

Prince George Council of Seniors

Senior Times Newsletter

September 2024 Edition





Prince George Council of Seniors

Senior Times Newsletter

June 2024 Edition

MARK YOUR CALENDAR

National Day for Truth and Reconciliation—September 30th

PGCOS—Meals on Wheels Program!

Parkinson Superwalk

National Seniors Day—Northern Sport Centre

Employment Options for 55+

Health Link BC

**Newsletter Submission Deadline
September 27, 2024**

- 3 PGCOS Meals on Wheels Menu
- 4-6 PGCOS Seniors Day at BCNE!
- 7 National Day for Truth and Reconciliation
- 8 TAP
- 9 Parkinson Superwalk
- 10 Canadian Dental Care Plan
- 11 PGCOS—MOW Program
- 12-13 Quality Time Wellness
- 14 Dr Tech's Technology Tutoring
- 15-16 New Beginnings Men's Shed
- 17 Employment Options for 55+
- 18-21 ECRA
- 22-28 Brunswick Seniors Activity Centre
- 29-31 Spruce Capital Senior Centre
- 32 North Central Seniors Association
- 33 National Seniors Day—Northern Sport Centre
- 34-38 Hart Pioneer Centre
- 39 Health Link BC
- 40 Senior's Day: Hudson Bay
- 41 Advance Planning Clinic
- 42 Myeloma Support Group
- 43 Prince George Chateau
- 44 Parkinson's Support Group
- 45 Recycle Your Old Eyeglasses
- 46 Lawn Bowling—Senior Moments Radio
- 47 PGCOS—Volunteers Needed
- 48 PGCOS Services
- 49 PGCOS Board

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 CLOSED LABOUR DAY	3 Spaghetti & Meat Balls with Garlic Toast	4 Cabbage Rolls with Grilled Sausage & Veggies	5 Pork Schnitzel with Onion Gravy Mash & Veggies	6 Chicken Roulade with Sauce, Rice & Veggies	7 	
8	9 Hot Chicken Sandwich with Gravy, Mash & Veggies	10 Shepherd's Pie with Onion Rings	11 Pork Cutlet with Apple Sauce & Roasted Veggies	12 Asian Glazed Cod OR BBQ Chicken Breast with Rice & Veggies	13 Baked Lasagna with Garlic Toast	14	
15	16 Chicken Caesar Salad with Garlic Toast	17 Meat Loaf with Home Fries & Roasted Veggies	18 Perogies with Grilled Sausage & Braised Sour-Kraut	19 Hot Hamburger Sandwich With Mash & Veggies	20 BBQ Rib Dinner with Baked Beans & Slaw	21 	
22	23 Meat Balls in Gravy Sauce Over Egg Noodles	24 Chicken Cordon Bleu with Rice & Veggies	25 Sloppy Joe's with Home Fries	26 Baked Salmon with Lemon Dill Sauce OR Chicken Wings with Rice & Veggies	27 Roasted Pork Loin Dinner with Mash & Veggies	28	
29	30 Pub Fun, Honey Garlic Pork Bites Salt'n Pepper Wing & Fresh Veggies		MEALS ON WHEELS 250-564-5888				
			1330 5th AVENUE				

Thank you so much for attending the Prince George Council of Seniors' Seniors Day at the BCNE on August 15th, 2024, and for having a booth at the event. Your presence and participation were instrumental in making the day a success.

We truly appreciate your support and enthusiasm in helping to celebrate and support our seniors. Your contributions play a vital role in enhancing the well-being of our community.

Thank you once again for your dedication and for being a part of such a special day.

- Prince George Council of Seniors







Karen Nichols and her grandson Blake picking up her prize from the PGCOS-BCNE passport draw!



As we approach National Truth and Reconciliation Day, we take a moment to reflect on the deep and lasting impact of the residential school system on Indigenous communities across Canada. This day reminds us of the importance of truth, healing, and honoring the strength of survivors and their families.

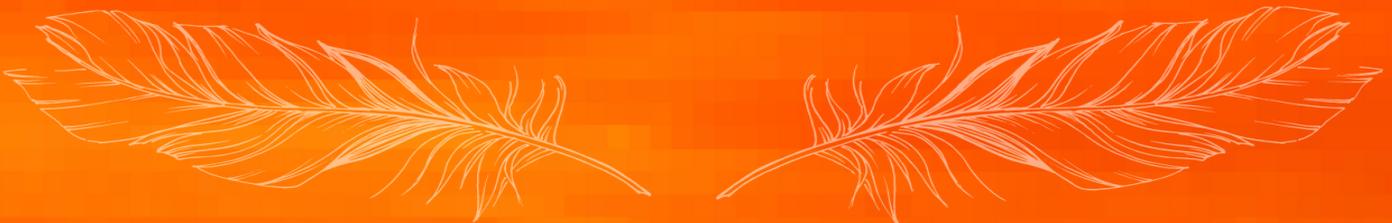
Reconciliation is not just a single day but an ongoing journey—a commitment to listening, learning, and taking meaningful action. It is a time for us to come together in the spirit of understanding, acknowledging the painful truths of the past, and building a future grounded in respect, dignity, and unity.

Let us honor this day by remembering the children who never came home, supporting the resilience of Indigenous communities, and reaffirming our dedication to creating a more just and compassionate Canada.

Together, we can make a difference—one step, one conversation, one act of kindness at a time.

In solidarity and reflection,
Prince George Council of Seniors

National Day for Truth and Reconciliation



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.





PRINCE GEORGE

Saturday, September 7

Lheidli T'enneh Memorial Park - The New Picnic Shelter
(Access off of 20th Avenue by Exploration Place)

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

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

Funds raised support over 17,500 British Columbians living with Parkinson's disease through education, programs, advocacy, and research contributions.



Thank you to
our sponsor

BondRepro

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

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

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



Government of Canada / Gouvernement du Canada



Prince George Council of Seniors – Meals on Wheels Program

The Prince George Council of Seniors' Meals on Wheels program is dedicated to delivering nutritious meals to seniors and individuals with disabilities who face challenges in meal preparation. This essential service ensures that recipients receive balanced, healthy meals tailored to their dietary needs, promoting their overall well-being and health.

The program's objectives are multi-faceted. Primarily, it aims to provide balanced, nutritious meals that support the health of seniors and individuals with disabilities, allowing them to maintain their independence and remain in their homes rather than transitioning to assisted living or care facilities. Additionally, the program facilitates regular social interaction through meal deliveries, which helps combat feelings of isolation and loneliness. Each delivery also includes a wellness check, offering an opportunity to monitor the recipient's health and safety.

The Meals on Wheels program also engages community members through volunteer opportunities, fostering a sense of support and connection. It offers a cost-effective solution for meal provision, alleviating some of the financial burdens associated with other forms of care. Moreover, it provides valuable respite and support to family members and caregivers by ensuring their loved ones receive regular, nutritious meals.

Andy, the Meals on Wheels Program Coordinator, brings a wealth of experience to this role. With a strong background in program management and supply chain leadership, Andy has excelled in both the private and public sectors. His expertise includes enhancing supply chain efficiency, reducing operating costs, and implementing continuous improvements in project management and resource allocation. Andy's extensive experience in health systems strengthening, logistics, and supply chain management is supported by a robust educational background, including a professional doctorate in Pharmacy, a master's degree in public health, and various certifications in project management and international logistics.

Please contact MOW Coordinator, Andy Agbenin at 250-564-5888 or mow@pgcos.ca for more information about our program!



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



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

Origins of Men's Sheds

Sheds Started in Australia where there are now over a thousand sheds. Now there are almost 3000 sheds operating in 12 countries

New Beginnings Men's Shed

We had our first meeting in May, 2022 and now we have grown to over 50 members. We moved into our current location in November 2023.

Projects include:

Raised beds made of composite materials that will not rot. Potting carts and plant walls that are portable. A small child's booster stool. Hanging basket stands.

A few of us even help friends and family members build and decorate final resting boxes (yes full size coffins made for burial or cremation)

Raised beds:

23 of these were donated to Reaps.



Working on plant stand



Sometimes we even have fun



“Working shoulder to shoulder builds connections”

LOCATION:

597 4th Ave across parking lot from TX2 recycling. We are in the same fenced compound the Citizen Newspaper is located:



Men's Sheds are what we make them. They are influenced by the members who join up.

NOTES AND CONTACTS:

newbeginningsmenshed@gmail.com

You can contact us or you can just stop by the shed when we are open. There is always a host that will greet you and answer any questions you want to ask.

Hours of operation:

Wednesdays 3:30 – 5:30

Saturday 11:30 – 2:00

**NEW BEGINNINGS
MEN'S SHED**



Men's Sheds are modern, shared versions of the home workshops that many of us either had or wished we had!

If you don't want to putter, you can always drink coffee with us.

They are welcoming, supportive places for friendship and fun. They provide opportunities for members to socialize, take part in activities, and learn something new.

Employment Options for 55+

CAN I START MY CAREER AT 55+ ?

YES! YOU CAN

PICS EO55+ Program can help you towards your dreams



Transportation

Security Guard

Warehouse & Logistics

Real Estate or any in-demand sector

ELIGIBILITY



- PR/Canadian Citizen
- Employment Insurance - EI
- Unemployed/Casual/ Part-time employed
- Protected Refugees

PROGRAM FEATURES



- Occupational skill training
- Digital Literacy
- Employment Readiness
- Self-employment
- Job Mentorship
- Life skills Training

ENROLL TODAY

✉ EO55@pics.bc.ca

☎ 604.596.7722 ext 130

🌐 www.pics.bc.ca



ECRA.....SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 LABOUR DAY ECRA IS CLOSED	3 7:00 Cribbage	4 9:45 Floor Curling 1:00 Carpet Bowl	5 10:00 Yoga 1:00 Forever Young Choir 1:00 Floor Curling	6 7:00 Whist	7
8	9 9:00 FOOT CLINIC 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	10 8:45 Beginner Line Dance 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 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 8:45 Beginner Line Dance 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 1:00 Forever Young Choir 1:00 Floor Curling 2:15 Gospel Choir	20 9:45 & 11:00 Tai Chi 7:00 Whist	21
22	23 9:00 FOOT CLINIC 10:00 Ukulele Group 10:00 Yoga 1:00 Patchwork of Talent	24 8:45 Beginner Line Dance 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 1:00 Forever Young Choir 1:00 Floor Curling 2:15 Gospel Choir	27 9:45 & 11:00 Tai Chi 7:00 Whist	28
29	30 National Day for Truth and Reconciliation ECRA is Closed					



SEPTEMBER 2024 Lunch Menu

(subject to change without notice)



2nd	LABOUR DAY—ECRA is closed	
3rd	Minced Bf w/Mshrm Grvy, Mash Pot, Veg	
4th	Mshrm Pork Chops, Mash Potatoes, Veg	
5th	Crmy Tomato Tortellini w/Chkn & Shrimp	
6th	Liver with Mashed Potatoes & Veggies	
9th	Sweet & Sour Meatballs, Rice & Veggies	
10th	Chilli & Biscuits	
11th	Scalloped Beef Potatoes & Veggies	Birthday Tea
12th	Butter Chicken, Rice & Naan Bread	
13th	Ribs, Loaded Mashed Potatoes & Veggies	
16th	Pulled Pork Sandwiches & Cole Slaw	
17th	Stew & Biscuits	
18th	Chicken Souvlaki,, Greek Potatoes & Veg	Board Mtg
19th	Smokies & Perogies	
20th	Roast Beef, Yorkshire, Mashed Pot & Veg	
23rd	Salisbury Steak, Mashed Potatoes & Veg	
24th	Lasagna & Garlic Toast	Gen. Mtg
25th	Meat Loaf, Mashed Potatoes & Veggies	
26th	Chicken Cordon Bleu, Roasted Pot & Veg	
27th	Turkey With All The Trimmings	50/50 Draw
30th	National Day for Truth & Recreation - CLOSED	

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 would be greatly appreciated. Thank you.

ECRA Board of Directors

President—Louise Bundock.

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

The Patchwork of Talent Group



Presents their
FALL PRODUCTION
of skits, jokes, songs
and *FUN! FUN! FUN!*

OCTOBER 2024

Friday, 25th—7:00 pm

Sunday, 27th—2:00 pm



**HAVE
FUN**

Tickets \$10.00

Tickets on Sale starting September 9th

Buy Soon—Come One, Come All

September 2024—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED Labour Day	3 Carpet Bowling 9:45 50/50 Bingo 12:30	4 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Creative Corner 1:00 Whist 7:00pm Foot Clinic 9-3 Appointment required	5 Board Games 10:00 Fitness 10:00 Line Dancing 11:00 Tai Chi—Cancelled Canasta 1:00	6 Bridge Review 10:00 Board Games 10:00 Floor Curling 9:45 Crib 12:30	7 Dance with Cariboo Thunder Doors open at 7pm Tickets \$20 each Everyone 19+ Welcome
8	9 Fitness 10:00 Line Dancing 11:00 Bridge 12:30 Floor Curling 1:00	10 Carpet Bowling 9:45 50/50 Bingo 12:30	11 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Creative Corner 1:00 Whist 7:00pm	12 Board Games 10:00 Fitness 10:00 Line Dancing 11:00 Tai Chi 1:00 Canasta 1:00 Tri City Carpet Bowling 9 am - 2pm	13 Bridge Review 10:00 Board Games 10:00 Floor Curling 9:45 Crib 12:30	14 Junk in the Trunk Bake Sale Mini Garage Sale Concession 10am to 2:30pm Everyone Welcome
15	16 Fitness 10:00 Line Dancing 11:00 Bridge 12:30 Floor Curling 1:00	17 Carpet Bowling 9:45 50/50 Bingo 12:30 Canada Services/Info 10am-11:30	18 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Creative Corner 1:00 Whist 7:00pm Foot Clinic 9-3 Appointment required BOARD MEETING 10am	19 Board Games 10:00 Fitness 10:00 Line Dancing 11:00 Tai Chi 1:00 Canasta 1:00 Birthday Tea 12:30	20 Bridge Review 10:00 Board Games 10:00 Floor Curling 9:45 Crib 12:30 Dr. Tech -Tech Assistance 11:30 am- 12:30pm	21 Dance with Long Rider Doors open at 7pm Tickets \$20 each Everyone 19+ Welcome
22	23 Fitness 10:00 Line Dancing 11:00 Bridge 12:30 Floor Curling 1:00	24 Carpet Bowling 9:45 50/50 Bingo 12:30	25 Bridge Lessons 10:00 Musical Gentle Fitness 11:00 Bridge 12:30 Creative Corner 1:00 Whist 7:00pm	26 Board Games 10:00 Fitness 10:00 Line Dancing 11:00 Tai Chi 1:00 Canasta 1:00 Thrift Store High Tea 2pm to 4pm Tickets required \$5	27 Bridge Review 10:00 Board Games 10:00 Floor Curling 9:45 Crib 12:30	28
29	30 CLOSED Truth & Reconciliation Day					
<p>Prince George Senior Activity Centre— 425 Brunswick Street 250-563-1915 Email: senioractivitypg@shaw.ca Facebook: Prince George Senior Centre Website: https://senioractivitypg.wixsite.com/brunswickst</p>						
						October 5 OKTOBERFEST

September—Menu

Prince George Senior Activity Centre

425 Brunswick Street 250-563-1915

Email: senioractivitypg@shaw.ca

Sun Mon Tue Wed Thu Fri Sat

Meals include: <ul style="list-style-type: none"> Bun/Biscuit Vegetables Menu Item Dine In or Take Out Members: \$9 Non-Members \$10 Additional items: (prices vary) Two Daily Soups: Broth & Cream Sandwiches Salads Treats Cinnamon Buns Everyone Welcome	2	3	4	5	6	Breakfast Available Monday to Friday 8:30am to 11am Variety of Items Breakfast Sandwich Bacon/Ham Eggs Pancakes Toast/Hashbrowns Omelettes Prices vary depending on item Everyone Welcome Dine In or Take Out
	CLOSED Labour Day	Beef Dip & Potato Salad	Taco Salad	Pork Loin in Mushroom Sauce	Chicken Fettuccine w/ Garlic Toast	
	9 Meatloaf Mac & Cheese	10 Smokies & Perogies	11 Chicken Kabobs	12 Salisbury Steak Mashed Potatoes	13 Liver & Onions Mashed Potatoes	
	16 Chili	17 Chicken Chow Mein	18 Spaghetti & Meat Balls	19 Corn Beef & Cabbage	20 ** New*** Chef's Choice	
	23 Cabbage Rolls	24 Ham & Scalloped	25 Beef Stir Fry & Rice	26 Smothered Chicken Roasted Potatoes	27 Beef Stew	
	30 CLOSED National Day for Truth & Reconciliation					
	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					



**Country
Dance!**

CARIBOO THUNDER

**Saturday
September 7th**

**\$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**

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

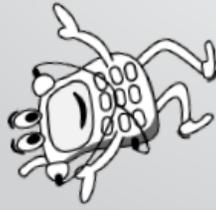
OR
Call: 250-563-1915

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



**Dr. Tech's Technology Tutoring
is coming to the centre!**

**Having challenges with your phone,
laptop or tablet?**

**Bring it into the centre & chat with
Dr. Tech (Jeff)**

Friday Sept. 20th between 11:30am & 12:30pm

Prince George Senior Activity Centre
425 Brunswick Street, Prince George, BC V2L 2B7
Phone: 250-565-1915
Email: senioractivitypg@shaw.ca





Dance!
Country!
Rock n' Roll!

Long Rider

Saturday
September 21st

\$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—563-1915



Long Rider
A four piece 'Boomer
Gen' group who still
likes to play live music—
Up beat older & newer
country & traditional
rock 'n roll—
for the dancing fans!

Roast Beef Dinner!

**SUNDAY
September 22nd**

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



**Adults \$20.00
Kids 8 & under \$9.00
TICKETS MUST BE PRE-PURCHASED
PRIOR TO Sept 19th
(No Tickets at the door)**

EVERYONE WELCOME!

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

Spruce Capital Senior Centre

We have some wonderful things happening at the Spruce Capital Senior center for the month of September

Crib Tournament will happen on September 7th with doors open at 10 am

September 16th, we have

Myeracle back for Chair Yoga at 10 am

as well we have

Tom back for Tai Chi at 1:00pm

We will be having a special day on Tuesday September 24th to celebrate Quality Time Wellness

On their one-year Anniversary with the Spruce Capital Senior Center

September 24th at 7 pm is Vision Board

open to anyone including children

Please drop in and join in \$45.00

all you need to create a masterpiece reflecting you are supplied

September 28th from 9 am till 5 pm is Scrapbook Zones Giant Garage Sale for all the crafters.

Drop off will start at 4 pm on Friday 27th

At 3701 Rainbow Drive.

Please Contact Anna or Jeannette

at Scrapbook Zone

250 562 9663 to make arrangements.

Make an appointment through the office for foot care by Gloria Laliberte of Advanced Foot Care which happens September 10th Let Gloria be the one to pamper your feet. Call the center to book at 250 563 6450

FUN CRIB IS ALSO AVAILABLE AT 7 PM ON MONDAY NIGHTS. There is also 50/50 available With doors opening at 6 pm

September 4th Lunch Special

Your choice of Either a Hot Turkey or Hot Chicken open face sandwich on Texas Bread with Mashed potatoes, gravy and Veg

September 11th Lunch Special

Ham Scalloped Potatoes with Veg and Bun ...Ham Sauce on the side by request

Lunch Menu

<i>Special of the day</i>	<i>\$12.00</i>
<i>Soup and a bun</i>	<i>\$ 7.00</i>
<i>Sandwich</i>	<i>\$ 7.00</i>
<i>Soup and Sandwich</i>	<i>\$ 12.00</i>

*Every Wednesday is the special of the day and will be posted on Facebook
Our menu is posted daily and includes at least two types of soup and two types of
sandwiches. Egg salad and Grilled cheese sandwiches are usually available.*

**LUNCH IS AVAILABLE FOR ANYONE ALL ARE WELCOME.
CASH and Etransfer**

Drop-In Fee is \$2.00

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

**Organizations or businesses that rent space in our facility include: The Free
Believers Church on Sundays, A Stitchery Group that meets on Mondays at
7:00 pm, A Cribbage Group that meets on Monday nights at 7:00 pm, The
Parkinson's Support Group on Thursdays at 1:00 and some Saturdays, TOPS
who meet on Wednesdays**

Spruce Capital Senior Centre

September 2024 SCHEDULE OF EVENTS		
Monday	CRIB	7 00 pm
Monday	Stitchery first Monday of month	7 00 pm
Monday	Chair Yoga	10:00 am
Monday	Tai Chi	1:00 pm
Monday	Canasta	1 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
Thursday	CANASTA	1:00 pm
Thursday	Aerobic drumming	10:00 am
Tuesday September 10th	Foot Clinic Call for an appointment	9:00 am
September 7 th	Crib Tournament	Register: 10:00 am Play: 11:00 am

Drop-In Fee is \$2.00

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

Organizations or businesses that rent space in our facility include: The Free Believers Church on Sundays, A Stitchery Group that meets on Mondays at 7:00 pm, A Cribbage Group that meets on Monday nights at 7:00 pm, The Parkinson's Support Group on Thursdays at 1:00 and some Saturdays, TOPS who meet on Wednesdays.

MONDAYS

Sept 9th

FACILITY OPENS
After Summer Break

Sept 9th 16th 23rd

CARDS: Crib & Canasta: 9:30am – Noon
 YOGA: 10am – 11am
 PHOTO CLUB: 10am – Noon

Sept 30th

CARDS: Crib & Canasta: 9:30am – 11:30
 YOGA: 10am – 11am
 PHOTO CLUB: 10am – 11:30
LUNCH: 11:30 – Noon
This Month Chinese Food

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

TUESDAYS

Sept: 10th

BREAKFAST CLUB: Grammas Inn
 9:30am – At Your Discretion

WEDNESDAYS

Sept 11th 18th 25th

TAI-CHI: 10am - 11am
 MENS POOL: 10am – Noon
 SCRABBLE: 10am – Noon

Sept 25th

ART CLASSES: 9:30-NOON (By Ginny)

Membership Renewal & New

Mon: 9:30am-10:00am

FOOT CARE CLINIC
 2nd & 4th Wednesday
Starts Sept 25th
See Info Sheet at Centre

THURSDAYS

Sept: 5th 12th 19th 26th

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

FRIDAYS

Sept 13th

SENIORS EMPOWERED
GUEST SPEAKERS: 10:00am – 11:30am
Fraud Protection & Identity Theft

Sept 13th 20th 27th

CARDS: Canasta: 9:30am – Noon
 MENS/LADIES POOL: 10am – Noon

Sept 20th

GENERAL MEETING: 10:00AM-11:45
(For All Members)

Sept 27th

LINE DANCING: 9:30-10:30

GUEST SPEAKERS
ALL WITH INFORMATIVE SUBJECTS
PLAN TO ATTEND
See Friday, Sept 13th
No Charge

NOTICE
ANNUAL GENERAL MEETING
October 18th



National Seniors Day Open House

Tuesday, October 1, 2024
10:00am - 1:00pm

Free tours and fitness activities
Complimentary snacks
Enter to win prizes!

September 2024

Mon	Tue	Wed	Thu	Fri
2 LABOUR DAY CLOSED	3 6:00 pm - TOPS	4 10:00 am – Pool Tournament 10:30 am – Line Dancing 6:15 pm – Fun Flow 7:30 pm – Stretch & Relax	5 9:30 am – Carpet Bowling 6:15 pm – Canasta	6 10:30 am – Line Dancing
9 10:30 am – Line Dancing 6:15 pm – Gentle Yoga	10 6:00 pm - TOPS	11 10:00 am – Pool Tournament 10:30 am – Line Dancing 6:15 pm – Fun Flow 7:30 pm – Stretch & Relax	12 9:30 am – Carpet Bowling 6:15 pm – Canasta	13 10:30 am – Line Dancing
16 10:30 am – Line Dancing 6:15 pm – Gentle Yoga	17 6:00 pm - TOPS	18 10:00 am – Pool Tournament 10:30 am – Line Dancing 6:15 pm – Fun Flow 7:30 pm – Stretch & Relax	19 9:30 am – Carpet Bowling 6:15 pm – Canasta	20 10:30 am – Line Dancing
23 10:30 am – Line Dancing 6:15 pm – Gentle Yoga	24 6:00 pm - TOPS	25 10:00 am – Pool Tournament 10:30 am – Line Dancing 6:15 pm – Fun Flow 7:30 pm – Stretch & Relax	26 9:30 am – Carpet Bowling 1:30 pm Genera Meeting 6:15 pm – Canasta	27 10:30 am – Line Dancing
30 10:30 am – Line Dancing 6:15 pm – Gentle Yoga				

Hart Pioneer Centre
 6986 Hart Highway
 (250) 962-6712

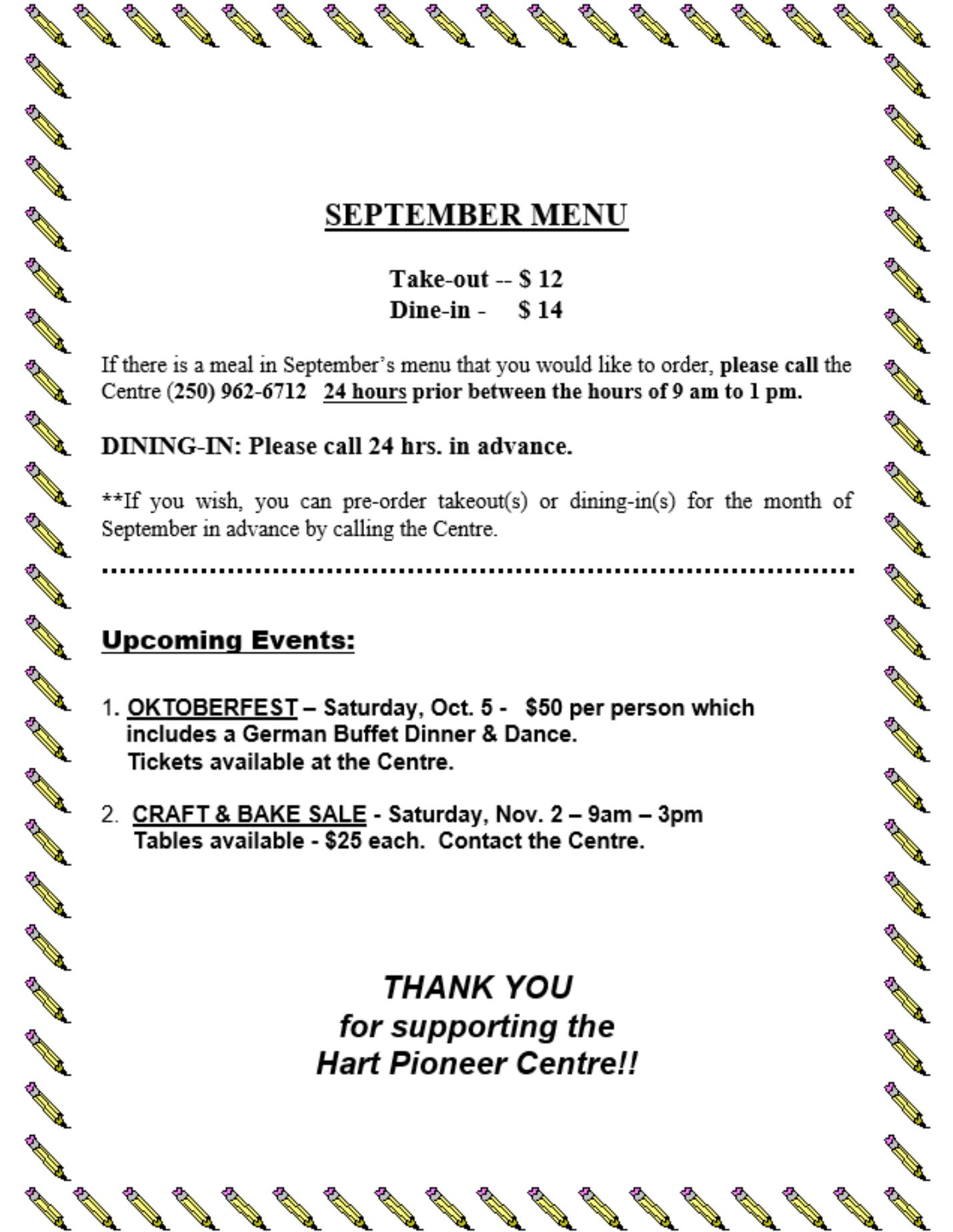
* TOPS – Theresa (250) 962-8977 (Coordinator)
 * Fun Flow & Stretch & Relax (Yoga) – Lisa - 778-281- 0694 (Coordinator)

September 2024

Mon	Tue	Wed	Thu	Fri
2 Labour Day CLOSED	3 Chicken Wings French Fries Greek Pasta Salad Soup	4 Seafood Linguine Alfredo Veggies Garlic Bread	5 Chicken Stuffed Apple Brie Roasted Potatoes White Wine Sauce Veggies	6 Grilled Sockeye Salmon Filet Sauce Bernaise Parsley Potatoes Veggies
9 Butter Chicken Basmati Rice Naan Bread Veggies	10 Meatloaf Mashed Potatoes Gravy Veggies	11 Bacon Wrapped Pork Tenderloin Roasted Potatoes Peppercorn Sauce Veggies	12 Parmesan Chicken Alfredo Tortellini Veggies Garlic Bread	13 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy
16 Spaghetti & Meat Balls Garlic Bread Veggies	17 Beef Stew Hungarian Style Mashed Potatoes Veggies	18 2 Bavarian Bratwurst Pan-fried Potatoes Bavarian Cabbage Pretzel	19 Turkey Skewer Rice Lemon Non-Spicy Chili Sauce Veggies	20 Lasagna Garlic Bread Veggies
23 Beef Stroganoff Pasta Veggies	24 BBQ Chicken Roasted Potatoes Veggies	25 Sweet & Sour Pork Chow Mein Rice	26 Beef Dip French Fries Hoagie Bun Au Jus Coleslaw	27 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki
30 Pork Roast Mashed Potatoes Gravy Veggies				

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

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



SEPTEMBER MENU

Take-out -- \$ 12

Dine-in - \$ 14

If there is a meal in September'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 September 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 & BAKE SALE - Saturday, Nov. 2 – 9am – 3pm
Tables available - \$25 each. Contact the Centre.

THANK YOU
for supporting the
Hart Pioneer Centre!!

Oktoberfest



German Buffet & Dance

**TYECON
TUNES**

ANY EVENT ANYWHERE

Classic Country & Rock N' Roll
Deejay playing various tunes and by request



Saturday October 5th

Doors & Cashbar open at 5pm

Buffet: 6pm to 7:15pm

Dancing starts at 8pm

Get your Tickets EARLY!

HART PIONEER CENTRE

6986 Hart Highway - 250-962-6712

Tickets available
at the Centre

A decorative border surrounds the text, featuring various snowflakes in blue, orange, and white. A snowman wearing a blue top hat and holding a broom is positioned in the bottom left corner.

CRAFT & BAKE SALE

**Saturday, November 2nd
9am – 3pm**

**Hart Pioneer Centre
6986 Hart Highway
Phone 250-962-6712**

Tables are available at \$25.00 each

CONCESSION

**Great selection for your Christmas
Shopping!!!**

Delicious home baking to enjoy!!



Call
8-1-1
Health advice 24/7
HealthLinkBC.ca

 | 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.

 | 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
MELBA, LUTHERAN, SHAW

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



United Way
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BRITISH COLUMBIA
Community Gaming Grants



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.