



# The Centre Scene

## NEWSLETTER

### Introducing 2022 - 2023 Board of Directors



On Friday, October 21 at the Annual General Meeting a new Board was proclaimed to steer the affairs of the Penticton Seniors' Drop-In Centre.

Executive – 1 year term

President:	Tina Begg
1 <sup>st</sup> VP:	Jill Blake Coltrin
2 <sup>nd</sup> VP:	Don Wilson
Treasurer:	Joan Wills
Secretary:	Mignonne Wood

Directors:

Joan Bonnier	1 year	Missing from photo
Lewis George	2 years	
Brigid Kemp	2 years	
Dave Tulk	2 years	Missing from photo
Ryan Graham	1 year	Missing from photo

3 positions are unfilled.

If you are interested in becoming a Board member, contact President, Tina Begg.

## GIVING TUESDAY Tuesday, November 29

Dear Supporters: We are excited to announce that our Society will be again participating in Giving Tuesday on November 29. Giving Tuesday is a global day of giving that harnesses the power of social media to raise awareness and funds for important causes. We hope that you will join us in supporting our important work on Giving Tuesday. Stay tuned for more information about how you can get involved.

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



Email: [info@pentictonseniors.ca](mailto:info@pentictonseniors.ca)

Webpage: [pentictonseniors.ca](http://pentictonseniors.ca)

## Dates to Remember

### NOVEMBER

**05:** Social Dinner 5:30 pm  
**11:** Remembrance Day – Centre closed  
**12:** Annual Craft Fair 10am – 2pm  
**13:** Pancake Breakfast - \$6  
**19 - 23:** Blood Donor Clinic  
**22:** Beer Tasting Event at Bad Tattoo \$25  
**26:** Friday Night Dance – Shindigger - \$10  
**27:** Sunday Concert – Wiz Bryant \$10 1:00 pm

### DECEMBER

**09:** Friday Night Dance – Vic & the Bandmasters  
**10:** Social Dinner 5:30 pm \$20  
**18:** Brunch with Santa 11am – 2pm \$20  
**19 - 21:** Blood Donor Clinic  
**26 & 27:** Centre closed In lieu of Dec. 25 & 26

# PSDISS

## Board of Directors & Staff

### EXECUTIVE:

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

### DIRECTORS:

- **1 year Term:**  
 Joan **Bonnier**  
 Ryan **Graham**  
**Vacant**  
**Vacant**
- **2 year term**  
 Lewis **George**  
 Dave **Tulk**  
 Brigid **Kemp**  
**Vacant**

### STAFF:

General Manager: Sandra **Maitland**  
 Volunteer Manager: Tracy **McGrath**  
 Cook: Brian **Benning**

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

## President's Message



Here we are, having navigated through a period of ups and downs and coming out the other side energized and excited. We are in the process of setting in motion many new ideas to add freshness to the atmosphere in every facet of our programming.

We have introduced a number of new activities such as the Art Classes which doubled in participants after the first week. Our next venture was a Wine Tour which was never done before at the Centre. It was a very enjoyable 6 hours with wine tasting and a lovely lunch under a sunny sky overlooking beautiful Okanagan Lake. The ukulele club has swung into motion under the guidance of a new instructor and now has 30 participants on Wednesday evenings with two beginner classes during the week. As well, Zumba Gold began this week with a burst of rhythm and exercise to calypso music. The surge of interest in so many activities and membership is creating an exciting challenge to accommodate all of them.

We are always looking for new ideas to add options that will appeal to a variety of members as well as present opportunities for those who would like to share their life experiences and talents by volunteering.

The willingness of some new members to step into positions on the Board of Directors is definitely an inspiration for me as I enter my first term as President of the Centre. I look forward to their support in our major endeavor to expand our presence in the community as well as fulfilling our primary mission of addressing the issue of loneliness and isolation for our senior population.

Tina Begg, President

# NOVEMBER LUNCH MENUS

Tuesday Special \$9.00      Soup & Sandwich \$8.00  
 Soup: \$4.00      Sandwich \$4.00      Dessert \$2  
 Complimentary Tea or Coffee  
 Menus are subject to changes.  
**PRICES include GST # 889 150 595**

**November 2**

**Special:**                      Roast Pork  
 Roasted Potatoes & Applesauce  
 Harvard Beets      Peas  
 Green Salad  
 Dessert: TBA  
**Soup:** Split Pea & Ham  
**Sandwich:** Egg or Chicken Salad

**November 8**

**Special:** Chicken Cacciatore on Penne  
 Mixed Steamed Veggies  
 Garlic Bread      Caesar Salad  
 Dessert: Coconut Cream Cake  
**Soup:** Minestrone  
**Sandwich:** Egg or Grilled Ham & Cheese

**November 15**

**Special:**      Bake Cod in Phyllo  
 Hollandaise Sauce  
 Rice Pilaf      Mixed Vegetables  
 Coleslaw  
 Dessert: Pineapple Angel Cake  
**Soup:** Chicken Barley  
**Sandwich:** Egg or Tuna

**November 22**

**Special:** Roast Beef & Yorkshire Pudding  
 Mashed Potatoes & Gravy  
 Peas & Carrots  
 Green Salad  
 Dessert: Caramelized Banana Pudding  
**Soup:** Cream of Mushroom  
**Sandwich:** Egg or Chicken Salad

**November 29**

**Special:** Baked Lasagna  
 Italian Beans & Zucchini  
 Garlic Bread      Caesar Salad  
 Dessert: Lemon Cheesecake  
**Soup:** Bean & Bacon  
**Sandwich:** Egg or Chicken Salad



**TICKETS ON SALE NOW**  
 The Christmas dinner always sells out so get your tickets early before they are all gone.

**HOT DOGS & PIZZA**  
 Our kitchen is trying out some new fun food items on Thursdays. Drop by for a taste and let us know what you think.  
 1<sup>st</sup> Thursday of the month = Hot Dogs \$3 each.  
 3<sup>rd</sup> Thursday of each month = Pizza \$4 a slice.  
 Hawaiian, Vegetarian, Tuscan Chicken will be available.

**PRICE INCREASE**  
 As of December 1<sup>st</sup>, 2022, Tuesday lunch prices will increase from \$9.00 to \$10.00 due to increasing food prices.

## Volunteer Manager's Message



GO Team GO! I have had the great pleasure of facilitating a series of department team meetings over this past month, and I am incredibly impressed with the knowledge, wisdom, and innovation that our volunteer team members have shared. Thank you so very much to all the volunteers who carved out extra time in their busy schedules to attend these important team meetings. We came together as departments, and everyone got to meet those they had never seen before as they work different shifts. We talked about best practices, and I got to learn from the experts about how best to accomplish the required tasks. We looked at the biggest challenges and, again, the solutions were found by those volunteers with the most experience in tandem with newer volunteers who added great innovative ideas. The Centre is so much more than just a volunteer-powered organization; it is a **volunteer-lead** organization! We have many diverse opportunities; come find your place with us!

Tracy McGrath – Volunteer Manager

## CENTRE HERO: Gertie Bradburn

Kitchen Volunteer



I was born in Saskatoon after my parents immigrated from Scandinavia. I lived there until we came to BC on a berry-picking excursion 1948. We fell in love with the province and moved to Penticton the very next year. I have lived an adventurous life travelling extensively across Canada and up to Alaska. I first joined the Centre in 2014 because I wanted to increase my social connections and experience a sense of community. Since then, I have enjoyed a very friendly group of good people to spend my time and energy with. The Centre is important for many because it's a great place to meet people who have common interests. I work in the kitchen as part of a large team of other volunteers who enjoy serving delicious and nutritious food at a very low cost. When I'm not volunteering, I enjoy my large loving family (2 daughters, one son in Penticton and 1 daughter in Lumby, 9 grandchildren, and 16 great-grandchildren). I also love looking after my beautiful flower and veggie gardens during our long South Okanagan summers. In the winter, I spend extra time at the Centre and attend all the dances. Next time you are in on Cinnamon Bun day (Thursdays), stop by the kitchen and say hello!

*“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.*

Audrey Hepburn



**JOIN US** Wednesday, Nov. 30  
**VOLUNTEER FAIR**  
 10am - 12pm

Check out all the different opportunities at The Centre

For more information contact Tracy at 250 328 2971

**EVERYONE WELCOME**

Refreshments Door Prize

PENTICTON SENIORS' DROP-IN CENTRE 2965 South Main Street, Penticton

Thinking about volunteering?

Not sure about what's available?

Then come to our 1<sup>st</sup> Volunteer Fair and what learn all about what volunteer opportunities are available and what the requirements are for each position.

The PSDICS is looking for a new manager.

For more information, contact the President, Tina Begg.

## Heritage Photographs in Great Hall

The 50 plus heritage photos that adorn the walls in the Great Hall started out as decor in the Okanagan Surf and Turf Company restaurant, which was in the Lakeside Hotel in the mid 1990's.

David Prystay, owner-manager, contacted Doug Cox to supply framed photos with captions for the restaurant. The photos are from the collections of Doug Cox and Brian Wilson. Brian developed the photos and supplied the frames. Joyce Cox used her calligraphy skills to create the captions for the photos. Please remember that this was in the mid 1990's and computer generated captions were not available.

The restaurants and the decor at the Lakeside changed. David donated the framed photographs to the PSDIC in 2000. The photos have been updated with computer printed captions, and the photos tastefully displayed covering both walls of the hall.

The photos were originally selected for their historical and artistic significance. Most of the images were taken with turn of the century cameras, usually German with superior lenses. The photographers were; Gowan-Sutton, Ed Aldredge, G.E.H. Hudson, Lumb Stocks, Joseph Harris, The Thompson family, Reverend Cameron from Keremeos, and Michael Burns, a Herald photographer. Some photos are from private collections and the photographer is not indicated.

The photo display is one of the premier displays of Penticton, South Okanagan/Similkameen heritage in the South Okanagan.

The extensive archive compiled by Doug Cox has since been donated to Okanagan UBC, and is being used by the graduate students to further document Okanagan history, making it available to the world online.

Submitted by: Doug Cox



**ANNUAL  
CRAFT  
FAIR**

**SATURDAY  
NOVEMBER 12**

**10:00 am to 2:00 pm**

**RAFFLE BASKETS  
TABLES GALORE  
LUNCH AVAILABLE**

**SHOP  
EARLY**

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

## You Can Prevent Falls

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling.

### THE FACTS:

Falls are the leading cause of injury among older Canadians.

20-30% of seniors experience one or more falls each year.

Falls are the cause of 85% of seniors' injury-related hospitalizations.

Falls are the cause of 95% of all hip-fractures.

50% of all falls causing hospitalization happen at home.

Staying safe and on your feet is a matter of taking some steps to protect yourself. For more information visit: Government of Canada: You CAN Prevent Falls.



### THANK YOU, ROTARY

On Sunday, October 16, a group of energetic Rotarians descended on the Johansen Robinson building (aka the Seniors' Centre) to wash windows and clean cobwebs from the outside of the building. They did a great job and we appreciate their efforts.

## Food Safe Training

Have you been thinking about volunteering in our kitchen? If so, having a Food Safe certificate is required.

The Centre will pay the cost of the course. In exchange, recipients must provide at least 25 hours of kitchen service.

Once 10 people have indicated an interest, training will be arranged.

Sign up at the Front Desk.



321 Martin Street  
Penticton B.C. V2A5K6  
250-492-2075

**Apex Denture Centre  
Inc.**

Monday-Friday 9:30-12:00  
1:00-4:00 excluding stat-  
days

Margaret Walker **Denturist**




PLEASE JOIN US FOR OUR

# Holiday Hamper EVENT

OPEN HOUSE  
DECEMBER 8TH, 2022 | 8AM-4PM

Come and join our Food Drive for Summerland Food Bank. Bring non perishable item for a extra entry to our giveaway. Hot drinks and treats provided. Seasonal live entertainment through out the day. Come help to brighten someone's holiday plus check out the Summerland Seniors Village long term care Angel Tree.

RSVP TO HARLEY BY EMAILING  
HELASOFF@RETIREMENTCONCEPTS.COM OR CALLING 250-404-4304



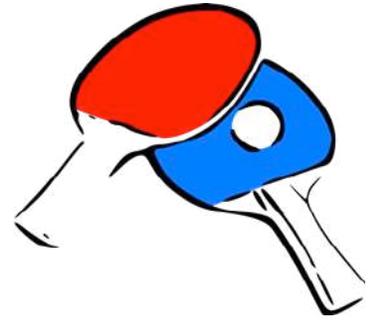
SUMMERLAND  
SENIORS VILLAGE

12803 ATKINSON RD, SUMMERLAND, BC | 250.4044400

## TABLE TENNIS

at the Centre

**Mondays and  
Thursdays 3:15 –  
6:00 pm.**



Come for camaraderie, exercise, and fun! All skill



[RETIREMENTCONCEPTS.COM](http://RETIREMENTCONCEPTS.COM)

**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, Penticton  
[richard.cannings.c1@parl.gc.ca](mailto:richard.cannings.c1@parl.gc.ca)



## NOVEMBER BIRTHDAY CELEBRATION

Members with a birthday in November are  
invited to celebrate on

**Friday, November 25<sup>th</sup>  
11:00 – 12:00  
Ken Wignes Room**



Thank you Providence Funeral Homes &  
Last Call Liquor Mart for their continued support.

**Please RSVP at the Front Desk**

Thanks to everyone who supported our monthly raffle.

# OCTOBER RAFFLE BASKET WINNER



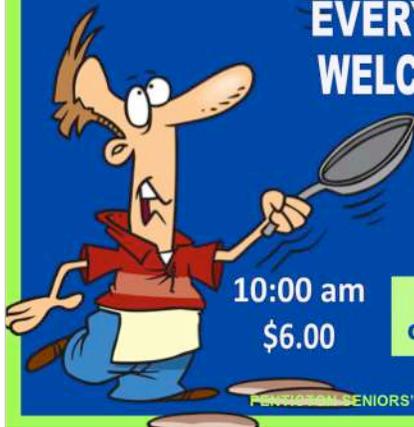
**SHERRIE S.**

**THANK  
YOU**



**SUMMERLAND  
SENIORS VILLAGE**

# JOIN US Sunday, November 13 Pancake Breakfast



**EVERYONE  
WELCOME**

**Pancakes  
Sausages  
Eggs  
Orange Juice  
Coffee/Tea**



**10:00 am  
\$6.00**

**Reservations Needed  
Call or Visit to book your seats**

Penticon Seniors' Drop-In Centre 2965 South Main Street, Penticon

# BE SURE TO VISIT OUR BOOTH LIGHT-UP PENTICTON



Penticon Seniors' Drop-In Centre

Saturday, Nov. 19, 5-7 p.m., in the green space between city hall and Gyro Park, near the new outdoor skating rink.  
Organized by the Downtown Penticon Business Improvement Association, the event will feature live music, family friendly activities and, of course, a Christmas tree light-up.

**NOVEMBER 25**

# FRIDAY NIGHT DANCE

Tickets at the door  
**\$10**

**LIVE MUSIC  
SHINDIGGER**

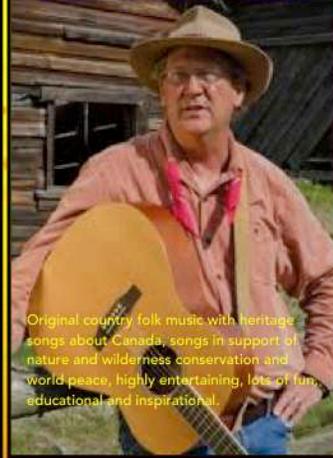
**7:00 p.m. to 9:30 p.m.**

Penticon Seniors' Drop-In Centre  
2965 South Main Street  
Penticon  
250 493 2111

Cash Bar Must be 19+ to attend



# Canada's Balladeer



Original country folk music with heritage songs about Canada, songs in support of nature and wilderness conservation and world peace, highly entertaining, lots of fun, educational and inspirational.

# NOVEMBER SUNDAY CONCERT WIZ BRYANT

**SUNDAY, NOVEMBER 27, 2022  
1:00 - 3:00 pm**

Penticon Seniors' Drop-In Centre –  
2965 South Main Street  
250 493 2111

**TICKETS: \$10.00** before Nov 27  
**TICKETS: \$12.00** at the Door

Includes a **Treat**  
Compliments of Cherry Park Retirement Residences

# BRUNCH WITH SANTA

Where:  
**Penticon Seniors' Drop-In Centre**  
2965 South Main Street  
Penticon  
250 493 2111

When:  
**Sunday, December 18<sup>th</sup>**

Time:  
**11:00 am - 2:00 pm**

Cost:  
**\$20.00\*** No tickets at the door.

Menu:  
Soup, Quiche & Salad  
Christmas Dessert & Treat  
Sing Along of Christmas Favourites  
50/50 & Raffle Basket  
Photos with Santa  
Entertainment: Gillian Russell  
Door Prizes

Don't be disappointed! Ticket Limit: 100

\*A donation to the Penticon Food Bank is encouraged.

2022 12 16 - see Website: penticonseniors.ca



# BEER TASTING EVENT

Must be 19+ to participate  
Tickets available at the  
Front Desk  
Limited to 20

**Penticon Seniors' Drop-In Centre**  
is hosting a beer tasting event at the Bad Tattoo  
5 beers to taste along with  
small bites of food

**Tuesday, November 22, 2022  
5:00 pm - 7:00 pm  
\$25.00**



169 ESTABROOK AVE,  
PENTICTON, BC  
PHONE: 250.493.8686

