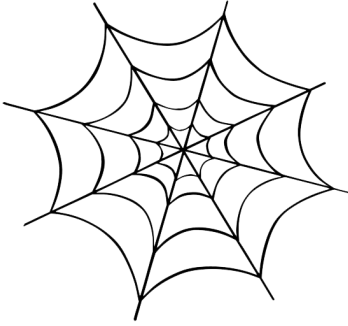


Prince George Council of Seniors

Senior Times Newsletter

October 2024 Edition





Prince George Council of Seniors

Senior Times Newsletter

June 2024 Edition

MARK YOUR CALENDAR

Christmas Hampers

Golden Age Socials

PGCOS - Community Connector

Choose to Move!

Connections Wellness Centre—CHMA

Health Link BC




Newsletter Submission Deadline

October 29, 2024

- 3 PGCOS Meals on Wheels Menu
- 4 Christmas Hampers
- 5 Golden Age Socials
- 6-7 PGCOS—Community Connect
- 8 Coffee & Talk
- 9 TAP
- 10 Canadian Dental Care Plan
- 11-12 Quality Time Wellness
- 13 Choose to Move
- 14 Dr Tech's Technology Tutoring
- 15-17 ECRA
- 18-24 Brunswick Seniors Activity Centre
- 25-26 Spruce Capital Senior Centre
- 27 North Central Seniors Association
- 28-29 Hart Pioneer Centre
- 30 Connections Wellness Centre—CMHA
- 31 Health Link BC
- 32 Senior's Day: Hudson Bay
- 33 Advance Planning Clinic
- 34 Myeloma Support Group
- 35 Prince George Chateau
- 36 Parkinson's Support Group
- 37 Recycle Your Old Eyeglasses
- 38 Lawn Bowling—Senior Moments Radio
- 39 PGCOS—Volunteers Needed
- 40 PGCOS Services
- 41 PGCOS Board



OCTOBER 2024

Mon	Tue	Wed	Thu	Fri	Sat
	1 Liver & Onions OR BBQ Chicken Breast with Mash & Veggies	2 Reuben Sandwich With Onion Rings & Side Sauer Kraut	3 Beef Stir Fry Over Noodles with Spring Roll	4 Breaded Pork Cutlet with Apple Sauce Mash & Veggies	
7 Spaghetti & Meat Balls with Garlic Toast	8 Honey Garlic Chicken Drumettes with Potato Salad	9 Hot Turkey Sandwich With Gravy, Mash & Stuffing	10 Baked Seasoned Cod or Grilled Pork Cutlet with Mushroom Sauce, with Rice & Veggies	11 Roast Beef Dinner with Gravy, Mash, Yorkies & Veggies	
14 CLOSED <i>(Thanksgiving)</i>	15 Pork Schnitzel with Gravy, Mash & Veggies	16 Chili Over Rice with Garlic Toast	17 Ham & Scalloped Potatoes with Veggies	18 Greek Dinner/Chicken Rice, Salad, Pita & Tzatziki	
21 Hot Hamburger Sandwich With Mash & Veggies	22 Asian Glazed Salmon OR Grilled Chicken Breast with Pineapple Salsa/Rice & Veggies	23 Sweet 'N Sour Meat Balls Over Rice & Veggies	24 Sloppy Joe's with Onion Rings	25 Roast Pork Loin with Mash, Veggies & Gravy	
28 Chicken Parm with Pasta & Sauce with Garlic Toast	29 Meat Loaf with Mash & Veggies	30 PUB FUN Honey Garlic Pork Bites, Chicken Fingers with Fresh Veggies	31 Shepherds' Pie with House Salad & Dressing	MEALS ON WHEELS 250-564-5888 1330 5th AVENUE	

Prince George Council of Seniors — Christmas Hampers

As we gear up for this year's Christmas Hampers, we are accepting donations to help provide essential holiday support to low-income seniors in our community. While it's still early October, preparations are already underway to make this holiday season brighter for those in need.

We kindly request cash donations or Save-On Foods gift cards, which will help us efficiently purchase the necessary items for the hampers. Please note that we are not accepting groceries or physical gifts at this time.

Applications for Christmas Hampers will be available for pick-up starting October 21st at the Senior Resource Centre, between 9 AM and 3 PM.

Donations can be mailed to the Seniors Resource Centre at 1330 5th Ave, V2L 2L4, or dropped off in person Monday to Thursday between 9 am and 3 pm. Charitable tax receipts are available for both cash and gift card donations (with receipts).

Applications for hampers will be accepted until Thursday, November 29th, with new applicants required to apply in person at the Seniors Resource Centre. Please bring photo ID, proof of residence (utility bill or bank statement), and documentation showing receipt of the Guaranteed Income Supplement (GIS).



Thank you for your generosity and support in helping us make a difference! Last year, with your help, we provided over 230 hampers to seniors, and we are aiming to meet the need once again this holiday season.

Golden Age Social

Please join us for a free Afternoon Seniors Social
Prince George Conference and Civic Centre

Monday October 7th

Monday November 18th

Wednesday December 4th

Wednesday February 12th

Monday March 10th

2:00pm to 4:00pm

Doors open at 1:30 pm

Entertainment starts at 2:00 pm with Light Refreshments to follow



for information please call
Prince George Council of Seniors
250-564-5888



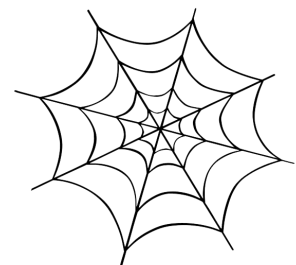
Community Connector

Social
Transportation
Health
Leisure/Exercise
Food Security
Advanced Planning



Hi There! Since June I have been working as the Community Connector at the PG Council of Seniors. I have been in Prince George for around 4 years and have a background in working with older adults in long term Care, hospital settings, and on an Elder Abuse Intervention Team. I love the model of service that the PG Council of Seniors provides to the community – a Hub of Seniors programs and services and a friendly place to drop in to get some information.

The Community Connector role has been developed based on an initiative called “Social Prescribing”. The best way I can conceptualize “Social Prescribing” is imagining leaving a doctor’s office or hospital admission not only with a prescription for medication and a blood work requisition but with a “prescription” of healthy produce from the farmer’s market, accessible transportation, an exercise class at the pool, an appointment to complete your Will and a list of seniors activities you can get involved with.



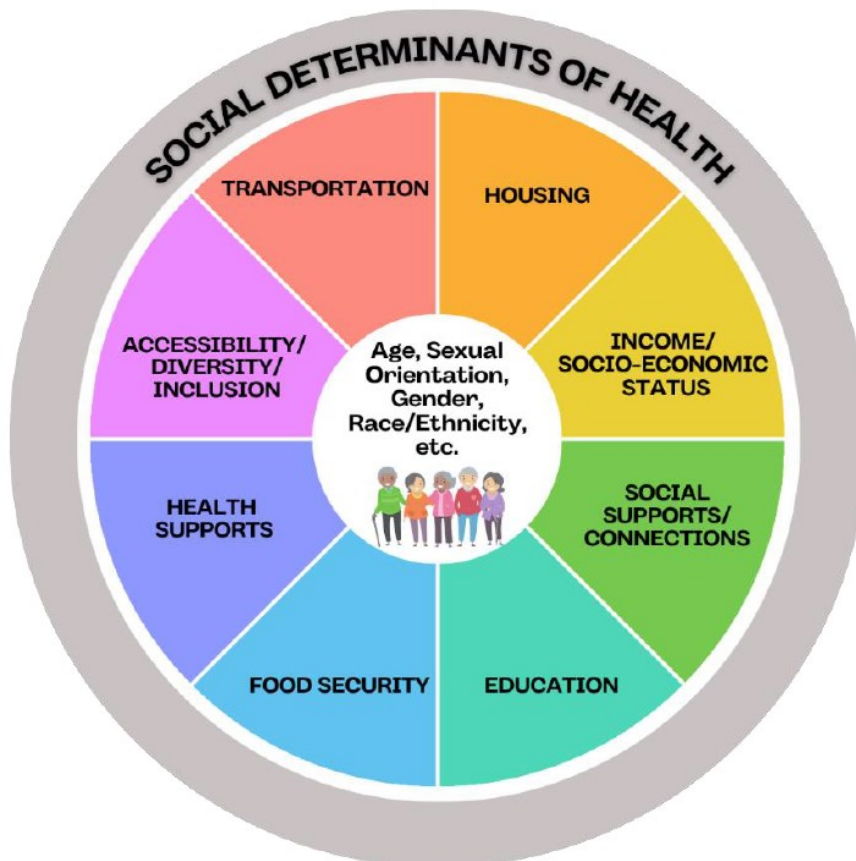
The Community Connector role explores the various non-medical aspects of health and works with seniors to develop a Wellness Plan that enhances social/emotional health and removes barriers to optimum functioning.

At the PGCOS Senior Resource Center this looks like:

- Health benefit applications (ie. Canada Dental Care Plan)
- Low-cost Counselling referrals
- Transportation applications (HandyDart, Senior Bus passes, medical transportation)
- Farmer's Market Coupon program
- Exercise and Leisure Program referrals
- Partnering with Seniors First BC to provide Advanced Planning Clinics (Wills etc)

If you could use assistance in any of these ways drop in to see me or call and set up an appointment.

Melanie Babbitt, Community Connector at PG Council of Seniors





Coffee & Talk

Weekly PG Friends & Family Caregiver
Program Coffee & Chat

Every Wednesdays, 11am.
At Seniors Resource
Centre- 1330 5th Avenue.

Call Pinaz to register or
if have any inquiries at
250-564-5888



United Way
British Columbia

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



Family Caregivers
of British Columbia

United Way BC is proud to offer the

Transit Assistance Program

In collaboration with the City of Prince George

The Transit Assistance Program creates equitable access. It provides our community members who need it most with free bus vouchers* for:

- Emergency needs
- Employment
- Education
- Medical
- Dental
- Social recreation
- Food
- Shelter

Please see the Prince George Council of Seniors for bus vouchers while available.

*Bus vouchers are limited in quantity.



Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Canada.ca/dental

Quality Time Wellness



Dementia Friendly Day Program!

This program will be facilitated by Recreation professionals using personalized programming and activities.

At the same time, it provides caregivers with respite.

BENEFITS TO OUR PARTICIPANTS:

Meet new friends.

Reduce isolation and stress.

Improve mood.

Cognitive stimulation.

Help maintain and improve abilities.

Increase sense of purpose.

Enhance self-esteem.

Respite for families and caregivers



**Location: Spruce Capital
Senior Center**

3701 Rainbow Drive

When: Tuesday's 9am-3pm

Cost:

Full Day \$125+tax

Half Day 62.50+ Taxes

9am-12pm OR 12pm-3pm



Contact us for more info!

Phone: 250-617-5909

Email: qualitytimewellnsspg@gmail.com

or scan here!





Dementia Friendly Adult Day Program

RESPIRE FOR CAREGIVERS

Join us on Tuesday's from 9am-3pm

Spruce Capital Senior Center
3701 Rainbow Drive

Call us:

250-617-5909

QualityTimeWellness.ca



GET THE MOTIVATION YOU NEED TO BE ACTIVE!



“Being involved in Choose to Move has given me the incentive to be more active. I look for simple ways to add a little more movement to my everyday living.”

Join Today-
It's **FREE!**

A FREE program that supports older adults to
BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
 - ✓ Choose activities you like
 - ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

www.choosetomove.ca

Registration is now open for fall 2024!



Info session: Saturday, September 21st | 11:00a.m.–12:00p.m.
Prince George Family Y | All Purpose Room

Fall 2024 sessions: Saturdays from 11:00a.m.–12:00p.m.
October 26th - mid January 2025

To register contact Lindsay:
778-835-1858 • lindsay.marriott@bc.ymca.ca

Dr. Tech's Technology Tutoring

*Cellphone • Tablet • Laptop
Desktop Computer • Printer • Software
Smart TV • and more!*

Patient and empathetic assistance
with your devices in the comfort of
your own home.

Over 21 years of technical teaching
experience at the public library.



Please call or text Jeff
236-792-5333

Available evenings
and weekends
\$20 per ½ hour



OCTOBER 2024 Lunch Menu

(subject to change without notice)



1st	Veal Cutlets, Mashed Potatoes & Veg	
2nd	Minced Beef , Mashed Potatoes & Veg	
3rd	Beef Stroganoff with Rice	
4th	Ham, Scalloped Potatoes & Vegetables	
7th	Farmers Sausage, Ragu, Garlic Toast	
8th	Stffed Meat Loaf, Baby Roasted Pot & Veg	
9th	Prk Chops w/Mshrm Grvy, Msh Pot & Veg	Birthday Tea
10th	Chicken Cutlets, Baby Roasted Pot & Veg	
11th	Liver & Onions, Mashed Potatoes & Veg	
14th	THANKSGIVING DAY—ECRA is closed	
15th	Spaghetti & Garlic Toast	
16th	Swiss Steak, Roasted Potatoes & Veg	
17th	Cabbage Rolls, Baby Roasted Pot & Veg	Board Mtg.
18th	Roast Beef, Yorkshire, Mashed Pot & Veg	
21st	Shepherds Pie with Veggies	
22nd	Baked Chicken, Mashed Potatoes & Veg	General Mtg
23rd	Lasagna with Garlic Toast	
24th	European Weiners, Season Rsted Pot, Veg	
25th	Turkey & All The Trimmings	50/50 Draw
28th	Butter Chicken, Rice, Naan Bread	
29th	Smokies & Perogies	
30th	Turkey Pot Pie with Vegetables	
31st	Goulash (NOT Soup), Biscuits & Veggies	

ECRA is Closed

October 14, Thanksgiving Day

Birthday Tea 1:00 pm

Wednesday, October 9

Board Meeting: 9:00 am

Thursday, October 17

****Craft, Bake & Book Sale****

October 19, 9 am²—~~3~~ pm

GENERAL MEETING 1:00 pm

Tuesday, October 22

Foot Clinics: 9 am to 3 pm

Monday, October 7

Monday, October 21

**** Fall Production ****

By the Patchwork of Talent Group

Friday, October 25th at 7 pm

Sunday, October 27th at 2 pm

PLEASE HELP US AT ECRA

The Elder Citizens Recreation Association Senior Centre (ECRA) is asking for your help in purchasing a new sound system for our centre.

Our sound system was purchased second hand when our centre expansion was done in 2006. We have been having a big problem in keeping it working over the past years. Our system is now beyond repair.

We use this system for many of our events and once again we are beginning our busy season. This includes our new shows, concerts, birthday teas, catering, meetings, memorials plus many other functions .

We have been, and are still, applying for grants to help us out with the \$35,000 cost to purchase a new sound system but we aren't sure if we will get any or how much it would be if we did. We are asking for any donations and they would be greatly appreciated. Thank you.

ECRA Board of Directors

President—Louise Bundock.



October 30th, 2024 ECRA Workshop

Join us for “Your Life Your Legacy” Workshop
Wednesday October 30, 2024, at 10 am

The seminar is an interactive presentation that addresses the advantages of pre-arranging a funeral, including the benefits of planning and steps involved in the planning process. Participants may request a free Personal Planning Guide to help get you started.

What you will learn:

- The 4 Simple Steps to Planning Ahead
- Gaining Valuable Peace of Mind
- Request a Free Personal Planning Guide
- How to Protect Your Family

Benefits of Pre-Planning:

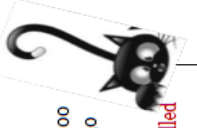
- Avoiding Stressful Decisions
- Eliminating Second-Guessing
- Protecting Your Loved Ones

To reserve your spot please contact

Joann 250-561-9381 or email

eldercitizens@shaw.ca



October 2024 – Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Prince George Senior Activity Centre 425 Brunswick 250-563-1915 Email: senioractivitypg@shaw.ca Facebook: Prince George Senior Centre Website: https://senioractivitypg.wixsite.com/brunswickst</p>	1 Carpet Bowling 9:45 50/50 Bingo 12:30	2 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Yarn Crafts 1:00 Whist 7:00pm Foot Clinic 9-3 Appointment required	3 Fitness 10:00 Line Dancing 11:00 Board Games 1:00 Tai Chi 1:00 Canasta 1:00 Yarn Crafts 1:00	4 Bridge Lesson Review 10am Floor Curling 9:45 Crib 12:30 Board Games 1:00 ** Pie Daze **	5 OKTOBERFEST Band: Sound of the North Doors open: 7pm Music: 7:30pm Everyone 19+ Welcome
6	7 Fitness 10:00 Line Dancing 11:00 Bridge 12:30 Floor Curling 1:00	8 Carpet Bowling 9:45 50/50 Bingo 12:30	9 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Yarn Crafts 1:00 Whist 7:00pm	10 Fitness 10:00 Line Dancing 11:00 Board Games 1:00 Tai Chi 1:00 Canasta 1:00 Yarn Crafts 1:00	11 Bridge Lesson Review 10am Floor Curling 9:45 Crib 12:30 Board Games 1:00 Fortis ECAP 11am	12
13	14 Closed Thanksgiving 	15 Carpet Bowling –cancelled 50/50 Bingo 12:30	16 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Yarn Crafts 1:00 Whist 7:00pm Foot Clinic 9-3 Appointment required BOARD MEETING 10am	17 Fitness 10:00 Line Dancing 11:00 Board Games –cancelled Tai Chi 1:00 Canasta 1:00 Yarn Crafts – Cancelled Birthday Tea 12:30	18 Bridge Lesson Review 10am Floor Curling 9:45 Crib 12:30 Board Games 1:00 ** Pie Daze **	19 Dance with Cariboo Thunder Doors open at 7pm Tickets \$20 each Everyone 19+ Welcome
20	21 Fitness 10:00 Line Dancing 11:00 Bridge 12:30 Floor Curling 1:00 Book signing: Monica Murphy 11am	22 Carpet Bowling 9:45 50/50 Bingo 12:30 Canada Services/Info 10am-11:30	23 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Yarn Crafts 1:00 Whist 7:00pm	24 Fitness 10:00 Line Dancing 11:00 Board Games 11:30 Tai Chi 1:00 Canasta 1:00 Yarn Crafts 1:00	25 Bridge Lesson Review 10am Floor Curling 9:45 Crib 12:30 Board Games 1:00	26
27 Roast Beef Dinner Pre-Purchase Tickets Prior to 3pm - Oct 24th Everyone Welcome!	28 Fitness –Cancelled Line Dancing –Cancelled Bridge 12:30 Floor Curling 1:00 MEMBERSHIP GENERAL MEETING 10:30	29 Carpet Bowling 9:45 50/50 Bingo 12:30	30 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Yarn Crafts 1:00 Whist 7:00pm	31 Fitness 10:00 Line Dancing 11:00 Board Games 11:30 Tai Chi 1:00 Canasta 1:00 Yarn Crafts 1:00 Halloween fun 1 pm 		

October 2024 Menu

Dine in or Take Out - 425 Brunswick Street
LUNCH served: Monday to Friday 11am to 1 pm
BREAKFAST: Monday to Friday 8:30am to 11am

Prince George Senior Activity Centre
 425 Brunswick Street 250-563-1915
 Email: senioractivitypg@shaw.ca

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meals include:			1	2	3	4	
• Bun/Biscuit			Perogies & Smokies	Spaghetti & Meatballs	Stuffed Pork	Liver & Onions	Breakfast Available
• Salad/Coleslaw						** Pie Daye **	Monday to Friday
• Vegetables	7	Salisbury Steak	8	9	10	11	8:30am to 11am
• Menu Item			Irish Stew	Chicken Cutlet & Pita Bread	Beef Stir Fry	*New*	Variety of Items
Dine In or Take Out						Chef's Choice	Breakfast Sandwich
Members: \$9							Bacon/Ham
Non-Members \$10	14	Closed Thanksgiving 	15	16	17	18	Eggs
Pre-order not required			Chicken Chow Mein	Gourmet Grilled Ham & Cheese	Roast Chicken & Potatoes	Corn Bread	Pancakes
Additional items: (prices vary)						** Pie Daye **	Toast/Hashbrowns
Two Daily Soups:	21	Chef Salad	22	23	24	25	Omelettes
Broth & Cream			Hot Roast Beef Sandwich & Wedges	Lasagna & Garlic Toast	Pork BBQ Ribs	Chicken Alfredo	Prices vary depending on item
Sandwiches							
Salads							
Treats							
Cinnamon Buns	28	Ham & Scalloped Potatoes	29	30	31		Everyone Welcome
Everyone Welcome		General Meeting 10:30am	Beef Stroganoff	Liver & Onions	Pork Cutlet & Roasted Potatoes 		Dine In or Take Out

Friday October 4th:

Blueberry
Apple

Pie Daze

Pie \$5

with Ice cream \$6

Friday October 18th:

Strawberry Rhubarb
Pumpkin

Prince George Senior Activity Centre — 425 Brunswick

Fall Clean Up Junk in the Trunk

Bake Sale
Mini Garage Sale
Concession

September 14
10am to 2:30pm
425 Brunswick Street

Outdoor
space
\$20

Reserve your space

Email:
senioractivitypg@shaw.ca

OR
Call: 250-563-1915

Seniors....

Do you have some household items you'd like to sell but don't have enough to have your own garage sale?

Rent an indoor table at our mini garage sale!
\$10

Thank you for supporting
Prince George Senior Activity Centre — 425 Brunswick
250-563-1915



**Country
Dance!**

CARIBOO THUNDER

**Saturday
October 19th**

**\$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**

Roast Beef Dinner!

**SUNDAY
October 27th**

**Doors open at 4:00
Dinner at 5:00**

Adults \$20.00

Kids 8 & under \$9.00

TICKETS MUST BE PRE-PURCHASED

PRIOR TO Oct. 24th

(No Tickets at the door)



EVERYONE WELCOME!

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

PG SENIOR ACTIVITY CENTRE presents



OKTOBERFEST



Beth



Heidi



Tony



Shane



Kevin



featuring **SOUND OF THE NORTH**

Saturday, Oct 5, 2024

Traditional Music ~ Food ~ Dancing & Fun

PG SR CENTRE - 425 Brunswick Street
Doors 7 pm Dancing 7:30 to 11:30 (19+)

Admission \$40 Includes German-style Lunch

Advance Tickets available at 425 Brunswick Centre
or by e-transfer to oktoberfestpg@gmail.com

For info 250 563-1915

HeidiMelodicMusic.com

October 2024 SCHEDULE OF EVENTS

Spruce Capital Senior Centre

Monday	Chair Yoga	10 am
Monday	Tai Chi	1 pm
Monday	Canasta	1:00 pm
Monday	Night crib	7 00 pm
Tuesday	Wellness Group for ADULT Dementia Care	9 00 am – 3:00 pm
Wednesday	Resistance Bands for Seniors	9:00 am to 9:30am
Wednesday	TOPS	10 00 am
Wednesday	BINGO	1:00 pm
Wednesday	Restorative Yoga	6 pm
Thursday	Aerobic drumming	10:00 am
Thursday	Canasta	1:00pm
Thursday	Parkinson Support	1:00pm
October 3-17-31		
Tuesday	Foot Clinic	9:00 am
October 29	Call for an appointment	
Sunday	Restorative Yoga	6:00 pm
October 5	Crib Tournament	Register: 10:00 am Play: 11:00 am

Spruce Capital Senior Centre

This applies to Fun Crib, Chair Yoga, Canasta, Tai Chi, Pool, Shuffleboard, Bridge, Bingo, resistance bands, aerobic Drumming



SEPTEMBER CRIB tournament winners

1 Cecile Guignard

2 Lori Brand

3 Alan crouch

Congratulations to Lori brand on a 28 hand

Crib tournament is October 5th

Registration 10 am

Play begins 11am

Soup and Sandwiches will be available

50/50 4 tickets for a 1.00

NORTH CENTRAL SENIORS CALENDAR FOR MONTH OF

NCSA, 5401 Moriarty Crescent, Prince George BC, V2N 4C5 WWW.ncsapg.ca

OCT 2024

MONDAYS

Oct 7th, 21st
CARDS: Crib & Canasta: 9:30am – Noon
YOGA: 10am – 11am
PHOTO CLUB: 10am – Noon

Oct 14th
CLOSED FOR
THANKSGIVING HOLIDAY

Oct 28th
CARDS: Crib & Canasta: 9:30am – 11:30
YOGA: 10am – 11am
PHOTO CLUB: 10am – 11:30
LUNCH: 11:30 – Noon

LUNCH TICKET SALES
MON & WED: 9:15 TO 10:00

TUESDAY

Oct 8th
BREAKFAST CLUB: D'Lanos
Ordering meals at 9:30am or about

WEDNESDAYS

Oct 2nd, 9th
TAI-CHI: 10am - 11am
(Note: *Tai Chi Cancelled 16th, 23rd, 30th*)

Oct 16th
CARDS: Crib & Canasta: 9:30am – Noon

Oct 23rd, 30th
LINE DANCING: 9:30-10:30

Oct 2nd, 9th, 16th, 23rd, 30th
MENS POOL: 10am – Noon
SCRABBLE: 10am – Noon

Oct 9th, 23rd
FOOT CARE CLINIC (By Appointment)

Oct 30th
ART CLASSES: 9:30-NOON (With Ginny)

THURSDAYS

Oct 3rd, 10th, 17th, 24th, 31st
COFFEE SOCIAL AT COLLEGE HEIGHT TIM'S
2pm - At Your Discretion

FRIDAYS

Oct 4th
BIRTHDAY TEA
Celebrate Birthdays For:
Aug, Sept & Oct

ANNUAL GENERAL MEETING
October 11th
FOR ALL MEMBERS

Oct 4th, 18th, 25th
CARDS: Canasta: 9:30am – Noon
MENS/LADIES POOL: 10am – Noon

Oct 18th
DEMO KITCHEN: 10am-Noon
(With Sylvia)

Oct 25th
SENIOR EMPOWERED
GUEST SPEAKER: 10:00AM-11:30
ICBC Information Session

Membership Renewal & New
Mon: 9:30am-10:00am

October 2024

Mon	Tue	Wed	Thu	Fri
	1 Fast Fry Pork Chop Milano Style Penne Alfredo Veggies	2 Butter Chicken Basmati Rice Naan Bread Veggies	3 Honey Garlic Meatballs Rice Veggies	4 Grilled Rockfish Filet Lemon Pepper Sauce Parsley Potatoes Veggies
7 Spaghetti & Meat Balls Garlic Bread Veggies	8 Macaroni & Cheese Grilled Pork Tenderloin Medallions Veggies	9 Beef Stew Hungarian Style Mashed Potatoes Veggies	10 Sweet & Sour Pork Chow Mein Rice	11 Cabbage Rolls Perogies Sauerkraut
14 Thanksgiving CLOSED	15 Chicken Wings French Fries Greek Pasta Salad Soup	16 2 Bavarian Bratwurst Pan-fried Potatoes Bavarian Cabbage Pretzel	17 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatziki	18 Lasagna Garlic Bread Veggies
21 Parmesan Stuffed Chicken Breast Roasted Potatoes Veggies Garlic Parmesan Sauce	22 Salisbury Steak Mashed Potatoes Gravy & Onions Veggies	23 Ham Scalloped Potatoes Veggies	24 Pizza Meatlovers Caesar Salad	25 Beef Rouladen Mashed Potatoes Braised Red Cabbage Gravy Veggies
28 Pork Roast Mashed Potatoes Gravy Veggies	29 Turkey Breast Cutlet Veggies Tater Tots Red Pepper Sauce	30 BBQ Chicken Roasted Potatoes Veggies	31 Schnitzel Spaetzle Mushroom Sauce 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.

A decorative border of pumpkins with carved faces surrounds the text. The pumpkins are arranged in a rectangular frame, with a single row of pumpkins along each side. The pumpkins are orange with black outlines and faces.

OCTOBER MENU

Take-out -- \$ 12

Dine-in - \$ 14

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

DINING-IN: Please call 24 hrs. in advance.

****If you wish, you can pre-order takeout(s) or dining-in(s) for the month of October in advance by calling the Centre.**


.....

Upcoming Events:

1. **OKTOBERFEST** – Saturday, Oct. 5 - \$50 per person which includes a German Buffet Dinner & Dance.
Tickets available at the Centre.
2. **CRAFT FAIR & BAKE SALE** - Saturday, Nov. 2 – 9am – 3pm
Tables available - \$25 each. Contact the Centre.

THANK YOU
for supporting the
Hart Pioneer Centre!!

Connections Wellness Centre October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drop in 10-12 Ladies Group 12:30-1:30 Mens Shed 6-9	2 Drop in 10-12 Walking group 1230-130	3 Drop in 10-12 Art Heals 1-2 Relaxation station 2:30-3 Mens Shed 6-9	4 Chair Yoga 10-11 Drop in 11-12	5
6	7 Seniors group 10-12 Stitchers corner 12-2 Games group 2:15-3:30	8 Drop in 10-12 Ladies Group 12:30-1:30 Mens Shed 6-9	9 Drop in 10-12 *Thanksgiving lunch* 12-1 Floor Hockey 1:30-2:30	10 * Therapy dog* 10-11 Bingo 10:30-11:30 Art Heals 1-2 Relaxation station 2:30-3 Mens Shed 6-9	11 Chair Yoga 10-11 Drop in 11-12	12
13	14 Happy Thanksgiving Connections Closed	15 Drop in 10-12 Ladies Group 12:30-1:30 Mens Shed 6-9	16 Drop in 10-12 Walking group 1230-130	17 Drop in 10-12 Art Heals 1-2 Relaxation station 2:30-3 Mens Shed 6-9	18 Chair Yoga 10-11 Drop in 11-12 LLTTF 1-4	19
20	21 Seniors group 10-12 Stitchers corner 12-2 Games group 2:15-3:30	22 Drop in 10-12 Ladies Group 12:30-1:30 Mens Shed 6-9	23 Drop in 10-12 Floor Hockey 1:30-2:30	24 Drop in 10-12 Bingo 10:30-11:30 Art Heals 1-2 Relaxation station 2:30-3 Mens Shed 6-9	25 Chair Yoga 10-11 Drop in 11-12 LLTTF 1-4	26
27	28 Seniors group 10-12 Stitchers corner 12-2 Games group 2:15-3:30	29 Drop in 10-12 Ladies Group 12:30-1:30 Mens Shed 6-9	30 Drop in 10-12 Walking group 1230-130	31 Drop in 10-12 Art Heals 1-2 Relaxation station 2:30-3 Mens Shed 6-9		
Extra Info Lunch Served Every: Tues, Wed, Thurs, Fri Thanksgiving lunch - \$8- sign up & pre pay Floor Hockey - Meets at RollerDome@1:30		Connections Wellness Center, 2816 Norwood Street. Please phone (250) 563-3147 by 11am to reserve a space to attend a group or lunch, as space is limited. Guest lunch meals are \$5.50.			 Canadian Mental Health Association Northern BC Mental health for all	

Call
8-1-1

Health advice 24/7

HealthLinkBC.ca

BRITISH COLUMBIA
The Best Place on Earth


HealthLinkBC

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

BRITISH COLUMBIA

HealthLinkBC

Hudson Bay: Every Tuesday is a Seniors' Day!



Every Tuesday
is Seniors' Day

Customers 55+

SAVE AN EXTRA

15%
OFF

Regular,
sale and
clearance
items.

Exclusions may apply. See an associate for details.

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**.



Myeloma Canada
Support Group Network

Myeloma Patient & Caregiver Support Group Meeting

Norther BC Support Group Meeting

Come meet, exchange & share

Join us! Meet, exchange and share with others in our community whose lives have also been impacted by a myeloma diagnosis. Plus, you'll learn about the latest advances in research, symptom management, and more from healthcare professionals in our region.

Don't miss out!

Agenda

We have great tea, coffee and water and some bring treats with no limitations on how many you enjoy!

In January, we will have a presentation by a leader of the Choose to Move program at the YMCA.

Join us!

When ?

3rd Saturday of each month
1:00 - 3:00 PM

Where?

College of New Caledonia
Room 1-317

Please RSVP:

Contact: Vivien Lougheed
Email: chickenbus@shaw.ca
Phone 250-981-2618



MYELOMA
CANADA
MAY WE LIVE WITH MYELOMA

The Prince George Chateau welcomes you.



Limited time
Studio suite
discount of up
to **\$640 off**
monthly studio
rates.

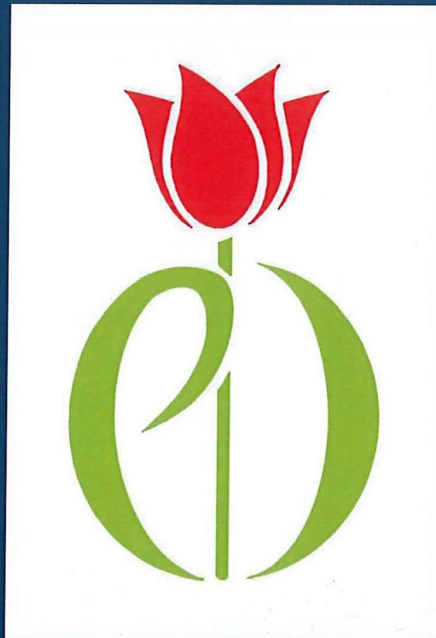
Call Jessica at
(250)564-0202 to
learn more
*Discount
available while
quantities last



PRINCE GEORGE CHATEAU

Atria Retirement Canada

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**

Recycle your old, even broken eyewear.

It could improve a persons life
in another country!



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 EYEGASSES 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



Volunteer Drivers Needed for our growing Meals on Wheels Program.

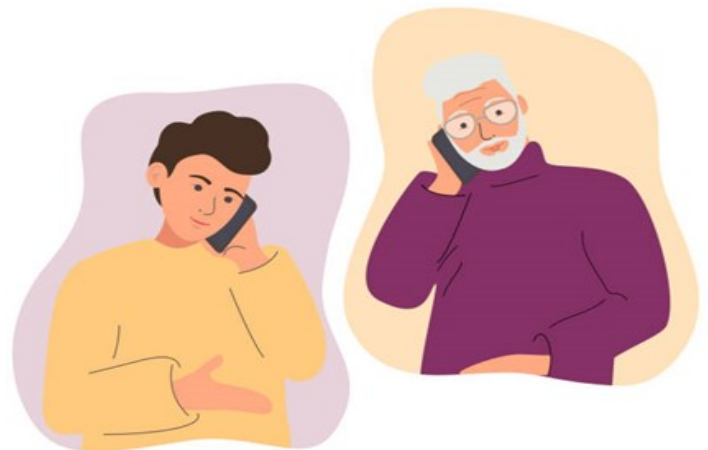
We deliver meals Monday - Friday between 10:45 am - 12:00 pm.

If you have a vehicle and are interested in giving back to our community

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 call.



**Better at Home Volunteers Needed
Friendly Visits, Grocery Shopping and Delivering.**

Front Desk Volunteers Needed

2 different shifts 9-12 or 12-3

Answer the phone, receive payments, direct clients to the appropriate programs.



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



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.

Seniors Housing Navigator

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

Community Connector

The Community Connector plays an integral role in bridging the gap between healthcare.

Services offered by this program

Advocacy
Friendly Phone Calls
Information
Resources

Other Support Services: Donation based

Denture support — Assistance with Canadian Dental Care Plan Application

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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We acknowledge the support of



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Northern British Columbia



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Seniors Services Society
of B.C.



northern health
the northern way of caring



FOOD BANKS BC



CITY OF PRINCE GEORGE



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