

BC Office of the Seniors Advocates

The BC Seniors Advocate's Residential Care Survey Project needs more volunteers in the northern region to help us achieve the goal of inviting the over 1000 residents who live in long term care facilities in the northern health regions to participate in a structured interview asking them about their experiences in their facilities.

All volunteers will be provided with one day of training on how to conduct the structured interview with residents and each will be required to commit to a minimum of 30 hours over a 6 to 8 week period. Interview shifts of between 2 and 3 hours each (normally Mon through Fri, morning and afternoon) are available for qualified and fully trained volunteers to self scheduled beginning in mid-October and running straight through to the end of November/early December.

Volunteers can apply ASAP on-line at www.surveybcseniors.org – and select Northern Region. For information, email Judy at jbrown17@providencehealth.bc.ca.

Elder Citizen's Recreation Association

Join us for friendship, fun, laughter, good food, volunteer opportunities. Spring programs: Cards (Bridge, Canasta, Cribbage, Whist); Group Activities- Carpet Bowling, Floor Curling, Line Dancing, Chair Yoga & Tai Chi; Senior Performing Arts – Drama Club, Gospel Singers, Forever Young Chorus; Craft group, bingo.

Located at 1692 10th Ave.

Hart Pioneer Centre

Games and activities include: pancake breakfasts, bingo, canasta, dances, potlucks, crib, roast beef dinners & more.

For times contact hartpioneer@shaw.ca.

Hart Pioneer Centre

Volunteer opportunities: catering, cashier, meals on wheels delivery and more. Activities include: carpet bowling, floor curling, Tai chi (MWF 9:30AM), Line dancing (MWF 10:30AM), cards, crafts (W 9:00AM), foot clinics, lunches, pool tournament (W 10:00AM), etc.

Located at: 6986 Hart Hwy.

Email: hartpioneer@shaw.ca

Jubilee Lodge

Volunteer Jobs assisting Seniors:

- 1) Community integration outing assistants/companions (lunch, events, shopping, the park, etc.) weekday mornings/afternoons;
 - 2) Playing Cards/General Visitation/Reading aloud to/with Residents;
 - 3) Share your musical talents with our Seniors; and
 - 4) Providing translation and visitation to residents in various languages, i.e. French, Croatian, Russian, Punjabi etc.
-

Prince George & District Senior Citizens Activity Centre Society

Join us for a great time, learn a new sport or socialize over a game of cards. We offer Carpet Bowling, Floor Curling, Bridge, Crib and more.

We are always in need of volunteers and a volunteer to schedule the

volunteers, other opportunities include: kitchen help, ticket sales, table setup, special events, bingo cart (Saturdays).

For info, contact senioractivitypg@shaw.ca or Treena 250-563-1915

PG Native Friendship Centre

The Better at Home program, operating under the Prince George Native Friendship Centre is looking for volunteers for outreach to seniors. Outreach includes friendly visits, playing games, reading and walks.

For applications or more information, please contact Maria Rossi at betterathome@pgnfc.com or by phone at (250) 564-3568 Ext.275