



NORTH CENTRAL  
SENIORS ASSOCIATION  
College Heights Prince George

## **Hello everyone! A wrap-up Newsletter**

Once again we are at the end of our season at NCSA. We wish to send a big thank you to all members; those who attended our many events and to those we hope to meet in the future. Thank you to all of our volunteers who faithfully show up and give of their time; without them we would not be able to continue.

### **Some of this year's highlights were:**

- Most importantly, the continuing growth of our Centre, as we are adding new members almost daily.
- The introduction to our Seniors Empowered Series were well attended and provided us with education and awareness on how to live full and healthy lives. We will continue these sessions in the coming year. Suggestions for guest speakers/topics appreciated.

Our invited speakers were:

- Comfort Keepers/Medi Chair/Paramedic on Fall Prevention
- Dignity Memorial
- Emergency Preparedness with the City of PG and RDRFG
- CPR/AED with First Response (Two Sessions)

- Our Emergency Preparedness Grab and Go Kit Initiative was very successful.
- Our Christmas party was a big hit! The gift basket donations for the ticket draws were out of this world. Great fun was had by all.
- NCSA held two successful Crib Tournaments.

-Our year end auction and Mr. Mike's BBQ was a big hit with 82 members in attendance. Record attendance! Dave Halley did it again, serving our members delicious burgers and our lunch team provided salad, condiments and ice cream sandwiches for dessert. The mood was upbeat, exciting and fun!

## **A message to you from Mary Kelly:**

*Thanks for your amazing response to our Silent Auction on June 24, 2024. After the fun and spending, we collected \$2,457.00 for the auction and \$352.00 for the cookie bags; the grand total was \$2,809.50!! As I said at the gathering, “We are a team of seniors who are amazing, awesome and over the TOP”!! Thank you all. Mary Kelly*

For your information, the centre will reopen on September 9, 2024. We will offer our monthly lunches, Tai Chi, Yoga, Photo Club, men’s pool, canasta, scrabble, art classes, demo kitchen and our birthday tea and we have introduced Chair Line Dancing.

### **Business Reminders:**

As you all know, we are coming up to executive elections in October. We would appreciate your consideration to step forward. **Without our executive we are in jeopardy of closing our Centre.**

**Please remember to purchase gift cards at Save On over the summer.** The centre receives \$4.00 for every \$100.00 gift card purchased. You would be surprised at the income the centre can possibly receive.

The Executive has decided to no longer track volunteer hours. This is a tedious and time-consuming job. Tracking hours is only necessary for Government Gaming Grants. We appreciate every hour our volunteers contribute to the centre.

Please check out our refreshed website for info and view pictures: [www.ncsapg.ca](http://www.ncsapg.ca)

Have a great summer everyone and hopefully we don’t get too hot. We look forward to seeing you back in September!

Cheers – Bonnie and your dedicated team.