

DECEMBER 2022



The Centre

Recreation • Education • Wellness for 50+
PENTICTON, BC

The Centre Scene

NEWSLETTER

Warmest season's wishes
from the PSDICS Board of Directors
for a wonderful holiday season
filled with love, caring,
sharing and laughter

We look forward
continued growth & success
in the new year!

Merry Christmas

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

DECEMBER

09: Friday Night Dance – Vic & the Bandmasters \$10
 10: Social Dinner 5:30 pm \$20 Sold out!
 12: Christmas Sing Along 1:00 – 2:30
 18: Brunch with Santa 11am – 2pm \$20
 19 - 21: Blood Donor Clinic
 26 & 27: Centre closed In lieu of Dec. 25 & 26
 30: December Birthday Club 11:00

JANUARY

01: First Dance Dance – 2:00 – 6:00 \$25
 11: Pancake Breakfast
 14: Social Dinner 5:30 pm – Mexican Nite
 13: Friday Night Dance – Kyle Anderson \$10

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**
 - Ryan **Graham**
 - Vacant**
 - Vacant**
- 2 year term
 - Lewis **George**
 - Dave **Tulk**
 - Brigid **Kemp**
 - Vacant**

STAFF:

General Manager: Donna **Davison**
 Volunteer Manager: Tracy **McGrath**
 Cook: Brian **Benning**

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

President's Greetings



It's hard to believe that one month has passed since I was elected President.

There have been so many exciting events in this short time, and 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 strong pre-Covid numbers with the renewal of memberships which is a tribute to the integrity and realization of the importance the Centre provides to the community.

We are now in the process of developing our calendar of events for the new year with the aim of enhancing our regular programs and looking for some new ones to add to the roster.

I look forward to growing our footprint in the community as we continue to diversify our programs and events, along with fulfilling our mission to provide a safe, inclusive, welcoming atmosphere for all our Seniors.

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

Tina Begg, President



Merry Christmas Everybody

DECEMBER 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 # 889 150 595

December 6

Special: Thai BBQ Chicken
 with sweet chili sauce (mild)

Orange Curry Rice (mild) Asian Mixed Vegetables
 Cucumber Vinaigrette Salad

Soup: Beef Barley

Sandwich: Egg Salmon or Salmon Salad

Dessert: Ambrosia Squares

December 13

Special: San Francisco Pork Stew
 Mashed Potatoes Honey Baked Squash
 Carrot & Raisin Salad

Soup: Warm Moroccan Squash

Sandwich: Egg or Chicken Salad

Dessert: Coconut Cream Cake

December 20

Special: Roast Turkey
 Mashed Potatoes & Gravy
 Stuffing Cranberry Sauce
 Corn, Green Beans, Green Salad

Soup: Vegetarian Borscht

Sandwich: Egg Salad or Grilled Ham & Cheese

Dessert: Chocolate Mint Dessert

JANUARY SOCIAL DINNER



MEXICAN NITE*

Chicken Enchiladas

Beef Burritos

Spanish Rice

Caesar Salad

Sour Cream Salsa Guacamole

Dessert: TBA

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

PRICE INCREASE

As of December 1st, 2022, Tuesday lunch prices will increase from \$9.00 to \$10.00 due to increasing food prices.



CHALLENGING CHRISTMAS TRIVIA

1. What popular holiday song was written during the Cuban missile crisis and was a plea for peace?
2. The French word "Noel" is often used around Christmas, but what was its original meaning in Latin?
3. Among Christians who lived in the East, when was Christmas originally celebrated?
4. What was the poem "Twas the Night Before Christmas" originally titled?
5. What plant based Christmas tradition did servants in Victorian England popularize?

Answers on page 7



Volunteer Manager's Message

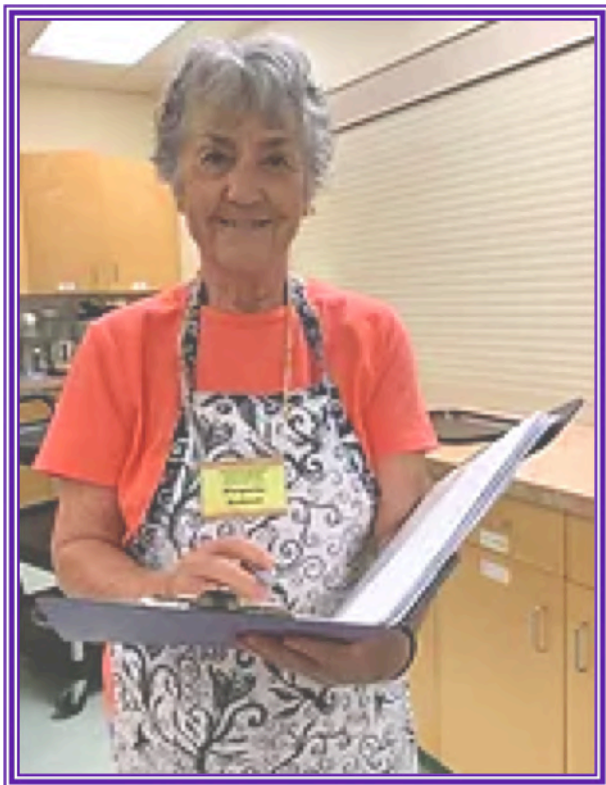
Connections,

I see so many different kinds of connections made through our volunteer program. When I ask new volunteers "why do you want to volunteer at The Centre?" some of the answers I hear are "I want to give back" or "I want to keep busy." Yet, most often I hear "I want to connect with others". Many of our volunteers are single and/or new to Penticton and seek that most vital of feelings: belonging. It has been such a joy to watch friendships develop, romances bloom, and many individuals find great satisfaction from working together in harmony with other crew members. Another type of connection I see develop each day in our Volunteer Program is when volunteers discover new skills and meet new challenges that are fulfilling and purposeful. But perhaps the greatest type of connection that I witness daily at the Centre is Community! That is the purpose of this vital resource, and I am excited to say our Community of dedicated volunteers is growing every day!

Tracy McGrath – Volunteer Manager

CENTRE HERO: Margarita Nodwell

Tuesday Lunch Coordinator



When the line dance instructor, Nancy, moved to Penticton, I started going to her classes at the Senior Centre. There I met Pat who organized the line dancers as volunteers for one Tuesday lunch per month. I very much enjoyed those Tuesdays, and Pat really trained us well. We met very interesting individuals who attend and/or volunteer at the Centre. Then I decided to help organize the volunteer groups for every Tuesday lunch. This has been a very rewarding experience as well as lots of fun. You see what superb meals are served up for a very low price every week. Many of our clients also take home another meal for later or buy one or more of the frozen meals that the Centre offers.

Personally, I like to keep active and try to go to the gym, to yoga, play pickle ball and, for fun and mental exercise, I go to Scottish Country Dancing (also offered at the Centre on Thursday evenings). As well, I do a lot of sewing and quilting if I can find the time between the canning and preserving of our big garden produce. My husband plants more and more interesting food stuffs, and I get to deal with it for the winter. I wouldn't trade it for anything!

"Celebrate endings - for they precede new beginnings." Jonathan Lockwood Huie

Why belong to the Penticton Seniors' Drop-In Centre ?

You have probably asked yourself “Why should I be a member of the Penticton Seniors' Drop-In Centre?” You may have even questioned the value you receive for the cost of your membership. Well, to put your mind at ease on these issues, here is a long list of what you will enjoy and benefit with a membership in Penticton's only Seniors' Centre.

1. Value

Annual cost for a full membership in the Penticton Seniors' Drop-In Centre is only \$30 annually. This is less than 9 cents a day! PSDICS is committed to keeping membership “affordable” for all seniors.

2. Community

When you join the Penticton Seniors' Drop-In Centre, you become part of a strong and active ‘community’. You are no longer alone but will have access to new ideas, help when you need it and other resources to make your life more enjoyable and rewarding.

3. Socializing

There are few things more enjoyable than sharing a cup of coffee with friends you will make at the Centre. Our spacious lounge is the perfect place to meet people who share your interests and will take time to chat. For new members, there is a group called ‘Birds of a Feather’ that meets Mondays at 12:30 in the Lounge to chat.

4. Volunteering

There would be no Penticton Seniors' Drop-In Centre without volunteers. For the past 21 years, the Centre has relied exclusively on volunteers to manage and maintain the many activities ranging from front-desk reception, leading an activity, organizing an event, to helping prepare meals in our well-equipped kitchen. Volunteering is another way to socialize as well as a terrific way to give back to your community with a volunteer job that fits your skills, time and interests.

5. Social Events

As a member, you will have the opportunity to participate in a broad range of social events including lunches and dinners, dances, teas, and other special events at Christmas and Easter as well as the annual Peach Festival parade. There is something for everyone at the Centre.

6. The Perks

As a member of the Centre, you will pay less for any activity in which you choose to participate. This is one of the visible benefits of your membership and will amount to considerable saving over the year - much more than the annual cost of your membership. Members also are able to purchase Punch Cards which after 10 uses gives them one free activity.

7. Generosity

Many of us are unable to volunteer our time to the Drop-In Centre but you can be a valuable member by making a financial gift, which will support the programs and activities offered by the Centre. Membership dues and activity fees are not nearly enough to maintain and operate the Centre. The big-heartedness of members and others in the community is the only way the Centre remains open for seniors.

8. Learning Opportunities

Lifelong learning is one of the important goals of the Drop-In Centre and a wide variety of learning and information programs are available from computer skills, to will preparation and a broad range of other health topics.

9. Charting the Course

As a member, you are able to participate in the Annual General Meeting, become a director or serve on board committees – all ways to help shape good governance and sound future development and direction.

10. Reasonably Priced Food & Coffee

Coffee, cinnamon buns, treats, sandwiches, soup, and Tuesday lunches all are waiting for you in our lounge.

Experiencing Social Isolation

For older adults, social isolation can result from a significant event, such as the loss of a loved one or retirement, or a combination of several smaller events. In general, the more risk factors a person has, the greater likelihood that they'll experience social isolation. However, the presence of risk factors doesn't necessarily mean a person will experience social isolation. Whether a person experiences it or not, or to what degree it's experienced, depends on their coping skills and the support available from family, friends, and the community.

The risk factors for social isolation are many and varied. They include:

- Living alone
- Being age 80 or older
- Having multiple chronic health conditions that may impact your mobility
- Frequency of contact with the members of your social network
- Living with low income
- Challenges using technology
- Where you live
- Lack of access to transportation
- Changes in family structures
- Critical life changes i.e. retirement; death of a spouse; losing a driver's license
- Age-related disorders such as hearing loss, loss of speech, fear of falling, incontinence

Fortunately, there are many proactive steps that you can take to reduce the risk of social isolation, including:

- Managing chronic conditions & promoting brain health to optimize your function & mobility
- Addressing age-related health conditions.
- Regularly engaging in both physical & social activities
- Using technology to expand your social network & to increase the frequency of contact
- Being open to alternate transportation options
- Volunteering

Belonging to the Seniors' Centre is a proactive step to prevent social isolation.

Light-Up Penticton Report



Brrr! Saturday, November 19th was cold but we had lots of fun participating in the annual Light Up Penticton event.

We served over 400 cups of hot chocolate, with marshmallows, while our Christmas Elf gave out candy canes to excited kids and their parents while they waited for the lighting of the Christmas tree near Gyro Park.

It was the first time the PSDICS had participated in this annual community event but it won't be the last.



Carole McGhie
Our Christmas Elf



**Apex Denture Centre
Inc.**

Margaret Walker

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

monday-friday 9:30-12:00
1:00-4:00 excluding stat-
days

Denturist



YOU'RE INVITED and EVERYONE is WELCOME

HOLIDAY FAVOURITES SING ALONG

MONDAY, DECEMBER 12
1:00 - 2:30 PM in the GREAT HALL

A donation for the Food Bank would be appreciated



Do Your Christmas shopping, for your friends, at the Seniors' Centre

Available:

- Gift Certificate for Membership
- Punch Cards
- Cook Books
- Tickets to January Social Dinner
- Tickets to First Day Dance
- Friday Night Dance
- Crafts from our Craft Room



Answers to Challenging Christmas Trivia (pg. 3)

1. Do You Hear What I Hear?
2. Birth
3. January 6th
4. A Visit from St. Nicholas
5. Kissing under the mistletoe



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

DECEMBER BIRTHDAY CELEBRATION

Members with a birthday in December are
invited to celebrate on

Friday, December 30th
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.bcreponsiblegambling.ca
Play Smart, Gamble Responsibly

Something New for PSDICS Bingo

Progressive Bingo

In Progressive Bingo, often called Loonie Ball, the pot continues to grow until it is won, then starts over.

BRUNCH WITH SANTA

Where:

Penticton Seniors' Drop-In Centre2965 South Main Street
Penticton
250 493 2111

When:

Sunday, December 18th

Time:

11:00 am – 2:00 pm

Cost:

\$20.00* No tickets at the door.

Menu:

Soup, Quiche & Salad
Christmas Dessert & TreatSing 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 Penticton Food Bank
is encouraged.

2022 12 16 - am Webpage: pentictseniors.ca



Dinner & Dance

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

CELEBRATE THE YEAR OF THE RABBIT

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+CHINESE
BUFFETMUSIC BY:
LITTLE BIG BAND

FIRST DAY DANCE

Sunday
January 1,
2023
2 – 6 pm**Light BUFFET Dinner****CASH BAR** Must be 19+**Early Bird Tickets: \$25****Tickets \$30 after Dec 29**

Tickets available at the Front Desk

Music by:

BUZZ BYER

Penticton Seniors' Drop-In Centre
2965 South Main Street
250 493 2111
pentictseniors.ca**Happy New Year!**

Needed: Volunteers

Are you handy at repairing things? Do
you like doing small chores such as,
changing light bulbs?If so, we need you as part of our newly
formed Maintenance Crew.Please contact Tracy, our Volunteer
Manager, if you would like to help.

FRIDAY NIGHT

Tickets at the door
\$10

DANCE LIVE MUSIC VIC & the BANDMASTERS

7:00 - 9:30 pmPenticton Seniors' Drop-In Centre
2965 South Main Street
Penticton
250 493 2111

Cash Bar Must be 19+ to attend

DECEMBER 9

