

# Get out of the house and join a group like you

## CLASSTIME

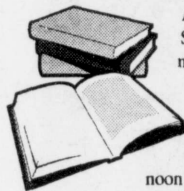
• The Buddhist Meditation Society holds a Buddhist retreat with Lama Yontan Yeshe Gonpo April 2 to 5. Introductory teaching April 2. For information call 563-3725.

• The Artists Workshop and Pam Westhaver present two workshops: Non-adhesive Books (March 27) and Creative Correspondence (April 24). Classes are from 9 a.m. to 4 p.m. Cost is \$40. Call Studio 2880.

• Speech Reading April 5 to May 5 at the Rainbow Adult Center Monday and Wednesday 7 to 9 p.m.

• Gymnastics spring session. Registration Tuesday, April 6 from 4 to 6 p.m. Ages 3-10 class starts Thursday April 8.

• The Council for the Advancement of Science and Technology offers a workshop in Electronic Commerce on April 8 from 9 a.m. to noon at the Simon Fraser



Inn. \$20. Call 564-2755 for information.

• The Montessori Child Care Centre holds an open house April 10 from 11 a.m. to 1 p.m. Phone 562-6560 for information.

• The PG Artists Workshop and Shirley-Ann Royer offer a mixed media workshop "The Art of Art". It happens April 11 and 12 from 10 a.m. to 4:30 p.m. Cost is \$8. Call Studio 2880 for information and to register.

• Qi Gong Master Michael J.C. Shen is in PG April 12 to 19 for a lecture/workshop at the Gold Cap Motel. Introductory lecture April 13 at 7 p.m. \$10 at door. For information call 563-9353.

• PG Kennel Club offers dog obedience classes April 12 at 7 p.m. at the Columbus Community Centre (7201 Domano Blvd.) for both novice and advanced. Call 964-1315 or 962-0229 for information.

• The Artists' Co-op offers a number of classes for all ages in all media starting April 13. Call 563-9500 for information and registration.

• Canadian Mental Health presents a Stress Management Workshop April 13 at 7 p.m. at the Multiplex Canfor Room. \$10 members/\$15 non-members. For information call 564-8644.

• A seniors' health forum will be held at the

Northern Interior Regional Health Unit auditorium April 15 from 1 to 4 p.m. Free, but pre-registration required. Call 960-8596 for information and registration.

• If you are between the ages of 13 and 20, caring, non-judgemental and have a desire to help others help themselves, the Teen Crisis Line is offering training for volunteer phone line peer counselors starting April 16. Call 564-5736 or drop by 1306-7th Ave.

• The Third Annual Child Care Conference takes place April 17 at the College of New Caledonia. Cost is \$30 and includes lunch. Call 563-1147 to register or drop by 1668 Tamarack St.

• Spotlight on Families - Developing Healthy Relationships is a parenting workshop offered on April 24 from 9 a.m. to noon at the Van Bien Training Centre. Phone 964-2879 for information.

• Feldenkrais weekend, body/ mind movement workshop and self-care at the Willows. Adults May 1 and 2, Pregnancy May 8 and 9. Call Syl at 561-1908 for information.

## GET TOGETHER

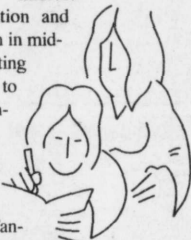
• The Spruce City Rock and Gem Club holds its regular meeting April 6 at 7:30 p.m. at Studio 2880. Courses offered in how to cut gemstones, rockhounding and other aspects for the lapidary and jewelry making hobby. Call K. Lentz at 962-5976 for information.

• Menopause Interest Group for education and support for women in mid-life holds a meeting April 8 from 5:30 to 7 p.m., Hart Community Centre. Call 962-6143 for more information.

• The Breast Cancer and Information support group meeting is April 8 at 7 p.m. in the boardroom at 490 Quebec St. For more information call 564-0885.

• Menopause interest group meets April 8 from 5:30 to 7 p.m. at the Hart Community Centre. Call 962-6143.

• Nouveau Depart, un programme d'orientation pour les femmes de 30 ans et plus, sera offert à Prince George au mois d'avril. Vous êtes rendues à un carrefour dans votre vie, vous voulez prendre le temps de réfléchir et de faire le point, alors Nouveau Depart est peut-être



pour vous. Le programme sera offert en deux fins de semaine, le 16, 17 et 18 avril ainsi que le 30 avril, 1er et 2 mai. Pour plus de renseignements, téléphonez au bureau provincial de Réseau-Femmes à Prince George au 960-1155.

• The Knights of Columbus holds its AGM April 12 at 8 p.m. in the Columbus Community Centre. For information call 964-2744.

• The B.C. Schizophrenia Society holds its annual general meeting April 13 at 7 p.m. in room 102 of PGRH. Call 561-8033 or 964-7894 for information.

• The Navy League of Canada Prince George branch holds its annual general meeting and election of officers April 19 at 7 p.m. in room 6 of the Connaught Youth Centre. Call Marion (563-9536) or Suzanne (564-9859) for information.

• Parents of Broken Families - for non-custodial parents who would like to see fairness in the awarding of custody, access and maintenance. Meets 2nd and 4th Saturday of every month at 1 p.m. at the Alano Club (725 Alward). For more information call Todd at 962-2821.

• The North Cariboo Offroad Adventurers Society invites new members to explore the backwoods by 4x4. They meet Thursdays at 7:30 p.m. at UNBC in room 217 to share ideas and plan trips. Call 964-1998 or 561-1252 for information or just show up.

• Adult Children of Alcoholic and Dysfunctional Families - Ladies Only - meets Wednesdays from 7 p.m. at 1770-11th Ave. Call 962-2384 for information.

• Champs is a weight loss group that meets weekly. Call 562-0455 or 832-7712.

## HELPING HAND

• The SPCA holds a fundraising garage sale April 18 from 9 a.m. to 2 p.m. at the Kinsmen Community Hall just off 5th near the fire hall. Donations can be dropped off at the Munro St. shelter or phone 562-5511 for more information.

• The Africa Development and Information Centre of Northern B.C. is considering applications from people who would like to volunteer in various Board of Directors positions and in different standing committees. Call 564-



0715 or 614-0273 for information.

• The John Howard Society Buddy Program matches male inmates with volunteers from the community. With responsible support and friendship they aim to draw out their potential to be practical citizens. For information or to be a volunteer call Joel at 561-7343.

• Immigrant & Multicultural Services Society is requesting donations from the public for furniture and household items. Some immigrant families new to our city are in need of such things as mattresses, dressers, tables, and other items. Call 562-2900 for information.

## ETCETERA

• The Salvation Army holds a Spring Tea and Bake Sale April 3 from 1 to 3 p.m. at 777 Ospika Boulevard. Call 561-0414 for information.

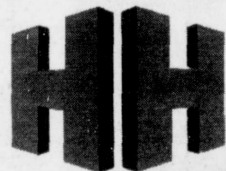
• The Eagles Ladies Auxiliary #3318 holds an Easter Dinner April 4 from 5 to 7 p.m. Adults \$7/ Children 5 and under \$1. At the Eagles Hall on Dagg Rd.

• The Royal Canadian Legion has a number of events scheduled for April, including: meat draws every Friday and Saturday, karaoke every Sunday, the Neon Moon Band April 2 and 3, the Viny Dinner April 9, Night Riders Band April 9 and 10, Darren Lee (highly rated Elvis impersonator) April 10, AGM April 19, Travis Country Band April 16 and 17, honours and awards presentation April 25. For information on any of these events call 562-1292.

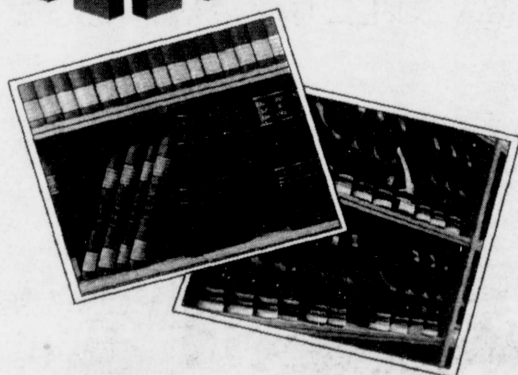
• The Brunswick St. Activity Centre has a number of events in April, including: music by Sandra and Company April 3, a crib tournament April 9, members' birthday tea April 15, music by Andy and the Crossroads April 17, and a spring tea and bake sale April 22. For information call 564-3287.

• There will be a variety show of comedy and song at the Elder Citizens' Recreation Association (1692-10th Ave.) on April 16 and 17 at 7 p.m. and April 18 at 2 p.m. Cost is \$5. Call 561-9381 for information.

• The CNC Daycare holds a garage sale in the atrium of the college April 17 from 10 a.m. to 2 p.m. Fundraiser for a new playground. Donations can be dropped off at the college daycare or for information call 561-5834.



**HOPE HEINRICH**  
BARRISTERS & SOLICITORS



## Civil Litigation

Insurance Law  
Contract Disputes  
Construction Law  
Personal Injury Claims  
Security Enforcement

**Terrence P. Matte**  
Trial Lawyer

**563-0681**

1598 SIXTH AVENUE, PRINCE GEORGE, BRITISH COLUMBIA, V2L 5G7