

SEPTEMBER 2022



The Centre

Recreation • Education • Wellness for 50+
PENTICTON, BC

The Centre Scene

NEWSLETTER



Oktoberfest Donation

Oktoberfest Society Director Bill Kolteer, along with Co-Chairs Barb Schneiderat and Bert Betschart, delighted Penticton Seniors' Drop-In Centre Society President, Don Wilson with their very generous donation of \$3000. "Many of our members enjoy Oktoberfest each year," said Wilson, adding, "This thoughtful donation will go directly towards implementing fresh new programming this fall and some time-sensitive operation costs."

Donations like this are vital to The Centre as we are sustained by our community, not subsidized by any municipal, provincial, or federal grants. "We have been self-sustained by activity fees, cafe sales, facility rentals, and private donations since 1994," Wilson proudly

states. "The Centre is recognized in the region as a vital community resource." The mission of The Centre is to help combat the negative effects of isolation, which is common in aging. All the engaging programming and the commercial kitchen are run by volunteers. Now that 53% of the population of Penticton is 50+, the Centre is an essential community resource.

More information on how to get involved with The Centre can be found on their easy-to-use website, pentictonseniors.ca. Oktoberfest will be held at the Lakeside Resort, on October 22, from 5-10pm. We will see you there!

ANNUAL MEMBERSHIP DRIVE RENEW OR JOIN

& receive a coupon for one free activity

**Monday, September 12 to Friday, September 16
10:00 am – 1:00 pm**

SUPPORT YOUR CENTRE

Our target is 1216 – our pre-Covid 19 membership numbers



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

Email: info@pentictonseniors.ca

Webpage: pentictonseniors.ca

Dates to Remember

SEPTEMBER:

05: Labour Day Centre is closed
10: Social Dinner 5:30pm Doors open at 4:30pm
11: Pancake Breakfast \$6
12: Live & Learn: Assault Prevention for Women
18: Sunday Concert: Cloud 9 2:00 – 3:30pm
19: Live & Learn: Legacies & Endowments 1:00
20: Wine Tour 9:30 am – 4:00 pm
22: Fall begins
26/27/28: Blood Donor Clinic 1:00 – 5:30 pm
30: September Birthday Celebration 11:00

OCTOBER:

03: All Candidates Meeting – 1:00 – 3:00 pm
08: Social Dinner 5:30 pm
10: Thanksgiving Day – Centre closed
15: Municipal Election

PSDICS

Board of Directors & Staff

EXECUTIVE:

President: Don **Wilson**
 1st Vice: Tina **Begg**
 2nd Vice: **Vacant**
 Treasurer: Lillian **Hibbert**
 Secretary: Joan **Willis**

DIRECTORS:

- 2nd year of 2 year Term:
Joan **Bonnier**
Vacant
Vacant
Vacant
- 1st year of a 2 year term
Jill **Blake Coltrin**
Vacant
Vacant
Vacant

STAFF:

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

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

Meet the Directors – Tina Begg



Tina, a mother of three grown children with 7 grand children and recently a great-grand daughter, worked as a Laboratory Technologist for 30 years, 4 of which were in Kiev, Ukraine with the Chernoble Childrens' Medical Project sponsored by the Canadian Government. She has always been involved in community projects and was a member of Toastmaster for 30 years achieving a Distinguished Toastmaster's designation.

After moving to Penticton in 2018, she sauntered into the centre while out for a walk and chatted with the front desk volunteers. Tina first was involved as a host then helped out in the kitchen. The ladies were so nice to work with and, as she was looking to be involved with some group, this seemed inviting. Working on Cinnamon Bun Day contributed to her decision to get further involved in the Centre.

Having done a number of large conferences in her working days, Tina helped organize the Centre's many programs and operations and is now serving as the 1st Vice President, a job and experience she truly enjoys.

Tina wants everyone to know what a welcoming and vibrant place the Centre is. Not only does it provide entertainment but also many activities that seniors can take part in to help maintain their physical and mental well-being.

She is pleased that the Centre is so mindful of the many seniors on fixed incomes so it does its best to keep the costs affordable for everyone. Through the generous support of donors, the Centre is able to ensure that anyone who wants to be a member, no matter their financial status, is able to be a member.

Tina's intention is to serve on the PSDICS's Board of Directors with dedication, energy, and enthusiasm in order to create a Centre that every member can be proud of. It is important that the Centre be known as the place where seniors come to enjoy a sense of belonging, camaraderie, and sharing. This goal will help reduce the number of seniors in our community who experience loneliness and social isolation, which is a truly worthy goal to pursue.



**Fall Equinox is
Thursday,
September 22**

SEPTEMBER 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

September 6

Special: Baked Salmon with Béarnaise Sauce
Rice Pilaf

Mixed Vegetables, Four Bean Salad

Dessert: TBA

Soup: Cream of Mushroom **Sandwich:** Egg or Tuna

September 13

Special: Penne with meat sauce

Zucchini Parmesan

Garlic Bread Caesar Salad

Dessert: TBA

Soup: Sausage & Cabbage Soup

Sandwich: Egg or Grilled Cheese

September 20

Special: Baked Ham

Scalloped Potatoes

Carrots & Green Beans Coleslaw

Dessert: TBA

Soup: Chicken Noodle **Sandwich:** Egg or Salmon

September 27

Special: Roast Chicken

Mashed Potatoes Gravy

Mixed Steam Veggies Green Salad

Dessert: TBA

Soup: Vegetable **Sandwich:** Egg or Chicken

BRING HOME DINNER TONIGHT

Don't feel like cooking? Enjoy something from our freezer! Meals, ranging in size from 450g-650g, are only \$8 and come with a cookie. In our freezer today, we have a choice of the following:

- Cranberry Chicken, rice, zucchini casserole, green beans 450g.
- Curried Shrimp, rice, quinoa, broccoli and carrots 500g.
- Meatloaf, mashed potatoes, peas and carrots 600g.
- Pasta Twist Beef Lasagne with gluten free noodles, braised cabbage, peas 650g.
- Chicken a la King, noodles, mixed vegetables 550g.
- Salmon Noodle Casserole, mixed vegetables 450g.

We also have many varieties of soups to take home.

JOIN US Sunday, September 11, 2022

10:00 am



Pancake

Pancakes
Sausages
Eggs
Orange Juice
Coffee/Tea

Breakfast

Just
\$6.00

Reservations Needed
Call or Visit to book your seats

**EVERYONE
WELCOME**

PENTICTON SENIORS' DROP-IN CENTRE 2965 South Main Street, Penticton
250 493 2111 pentictonseniors.ca

TRY OUR BREAKFAST ON MONDAYS

8:30 – 11:00 AM

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

SEPTEMBER SOCIAL DINNER

MENU

Baked Ham
Scalloped Potatoes
Mixed Vegetables
Asparagus Salad
Coleslaw
Dinner Rolls
Dessert – TBA

* Menu subject to change

Saturday, September 10, 2022
5:30 p.m. in the Great Hall
Tickets: \$20
GST included GST # 859150595

Advance tickets only - Purchase at the Front Desk
Dinner Guests limited to 130
Tickets available until noon, Wednesday, September 7, 2022
Wine available by glass or bottle

**THANK YOU TO CHERRY PARK
RETIREMENT RESIDENCES FOR A
\$272.00 DONATION!**



Volunteer Manager's Message

My heart sings every time one of my valued volunteers talks about how volunteering at The Centre has made such a positive impact in their life. They talk about how building bonds and connections with fellow volunteers directly counteracts social isolation. I hear about how working as a team serving others is a great way to feel connected to a community. Everyone knows it feels good to contribute to organizations that mean something to you. These good feelings can help lessen the effects of stress and social isolation. Helping others can give your life new meaning, keep you mentally stimulated, and boost your self-esteem and self-confidence. The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have. You may even find a sense of purpose through volunteering in becoming part of something greater than yourself.

The health benefits of volunteering are many and potent! If you are curious about any of our engaging volunteer opportunities, please feel free to reach out to me anytime. You can text/call 250 328 2971.

Come find your place with us!

Tracy McGrath – Volunteer Manager



CENTRE HERO: LYDIA EDWARDS

Café and Front Desk Volunteer

Like many people, I have children and grandchildren and did not want them to worry about Mom/Granny being lonely. I want them to carry on with their busy lives working or studying. Well, the Centre was the therapy I needed! I look forward to seeing my comrades, the smiles, and the friendship I have when I come to the Centre. If I see someone I don't know, I say it is just a friend I have not met yet. Yes, many days I go home tired but with a smile on my face. I truly believe laughter and positive thinking are the best tonic one can have.

Joyfulness is contagious, but I don't wait to be infected; I am a carrier, and my friends at the Centre put up with me and sometimes my silly jokes. I try to keep busy and not shop too much. I have also been scheduled to be an interpreter at the Immigration Centre.

I was born in Ukraine and immigrated to Canada 75 years ago when I was just four years old. I am the daughter of a double agent who saved many Jewish lives. Every day I am thankful to my lovely country, Canada, that opened its arms to my family! Yes, I am heartbroken with what is happening in Ukraine as well as to so many other places on earth. Where do I find that magic wand? I expressed my feelings in an article I wrote some time ago entitled *A Grandmother's Recipe For Love And Peace*.

The Smile - understood in all languages - is an easy and cheap facelift using little energy but can make someone's day so much brighter. Blessings to all of you and thank you so much for your smiles! Cheers!

*We have many engaging volunteer opportunities here at The Centre. Come find your place with us!



EVENTS Committee

We are looking for individuals who like to help plan and organize special events that have a social focus for our membership such as:

- Ladies Spring Tea,
- Pub Nights,
- Entertainment for Dinners
- Wine Tasting
- Brunch with Santa, etc.

Special social events are important for many reasons.

1. They, along with physical and mental activities, are crucial to overall wellness of seniors, especially for the maintenance of a meaningful and satisfying life;
2. They provide variety from regular programming;
3. They help raise funds to be used to implement annually set goals of the Society and for the upkeep and maintenance of the facility.

If you are interested or just curious, whether you can fully commit or be part of planning just one or two events plan to attend our first meeting on

Friday, September 9 at 1:30 pm

For a reminder email, please let the Front Desk know.

SOMETHING NEW!

WINE TOUR

Tuesday, September 20

Limited to 11

Ask at the Front Desk for more information

Volunteer Opportunities

Volunteer opportunities are especially beneficial in maintaining overall wellness, as the experience of helping others enhances the meaning of seniors' lives and provides much needed stimulation. The key is staying involved. This means continuing to participate actively in the lives of others in both an individual and a group setting. A healthy social life also requires that seniors allow others to have meaningful access to their lives as well. It's only through this level of reciprocity that older adults can continue to experience emotional and social wellness.

Bingo Runner (Must be 19+)

- Greet Bingo players
- Count out the game cards
- Verify winning games
- Basic record keeping
- Tidy the room at the end of play

Shift is Thursdays

11:30 pm – 4:00 pm

Deliveries & Pickups

- To deliver posters around town
- Must have a car
- As needed

Friday Night Dance Volunteers

- Kitchen Help, Tickets, Greeter
- Fridays 6:30 pm – 9:00 pm

Pole Walking Seminar coming

October 22, 2022

Watch for the Notice to sign up

Walk Your Path



Sheri Simson
aka 'The Pole Lady'



New Classes Starting

- 1) Art Class with Bill Rooke – Wednesdays
6:30 – 8:30 pm Starts September 7
- 2) Play with Paint with Judy Chisholm - Wed
11:00 – 12:00 pm Starts September 14
- 3) Chair Stretch and Strength – Michele Coates
Starts Friday, Sept 9 12:00 – 12:45 pm

Accessibility & Safety Improved

Accessibility Standards of Canada's vision is that everyone, including people with disabilities, can expect a Canada without barriers. This ensures that opportunities and services are fully accessible. A central element of the Penticton Seniors' Drop-In Centre's Mission Statement is to *Manage a community building and update the facility, as needed, in order to meet the changing needs and expectations of the senior community.* This ensures that barriers that prevent participation in the opportunities offered are reduced and/or eliminated.

Through a federal grant we have been able to

- Adapt two door sills for better wheelchair access into the rooms;
- Install Emergency Call Buttons in the Handicap Washroom and bathroom stalls;
- Install extra perpendicular grab bars in the Handicap Washroom and bathroom stalls; and,
- Replace three toilets that conform to national standards and have low-flush capacity.

In order to continue to improve accessibility and safety features, we are researching other grant opportunities that might be available.

AGM

Support your Board

Plan to attend the Annual General Meeting Friday, October 21, 2022

1:00 pm – Great Hall

Information packages containing the agenda and the proposed budget will be emailed during the week of October 3rd. For those members who do not have email addresses, their Information packages will be mailed by Canada Post. Please review the agenda and the proposed budget and, if you are attending, bring both to the meeting.

According to the Society's by-laws, to be eligible to vote at the AGM, you must have become a member 30 days prior to the AGM which is September 21st

The election of officers to the Board will also take place at the AGM. At this time those letting their names stand for office are:

President - Tina Beg

1st VP – Joan Wills

2nd VP – Open

Treasurer – Lillian Hibbert

Secretary – Mignonne Wood

Directors: Joan Bonnier, Bill Rooke,

Jill Blake Coltrin will remain a director, completing her 2nd year of a 2-year term.

Don Wilson will become Past President - a position to which he is looking forward.

Nominations from the floor will be accepted.

Penticton Seniors' Drop-In Centre
CRAFTERS
Book Your Table Now!

**Annual
CRAFT FAIR**

Saturday, November 12, 2022
10:00 am to 2:00 pm
2965 South Main Street
250 493 2111
pentictonseniors.ca

Limited tables available – \$20 a table



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



Current Status of Seniors in B.C.

2022

1,064,697
seniors in B.C.

20% of population

5,263,772
total population



Stats

- **94%** aged 65+ live independently
 - **72%** aged 85+
 - **10%** aged 85+ live in assisted living
 - **14%** aged 85+ live in long-term care
- **25%** aged 65+ live alone
 - **41%** at 85+
- **\$30,750** median income (\$46,466 avg.)
- **80%** aged 65+ have driver's license
 - **(40%)** aged 85+

INFORMATION FOR VOTERS

Penticton's Municipal Election

On Saturday, October 15, City residents will vote for one (1) Mayor, six (6) Councillors and four (4) School Trustees. Elected officials will serve a four-year term from November 2022 to October 2026.

Be sure to attend the ALL CANDIDATES MEETING

Monday, October 3
1:00 – 3:00 pm in the Great Hall

Focus: Seniors' Issues

SEPTEMBER BIRTHDAY CELEBRATION

Members with a birthday in September are invited to celebrate on



Friday, September 30th
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

Advance voting for the 2022 Local Government Election will take place between the hours of 8:00 a.m. and 8:00 p.m. on the following dates at the Penticton Trade and Convention Centre, 273 Power Street:

- **Wednesday, October 5**
- **Saturday, October 8**
- **Thursday, October 13**

General Voting day is Saturday, October 15, between the hours of 8:00 a.m. and 8:00 p.m. at the Penticton Trade and Convention Centre, 273 Power Street or at the Seniors' Drop-In Centre, 2965 South Main Street.

*Build a castle, comb a beach;
Summer's ripe as any peach!*

The Old Farmer's Almanac



Barry Dick of Ursa Major Gold
Will be here to assess and quote on your precious items.
Cash in your old gold, silver, and coins at The Centre.
September 29th and 30th 10am – 4 pm



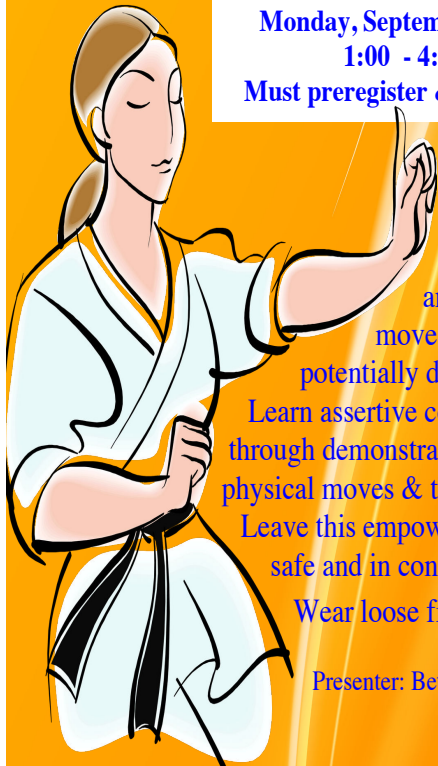
Penticton Seniors' Drop-In Centre Society
2965 South Main Street, Penticton
250 493 2111

ASSAULT PREVENTION FOR WOMEN

Monday, September 12th, 2022

1:00 - 4:00 pm

Must preregister & sign a waiver



An interactive exposure to safety awareness, assertive and practical physical moves for use in potentially dangerous situations.

Learn assertive communication through demonstrations, practicing physical moves & through role-playing. Leave this empowering session feeling safe and in control.

Wear loose fitting clothing.

Presenter: Beth Nichol, MSW



SUNDAY CONCERT

Let us take you to

CLOUD 9

with many classic tunes of the past

Our familiar songs invite you to tap your feet or sing along and enjoy the afternoon....

SUNDAY, SEPTEMBER 18, 2022

2:00 – 3:30 pm

Penticton Seniors' Drop-In Centre - 2965 South Main Street

TICKETS: \$10.00 - Available at the Centre or at the Door

Includes a Treat

Compliments of Cherry Park Retirement Residences

A Live and Learn Session at the PSDIC Monday, September 19, 2022
1:00 pm in the Great Hall



LEGACIES and ENDOWMENTS

Join **Aaron McRann**, Executive Director of the Community Foundation of the South Okanagan Similkameen to learn about the many ways you can create and give to **endowment funds**, **build a legacy**, and, most of all, **make a lasting impact** in your community.

Find out how some of our donors chose to create a fund in their name, in memory of a loved one, or to support a cause they care about. Still others leave it to us to help fund emerging community needs. The choices for setting up or giving to a fund are as endless as the imagination!

We've been helping donors and funding projects in the communities of the South Okanagan Similkameen for more than 30 years, and would love to help you make a difference in the community you love -- in a way that matches your giving goals.

TOMORROW BEGINS TODAY

SEPTEMBER SCHEDULE

FRIDAY NIGHT DANCES ARE BACK

LIVE MUSIC

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

September 23

Buzz Byer

September 30

Little Big Band

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

Tickets at the door
\$10

Couples
& Singles Welcome

Cash Bar

