

# NORTH CARIBOO SENIORS' COUNCIL

**VOLUNTEERS HELPING SENIORS IN DIFFICULT TIMES**

**Winter 2022  
Spring 2023**



**#102 – 246 St. Laurent Avenue (Spirit Square)**

**Quesnel, BC V2J 2C9 250 991 0510**

**EMAIL: [info@caribooseniorscouncil.org](mailto:info@caribooseniorscouncil.org)**

**Office hours are: Monday to Thursday 10:30 to 1:30**

Find us on the web [caribooseniorscouncil.org](http://caribooseniorscouncil.org) or  
on Facebook North Cariboo Seniors' Council



## **Our Mission**

To protect and enhance the safety, quality of life, livability and sustainability of our senior citizen community.



Photo by Tracey Roberts—Quesnel Cariboo Observer

## **Business Excellence Awards**

“North Cariboo Seniors' Council is a new not for profit organization for our area. They focus on providing a hub of information for seniors to access services and recourses that support them. They collaborate with other organizations to work for more support on issues facing seniors. They advocate for seniors.” - Quesnel and District Chamber of Commerce.

A HUGE THANK YOU to our community members that plan and prepare meals for seniors in our community, and our many volunteers that deliver the meals! This couldn't happen without your help.

NCSC Delivery Volunteers

Northstar Church

Bethel Church

Lions Club Quesnel

Rotary Club Quesnel

North Cariboo Christian School

St Ann's Church CWL

*thank you!*

## **Community Activities For Seniors!**

**See Inside!**

**Office hours are:**

**10:30 to 1:30**

**Monday to Thursday**

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**Seniors' Centre**  
**461 Carson Avenue**



**Pancake Breakfast**

First and third Sundays every month, 8:00 am- 12:00 pm

Next dates are:

Sunday December 18, 2022

Sunday January 15, 2023

Drop in for coffee a visit and a fantastic breakfast!

Membership is open to people aged 40 or older, annual fee is \$10.00.

Quesnel Seniors Centre has daily activities such as Pickle Ball, Tai Chi Chih, Bell Ringers, Bluegrass, TOPS, Arts and Crafts, Cards—Whist/Crib, Beginners Line Dancing, Vintage Car Club, Chair Exercises, TOPS, Bridge, Red Hat Ladies! There is a \$2.00 activity fee.

Call 250-992-3991 For More Info!

**Seniors Connection Program**

North Cariboo Seniors' Council provides free meals that are delivered to seniors on the third Friday of every month! Meals are prepared by various community groups throughout the Quesnel and Cariboo Regional District!



If you know of a senior who is isolated or in financial hardship and could benefit from our meal program, please call our office at 250-991-0510.

Thank you Quesnel Rotary Club for your donation to our food program to help provide meals to seniors in our community!

## Old Age Pensioners' Organization

### Golden Centre

401 Front Street

Open Monday, Tuesday, Thursday & Friday from 10:00 am to 3:00 pm

Cribbage—Tuesday & Thursday at 1:00 pm

Duplicate Bridge—Mondays at 6:30 pm

Inexpensive lunches, Dinners & Healthy Snacks

Lunch is served from 11:30—12:30 pm

Unit 29 West Park Mall

778-414-9119



Tuesday, Wednesday, Thursday 10:00 am—3:00 pm

Computer literacy training for adults -computer lab available for drop in use and/or individual instruction on the use of various devices (Tablets, Phones, Workshops via drop in or appointment).



### **SNOW REMOVAL 2022/2023**

**Thank you** to Integrus Credit Union for supporting the North Cariboo Seniors' Council snow removal program. Snow removal for seniors ensures that medical services and visitors such as home healthcare, deliveries from meal providers or Canada Post will have access to their front doors. It also helps keep seniors safe and supported in their own homes. Thank you again for enabling us to make Quesnel an age friendly community.

## **Quesnel Arts and Recreation Centre**

500 N Star Rd, Quesnel, BC V2J 5P6

(250) 992-8200

**Offers various fitness and aquatic sessions specifically designed with seniors in mind.**



## **Zoom Social**

**Thursdays  
at 2:30 pm**

Location:  
Online via Zoom

Facilitator: Courtney  
Dieckbrader

Keeping a virtual space for people to connect at a safe distance while we get used to the changing social landscape. A good first step to coming into QMUNITY.

No matter where you are, 2SLGBTQIA+ friends aren't far. New people always welcome!

RSVP: Contact Courtney for the Zoom link  
seniors@qmunity.ca 604-684-5307 ext. 110

[qmunity.ca/olderadults](http://qmunity.ca/olderadults) | @qmunity

## **5 reasons to have a North Cariboo Seniors' Council Membership**

**Your membership fee will help us as we work to improve the lives of our local seniors.**

**You can know that you put a smile on a seniors face by providing food or keeping them safe and supported in their own home.**

**The membership in the NCSC allows Quesnel to get funding and support for being an age friendly community.**

**You are supporting your parents, grandparents, aunts and uncles who have all helped build our community.**

**Your membership supports our volunteers providing an average of 85 visitations, 187 meals, and over 50 hours of yard work or snow removal per month.**

**Please see website for application or call the office at 250-991-0510**

**Community and Business memberships are available.**

◆ \$10 for an individual membership,

◆ \$50 for a community group membership (Rotary, Quesnel Senior Society)