

APRIL 2023



The Centre Scene

NEWSLETTER

VOLUNTEER WEEK April 16 - 22



Across Canada, volunteers are significantly important to the health and well-being of the organizations they serve so, it is only fitting that their contributions be highlighted and celebrated.

The National Volunteer Week theme for 2023 is **Volunteering Weaves Us Together**. This reveals the importance of volunteering to the strength and vibrancy of our communities through the interconnected actions volunteers take to support one another. These diverse forms of sharing time, talent, and energy strengthen the fabric of our community.

Through volunteering we experience our interconnectedness, making our lives more meaningful. Getting involved in various ways, we find friendship, develop trust, and link our relationships. Threading these connections together, we come to belong as we contribute towards the same goals.

Like each individual thread makes weaving stronger, every volunteer's experience, perspective, and abilities add to our collective resilience. Woven together, volunteering reinforces our ability to grow, thrive, and create change within our community.

Knowing our volunteer contributions are valued and meaningful creates a greater sense of purpose, dedication, and commitment. From helping in the kitchen, working on the front desk, or leading an activity each action we take impacts our Centre's overall wellness, now and for future seniors.

During National Volunteer Week, we pay special attention to the collective impact of volunteers: for it is through their kindness, generosity and commitment to volunteering, we weave our lives together. Be sure to "Thank a Volunteer" during this special week of recognition.

We                                

Dates to Remember

APRIL

- 07 & 10: Easter – Centre closed
- 10/11/12: Blood Donor Clinic
- 15: Social Dinner 5:30 pm
- 16: Sunday Concert: Jerry & the Jammers
- 17: First ever Blood Pressure Clinic
- 21: Friday Night Dance – Paul James
- 24: Town Hall Meeting 1:00 – 3:00 pm
- 28: Birthday Club Celebration 11:00 am
- 30: Dinner/Dance – Ross Roberts – 2 – 6 pm

MAY

- 01: Live & Learn: When Feeling Anxious 12:30
- 05/06/08/09/10: Blood Donor Clinic
- 12: Friday Night Dance – So_Co Sound Co.
- 13: Monthly Dinner 5:30 pm

PSDICS

Board of Directors & Staff

EXECUTIVE:

- President: Tina **Begg**
- 1st Vice: Jill **Blake Coltrin**
- 2nd Vice: Don **Wilson**
- Treasurer: Joan **Willis**
- Secretary: Mignonne **Wood**

DIRECTORS:

- **1 year Term:**
 - Joan **Bonnier**
 - Michele **Coates**
 - Vacant**
 - Vacant**
- **2 year term**
 - Lewis **George**
 - Dave **Tulk**
 - Vacant**
 - Vacant**

STAFF:

- General Manager: Doreen **Beupre**
- Manager of Volunteers: Tracy **McGrath**
- Cook: Brian **Benning**

NEWSLETTER: Mignonne **Wood**, Leslie **Manion**

President's Message



Greetings:

With spring tapping at our doorstep and daylight lingering a little longer each day, there is a surge of enthusiasm and energy welling up in most of us to get out and start helping Mother Nature get things under way. I feel certain this is helping our Centre experience so much growth and participation in all our daily events and activities.

Because our membership is growing by leaps and bounds, our facility is bustling from 9 a.m. to 4 p.m. everyday and even has some evening and weekend classes. All of this can be attributed to the exceptional performance of our group of dedicated volunteers who share their time, expertise, and good will in every capacity of our programming. Their sense of duty and purpose in serving the needs of our seniors in this community is definitely making a dramatic change in the environment of the Centre. As a result, we are now being forced to take a serious look at how we are going to be able to sustain and continue to fulfill this growing need of our senior population.

Our walls are now being stressed to the limits in our efforts to find space to make available the many programs we currently have in place and also to add the new ones that our members request.

Two years ago we underwent the important process of creating a Business Plan thanks to a federal grant. The money was made available with the understanding that this plan would help the Centre achieve the ability to become more self-supporting and sustainable through the implementation of the newly-created programs. As a result, we are now increasing our revenue avenues with more fundraising projects such as raffles, concerts, dinners, and outside rentals of our facilities. With this comes the necessity of more space and more staff and volunteers to continue to achieve these new endeavors.

For this reason we encourage our members to join us in an informational Town Hall Meeting to hear about our ideas for growth, upgrades, and services so we can continue to provide exceptional programs for the community. This is very exciting for us, and we hope that we can inspire many of you to take a more active role in helping us shape and achieve our lofty goals.

We look forward to you attending and sharing your thoughts and ideas, for with your full support, our wonderful centre will continue to be socially relevant, welcoming and economically viable into the future.

'Til next month
Tina Begg



APRIL LUNCH MENUS

Tuesday Special \$10.00 Soup & Sandwich \$8.00
 Soup: \$4.00 Sandwich \$4.00 Dessert \$2
 Complimentary Tea or Coffee
 Menus are subject to change.
PRICES include GST

April 4

Special: Mediterranean Chicken Breast
 Rice Pilaf Mixed Vegetables
 Spinach Salad
Soup: Cream of Potato Leek
Sandwich: Egg Salad or Grilled Ham & Cheese
Dessert: Pineapple Cake

April 11

Special: Roast Pork with Applesauce
 Roasted Potatoes with Gravy
 Peas, Mashed Carrots & Turnip
 Green Salad
Soup: New England Clam Chowder
Sandwich: Egg Salad or Salmon
Dessert: Butter Cake

April 18

Special: Salmon & Prawns in Phyllo
 Hollandaise Sauce, Rice Pilaf
 Steamed Mixed Vegetables
 Coleslaw
Soup: Beef Barley
Sandwich: Egg Salad or Chicken
Dessert: TBA

April 25

Special: Ham, Cheese & Tomato Frittata
 Asparagus, Potato Pancake
 Fresh Fruit Salad
Soup: Cream of Mushroom
Sandwich: Egg Salad or Tuna
Dessert: Carrot Cake

SOUP DAY – 4th MONDAY

Monday, April 24th is Soup Day.

Enjoy
Seafood Chowder & a bun

For a \$5 donation



Penticton Seniors' Drop-In Centre Society
 2965 South Main Street, Penticton, BC V2A 5J7
 250 493 2111 pentictonseniors.ca

APRIL SOCIAL DINNER

MENU*
 Baked Ham
 Scalloped Potatoes
 Steamed Mixed Vegetables
 Coleslaw
 Dinner Rolls & Butter
 Oreo Ice Cream Dessert
 * Menu subject to change

Saturday, April 15th
5:30 p.m. in the Great Hall
Early Bird Tickets: \$20
Tickets \$25 after April 12th
 Purchase tickets at the Front Desk
 Cash bar - Must be 19+

RECIPE FROM OUR KITCHEN

AFRICAN CURRIED COCONUT CHICKPEA SOUP

2 tbsp. olive oil
 1 medium onion, chopped
 1 medium red bell pepper, chopped
 2 cloves garlic, finely chopped
 2 cups vegetable broth
 1 can chickpeas, rinsed and drained
 1 large can diced tomatoes
 1 tsp. curry powder
 salt & pepper to taste
 1 can coconut milk
 3/4 cup cooked white rice
 2 tbsp. chopped fresh cilantro



COOKBOOK
\$10

In a medium pot, heat the oil over medium heat. Add the onion and bell pepper. Cook, stirring, until softened, about 5 minutes. Add the garlic and cook, stirring constantly, 1 minute. Add the tomatoes and cook for 10 minutes. Add the broth, chickpeas, curry powder, salt and pepper. Bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, stirring occasionally, about 10 minutes. Add the coconut milk and rice and cook, until heated through, about 5 minutes. Serve hot and garnish with fresh chopped cilantro.



Message from the Manager of Volunteer Programs

Volunteering Weaves Us Together is the theme of this year's National Volunteer Week being held from April 16 - 22. Unique individuals of all ages, from across Canada and all over the globe, converge here at The Centre in their various roles to create an amazing community of committed volunteers. Along with other 100% volunteer-powered organizations, we simply would not exist without all the people who open the doors, cook & serve the food, organize and set-up for events, lead activities, etc. As we do every year, we will be celebrating each one of these dedicated folks at our Annual Volunteer Appreciation Event on April 22. As the Manager of our vibrant Volunteer Program, this day is more exciting than Christmas for me, as I get to show my deep appreciation with gifts, prizes, and entertainment, all generously donated by senior-friendly businesses in Penticton. We continue to weave a beautiful sense of togetherness here at The Centre everyday. Come find your place with us!

"Life's most persistent and urgent question is, what are you doing for others?"

Martin Luther King Jr.

CENTRE HERO: Rebecca Manten

Chair of the Events Committee

About 7 years go, I was often in and out of The Centre as a member enjoying various activities. When I thought about ways to make better connections with other members, it was suggested that I volunteer and share my skills to support The Centre. Since then I have been enjoying coordinating the Friday Night Dances and have recently taken on being the Chair of the Events Steering Committee. I enjoy this work as I am very social and love to connect with many people and feel a sense of community. There really is something for everyone here at The Centre! In my personal life, I love music & dancing, cooking & baking, gardening, reading, knitting & crocheting.



Volunteer Opportunities

Events Committee Member: This is your sign to join our amazing events team!

Administrative Assistant: Are you organized? Computer savvy? Love a challenge?

Kitchen Team Members: - We have some very special events coming up that could use your magic touch!

Health & Safety Assistant – Work with the Director responsible for Safety and help keep The Centre safety smart!





E - BIKE RAFFLE
SPRING FUNDRAISER

ENTER TO WIN!
TICKETS
3 for \$10
10 for \$25

Chances are 1 in 5 100 (total tickets for sale) to win the E-Bike

WIN THIS E-BIKE!

DRAW:
TUESDAY
JUNE 20, 2023
1:00 PM

Penticton Seniors' Drop-In Centre
 2965 South Main St
 Penticton, BC
 250 493 2111
 pentictonseniors.ca

Interceptor - Electric Cruiser Bike
Value: \$4100

BC Gaming Event Licence #140524
 Must be 19+ to play

PEDEGO ELECTRIC BIKES
 Problem Gambling Help Line 1 888 795-6111
 "Know your limit, play within it."

The Centre
 Recreation Education Wellness for 50+

Our annual spring fundraiser began on Monday, March 20, the first day of spring and will continue until Tuesday, June 20, the first day of summer. Sales have been steady during the first days that the tickets have been on sale.

With just 5,100 tickets available we are anticipating a sell well, especially with help from our 1200+ members.

Biking is a great way to exercise and enjoy the outdoors. An electric bike makes riding even more fun because hills are more doable. Even if you don't ride a bike anymore, buy a chance to win for your kids or grandkids or friends or other family members. Somebody you know would like to own a brand new electric bike.

Tickets are 3 for \$10 or 10 for \$25. By selling all the tickets we should raise around \$10,000. The money raised will be used to implement the next goals of our Business Plan, which is to refresh the eating area at the Centre.

If you are able to sell tickets outside of the Centre, please talk to Carol in our Accounting Office.

Thanks everyone for helping make this fundraiser a success.

APRIL

Paschal Full Moon - April 5

Spring's first full moon drifts into the sky on the night of Wednesday, April 5. It is known as the "Pink" Moon because April's full Moon often corresponded with early springtime blooms of a certain wildflower native to eastern North America commonly called creeping phlox or moss phlox, which also went by the name: moss pink." Thanks to this seasonal association, this full Moon came to be called the "Pink" Moon.

REMEMBER: FREE help with your income tax at Penticton Seniors' Drop-In Centre

The Centre's tax clinic is registered with Canada Revenue Agency.

WHAT YOU DO: bring your Government-approved ID and all income and expense slips.

BY APPOINTMENT ONLY - no drop-in CALL: 250-493-2111.



Volunteers do not do complete returns for taxpayers with interest income over \$1,000 (T5 slip), if you are self-employed, have business income, filed for bankruptcy, or complete a return for a deceased person. No refunds are given by this program.

For information leave a message for tax volunteers at the front desk or 250-493-2111.

New Point-of-Sale System



At the beginning of March, we began to use a new point-of-sale system in the kitchen and at the front desk in order to provide a more accurate method of tracking and recording sales and inventory. Like any new system, it requires time for those operating it to become proficient and at ease with the technology. It also requires the patience of those who have to wait. On behalf of all the volunteers who are learning the new system, we say, “Thank you!” for understanding as we transition to our new point-of-sale system.

To further assist, please:

- come a few minutes early for your activity
- be patient while waiting in line
- refrain from throwing money on the counter and walking on to your activity as all transactions have to be run through the point-of-sale machine

Fun Fact

April formerly was the second month of the year under the Roman calendar.

PENTICTON HORSESHOE PITCHING CLUB

Is looking for **new members** for its 2023 season.
 Young or old - All ages are welcome!
 Cost of membership is **\$35** - which makes Horseshoes
 the cheapest recreation in Pentiction.




Pitch horseshoes for **exercise**, to **socialize** or to have **fun**
 or
 Pitch horseshoes to **compete** at
 Regional Horseshoe Pitching Tournaments in BC

For more information, call **Dale** at 250 490 3310
 or **Vivann** at 250-328-8295

Become a Monthly Donor

Monthly giving is a great way to include charitable donations in your budget. Giving a small amount such as \$10 each month feels more palatable than dropping \$120 on Giving Tuesday. It's so easy to pay with a credit card or have your donation come directly out of your account without hassle every month. If you're the type of person who wants to donate but forgets to revisit your favorite organizations semi-regularly, this is a great way to contribute. It may also make you feel less pressured to give at the end of the year when many organizations are asking for donations.

While unexpected donations are great, monthly donations allow a non-profit to rely on some consistency when it comes to individual contributions. It also means an organization won't have to spend as much time pursuing new donors and foundations each year. Monthly donors ultimately help us save time and money. Please consider becoming a monthly donor.

Did You Know?

From February 23rd to March 22nd our volunteers contributed 2,605 hours of time to serving seniors at the Centre.

Pay equivalent is approximately \$52,100.

Thank you, volunteers

Richard Cannings Member of Parliament

South Okanagan – West
Kootenay

Works for you

Contact his office for assistance
with federal issues:

250-770-4480

202-301 Main Street, Pentiction

richard.cannings.c1@parl.gc.ca





Main Office Requests

As you can imagine, being the General Manager of the Seniors' Centre is no easy task. Constant interactions and interruptions make it difficult to stay on top of daily work requirements. To help reduce the stress the following guidelines are being implemented.

1. Email is the most effective way to communicate with Doreen;
2. Appointments should be made, instead of just dropping in;
3. Requests for changes to the calendar must be made in writing;
4. When the office door is closed there are to be no interruptions.

Hopefully, these small changes will make the work situation for our manager more viable. Emergencies, of course, are the exception at any time.

Thank you for your co-operation in this matter.

Vision Care – Health Canada

There are many steps you can take to protect your vision.

- If you are over the age of 45, have your eyes examined on a regular basis.
- If you suffer from dry eyes (gritty, itchy, or burning), a home humidifier and eye drops may help. In a few serious cases, surgery may be needed to correct the problem.
- If your eyes water, it may be that you are more sensitive to light, wind, or temperature change. Simply shielding your eyes or wearing sunglasses may solve the problem. However, this condition may be the result of an eye infection, eye irritation, or a blocked tear duct, all of which can be treated. See your doctor to find out the exact cause and treatment.
- Turn on the lights. Seeing better can sometimes be as easy as changing a light bulb to one with a higher wattage. Putting 100 or 150 watt bulbs in your lamps can reduce eye strain. Just make sure the fixture is designed for that wattage. Bright light is important in stairways to help prevent falls.
- Don't smoke. Smoking tobacco is a major risk factor in the early onset of age-related macular degeneration.
- Reduce glare as much as possible by using good lampshades, glare shields on computer monitors, and sunglasses. Sunglasses should provide 99 to 100% UV-A and UV-B protection. UV rays can harm your eyes even on a cloudy day.
- Protect your eyes from accidents in your home.
- Put a grease shield over frying foods.
- Make sure spray cans and nozzles are pointed away from you when spraying.
- Wear safety glasses in the workshop and when using chemical products such as ammonia.
- Be careful of a recoil when using bungee cords.
- Eat your carrots. A daily dose of the vitamins and minerals found in melons, citrus fruit, carrots, spinach, and kale may help slow the progress of age-related eye diseases such as macular degeneration, glaucoma, and cataracts.
- Don't drive at night if you have problems with depth perception, glare, or other vision difficulties.

For more information on vision care:

Vision Care Info-sheet for Seniors

www.phac.aspc.gc.ca/seniors-aines/pubs/info_sheets/

BOOT UP COUNTRY DINNER DANCE

SUNDAY, APRIL 30, 2023

2:00 pm – 6:00 pm

Penticton Seniors' Drop-In Centre
2965 South Main Street
250 493 2111 pentictonseniors.ca

Early Bird Tickets: \$30

Tickets \$35 after April 26

Tickets available at the Front Desk

CASH BAR Must be 19+

EVERYONE
WELCOME

WESTERN
WEAR
SUGGESTED



FRIDAY NIGHT

Tickets at the door
\$10

DANCE LIVE MUSIC PAUL JAMES

APRIL 21st



7:00 - 9:30 pm

Penticton Seniors' Drop-In Centre
2965 South Main Street
Penticton
250 493 2111 pentictonseniors.ca

Cash Bar Must be 19+ to attend

FRIDAY NIGHT

Tickets at the door
\$10

DANCE LIVE MUSIC SO CO SOUND COMPANY

MAY 12th



7:00 - 9:30 pm

Penticton Seniors' Drop-In Centre
2965 South Main Street
Penticton
250 493 2111 pentictonseniors.ca

Cash Bar Must be 19+ to attend

Penticton Seniors' Drop-In Centre 2965 South Main Street 250 493 2111 pentictonseniors.ca

APRIL SUNDAY CONCERT JERRY & the JAMMERS

SUNDAY, APRIL 16th, 2023
2:00 – 4:00 pm



A Quartet featuring
Jerry Van Dale: Guitar & Vocals
Debbie Liebrecht: Bass Guitar & Vocals
Mary Baraniski: Fiddle
Yvonne Wadden: Piano

EARLY BIRD TICKETS: \$10.00

until 4:00 pm April 12th

then TICKETS are \$12.00

Includes a Treat & Coffee
Compliments of Cherry Park



Genre: "The Country / Dance Band"
Some songs: Blue Eyes Crying in the Rain, Crystal Chandeliers, Detour,

AN INVITATION to MEMBERS

TOWN HALL MEETING

ALL MEMBERS ARE INVITED
to an interactive session with the
Directors that will explore:

- Origins and mandate
- Remaining relevant
- Vision for the future



BE INFORMED