

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 4

APRIL, 2010

Welcome

We are pleased to present the April 2010 edition of the All Nations Elders newsletter, Elders Rock. We hope that this monthly newsletter will help to keep you informed about upcoming events and opportunities for the Elders. If you have any comments on how we can improve the newsletter or news that you would like us to include in the next issue, please contact Laura or Joyce.

About the All Nations Elders

The All Nations Elders Council is a group that is open and inclusive to all Elders, regardless of ethnicity and age. Youth are encouraged to participate.

Elder's Camp Update

On March 26th – 28th, the Elders had a Unity Camp and it was a lot of fun.

On day one there was a sharing circle and a presentation about Elder protocol. Day two had facilitated sharing circles, cultural crafts and storytelling. Day three had an interesting presentation on personality types, cultural crafts, a sharing circle and we were drummed out.

Overall, the weekend was wonderful. We would like to thank everybody who attended and made the camp a success!



ALL NATIONS ELDERS NEWSLETTER

IN THIS ISSUE:

Welcome/ About 1

News & Community 2

Healthy Recipes of the Month 3

Article: April Holidays 4

Quotes & Teachings 5

Fun & Games 6

Upcoming Events 8

Elder Craft – Wednesday April 21st

The crafts will take place at the PGNFC in the Power of Friendship room from 10 am to 12 pm, followed by a free lunch and social. Materials are provided and it is free to attend, please join us.



We are on the web: <http://abdc.bc.ca/services/elders-rock>

PUBLIC FORUM

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S.D. 57 recently voted to create the first Aboriginal Choice School in B.C.

This decision has important implications for both aboriginal and non aboriginal students and their parents, as well as the community at large.

Join us for a fascinating and informative evening with a distinguished panel of educators and First Nations representatives to discuss the implications an Aboriginal Choice School has for our city and share some of the experiences in other districts that have Aboriginal Choice Schools.

- PANEL MEMBERS -

- **Ms. Myra Laramee** BA MA former principle for Niji Aboriginal Choice Elementary School
Aboriginal Educator of the Year 2008

- **Mrs. Charlotte Henay**, Aboriginal Education District Principle

- **Dr. Charles Jago - Ph.D.** Former President UNBC

Moderator - **Mr. Ray Gerow** - Chairman of the Board CNC

PLACE: P.G. Playhouse • TIME: 7PM • DATE: Wed., April 7, 2010

ADMISSION: Free

the prince george citizen
it's what matters to you

Sponsored by
*The Prince George Citizen and
The Aboriginal Business and Community
Development Corporation*



Creating a Blueprint for Aboriginal youth

Blueprint Career Fair is coming to Prince George May 11. The National Aboriginal Achievement Foundations (NAAF) Blueprint for the Future (BFF) national student career fair will deliver educational resources, access to career professionals, entertainment and bring Aboriginal youth from across interior B.C. to Prince George. Rising B.C. hip-hop star Joey Stylez will perform during the lunch hour and closing ceremonies. Vancouver-based Suzette Amaya, a multi-media artist/journalist and entrepreneur, will host the event.

Over its 14-year history 33,000 students have participated in Blueprint Career Fairs nationwide. Students attend between 40 to 60 workshops and seminars in health, medicine, business, sciences, technology, finance and manufacturing. The workshops provide students an opportunity to interact with Aboriginal and non-Aboriginal professions and role models.

“This career fair will energize and motivate students through hands-on workshops and direct exposure to role models to chart their future, to dream to believe in themselves and their ability to realize their potential,” said Roberta Jamieson, NAAF president and CEO. For more information on booths and sponsorships, contact the National Aboriginal Achievement Foundation at 416-987-0258.

Healthy Recipes of the Month

Grilled Mesquite Pork Chops

Preparation Time: 45 minutes, Makes 4 servings.

Ingredients:

1.1 oz package mesquite marinade mix for the grill
2/3 cups water
1 tbsp. vegetable oil
4 (6 oz) bone-in or boneless pork chops, trimmed of fat
1 large sweet onion, cut into $\frac{1}{4}$ inch thick slices
Vegetable oil cooking spray

Preparation: Combine marinade mix, water, and oil. Add pork and onion rings. Turn to coat, cover and refrigerate for 30 minutes.

Spray grill rack with cooking spray. Preheat grill to medium, with rack placed 4-6 inches above heat. Remove pork chops and onion rings from marinade. Pour marinade into saucepan and bring to a boil. Place pork chops and onion rings on the grill rack and grill for 10-15 minutes, turning once and brushing frequently with marinade. Discard remaining marinade.

Nutrition Facts	
Serving Size: 1 pork chop Amount Per Serving	
Calories:	205
Carbohydrates:	1 g
Cholesterol:	75 mg
Fat:	7 g
Dietary Fibre:	0 g
Protein:	22 g
Sodium:	256 mg
Exchanges:	3 medium-lean Meat, 1 fat

Corn and Black Bean Salad

Preparation Time: 15 minutes
Makes 4 servings.

Ingredients:

1 15 oz can cooked black beans, drained
1 10 oz can corn kernels, drained
 $\frac{1}{2}$ green bell pepper, chopped
 $\frac{1}{2}$ red bell pepper, chopped
2 green onions, sliced
2 tbsp. minced parsley
1 tbsp. vegetable oil
2 tbsp. lime juice
Freshly ground black pepper, to taste.

Preparation: In large bowl, toss together ingredients, except pepper. Generously sprinkle salad with pepper to taste. Cover and refrigerate 2-24 hours before serving.

Nutrition Facts	
Serving Size: $\frac{1}{2}$ cup Amount Per Serving	
Calories:	120
Carbohydrates:	20 g
Cholesterol:	66 mg
Fat:	6 g
Protein:	6 g
Sodium:	60 mg
Exchanges:	1 Bread/Starch, 1 Vegetable, 1 fat

Carolina BBQ Rub

Ingredients:

2 tbsp. salt
2 tbsp. sugar
2 tbsp. brown sugar
2 tbsp. ground cumin
2 tbsp. chilli powder
2 tbsp. freshly ground black pepper
1 tbsp. cayenne pepper
1/4 cup paprika

Directions: Combine all ingredients in a small bowl and mix well; use as a dry rub on beef, chicken, lamb or pork.

Article: April Holidays

Everybody knows that Easter is celebrated in April, but there are a lot of other interesting holidays. There are too many regional holidays around the world to list (for example, in the USA, April 3rd is Find-A-Rainbow Day) so listed below are Canadian and Internationally celebrated holidays. Each International holiday is celebrated all over the world irrespective of region, religion or any other local difference with a motto to make this world a better place to live.

April Fools Day (April 1st) is marked by the commemoration of hoaxes and practical jokes. If you are tricked, you are an 'April Fool'. In some countries the jokes only last until noon.

International Children's Book Day (April 2nd) is celebrated to inspire a love of reading and to call attention to children's books. April 2nd is Hans Christian Andersen's birthday.

Good Friday (April 2nd) is also known around the world as Holy Friday, Black Friday and Great Friday. It is a holiday celebrated by Christians commemorating the crucifixion of Jesus.

Easter Sunday and Monday (April 4th & 5th) is a religious feast for Christians; who believe that Jesus was resurrected from the dead. It also marks the end of Lent. Non-Christians celebrate Easter by decorating and searching for Easter eggs, chocolates and jelly beans left by the Easter Bunny.

World Health Day (April 7th) is celebrated every year under the sponsorship of the World Health Organization (WHO). It's celebrated to create awareness of a specific health theme to highlight a priority area of concern for the WHO.

Yuri's Night (April 12th) commemorates two space exploration milestones. Yuri Gagarin was the first human launched into space, on April 12th, 1961. The first space shuttle, STS-1, was launched on April 12th, 1981. The goal of Yuri's Night is to increase public interest in space exploration.

International Special Librarian's Day (April 13th) honors the unique contributions made by information professionals by promoting their critical roles in the global information community.

International Creativity and Innovation Day (April 21st) is a celebration of our ability to get new ideas, use imagination and make new decisions to make the world a better place and to make your place in the world better too. People in over 46 countries spend the week of April 15th (Leonardo da Vinci's Birthday) to April 21st to express their creative spirit.

Earth Day (April 22nd) is celebrated in many countries to inspire awareness and appreciation for the environment. It was founded by Gaylord Nelson as an environmental teach-in in 1970.

World Book and Copyright Day (April 23rd) is a yearly event organized by UNESCO to promote reading, publishing and copyright. The day was first celebrated in 1995.

World Penguin Day (April 25th) Near the end of the Antarctic summer Adelie penguins begin their annual northward migration. World Penguin Day coincides with this migration.

Workers Mourning Day (April 28th) is an international day of remembrance and action for workers killed, disabled, injured or made unwell by their work.

International Dance Day (April 29th) is celebrated to increase the awareness of the importance of dance among the general public, as well as to persuade governments all over the world to provide a proper place for dance in all systems of education, from primary to higher.

Quotes, Proverbs & Teachings

Elders Meditation

“The spirit still has something for us to discover – an herb, a sprig, a flower – a very small flower, maybe you can spend a long time in its contemplation, thinking about it.”

~ Lame Deer, Lakota

The world today is about hurry up! Get there faster! Work harder, produce more, hurry up, eat quickly, be on time, don't get stressed- headaches, conflict, drink to calm down, go to training on stress management, time management - STOP! STOP! STOP! STOP! STOP! STOP! STOP! Go spend five minutes with a flower or a plant. Look at it - think about it - look at its beauty, smell it, close your eyes and smell it again. Touch it; touch with your eyes closed. Listen to it; listen to it with your eyes closed. Slow your mind down. Think about the little things. Now close your eyes and pray.

Great Spirit, this feeling of calmness that I have, let me have it all day long.

Proverb

A lecturer, when explaining stress management to an audience, raised a glass of water and asked “How heavy is this?” Answers called out ranged from 20 g to 500 g. The lecturer replied, “The absolute weight doesn't matter. It depends on how long you try to hold it.”

“If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.”

He continued, “That's the way it is with stress management. If we carry our burdens all the time, sooner or later the burden will become too heavy. We won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again.”

Whatever burdens you're carrying now, let them down for a moment if you can. Don't pick it up until you've rested a while. Here are some ways to deal with the burdens of life:

Quotes

There's never enough time to do all the nothing you want.

~Bill Watterson, *Calvin and Hobbes*

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

~ J. Lubbock

The greatest weapon against stress is our ability to choose one thought over another.

~ William James

For fast-acting relief, try slowing down.

~ Lily Tomlin

Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

~ Etty Hillesum

The time to relax is when you don't have time for it.

~ Jim Goodwin

Don't let your mind bully your body into believing it must carry the burden of its worries.

~ Astrid Alauda

To be "on edge," you are literally not centered, not being in your spiritual center.

~ Carrie Latet

Stress is poison.

~ Agavé Powers

Stress is disconnection from the earth, a forgetting of the breath. It's an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down.

~ Natalie Goldberg

How beautiful it is to do nothing, and then to rest afterward.

~ Spanish Proverb

Stress is not what happens to us. It's our response to what happens. And response is something we can choose.

~ Maureen Killoran

Fun & Games

Aging

An older couple is lying in bed one morning, having just awakened from a good night's sleep. He takes her hand and she responds, "Don't touch me."

"Why not?" he asks. She answers back, "Because I'm dead."

The husband says, "What are you talking about? We're both lying here in bed together and talking to one another." She says, "No, I'm definitely dead."

He insists, "You're not dead. What in the world makes you think you're dead?" "Because I woke up this morning and nothing hurts."

Communication

A sweet grandmother telephoned the hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?" The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator replied, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow." The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're welcome. Is Norma your daughter?" The grandmother said, "No, I'm Norma in room 302. No one tells me squat around here."

Never Give Up

One day a farmer's donkey fell into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. He decided that the animal was old and the well needed to be covered up anyway, it wasn't worth it to retrieve the donkey.

He invited his neighbors to come over and help. They all grabbed a shovel and began to throw dirt into the well. The donkey realized what was happening and cried horribly at first, then he quieted down. A few shovel loads later the farmer finally looked down the well and was astonished at what he saw. With each shovel of dirt that hit his back, the donkey would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

You may live in Canada if...

Your local Dairy Queen is closed from September through May.

Someone in a Home Depot store offers you assistance and they don't work there.

You've worn shorts and a parka at the same time.

You measure distance in hours.

You can drive 90 km's an hour through two feet of snow during a raging blizzard without flinching.

You install security lights on your house and garage but leave both unlocked.

You carry jumper cables in your car and your wife knows how to use them.

You design your kid's Halloween costume to fit over a snowsuit.

Driving is better in the winter because the potholes are filled with snow.

You know all four seasons: almost winter, winter, still winter, and road construction.

You find -2 degrees a little chilly.

You have more miles on your snow blower than your car.

Fun & Games Cont...

This letter was written to a bank by an 86-year-old client. The bank manager thought it was clever enough to have it printed in the New York Times.

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds elapsed between his presenting the check and the arrival in my account of the funds needed to honor it. I refer, of course, to the automatic monthly deposit of my pension. You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank. My thankfulness springs from the manner in which this incident has caused me to rethink my financial ways.

I noticed that I personally answer your telephone calls and letters. When I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become. From now on, I, like you, choose only to deal with a flesh-and-blood person. My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate. Be aware that it is an offense under the postal act for any other person to open such an envelope. Please find attached an application contract which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him/her as your bank knows about me, there is no alternative. All copies of their medical history must be countersigned by a notary public, and the mandatory details of their financial situation (income, debts, assets and liabilities) must be accompanied by documented proof. In due course, at my convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows: immediately after dialing, press the star (*) button for English.

1. Press one to make an appointment to see me.
2. Press two to query a missing payment.
3. Press three to transfer the call to my living room in case I am there.
4. Press four to transfer the call to my bedroom in case I am sleeping.
5. Press five to transfer the call to my toilet in case I am attending to nature.
6. Press six to transfer the call to my mobile phone if I am not at home.
7. Press seven to leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to the Authorized Contact mentioned earlier.
8. Press eight to return to the main menu and to listen to options 1 through 7.
9. Press nine to make a general complaint or inquiry. You will be put on hold, pending the attention of my automated answering service.
10. This is a second reminder to press * for English. While this may involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must levy an establishment fee to cover the setting up of this new arrangement. May I wish you a happy, if ever so slightly less prosperous new year?

Your Humble Client

Upcoming Events

<p>Wed. April 7 7 pm</p>	<p>Public Forum: Aboriginal Choice School – School District 57 recently voted to create the first Aboriginal Choice School in BC. This decision has important implications for both Aboriginal and non-Aboriginal students and their parents, as well as the community at large. Join us for a fascinating and informative evening with a distinguished panel of educators and First Nations representatives to discuss the implications an Aboriginal Choices School has for our city and share some of the experiences in other districts that have Aboriginal Choice Schools. Location: PG Playhouse. Admission is free.</p> <p style="text-align: center;">Panel Members:</p> <p>Ms. Myra Laramée BA MA former principal for Niji Aboriginal Choice School, Aboriginal Educator of the Year 2008 Mrs. Charlotte Henay Aboriginal Education District Principal Dr. Charles Jago Ph.D. Former President of UNBC</p> <p style="text-align: center;">Moderator: Ray Gerow, Chairman of the Board CNC</p>
<p>Sat. April 10 9 am – 4 pm</p>	<p>Women of the Moose – Garage Sale. 663 Douglas Street</p>
<p>Sun. April 11 8.30 – 11 am</p>	<p>Pancake Breakfast – Everyone Welcome. Location: Eagles Hall (6742 Dagg Rd). For more information contact 250.962.7005</p>
<p>Sun. April 11 3.30 – 5.30 pm</p>	<p>UNBC A-Capella Club Spring Concert - Come join us for our second annual spring concert. Our men's and women's choruses will be singing an eclectic selection that ranges from classic rock to traditional folk to barbershop, all in an A-cappella style. We will be joined by the White Spruce city singers, and will have a selection of home-baked goodies available during intermission. Concert to be held in the UNBC administration building atrium. For more information, contact Sean at 250.563.3103 or unbc.acappella.club@gmail.com.</p>
<p>Tue. April 13 7 pm</p>	<p>Computer Classes for Adults: Internet & Email Classes are FREE, but registration is required. Information & Registration: 250.563.1338</p>
<p>Wed. April 14 7 pm</p>	<p>PACHA AGM – If you are concerned about air quality and want to learn more about what PACHA is doing or how you can become involved, please come out. Everyone welcome. Location: Public Library, Bob Harkins Room. Contact Dave Fuller at 250.617.7467 or contact@pachapg.ca for more information. Organized by the Peoples Action Committee For Health Air.</p>
<p>Thu. April 15 7 pm</p>	<p>Prince George Chateau: Seeking Senior Talent! Are you a Prince George senior that has a talent you would like to share? The Prince George Chateau is hosting a Senior Talent Night and we need YOU! Can you sing, play an instrument, read poetry, do a dance, tell jokes? If you would like to be a part of our Senior Talent Night, please contact the Prince George Chateau by April 10th at 250.564.0202 and let us know what you would like to share!</p>
<p>Sun. April 18 7 – 9 pm</p>	<p>Meditation & Healers Group - An evening of enlightening meditation and a way to explore new ways of healing. Location: Zen Garden (230 100 Tabor Blvd.)</p>
<p>Mon. April 19 2 pm</p>	<p>Let's Talk Seniors: Learn About Recycling – REAPS (Recycling & Environmental Action Planning Society) is presenting a free information session. Join us to learn the benefits of recycling, composting and other ways to keep our planet clean. It is never too late to learn how you can do your part to help Mother Nature. Refreshments will be served, session is free. Location: PG Chateau (4377 Hill Avenue). Contact Lisa Cassidy at 250.564.0202 or pgcactivities@gmail.com for more information.</p>

Tue. April 20 7 pm	Computer Classes for Adults: Basic Computers 2 Classes are FREE, but registration is required. Information & Registration: 250.563.1338
Fri. April 23 7 pm	Book Reading – The Forgotten Explorer: Samuel Prescott Fay’s 1914 Expedition to the Northern Rockies - Dr. Charles Helm introduces his new book at ArtSpace. Fay and his party set out from Jasper on June 26, 1914 with five saddle horses and 16 pack horses. After a treacherous, slogging journey of 1,200 kilometres through wild, uncharted country, they reached their destination on Oct. 15, 1914, with the outfit completely intact. Learn more about this extraordinary adventure from Dr. Helm as he relates excerpts from Fay's journals, and shares slides of the actual locations of the expedition.
April 23 – 25 3.30 pm	Psychic Fair - Local crafters and artisan displays. Free demos & workshops plus intuitive readings & energy healing sessions. Over 25 different intuitive readers and holistic health practitioners including; rune stones, traditional psychics, astrology, angel readings, animal totems, tea leaf readings, reiki, healing touch chakra balancing, quantum touch, healing with crystals and more at the Knox United Church (1448-5th Avenue). Admission is Free. Private sessions are \$1 per minute. For more information phone Rev. Dr. Jadine Ryder at 250.562.5850.
Sat. April 24 9.30 am – 1.30 pm	Rummage Sale - PG Parents of Twins & Triplets Venue: Connaught Youth Centre (1491 17th Ave). Contact Dana at 250.964.1277 for more info.
Sat. April 24 9.30 am – 4.30 pm	Earth Day Celebrations – REAPS is hosting a series of workshops for both beginner and experienced gardeners. Join us at 1950 Gorse Street for any or all of the workshops, free of charge. For more information, contact REAPS (Recycling and Environmental Action Planning Society) at 250.561.7327. Workshop Schedule: 9:30-10:30 "Green Lawns" 11:00-12:00 "Natural Gardening Methods" 13:00-14:00 "Spotters Network: How to recognize invasive weeds" 2:30-3:30pm "Backyard Composting / Creating a good growing medium"
Sun. April 25 8.30 – 11 am	Pancake Breakfast – Everyone Welcome. Location: Eagles Hall (6742 Dagg Rd). For more information contact 250.962.7005
Sun. April 25 10 am – 4 pm	Spring Cleanup in PG - Held at the Disposal Bins located at 5th & Killorren, 3rd & Waltrous, 2nd & George, Hudson's Bay Slough, Ospika & Andres, and CHSS. PG residents will be picking up litter from neighbourhood parks, school yards, boulevards and along trails and streets. Register your group or organization online by visiting the Pitch In Canada website at www.pitch-in.ca . For more information contact REAPS 250.561.7327 or events@reaps.org .
Sun. April 25 2 pm	2nd Annual Ronald D. Paul Companies Kidney Walk - help us fight kidney disease. Registration is at the mall at 2pm and the walk will begin at 3pm. Contact 202.244.7900 or visit www.kidneywalk.org for more information.
Sun. May 02 12 – 2 pm	World Laughter Day: Laugh Off – Join together for laughter yoga exercises and playful games, then take a moment of silence to envision the world at peace in whatever way you see it. One minute laughter challenge to see if you can laugh for a minute. Also if you have ideas for games to play or things to do, please share them. Location: Fort George Park by the band-shell. For more information: http://www.worldlaughterday.org/

Ongoing Events

MONDAYS	
12 – 1 pm	Healthy Elders Yoga - Meet at the AimHi Gym, wear comfortable clothing, bring a mat, we have use of chairs for the class. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and more information.
7 pm	Northern Twister Square Dance Club: Meet at St. Michael's Church hall. Contact Gys at 250.563.4848 or Reta at 250.962.2740 for more information.
TUESDAYS	
1 pm	Healthy Elders Meal Preparation – Bring plastic storage containers to bring your food home in. Location: Family Resource Centre (1900 LaSalle, behind Steamer's Pub). Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and more information.
6.30 pm	Walk PG - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
WEDNESDAYS	
10 – 11.30 am	Wellness Wednesdays - PG Council of Seniors hosts FREE drop in sessions for anybody 55+. Location: 1055 - 5th Ave. Contact 250.564.5888 for more info.
10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement of Pineview Hall (wheelchair accessible). Contact Syl Meise at 250.963.7427 or 250.649.8281.
THURSDAYS	
10 am – 9 pm	FREE Thursdays at Two Rivers Gallery – Open all day. Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
1 pm	Walk PG - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
1 pm	Healthy Elders Meal Preparation – See Tuesday's description. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and information.
7 pm	Darts at PG Legion - Everyone welcome blind draw mixed doubles. Must be 19 years. For more info. call Carol at 250.564.3148 or Joe/ Claudette at 250.963.9918.
7 – 10 pm	BC Old Time Fiddlers - Fiddle Jam Nights: All ages welcome. Admission: \$2. Location: Elder Citizen's Rec. Centre. Contact Beth at 250.563.1025.
FRIDAYS	
5 – 6 pm	Healthy Elders Tai Chi - Wear comfortable clothing and a pair of clean running shoes (non-marking). Location: Aim Hi Gym. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and more information.
8 pm – 12 am	PG Legion Dance – Everyone welcome, live band and dance floor. Admission: \$5. Location: PG Legion - 1335 7th Ave. Contact: 250.562.1292
SATURDAYS	
10.30 am	Walk PG - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
SUNDAYS	
7 pm	All My Relations - AA meetings followed with an after session smudge ceremony at the Alano Club – 766 Alward Street. Contact 250.563.9517.