

JANUARY 2023



The Centre Scene

NEWSLETTER

WELCOME 2023

“Learn from yesterday,
live for today,
hope for tomorrow.”
Albert Einstein

CHEERS TO HEALTH,
HAPPINESS, AND
PROSPERITY IN 2023

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

JANUARY

- 01: First Day Dance – 2:00 – 6:00 \$25 /\$30
- 02: Centre Closed in lieu of Jan. 1
- 13: Friday Night Dance – Kyle Anderson \$10
- 14: Social Dinner 5:30 pm – Mexican Nite
- 16/17/18: Blood Donor Clinic
- 22: Chinese New Year Buffet & Dance 2 - 6pm
- 27: Birthday Club 11 am
- 29: Sunday Concert S0_CO Sound Company

FEBRUARY

- 04: Social Dinner
- 11/13/14/15: Blood Donor Clinic
- 20: Centre Closed – Family Day
- 24: Birthday Club 11 am



PSDICS

Board of Directors & Staff

EXECUTIVE:

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

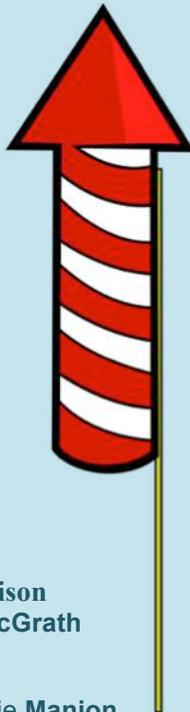
DIRECTORS:

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

STAFF:

- General Manager: Doreen **Davison**
- Volunteers' Manager: Tracy **McGrath**
- Cook: Brian **Benning**

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



President's Message



Time seems to fly by when busy and having fun. It's hard to believe that a couple months are already under my belt as the President of the Seniors' Centre.

There have been so many exciting events in this short time, it's been heartwarming seeing all of them so well supported by our members, volunteers, and friends. We have made great strides in returning to our strength of pre-Covid numbers with the renewal of memberships which signifies a tribute to the integrity and realization of the importance the Centre provides to the community.

Having said that, we are now in the process of developing our calendar of events for the new year with the intension of enhancing our regular programs and looking for some new ones to add to the roster. If you have suggestions for activities, guest speakers, Sunday concerts, entertainment for our monthly dinners, and bands for our dances, we would love to hear about them.

I am so looking forward to the opportunity to grow our footprint in the community with our continued efforts of diversifying our programs and events, along with the intensions of fulfilling our mission of providing that safe, inclusive, welcoming atmosphere for all our Seniors.

I have been blessed to work with a wonderful group of people and feel completely confident that all we aspire to achieve shall certainly come to fruition.

Tina Begg: **MERRY CHRISTMAS, EVERYONE!**



JANUARY 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 changes.
PRICES include GST

January 3

Special: Mild Italian Sausage
 Macaroni & Cheese Mixed Steamed Vegetables
 Tomato Cucumber Salad
Soup: Turkey Noodle
Sandwich: Egg Salmon or Salmon Salad
 Dessert: TBA

January 10

Special: Meatloaf with Gravy
 Mashed Potatoes Green Beans & Carrots
 Green Salad
Soup: Cream of Broccoli
Sandwich: Egg or Chicken Salad
 Dessert: TBA

January 17

Special: Roast Pork with Gravy
 Roasted Potatoes with Applesauce
 Mashed Carrots & Turnips Peas
 Beet & Apple Salad
Soup: Cream of Mushroom
Sandwich: Egg Salad or Grilled Ham & Cheese
 Dessert: TBA

January 24

Special: Roast Chicken Thighs
 Penne Alfredo
 Mixed Veggies Garlic Bread
 Caesar Salad
Soup: Beef Barley
Sandwich: Egg Salad or Grilled Ham & Cheese
 Dessert: TBA

January 31

Special: Baked Ham
 Scalloped Potatoes
 Asparagus & Carrots
 Coleslaw
Soup: Vegetable
Sandwich: Egg Salad or Grilled Ham & Cheese
 Dessert: TBA

JANUARY SOCIAL DINNER

MEXICAN NITE*

Chicken Enchiladas
 Beef Burritos
 Spanish Rice
 Caesar Salad
 Sour Cream Salsa Guacamole
 Dessert: Tres Leches Cake

Saturday, January 14, 2023
 5:30 p.m. in the Great Hall

Early Bird Tickets: \$20
 Tickets \$25 after January 11

Purchase tickets at the Front Desk
 Wine available by glass or bottle - Must be 19+

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

Important Change

In the past, we have sold tickets for our monthly dinners up to 2 days before the event and then stopped sales. This was done in order to accurately calculate the amount of food needed. However, we always had people wanting to buy tickets after the cut-off date, so the Board has made a decision to change our sales procedures.

Starting January 1, tickets for dinners will be available right up to the day of the event. However, 72 hours before the dinner, the price of the ticket will increase. Our cook will prepare extra portions in order to accommodate late sales.

Due to seating capacity though, there will be a limit on the extra meals, so buy your tickets early to avoid disappointment and an increased price.

Early-bird pricing will also apply to special events such as concerts and dances.

Volunteers' Manager's Message



In each of our vital departments here at The Centre, I notice several types of volunteers. It is so exciting to see how each person is committed in a different way in terms of number of hours and level of responsibility according to their unique capacity. Walking the halls here at The Centre daily, I see, hear, and feel a buzz of activity all around me generated by the over 100 volunteers currently driving all our many activities and events. It is those in the leadership roles that keep it all flowing forward as smoothly as possible. It is those who appreciate the direction of leadership to help guide them that get all those important tasks done on time and in a constructive manner. From those who spend 2 hours a week to those who are here everyday, every volunteer here at the Centre is valued in the same way, no matter how much they commit to. We have many engaging opportunities in leadership and support roles. Come find your place with us!



Tracy McGrath – Volunteers' Manager

CENTRE HERO: Wayne McDougall

Social Media Support and Audio-Visual Crew



Although I don't consider myself a senior, I qualify by age and thought The Centre was a good thing in the community to support, so my wife Donna and I joined. Little knowing what programs were offered, surely I thought, "There must be something worthwhile here I could do." The more I got involved, the more there were interesting things to do and people to meet. I am a few years in now and loving it! I participate in the Scottish Country Dance classes and, as a volunteer, I have assisted with the computer tech support program, audio/visual, and room set-up teams, as well as contribute to The Centre's promotion and social media.

I love how The Centre is very welcoming and accepting. We all come from a different walk of life, and here we can continue our walks together.

For most of my adult life I worked at the Penticton television station, so I love technology and helping people share their positive stories through video. The more I connect with people at The Centre, the more positive stories I find worth sharing. Volunteer or try a new program. See you at The Centre.

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help." –
Heather French Henry

Our craft store at the Penticton Seniors' Drop-In Centre has been more popular than ever this gift-giving season!

As our many talented crafters are busy refilling the shelves, we are running low on supplies. We are calling out for donations of Wool, Acrylic, Cotton, and any other kind of yarn!

Donations can be dropped off during regular Centre hours. Monday to Friday from 9 – 4.

****Just Yarn**, please - no other supplies needed!

Winter Safety Tips for Seniors

During the winter months, ice, snow, and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses – especially for seniors.

Here are some helpful winter safety tips for seniors to prevent common winter dangers that the older adult faces.

1. Avoid slipping on ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. If you must be outside and the conditions are slippery, remember to do the **Penguin Walk!**

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

2. Dress for warmth

- Cold temperature can lead to frostbite and hypothermia – in the US more than half of hypothermia-related deaths were of people over the age of 65. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperature, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

The most important tip to keep in mind during the colder months is to ask for help when needed. If your sidewalk needs clearing, don't hesitate to ask a family member or neighbour. Arrange rides to the grocery store or appointments.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Joan Bonnier, a director, is looking after the historical record of the Seniors' Centre. She is collecting old artifacts such as, posters, newspaper clippings, photographs etc. with the hope of assembling an accurate and complete record of our journey from 1994 to 2023. If you have any remembrances of the Centre's past and would like to share them, please contact Joan at the Centre: 250 493 2111.

Volunteer Opportunities

- Computer skills instructors
- Team Leaders/Coordinators to support scheduling of various crews a couple of hours per week
- Experienced/certified Yoga, Ballroom & Pelvic Floor Fitness, Cooking Skills instructors



Brunch with Santa



On Sunday, December 18th, Santa, Mrs. Claus and our own Christmas Elf visited the Centre and brought cheer to everyone who attended Brunch with Santa. A complimentary mimosa, a tasty

lunch and wonderful entertainment by Gillian Russell were enjoyed by all. Special thanks goes to our sponsors, our cook and our volunteers whose efforts ensured a very successful event.

Mark Your Calendar

Is it time to de-clutter and downsize? Plan to attend a Live & Learn session on Monday, January 30th 1:00 pm
 Presenter: Sharon Lusch
 Handouts will be available
 Please preregister at the Front Desk



Shed Pounds, Gain Friends

BC TOPS members lost 7246 lbs in 2021. How did you do?

Non-profit Peer Support, Thursdays at the Penticton Seniors' Drop-In Centre

Weigh in: 8:30-8:50 am, Short meeting to follow

Free Open House all of January

Real People. Real Weight-Loss.® www.tops.org




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**

SKAHA LAKE MIDDLE SCHOOL NEEDS SOME HELP



Skaha Lake Middle School, located directly behind the Centre, is looking for help with their very important Breakfast Club Program.

Vice-Principal, Ms. Lindsay Guza, indicated they need volunteers to make toast and jam in the morning and serve students who come in for a bite to eat before starting their day.

Help is needed weekdays from 8:00 - 8:30. If you can provide one day a week or even one day a month, your help would be very much appreciated. A criminal record check will be required.

If you want more information or are ready to sign up to help, please contact Ms. Guza at 250-770-7674 ext. 6096.

NEW CHAIRS HAVE ARRIVED



Good news! Finally we have been able to finish replacing all our old and uncomfortable fabric covered chairs throughout the building.. It has taken three years to accomplish this task.

A crew gathered at the Centre on Sunday, December 11 to unpack and check every new chair to make sure they had arrived in good condition. Thanks goes out to Dave, Frank, Ted, Cliff, Dennis, Roger, Gerry, Rae, Wayne, and Donald for accomplishing this task. The chairs are now distributed and being enjoyed by all.

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



IN-HOUSE BINGO EVERY THURSDAY AFTERNOON

(EXCEPT HOLIDAYS)

Sales start at noon

Games start at 1:00 pm

Seats may be saved until 11:30 am

Early bird, Odd/Even

Bonanza and 12 Games

Progressive Bingo

Everyone (19 and over) WELCOME!

COME FOR LUNCH

STAY FOR BINGO

BC Gaming License 2017/18 # 91634 Class A

Chances of winning are less than 1 in 50

JANUARY BIRTHDAY CELEBRATION

Members with a birthday in January are invited to celebrate on

**Friday, January 27th
11:00 – 12:00**

Ken Wignes Room



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

Problem Gambling Help Line 1-888-795-6111

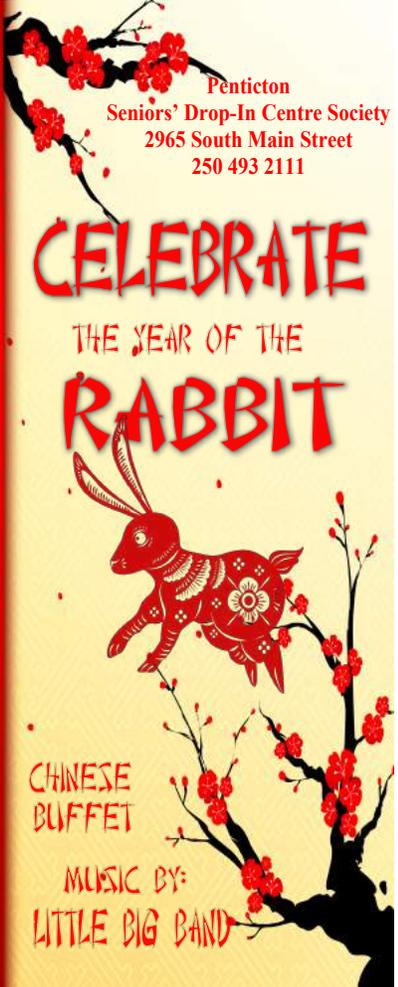
"Know your limit, play within it" www.beresponsiblegambling.ca

Play Smart, Gamble Responsibly

Dinner & Dance

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

CELEBRATE
THE YEAR OF THE
RABBIT



CHINESE BUFFET

MUSIC BY:
LITTLE BIG BAND

Sunday,
January 22, 2023
2 – 6 pm

Early Bird Tickets \$25
After January 19 - \$30
Available at the Front Desk

Cash Bar
Must be 19+

JANUARY
SUNDAY CONCERT
SO_CO SOUND COMPANY



.... A trio based in Penticton
Guitar - Robert Johnson
Bass Guitar - Frank Artes
Drums & Percussion - Rod Rose

Instrumental and vocals of music from the 50's to present day featuring various genres.

SUNDAY, JANUARY 29, 2023
2:00 – 4:00 pm

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

TICKETS: \$10.00 before Jan. 27th
TICKETS: \$12.00 at the Door

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

FRIDAY NIGHT Tickets at the door
\$10

DANCE

LIVE MUSIC

KYLE ANDERSON

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

JANUARY 13



NEW ACTIVITY:

TED TALKS
Technology Entertainment Design

Starts: Friday, January 6th, 2023
1:00 – 2:30 pm

TED is dedicated to researching & sharing knowledge that matters through short talks & presentations. Their goal is inform & educate global audiences in an accessible way



Over 4100 topics to stir your curiosity.

After watching a TED TALKS video, we will discuss & share ideas about the topic presented.