

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 6

June, 2010



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the June 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 is a group that is open and inclusive to all Elders, regardless of ethnicity and age. Youth are encouraged to participate.

Don't Forget...

We're going green. Please don't forget your potluck kit unless you want to eat with your fingers.

Elder Craft – Wednesday June 16th

The crafts will take place at the PGNFC in the Power of Friendship room from 9:30 am to 12 pm, followed by a free lunch and social. Materials are provided and it is free to attend, please join us.

Happy Fathers Day

To all the men in our lives out there; dads, step-dads, foster dads, uncles, brothers, granddads and great-granddads, Happy Father's Day!

IN THIS ISSUE:

Welcome/ About 1

Meeting Agenda 2

News & Community 2

Healthy Recipes of the Month 3

Article: ICE 4

Quotes & Teachings 5

Fun & Games 6

Upcoming Events 9

Agenda & News

1. Agenda Item: Presentation

Gloria George (board member, Native Court worker & Counseling Association of BC) and Pam Scorer (Area Coordinator, Native Court worker and Counselor) will do a presentation about what the Courtworkers do and what is covered.

2. News Item: Meeting with United Church on May 12th

Elders met at the Domano Renewal Centre with members of the United Church. They shared stories and emotions about the United Church and Residential Schools, it was a special meeting.

3. News Item: Meeting Time Change

The Elders Beading Class at CNC has been changed from Tuesday at 2 pm to Thursday at 2 pm, same place.

4. News Item: Crafters Confusion

There has been some confusion about the different quilts that the Elders are making.

Aboriginal Choice School & CNC:

- We require many 8x8 squares, there are no size limitations.
- The squares must incorporate something from your culture.

UNBC:

- There will be 12 12x12 squares for the quilt.
- The squares must be sewn, beaded or embroidered – no glue.
- They would prefer traditional crests.

Ideas: crests, clans, button blanket, animals, sash, red river cart, flowers.

5. News Item: Nechako Métis Elders

The Nechako Métis Elder's last potluck until September will be held on Sunday, June 6th.

6. News Item: Healthy Elders Program

Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for information about what is being offered over the summer. **June 1: yoga cancelled. June 11: Tai Chi cancelled.**

7. News Item: Patient Voices Network Training

Date: June 5th & 6th Location: Community Futures (1566 7th Avenue) Time: 8.30 – 4.30

7. News Item: Dak'elh Elder Meeting

Date: June 9th Time: 5-7 pm Location: Exploration Place

Healthy Recipe of the Month

Baked Spaghetti with Chicken

Preparation Time: 1 hour Cooking Time: 30 minutes

Makes 8 servings.

Ingredients:

3 tbsp. olive oil

2 bay leaves

1 ½ tbsp. Italian Seasoning

1 tsp. chopped garlic

4 boneless, skinless chicken breasts, cut in half

1 green bell pepper, chopped

½ onion, chopped

1 head broccoli, cut into florets

8 fresh mushrooms, sliced

1 lb. uncooked spaghetti

5 oz. shredded Colby-Monterey Jack cheese

16 oz. jar spaghetti sauce

Salt and pepper to taste

"This is a wonderful chicken recipe that kids and adults love. To make ahead of time, leave off the cheese and refrigerate. Then bake for 20 minutes to heat, add the cheese and bake for 10 more minutes."

Nutrition Facts	
Amount Per Serving	
Calories:	472
Calories from fat:	137
Carbohydrates:	56.3 g
Cholesterol:	54 mg
Total Fat:	15.3 g
Saturated Fat:	5.8 g
Dietary Fibre:	5.2 g
Protein:	27.3 g
Sodium:	414 mg
Potassium:	644 mg
Vitamin A	13%
Vitamin C	79%
Calcium	8%
Iron	37%
Thiamin	67%
Niacin	137%
Vitamin B6	35%
Magnesium	24%
Folate	98%



marinade, until chicken is light brown and sauce is bubbly. Remove bay leaves. Stir pepper, onion, broccoli, and mushrooms into skillet and allow to simmer until tender, about 5 minutes. While vegetables are cooking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, drain. Return pasta to pot and add chicken mixture and spaghetti sauce. Stir. Pour mixture into 9x13 inch pan. Top with shredded cheese. Bake in preheated oven for 20 minutes, or until cheese is melted.

Preparation: In shallow non-aluminum dish or re-sealable plastic bag, combine olive oil, bay leaves, Italian seasoning, garlic, salt, and pepper. Poke holes in chicken breasts and add to olive oil mixture. Marinate in refrigerator for 1 to 2 hours. Preheat oven to 375 F (190 C). Remove chicken from refrigerator and cut into half-inch pieces. Cook in large skillet, with

Article: ICE

We all carry our mobile phones with names and numbers stored in its mem/ory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Sure, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Welcome to the ICE (In Case of Emergency) Campaign.

Since cell phones are carried by most people nowadays, all you need to do is store the number of a contact person or persons, who should be contacted during emergency, under the name "ICE". When seconds matter, this information may be vital.

The idea was conceived by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He thought it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, 911 emergency service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

ICE speaks for you when you are not able to.

ICE Tips

- To add multiple contacts key in ICE1. ICE2. ICE3 (spouse, doctor, family)
- Ensure the person you enter is aware and agreed to be your ICE partner
- Ensure your ICE partner has your list of people to contact on your behalf.
- Ensure your ICE contact/s are typically easy to contact.
- ICE partners should know about any medical conditions that could affect your emergency treatment - for example allergies or current medication
- If your contact is deaf, then type ICETEXT before the name of your contact.
- If you're under 18, your ICE partner should be a parent or guardian authorized to make decision on your behalf - (in case you need a life or death operation)
- In some phones having two numbers the same, your phone won't know which one to display so it just shows the number. To cure this problem simply type a * after the number under your ICE contact and it will still work.

Quotes, Proverbs & Teachings

Elders Meditation

“But the great spirit has provided you and me with an opportunity for study in nature’s university, the forests, the rivers, the mountains, and the animals which include us.”

~ Walking Buffalo, Stoney

What we really need to learn is how to live life. Nature is the greatest university when we want to learn about balance, harmony, the Natural Laws and how to live life. But we will never learn unless we spend time in the "living university." Nature is full of examples, lessons, and exercises about life. Nature will help humans learn. Nature will help humans heal. Nature will help with Medicine, knowledge, and healing. The reason our Elders are so wise is because they have attended the right educational system - nature's university.

Great Spirit, help me to become wise.

Teaching

A little wave was bobbing along in the ocean, having a grand old time. He's enjoying the wind and the fresh air - until he notices the other waves in front of him, crashing against the shore.

"My God, this is terrible," the wave says. "Look what's going to happen to me!"

Then along comes another wave. It sees the first wave, looking grim, and it says to him, "Why do you look so sad?"

The first wave says, "You don't understand! We're all going to crash! All of us waves are going to be nothing! Isn't this terrible?"

The second wave says, "No, YOU don't understand. You're not a wave, you're part of the ocean."

Quotes About Nature

Man has been endowed with reason, with the power to create, so that he can add to what he's been given. But up to now he hasn't been a creator, only a destroyer. Forests keep disappearing, rivers dry up, wild life's become extinct, the climate's ruined and the land grows poorer and uglier every day.

~ Anton Chekov, Uncle Vanya, 1897

The richness I achieve comes from Nature, the source of my inspiration.

~ Claude Monet

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

~ Anne Frank

Fun & Games

I Have A Question

A father and son went fishing. While they were in the boat, the boy asked questions about the world around him. He asked his father, "How does this boat float?" The father replied, "Don't rightly know son." "How do fish breathe underwater?" Once again the father replied. "Don't rightly know son." "Why is the sky blue?" Again, the father replied, "Don't rightly know son." Finally, the boy asked his father, "Dad, do you mind my asking you all these questions?" The father replied, "Of course not, you don't ask questions, you never learn nothing."

Safe to Swim Here

While sports fishing off the Florida coast, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting an old beachcomber standing on the shore, the tourist shouted, "Are there any gators



"We'll fill in the blank after we hear what you have in mind for our summer vacation."

around here?" "Nope," the man hollered back, "they haven't been around for years!" Feeling safe, the tourist started swimming leisurely toward the shore. About halfway there he asked the guy, "How'd you get rid of the gators?" "We didn't do anything, the sharks got'em."

Fish Cost a Fortune

Two rednecks go on a fishing trip. They rent all the equipment – the reels, the rods, the wading suits, the rowboat, the car, and even a cabin. They spent a fortune! The first day they go fishing and don't catch anything. The same thing happens on the second, third and fourth day. It goes on like this until the last day of the vacation, when finally; one of the men catches a fish. As they're driving home they're really depressed. One guy turns to the other and says, "Do you realize that this one lousy fish we caught cost us fifteen hundred bucks?" The other guy replied, "Wow! Then it's a good thing we didn't catch any more!"

I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.

~ Mario Cuomo

Blessed indeed is the man who hears many gentle voices call him father!

~ Lydia M. Child

A man never stands as tall as when he kneels to help a child.

~ Knights of Pythagoras

I have found the best way to give advice to your children is to find out what they want and then advise them to do it.

~ Harry S. Truman

It is much easier to become a Father than to be one.

~ Kent Nerburn

Fun & Games Cont...

Top Ten Things You'll Never Hear a Dad Say

10. Well, how 'bout that? I'm lost! Looks like we'll have to stop and ask for directions.
9. You know pumpkin, now that you're thirteen you're ready for unchaperoned car dates. Won't that be fun?
8. I noticed that your friends have an "up yours" attitude. I like that.
7. Here's a credit card and the keys to my new car, go crazy!
6. What do you mean you wanna play football? Figure skating not good enough for you, son?
5. Your Mother and I are going away for the weekend; you might want to consider throwing a party.
4. Well, I don't know what's wrong with your car. Probably one of those doo-hickey thingies, you know, that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.
3. No son of mine is going to live under this roof without an earring. Now quit your belly-aching, and let's go to the mall.
2. What do you want to go and get a job for? I make plenty of money for you to spend.
1. Father's Day? Don't worry about it, it's no big deal.

My Wife is Pregnant

A man speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart!" "Is this her first child?" the doctor queries. "No, you idiot!" the man shouts. "This is her husband!"

Someone Dial 911

A man passed out in a dead faint at his front door. Someone dialed 911. When the paramedics arrived, they helped him regain consciousness and asked if he knew what caused him to faint. "It was enough to make anybody faint," he said. "My son asked me for the keys to the garage, and instead of driving the car out, he came out with the lawn mower."

Spread the diaper in the position of the diamond with you at bat. Then, fold second base down to home and set the baby on the pitcher's mound. Put first base and third together, bring up home plate and pin the three together. Of course, in case of rain, you gotta call the game and start all over again.

~ Jimmy Piersal, on how to diaper a baby

I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started.

~ Bertrand Hubbard

I talk and talk and talk, and I haven't taught people in 50 years what my father taught by example in one week.

~ Mario Cuomo

I felt something impossible for me to explain in words. Then, when they took her away, it hit me. I got scared all over again and began to feel giddy. Then it came to me, I was a father.

~ Nat King Cole

Fun & Games Cont...

New Dad

One day, shortly after the birth of their new baby, the mother had to go out to do some errands, so the proud father stayed home to watch his wonderful new son.

Soon after the mother left, the baby started to cry. The father did everything he could think of, but the baby just wouldn't stop crying. Finally, the dad got so worried he decided to take the infant to the doctor. After the doctor listened to all the father had done to get the baby to stop crying, the doctor began to examine the baby's ears, chest and then down to the diaper area. When he opened the diaper, he found was indeed full.

"Here's the problem," the doctor explained. "He just needs to be changed." The perplexed father remarked, "But the diaper package specifically says it's good for up to 10 pounds!"

A Stinky Situation

A little old lady goes to the doctor and says, Doctor I have this problem with gas, but it really doesn't bother me too much. They never smell and are always silent. As a matter of fact, I've farted at least 20 times since I've been here in your office. You didn't know I was farting because they don't smell and are silent.

The doctor says, I see, take these pills and come back to see me next week. The next week the lady goes back. Doctor, she says, I don't know what the heck you gave me, but now my farts, although still silent, stink terribly. The doctor says, Good!!! Now that we've cleared up your sinuses, let's work on your hearing.

Caught Speeding

The cop got out of his car and the kid, who was stopped for speeding, rolled down his window. "I've been waiting for you all day," the cop said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Common

Why didn't the mother potato want her daughter to marry the famous newscaster? Because he was a commontater.

104

A reporter was interviewing a 104 year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

Secret Formula

The police recently busted a man selling "secret formula" tablets he claimed gave eternal youth. When going through their files they noticed it was the fifth time he was caught for committing this same criminal medical fraud. He had earlier been arrested in 1794, 1856, 1928 and 1983....

Public Servant

"Give me a sentence about a public servant," said the Mother helping her son at home.

The small boy wrote: "The fireman came down the ladder pregnant."

The mother took her son aside to correct him. "Don't you know what pregnant means?" she asked.

"Sure," said the young boy confidently. "It means 'carrying a child.'"

Upcoming Events

<p>June Workshops: 5, 9, 16, 23, 26 2 – 4 pm</p>	<p>REAPS Compost Workshop Come to The Garden to learn about composting and see our on-site composters at work! Backyard Composting at 2 pm and Vermicomposting (composting with worms) at 3.15 pm. Venue: 1950 Gorse Street. Contact REAPS at 250.561.7327 for more information.</p>
<p>Wed. June 2 7 – 8.30 pm</p>	<p>Writers Session Two experienced, published & respected Northern BC authors, Vivien Lougheed & Ed Zaruk, have an evening session on writing and publishing. Venue: Cafe Voltaire. Price: FREE Contact: 250.563.6637</p>
<p>Sat. June 5 8 am</p>	<p>Giant Garage Sale - Proceeds to the Prince George Cancer Clinic. Location: Masonic Hall (4th & Vancouver St.) More info: 250.564.7653</p>
<p>Sat. June 5 10 am – 4 pm</p>	<p>Friends of the Library Book Sale Unsorted books will be available to purchase by donation. The library is accepting donations of books.</p>
<p>Sat. June 5 10 am – 5 pm</p>	<p>Spring Arts Bazaar - Purchase a hand thrown bowl for \$10 and fill it with bottomless chilli and browse the Art Market. Live entertainment will be playing throughout the day and there will be a live art auction at 4 pm. Venue: Studio 2880. Admission: FREE. Contact: 250.562.4526</p>
<p>Sat. June 5 10 am – 3 pm</p>	<p>3rd Annual Healthy Kids Day Join the YMCA Road Race, play in the activity zone & celebrate healthy living. Admission: FREE. Location: Masich Place. Contact: 250.562.9341 or karen.cameron@pgymca.com</p>
<p>Sun. June 6 10 am – 5 pm</p>	<p>Huble Homestead's Crib Tournament – This Seniors' Day event features a cribbage tournament, tour, special lunch and entertainment. Transportation is available for seniors; seats must be booked in advance. Venue: Huble Homestead, 40 km north of PG, turn left off Hwy. 97 onto Mitchell Road.</p>
<p>Mon. June 7 10.30 am – 12</p>	<p>Basic Computers 1 Designed for beginners, this class will teach the basics. Venue: Bob Harkins Branch Price: FREE Register: 250.563.9251 ext.140</p>
<p>Mon. June 7 2 pm</p>	<p>Parkinson's Disease Support Group Information Session presented by: PG Chateau & PG Parkinson's Support Group. This session is for those who suffer with Parkinson's Disease or those who know or care for someone with Parkinson's Disease. Our guest speakers offer information about local support group and resources. Refreshments served. Venue: PG Chateau (4377 Hill Ave) Admission: FREE. Contact: 250.564.0202.</p>
<p>Mon. June 7 7 – 8.30 pm</p>	<p>Movie Screening: The Cove The library will be screening The Cove for World Ocean Day. The Cove is the 2009 Academy Award winner for best feature documentary. It's a suspenseful story of a group of environmental activists and filmmakers trying to show the world the horrible secret contained in a secluded Japanese cove. There will be time for discussion after the movie. For more information: www.thecovemovie.com. Location: Bob Harkins Branch, Keith Gordon Room Cost: FREE</p>
	<p>Please Note: This film is rated PG and contains disturbing content that may not be suitable for younger viewers. Parental discretion is advised.</p>

Mon. June 7 7 – 8 pm	Christian Mediation We begin by listening to a short audio tape. This is followed by 30 minutes of silent sitting. The group is open to both experienced meditators and those who would like to learn. Location: Domano Renewal Centre, Emmaus House #111 Fee: FREE
Sat. June 12 10 am – 5 pm	Natural Pest Methods & Organic Gardening Come to The Garden to learn more about how to maintain your organic garden through natural pest control methods. Everyone is welcome, beginner and experienced gardeners alike! Venue: The Garden (1950 Gorse Street). Admission: FREE. For more information please contact: REAPS 250.561.7327 or events@reaps.org
Sat. June 12 11 am – 2 pm	World Wide Knit in Public Day Join the PG Fibre Arts Guild as we knit in Fort George Park. If it rains, other plans will be made at the park. Bring a lunch, your chair, your knitting, and your ideas.
Sat. June 12 12 – 1 pm	Goji's Laughter Yoga Club A free laughter yoga club where we gather together rain or shine to just laugh or do laughter yoga exercises for our benefit and the benefit of those all around us. Location: PG Farmer's Market
June 12 - 13 7.30 am – 4 pm	Sandman Community Involvement Days – proceeds to support Senior Recreational Centres in Prince George. Featured events: garage sale, baked goods, hair cuts, music, a karaoke open mic, silent auction, door prizes, 50/50 draws, pancake breakfast, and BBQ. Location: Sandman Hotel (1650 E. Central St.) For more info: 250.563.8131 or drichinski@sandman.ca
June 12 – 13 10 am – 4 pm	7th Annual Family Heritage Day Enjoy a day of firearm demonstrations, learning to shoot, the cannon shoot and noon, BBQ. Safety officers on site. Admission \$5 Venue: PG Rod & Gun Club 9444 Hartman Rd.
June 12 – 13 10 am – 5 pm	Huble Homestead's Antique Appraisal Bazaar Dust off those antiques you've always wondered about, antique appraisals by knowledgeable appraiser Ted Pappas. Find out the value of your treasures or relax and watch the appraisals. Vendors will be on site. Venue: Huble Homestead Historic Site. Tickets: \$10 each or two for \$15.
Sun. June 13 10 am – 4 pm	PG Antiques & Collectibles Roadshow Are you looking for an opportunity to buy and sell your wares? Come to the Ramada Hotel Ballroom to have your treasures appraised, browse information booths, and buy, sell, or trade your goods with other collectors. Price: \$3, Couples or families \$5.
Sun. June 13 10 am – 5 pm	Artists in the Park Local artists display and sell their artwork and crafts, will include entertainment, food and a silent auction. Location: Fort George Park Bandshell Contact 250.612.7871 for more details.
Mon. June 14 10.30 am – 12 pm	Internet & Email Class Designed for complete beginners, this class will teach users the basics of how to surf the Internet and how to use email. Venue: Bob Harkins Branch. Price: FREE Register at: 250.563.9251 ext.140
Thu. June 17 7 – 8.30 pm	Cancer Education Are you a cancer survivor or someone in treatment? This evening is for you! Topics include neuropathy, how to deal with it and tapping the healer within. Learn to eliminate stress and anxiety with this fun interactive workshop. Venue: PG Public Library, Keith Gordon Room

Sun. June 20 8 am	ECRA Fathers' Day Breakfast Let's take dad out for breakfast. French Toast, strawberries, bacon and sausages along with a good cup of coffee. There will be door prizes every half hour. Venue: Elder Citizens Recreation Association (1692 10th Ave.). Admission: \$6 Contact: 250.561.9381
Mon. June 21 10.30 am – 12 pm	Basic Computers 2 Participants will receive some tips and tricks for using their home computer and can bring their questions, too. Location: Bob Harkins Branch. Price: FREE Register: 250.563.9251 ext. 140
Fri. June 25 7 – 10 pm	Quantum Popcorn: Movies That Inspire! Join our growing community of movie-goers for a screening of our Viewer's Choice Film. Will it be "The Peaceful Warrior", "Mother Daughter Wisdom" or "The Science of Miracles"? You decide! The evening that includes a screening of the film, free popcorn, a panel discussion and door prizes. Venue: UNBC's Canfor Theatre Admission: \$14 Contact: info@fearlesslivingpg.com
Sat. June 26 6 pm	Hit to Pass Extravaganza - 4 Cylinder/van Shi Races. Special admission pricing for this event. Seniors admission is free.
Sun. June 27 11 am – 3 pm	7th Annual Bob Harkins Fishing Derby Support the Project Friendship Society programs and connecting people with special needs into the community. Location: West Lake Provincial Park. Fees: \$30 per person. Activities: Fishing Derby followed by prizes, concession available. Contact 250.612.7871 or friend@northernbc.com.
Sun. June 27 5 pm	Fundraiser for the Grandchildren of the North Spaghetti Dinner and loonie auction. Location: Moose Hall. Dinner Prices: Single \$8, Couple \$15, Children (6-12) \$4, Family (up to four children) \$25, Under 6 FREE. Please come and support our Métis Jiggers.
Mon. June 28 10.30 am - 12 pm	Beyond Basics: Online Social Networking You've heard about Facebook, Twitter, and YouTube. In this free computer class, you'll learn how to use them! Library staff will teach you how these online social networks can help you keep in touch with your family and friends. Location: Bob Harkins Branch. Price: FREE Register: 250.563.9251 ext. 140.
Thu. July 1 All Day	Canada Day Celebrations - Gather in the park for all day celebrations including entertainment, food, and much more. Venue: Fort George Park
Thu. July 1 All Day	Dominion Day Celebrate Canada's birthday in traditional Huble style! Join us for birthday cake, Canadian Heritage Horse displays, pioneer demos, fun with Scooter the Clown, plus music, games, and more.
Sun. July 4 All Day	Dog Expo Our annual event for dog people! Bring your pooch (on a leash) to socialize with others, see community booths and demonstrations and join in on the parade of breeds. We will also be awarding prizes to the largest and smallest dogs, as well as those with the best trick and best costume. Your pet will love it! Venue: Huble Homestead www.hublehomestead.ca
	Toonie Swim Times (Aquatic Centre): Monday to Friday: 12 – 1 pm, 2 – 3 pm, and Monday to Thursday 9 – 10 pm.

Ongoing Events

MONDAYS

12 – 1 pm	Healthy Elders Yoga – Location: AimHi Gym. Wear comfortable clothing, bring a mat. Contact Cheryl Webster at 250.612.9685
-----------	--

TUESDAYS

6.30 pm	Walk PG - 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.
---------------	---

10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement of Pineview Hall (wheelchair accessible). Contact Syl 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 - 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.
------	---

7 pm	Darts at PG Legion - Everyone welcome blind draw mixed doubles. Must be 19 years. 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: 250.612.9685
----------	--

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

8.30 am – 2 pm	Farmer's Market – Located at corner of Third Avenue and George Street. Browse vendors with meats, veggies, crafts, baked goods, and much more.
----------------	---

9 am – 5 pm	Nechako Public Market – Location: 5100 Nechako Road. Includes arts & crafts, inflatable entertainment, imports, garage sale items, handmade items, food, antiques, and home based businesses concessions. Contact 250.962.1943
-------------	---

Sundays(9-3)	
10.30 am	Walk PG - 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.

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
--------------	---

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.
------	---