

LIFESTYLES

Coming events

OCT. 12

INTERIOR PONY RACING ASSOCIATION banquet and dance at the Moose Hall. Old time music. Tickets \$15 each. Tickets and info, call Hazel 250-441-3363.

THE GOOD CHEER CLUB rummage sale at the Moose hall. 663 Douglas St. Info. Ann 564-6751 or Lee 561-4317.

OCT. 12 - 13

P.G. PENTECOSTAL CHURCH multicultural convention. Oct. 11 @ 7 p.m. Oct.

12 @ 7 p.m. Oct. 13 @ 11 a.m. 497 Ospika Blvd. Punjabi, English and Hindi worship songs. Info. 564-7434.

OCT. 13

GREENWAY RAMBLE Run or walk the Cranbrook hill Greenway trail. register at Otway Nordic Center from 8 - 9:30 a.m. Donations go to Cranbrook Hill Greenway Society. Info. Cory Watts 960-7727 Days, Bruce Bennett 564-3115 evenings.

TURKEY DINNER at the Senior Activity center, 425 Brunswick St. everyone welcome. Adults \$8, children under 12

\$4. Starts at 5 p.m. Info. 564-3287.

SHARED LUNCH following a 10:30 a.m. Thanksgiving worship service at Cedars Christian School, 701 N. Nechako Rd. Please bring a salad or a dessert to share. Sponsored by vineyard Community Church. For info call 562-1138.

OCT. 14

THANKSGIVING EXTRAVAGANZA Huble Homestead. There will also be a scavenger hunt, pumpkin carving contest, games, prizes, music and lots of other events. Info. 564-7033.

ROYAL CANADIAN LEGION Family turkey dinner at 5 p.m. Adults, \$9, Children \$5. Members and guests welcome. Reservations required. Info. 562-1292.

NORTHERN TWISTERS SQUARE DANCE CLUB mainstream lessons 7:30 p.m. at St. Michael's Church, on 5th and Victoria. Info. 964-4851.

FIFTY+ Singles Club meets every Monday at 7 p.m. at Daddio's Pizza, 1630 Central. For info call 563-6240.

OCT. 15

INFORMATION MEETING for those wishing to volunteer with the PG. Hospice Society, 7-9 p.m. at 1506 Ferry Ave. This is a prerequisite for the 30-hour volunteer training program starting Oct. 19. For info, or to register call 563-2481.

BROKEN CIRCLE an eight-week program providing education and support for those 19 and older grieving someone close to them, meets 7-9 p.m. at

OCT. 16

DINNER THEATER presented by Wycliffe Bible Translators Associates at 6:30 p.m. at Westwood Church. Everyone welcome. Donations accepted. For info or to make reservations call 962-5136.

INNOVATION RESOURCE CENTRE scientists and innovators in the schools volunteer training workshop will be held at the Innovation Resource Centre, 101-1584 7th Ave. 5:30 p.m. Light supper provided. Teaches ways to make science exciting for students. To register call Judy 564-2755.

P.G. PARENTS OF TWINS AND TRIPLETS ASSOCIATION coffee get together and fundraiser. Begins at 7 p.m., 1180 Stirling Cres. Members, family and friends welcome. Info. Kelly 563-9306 or karen 964-4425.

P.G. ALZHEIMER'S SOCIETY annual general meeting, 7 p.m. at #202-575 Quebec St. Info. 564-7533.

PRINCE GEORGE WOMEN'S SOCCER ASSOCIATION annual general meeting, 7 p.m. CNC room 1-306.

THANKS GIVING LUNCH at Vineland Community church following the Sunday service. For info 562-1138 or 964-9327.

NORTHERN B.C. WOODCARVERS MEETING 7 p.m. at Studio 2880. Info. 963-7573.

ARTHRITIS SUPPORT GROUP meets the third Wednesday of the month in the all-purpose room at the Family Y. This week at noon. For info call Walter at 964-6975, or Sharon at 562-9341.

GENERAL MEETING of the PG. Naturalists Club at 7:30 p.m. at the fish hatchery on River Road. Bring your photos and slides. Election of executive positions will be held.

CANADIAN HARD OF HEARING ASSOCIATION Prince George branch, meeting at 7:30 p.m. at CNC room 1-436 of the dental wing. Everyone welcome. Info. Terri 962-1663 Voice, Lorraine 563-3304 TTY, Linda 562-0855 fax.



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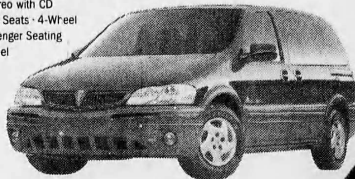
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Our city Caring Everyone Belongs

"Caring", published each Saturday in The Citizen, provides a forum for community members to discuss issues that affect health and quality of life in the North.

Talk to your child, sing to your child, and show your child the world

by LISA PROKOPOWICH

As parents raising children, you are often taken back to your own childhood, remembering the times... skipping down the street, playing road hockey or hopscotch and maybe even singing silly songs.

How many of you remember that song you sang with your mom or dad? You probably hear the tune and immediately are taken back to that special time. For some of you, songs and rhymes may not be part of your family history. For today's children, songs and storytelling are an important part of their healthy talking and social development.

In Prince George, many parents gather together at the Parent-Child Mother Goose program to share old and new songs with their children. At this free program, parents and children sit together sharing songs, rhymes, and stories about parenting. Parents often share ideas about feeding, toileting, and bedtime routines. At one program a mom reported how great it was to attend a free program for parents. Another parent felt that the songs, stories, and friendships fostered had definitely enhanced their lives.

When parents come together as a group in our community they not only help their children be healthy and happy, they also help each other. If you are interested in creating a happy healthy childhood for your child and yourself attend the Parent-Child Mother Goose program. Here's a rhyme to try to get you started...

Acka backa soda cracker
Acka backa boo
Acka backa soda cracker
I love you

Contact Lisa Prokopowich make children first speech-language pathologist at 565-7426 for more information on community Mother Goose programs.

Lisa Prokopowich is a Speech-Language Pathologist with the Make Children First Initiative (an initiative of the Northern Health Authority and sponsored by the Ministry of Children and Family Development. She has worked in Prince George for 10 years with children and families with communication needs.