, Stuffing and Potatoes	7
8	9 CLOSED THANKSGIVING	10 Cheeseburgers and Fries	11 Fried Chicken, French Fries	12 Spaghetti	13 Pork Schnitzel, rice	14
15	16 Salsberry Steak, Mushroom Gravy, Mashed	17 Beef Stew, Rice	18 Chicken Cacciatore, Rice	19 Beef Ravioli	20 Braised pork roast, roasted potatoes	21
22	23 Ginger beef, Rice	24 Beef Stirtry	25 Roasted Chicken and potato	26 Chicken Fetticini Alfredo	27 Pork Chop, Rice	28
29	30 Lasagna	31 Sheppards pie	1	2	3	4
5	6	Notes				



Position: Kitchen Prep-Cook relief/casual for the Meals on Wheels program

COME AS YOU ARE

At PGCOS, we embrace everyone's uniqueness and recognize the strength that lies in differences. We believe in the power of our collective potential and strive to achieve a more diverse, inclusive, and equitable workplace to empower and create opportunities for all. We welcome and encourage applications from all qualified candidates regardless of their gender, age, religion, race, ethnicity, and nationality. Particularly equity deserving groups, such as members of the BIPOC, and LGBTQ2+ communities, people living with disabilities, veterans, and anyone who may contribute to the further diversification of the Prince George Council of Seniors.

Visit www.pgcoss.ca

Job Description:

A successful candidate will have a positive disposition and be comfortable working in a team environment, have great kitchen experience in food prep and cooking, communication and customer service skills, superior attention to detail and the ability to prioritize multiple on-going projects. This is a casual position and the hours of operations for the Meals on Wheels Monday to Friday from 6:00 am to 12:00 pm.

Qualifications:

Prep and Cooking experience.

Responsibilities include:

Prep food and follow instructions from the head chef. Cook if the chef is off. Complete tasks in a timely manner. Monitor inventory levels of ingredients. Maintain overall cleanliness of kitchen and do dishes at the end of each day. Load the coolers and help the drivers load them in their vehicles. Pitch in where needed. Uphold food safety standards in the location at all times.

Compensation: to be discussed at interview

Applications: please submit your cover letter and resume to ed@pgcos.ca with "MOW Casual" in the subject line. The posting will remain open until the position is filled. The successful candidate will start as soon as possible so apply now!



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 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?**

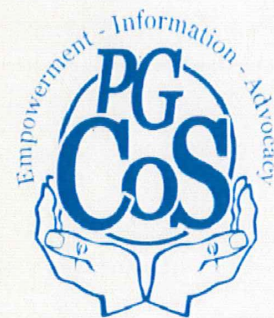
Call Wendy at 250 564 5888 for more information! Or hcn@pgcos.ca





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

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

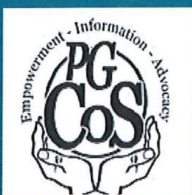
Exceptions made on a case-by-case basis.

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.



Info, legal advocacy, and support for BC seniors with issues affecting their well-being. Visit 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?**



Christmas Hamper Donations

PGCOS Is very grateful to all who have donated for the Christmas Hampers in the past. Because of your generosity we were able to provide 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 dropped off at 1330 5th Ave. you can also e-transfer donations to 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 inf@pgcos.ca or 250-564-5888





CHRISTMAS HAMPER

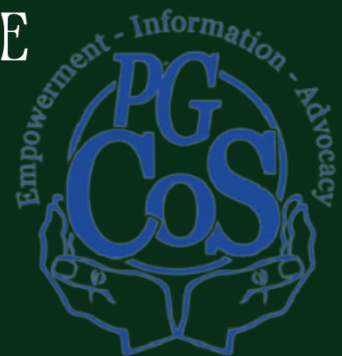
WE WILL BE COLLECTING
HAMPER APPLICATION FROM

NOVEMBER 2 TO NOVEMBER 30

YOU CAN PICK UP OR DELIVER
YOUR APPLICATION **STARTING**
ON NOVEMBER 2 AT THE
SENIORS RESOUCRE CENTRE AT
1330 5TH AVE FOR MORE INFO
PLEASE CONTACT LINDSAY AT
INFO@PGCOS.CA OR AT
250-564-5888



DELIVERY DATES WILL BE
ON
DECEMBER 20-22



ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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



October 2023 Year Lunch Menu (served from 11:30—1:00)(Cash Only)



2nd	Closed in lieu Truth & Reconciliation Day	
3rd	Fish Cutlets w/Wedges, Lemon Dill Sauce	
4th	Spaghetti & Garlic Toast	
5th	Baked Chicken, Mashed Potatoes & Veg	
6th	Liver & Onions, Mashed Potatoes & Veg	
9th	Closed for Thanksgiving	
10th	Meat Loaf, Mashed Potatoes & Veg	Birthday Tea
11th	Sweet n Sour Chckn, Stir Fry, Chow Mein, Rice	
12th	Swiss Chunky Beef, Mashed Potato & Veg	
13th	Ribs, Baked Potatoes & Vegetables	
16th	Meat Balls w/Mshrm Sauce, Rice & Veg	Board Mtg
17th	Lasagna & Garlic Toast	
18th	Pork Chops, Mashed Potatoes & Veg	
19th	Cabbage Rolls, Loaded Baked Pot & Veg	
20th	Roast Beef, Yorkshires, Mashed Pot & Veg	
23rd	Butter Chicken, Rice, Naan Bread, & Veg	Gen. Mtg
24th	Baked Tortellini w/Garlic Toast	
25th	Salisbury Steak, Mashed Potatoes & Veg	
26th	Smokies & Perogies	
27th	Turkey Dinner and all the Fixings	50/50 Draw
30th	Chicken Cordon Bleu, Mashed Pot & Veg	
31st	Chilli & Biscuits	

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.....OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 ECRA is Closed In Lieu of Truth and Reconciliation Day	3 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	4 9:45 Floor Curling 1:00 Carpet Bowl	5 10:00 Craft Group 10:00 Yoga** 1:00 Forever Young Choir 1:00 Floor Curling	6 9:45 & 11:00 Tai Chi 7:00 Whist	7
8	9 THANKSGIVING ECRA is Closed	10 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	11 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	12 10:00 Craft Group 10:00 Yoga** 1:00 Forever Young Choir 1:00 Floor Curling	13 9:45 & 11:00 Tai Chi 7:00 Whist	14
15	16 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	17 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	18 9:45 Floor Curling 1:00 Carpet Bowl	19 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	20 9:45 & 11:00 Tai Chi 7:00 Whist	21 ***** 9:00—2:00 CRAFT/BOOK/ BAKE SALE *****
22	23 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	24 9:00 Line Dancing 9:45 & 11:00 Tai Chi *1:00 Gen.Meeting* 7:00 Cribbage	25 9:45 Floor Curling 1:00 Carpet Bowl	26 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	27 9:45 & 11:00 Tai Chi 7:00 Whist <u>1:00 50/50 Draw</u>	28
29	30 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	31 9:00 Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage		*** YOGA is changing from Monday to Thursday for the first two weeks only due to the holidays.		

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

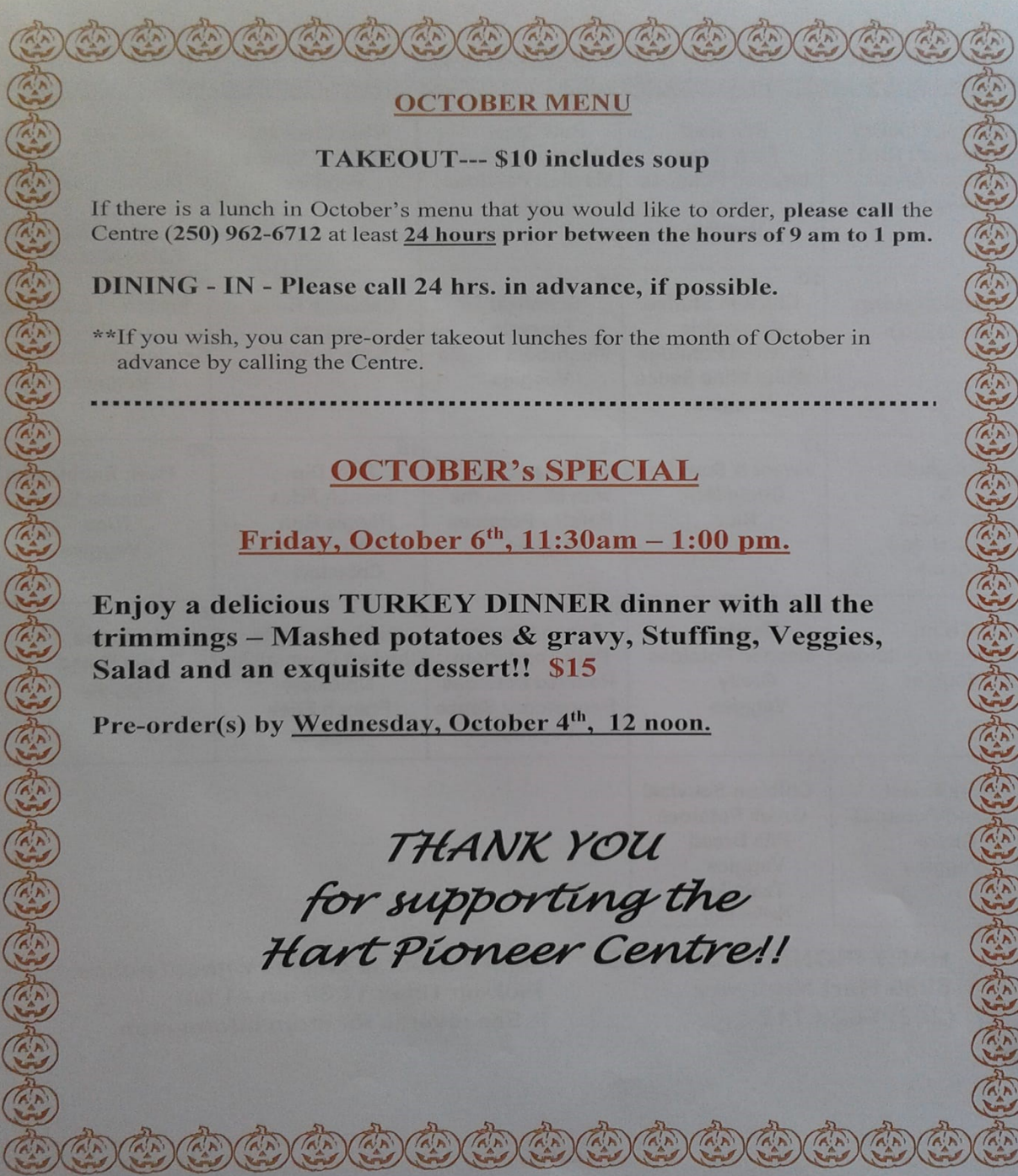
Advance Tickets at Office

Buy Soon—Come One, Come All

HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712

A decorative border of small pumpkin icons surrounds the text of the menu.

OCTOBER MENU

TAKEOUT--- \$10 includes soup

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

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OCTOBER's SPECIAL

Friday, October 6th, 11:30am – 1:00 pm.

Enjoy a delicious TURKEY DINNER dinner with all the trimmings – Mashed potatoes & gravy, Stuffing, Veggies, Salad and an exquisite dessert!! \$15

Pre-order(s) by Wednesday, October 4th, 12 noon.

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

October 2023

Mon	Tue	Wed	Thu	Fri
2 Butter Chicken Basmati Rice Naan Bread Veggies	3 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	4 Beef Stew Hungarian Style Mashed Potatoes Veggies	5 BBQ Chicken Roasted Potatoes Veggies	6 SPECIAL - \$15 TURKEY DINNER Mashed Potatoes Gravy Stuffing / Veggies Salad /Dessert
9 Thanksgiving CLOSED	10 Chicken Stuffed Apple Brie Roasted Potatoes White Wine Sauce Veggies	11 Schnitzel Spaetzle Mushroom Sauce Veggies	12 Cabbage Rolls Perogies Sauerkraut	13 Macaroni & Cheese Grilled Pork Tenderloin Medallions Veggies
16 Spaghetti & Meat Sauce Garlic Bread Veggies	17 Sweet & Sour Pork Chow Mein Rice	18 Chicken Stew with Mushrooms Parsley Potatoes Veggies	19 Beef Dip French Fries Hoagie Bun Au Jus Coleslaw	20 Beef Enchiladas Tomato Sauce Rice Veggies
23 Ham Scalloped Potatoes Veggies	24 Meatloaf Mashed Potatoes Gravy Veggies	25 Bacon Wrapped Pork Tenderloin Roasted Potatoes Peppercorn Sauce Veggies	26 Kentucky Style Chicken Drumsticks Coleslaw French Fries Veggies	27 Lasagna Garlic Bread Veggies
30 Pork Roast Mashed Potatoes Gravy Veggies	31 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki Halloween			

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

NORTH CENTRAL SENIORS CALENDAR FOR MONTH OF

OCT 2023

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

MONDAYS

Oct 2nd, 16th, 23rd

CARDS: Crib & Canasta: 9:30am – Noon

YOGA: 10am – 11am

PHOTO CLUB: 10am – Noon

NOTE:

Oct 9th CLOSED FOR THANKSGIVING

Oct 30th

CARDS: Crib & Canasta: 9:30am – 11:30

YOGA: 10am – 11am

PHOTO CLUB: 10am – 11:30

LUNCH: 11:30 - Noon

TUESDAYS

Oct 10th

BREAKFAST CLUB: D'LANOS
9:30am – At Your Discretion

WEDNESDAYS

Oct 4th, 11th, 18th, 25th

TAI-CHI: 10am - 11am

MENS POOL: 10am – Noon

SCRABBLE: 10am – Noon

Oct 11th

EXECUTIVE MEETING: 9:00am – 10:00am

Oct, 25th

ART CLASSES: 10am - Noon
(In Back Room)

THURSDAYS

Oct 5th, 12th, 19th, 26th

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

FRIDAYS

Oct 6th, 20th, 27th

CARDS: Crib & Canasta: 9:30am – Noon

MENS/LADIES POOL: 10am – Noon

Oct 13th

ANNUAL GENERAL MEETING:
10am – Noon

Oct 20th

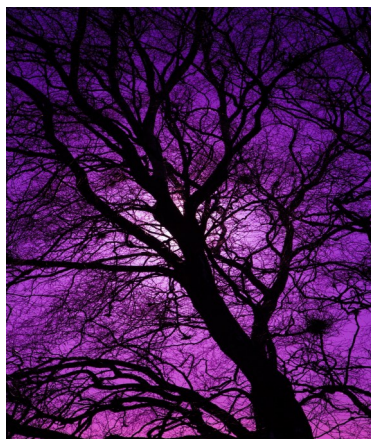
DEMO KITCHEN: 10am – Noon
(By Silvia)

Oct 27th

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

NOTICE:

Annual General Meeting
IMPORTANT ALL ATTEND



**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**

OCTOBER SCHEDULE OF EVENTS		
Oct 2	Scheduled Monday events will take place.	Truth and Reconciliation Day
Oct 9	Closed	Happy Thanksgiving
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 Oct 11 and 23rd	Reflexology with Lady Di Esthetics	Call office to book appointment
Wednesday	BINGO	1:00 pm
Thursday	Pound	10:00 am
Thursday	CANASTA	1:00 pm
Thursday Oct 12 and 26	Dot Art	
Friday	Free computer classes	10:00 am
Saturday October 14	Crib Tournament	Register: 10:00 am Play: 11:00 am
Saturday, October 21	Garage Sale	9:00 am to 3:00 pm

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, Oct 4 or 18, Quality Time Wellness on Tuesday.

October 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

September 30 – National Day of Truth and Reconciliation may affect events scheduled for October 2

October 9 – Closed for Thanksgiving



October 21 – Garage Sale 9 am to 3 pm

November 2 – Annual General Meeting 1:30



FREE COMPUTER LESSONS FOR SENIORS

When: Starts Friday, October 6th 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



National Association
of Federal Retirees

Association nationale
des retraités fédéraux

Celebrating 60 years of service

Strong representation for federal retirees
Standing up for veterans and their families
Defending dignity in retirement

Join the **Prince George Branch** of the National Association of Federal Retirees for a **60th anniversary celebration with coffee and snacks**.

Date: Wednesday, Oct. 18, 2023

Time: 10 a.m. to noon

Location: Prince George Seniors' Centre at 425 Brunswick St. (lower level)

RSVP: princegeorgebranch@federalretirees.ca or call Rose at (250) 564-6686



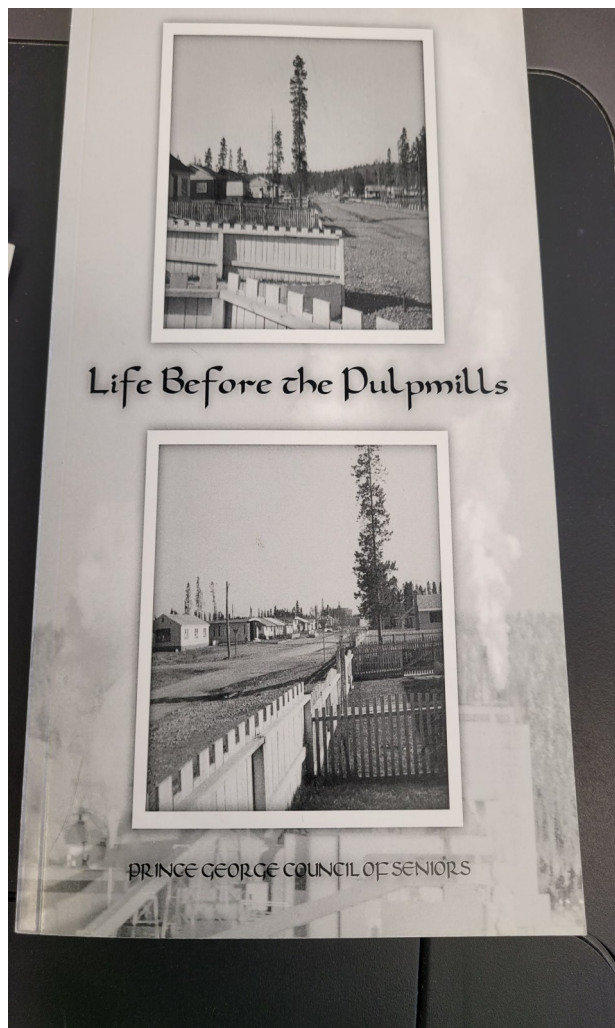
PARKINSON'S SUPPORT GROUP



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, 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

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.

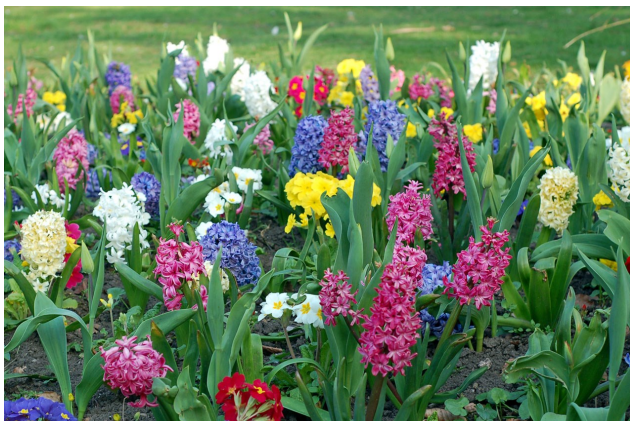
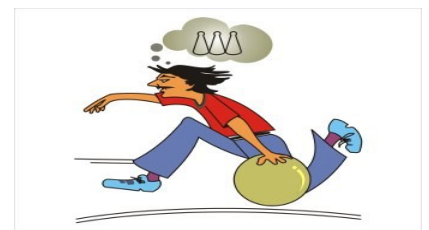
Wednesday Evening -7 P.M.

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