

NORTH CARIBOO SENIORS' COUNCIL

VOLUNTEERS HELPING SENIORS IN DIFFICULT TIMES



**#102 – 246 St. Laurent Avenue
(Spirit Square)
Quesnel, BC V2J 2C9 250 991 0510**

Our Mission

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

Summer 2022

Seniors' Services Booklet

The booklet is a resource for seniors in the Quesnel area. It is a directory of services for seniors in the Quesnel area.

If you would like a copy please contact our office at 250-991-0510 or drop by during regular office hours.

**SNOW REMOVAL SIGN UP
OPENS SEPTEMBER 15th
LIMITED SPOTS
AVAILABLE!**

Office hours are:

1030-130

Monday to Thursday

Find us on the web caribooseniorscouncil.org or

On Facebook North Cariboo Seniors' Council



NORTH CARIBOO SENIORS' COUNCIL Seniors' Information Booklet

**#102 – 246 St. Laurent Avenue (Spirit Square)
Quesnel, BC V2J 2C9 PHONE: 250-991-0510
EMAIL: info@caribooseniorscouncil.org**

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

Find us on the web at caribooseniorscouncil.org

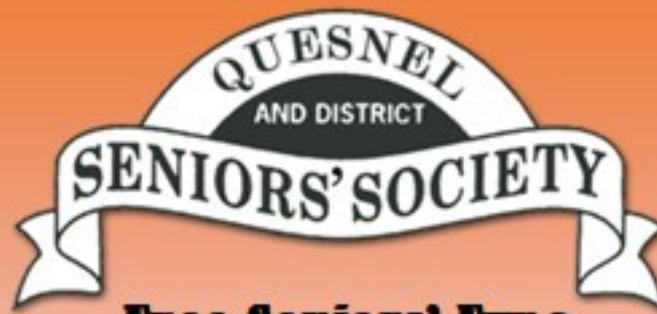
or

On Facebook at North Cariboo Seniors' Council

Our Services include:



- **Yardwork/Snow Removal**
- **Meal Deliveries**
- **Housing Support**
- **Agency Networking for Seniors**



Free Seniors' Expo

September 10th , 2022

8 AM to 12 PM

461 Carson Ave

Everyone Welcome!

**Enjoy a Free breakfast
8 am to 12 PM sponsored
by Quesnel Community
Foundation .**



Rides Available every hour from:
Fraser Village, Dunrovin, or if you are a
senior and need a ride contact
North Cariboo Seniors Council
250-991-0510

Sponsored by :



Free learning Sessions:

900-930

Fall Prevention

Chair Stretching

945-1015

Emergency Preparedness

Healthy Eating

1030-1100

Fraud Prevention

Levels of Medical Intervention

1115-1145

Card Making

Wills and Estate Planning

1200-1230

Emergency Preparedness

Funeral Planning

Seniors' Connection Program

Our meal program delivers over 205 individual frozen meals to seniors. It would not be possible without generous grants, participation, and donations from

- Julie Giesbrecht & Crew
- Bethel Church
- North Star Church
- Rotary Club of Quesnel
- Quesnel Lions Club
- The NCSC Meal Prep Committee
- St Ann's Catholic Woman's League

Our seniors always enjoy receiving meals, and seeing a friendly face at their door for a quick hello.



If you know of a senior who may benefit from our meal program, please call our office at 250-991-0510.



Special Thanks to Quesnel Community Foundation for the \$3500 grant for new freezers and containers for our:

Seniors' Connection Program

Their generosity allows us to source out inexpensive ingredients for our frozen meals that support 80 seniors with meal deliveries.



YARDWORKS

We hope to provide this service from April 1 to September 30th; to do so, we are asking those of you who are financially able to do so, to donate to help us sustain this valuable service. Given the recent rise in gas prices, your contribution will be even more needed.



NCSC's contact for this project will be Honey Affleck and she can be reached at 250-991-0510. Together with Ron Kelly have been able to support 37 clients totaling over 144 hours of yard work so far this year and have a waiting list. We appreciate Ron and all his hard work !

Community Member Profile:



The Quesnel and District Seniors' Society was formed in 1990 as a not-for-profit organization. Over the next 6 years, it focused its attention on a major fund-raising drive and in 1996 the Seniors' Centre opened its doors to members and guests alike.

The Centre is the location for many celebrations and events throughout the year; private citizens, clubs, and groups are able to rent the facility – the whole building or only just a room.

The Quesnel Seniors' Centre is open from 10 AM to 1 PM week-days. The facility is excellent for weddings, banquets, fundraising, funerals, workshops/ seminars and performances.

Seniors' activities include: bridge, crib and whist, line dancing, pool, Tai Chi, TOPS and Ukulele.

Annual fees are \$10 with Life Membership for those over 65 of \$100. Executive officers are elected at the AGM each January.

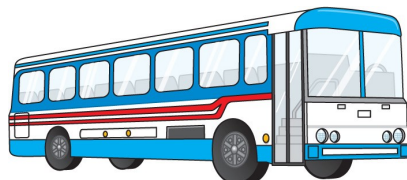
Call for more information about this amazing group:

Quesnel & District Seniors' Centre
461 Carson Avenue
Quesnel BC V2J 2B6
Ph: 250 992 3991

Transportation

As we work to support seniors' transportation in the community, we are pleased to be able to support seniors in the community with bus passes. If you would like bus passes, please call the office and we will happily provide them for you (amount of passes will be determined based on how many clients we have registered for the program).

Call our office for more information: 250-991-0510



NCSC 2022/2023 BOARD

President - Jon Fine

Vice President- Honey
Affleck

Secretary - Joanne Millis
Treasurer– Wendy Stephen-
son

Director - Colleen Gauthier

Director - Anita Dobie

Director - Vivian Wurm

Director - Brenda Gardiner

Director– Sally Service

Director– Katharin Midzain

We have 3 levels of membership

- ◆ \$10 for an individual membership,
- ◆ \$50 for a community group membership (Rotary, Quesnel Senior Society)
- ◆ \$100 for a business membership.

We would encourage you to become a member and show your support of The North Cariboo Senior's Council, as we work to improve the lives of our seniors.

See website for application and details.