

OCTOBER 2022



# The Centre Scene

## NEWSLETTER

### Parking Lot Changes

Our parking lot handles a lot more traffic than it used to handle. Not only do our activities attract many members and visitors but popular pickle ball also brings a steady stream of cars through our parking lot. So, with everybody's safety in mind, we requested the City paint directional arrows in the parking lot to facilitate a better flow of traffic.

Last Friday the arrows were painted. Please use them to safely navigate the parking lot even if it means going a longer way round to exit the lot.

The curb, near the building was also painted yellow. This indicates a no parking zone.



Penticton Seniors' Drop-In Centre Society

## ANNUAL GENERAL MEETING

Friday, October 21, 2022  
1:00 pm

Be sure to attend!



Pie Social  
follows the  
AGM

### Your Attendance is Requested

Every year, in October, we are required to hold an AGM so members have the opportunity to hear a review of the past year, to approve the proposed budget for the upcoming year, to vote on any by-law changes, and to elect officers to serve on the Board. It is a chance for our members to show their support or to voice any concerns in a public arena. It is the most important meeting of the year, so plan to attend.

Look for your AGM package during the 1<sup>st</sup> week of October – either by email or regular post.

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

### OCTOBER:

**02:** Pancake Breakfast - \$6  
**03:** All Candidates Meeting – 1 – 3 pm  
**08:** Social Dinner 5:30 pm - \$20  
**10:** Thanksgiving Day – Centre closed  
**15:** Municipal Election  
**18:** Volunteer Fair 10:30 – 11:30 am  
**21:** AGM – 1 – 3 pm  
**21:** Friday Night Dance – Buzz Byer  
**23:** Sunday Concert – Chameleon \$10 2 – 4 pm  
**24, 25, 26:** Blood Donor Clinic  
**28:** October Birthday Celebration 11:00 am  
**30:** Halloween Dance & Buffet Lunch 2 – 6 pm

### NOVEMBER

**08:** Social Dinner 5:30 pm No tickets after Oct 5  
**11:** Remembrance Day – Centre closed  
**14:** Potato Bake – Watch for more information

# PSDICS

## Board of Directors & Staff

### EXECUTIVE:

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

### DIRECTORS:

- **2<sup>nd</sup> year of 2 year Term:**  
 Joan **Bonnier**  
**Vacant**  
**Vacant**  
**Vacant**
- **1<sup>st</sup> 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**

## President's Greetings



Hello to all our members and welcome aboard to those who have just signed up during our most recent membership drive.

I moved to BC in October 1962 and, in early 1988, my wife and I decided to move from the northern part of the province and chose Penticton.

In 2008 we joined the Seniors' Centre, and I was enlisted to be a part-time bingo caller. When my wife died in December that year, it helped to become more involved with bingo and The Centre.

In 2010, I was elected 2<sup>nd</sup> VP; in 2012, I was 1<sup>st</sup> VP; and in 2014, I was elected President and spent 5 years in that position. In 2019, I became Past President then in October 2021, I took on the position of President again!

I remember when we were happy that we had 350 members. Since then, our membership had swelled to around 1200 until COVID hit and, in March 2020, we were forced to close our doors. As you know, we do not receive any financial help from the City of Penticton, the Province of BC, or the Federal Government – we are totally self-sustaining, so we struggled to keep the lights on until some of the COVID restrictions were lifted 2 years later.

We re-opened in March 2022 to see our volunteer instructors and most of our membership return. The Centre is once again a vibrant place!

This is my last year as President, and I invite you to come and find out who will take this position at our AGM on October 31<sup>st</sup> at 1pm at The Centre!

Don Wilson





# OCTOBER 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**

## October 4

**Special:** Meatloaf  
 Mashed Potatoes & Gravy  
 Peas & Carrots, Broccoli & Grape Salad  
 Dessert: TBA  
**Soup:** Corn Chowder  
**Sandwich:** Egg or Chicken Salad

## October 11

**Special:** Roast Turkey with Stuffing  
 Mashed Potatoes with Gravy  
 Brussels Sprouts      Corn      Cranberry Sauce  
 Green Salad  
 Dessert: TBA  
**Soup:** Cream of Broccoli  
**Sandwich:** Egg or Grilled Ham & Cheese

## October 18

**Special:** Chicken & Prawns Bombay on Rice Pilaf  
 Steamed Mixed Vegetables  
 Fresh Fruit Salad  
 Dessert: TBA  
**Soup:** Barley  
**Sandwich:** Egg or Tuna

## October 25

**Special:** Cabbage Roll Casserole  
 Grilled Garlic Sausage  
 Perogies with Sour Cream  
 Mixed Veggies      Green Salad  
 Dessert: TBA  
**Soup:** Clam Chowder  
**Sandwich:** Egg or Chicken Salad



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

## OCTOBER SOCIAL DINNER

### MENU\*

Roast Chicken Thighs  
 Carved Pork Loin  
 Mashed Potatoes      Gravy      Apple Sauce  
 Steamed Mixed Vegetables  
 Mixed Green Salad  
 Dinner Rolls  
 Dessert – TBA  
\* Menu subject to change

Saturday, October 8, 2022  
 5:30 p.m. in the Great Hall  
 Tickets: \$20  
 GST included      GST # 859150595

Dinner Guests limited to 130  
 Advance tickets only - Purchase at the Front Desk  
 Tickets available until noon, Wednesday,  
 October 5, 2022  
 Wine available by glass or bottle

**PLEASE BUY YOUR TICKETS  
 FOR THE MONTHLY DINNER  
 BY NOON, WEDNESDAY, OCTOBER 5**

Knowing the numbers helps with planning,  
 shopping & staffing. It also is the date we  
 determine whether to cancel or not.

## JOIN US Sunday, October 2, 2022

# Pancake Breakfast

10:00 am

Pancakes  
 Sausages  
 Eggs  
 Orange Juice  
 Coffee/Tea

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



## Volunteer Manager's Message

I am so impressed by the dedication and initiative demonstrated by my volunteers! The Front Desk Team deals with the thousands of people who come through our doors each month, and the Kitchen Team works together like a fine-tuned machine to keep the food fresh, the kitchen clean, and the atmosphere inclusive and friendly. The Events Team grows weekly with folks who are excited about making all our events unique and engaging while the Admin Team shares its rare talents to keep us organized. And, of course, our amazing Board has lead us through the devastating COVID closures to see The Centre become vibrant and active once again.

Then there is the Table Crew. These fine folks show up, sometimes daily, to stack and unstack chairs and shift the tables to and fro to create the best floor plan for each event from dinners to dances, from private parties to blood donor clinics, then back to yoga, etc. These unsung Centre heroes work in the background with little recognition for the vital task they have of creating smooth transitions between the many activities and events that take place each week. I give special mention to this team not only because I am moved by their dedication, but also because, as we are getting busier, there is now room for more people to spend 30 - 60 minutes a few times a week assisting with setup and takedown. Many hands make light work so please consider joining our stellar Table Crew and have some fun!

Come find your place with us!

Tracy McGrath – Volunteer Manager

## CENTRE HERO: DONALD DAVIDSON

Set Up Crew Volunteer



Although I've wandered many places, I have lived in BC all my life, landing in Penticton in 2003. Being new to the community, my step-father encouraged me to get involved with the Drop-in Centre. I started out by joining the ukulele group which I attended with my musical mom and added yet another instrument to my collection. Up until then, I only knew how to play piano, guitar, and zither!

Several years back, when I started feeling the inevitable stiffness of age setting in, I looked for a more physically-challenging volunteer opportunity at The Centre. I gladly joined the Set-up Crew and have been enjoying the company of the other members who enjoy keeping fit while supporting a much-needed community centre.

We work together to make sure every event and activity has the right set up to run smoothly. It's not very hard work, and the crew is great. We always welcome new folks to join us - the more the merrier!

I am keen and committed because it's super important to The Centre, but I'm starting to feel it a bit more each week so am glad when a new member joins the crew. So, don't just rest on your laurels, join the crew, have fun, and get fit without having to climb a mountain.

*"The best way to find yourself is to lose yourself in the service of others." Gandhi*



## Events Committee

The Events Committee is planning several exciting events for the fall season. In order for them to take place lots of help is needed. Please consider volunteering for one event or more.

### October:

- Friday Dance
- Halloween Dance with Buffet Lunch
- Pub Night

### November

- Potato Bake
- Pub Night

### December

- Brunch with Santa

### January

- 1<sup>st</sup> Day Dance & Buffet Lunch
- Wine Tasting
- Donor Appreciation Event

If you can help in any way, please call Mignonne or Tracy and leave your name.

## Volunteer Opportunities

### Set Up Crew

- Set up tables, chairs for events
- Short shifts – 30 minutes
- Flexible schedule

### Friday Night Dance Volunteers

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

### Event Helpers - Many jobs to do!

- Pre-planning
- Set Up & Decorating
- Food prep
- Working the event – Kitchen, Server, Ticket taker, Raffle Seller, Entertainment, Photographer
- Clean Up - Kitchen Chores

### Bingo Helpers

## Animal Reiki Now Available

Sandra Maitland has completed Animal Reiki training and is now available for home appointments.

### Reiki can:

- Maintain health and well-being of your pet on the physical, mental and emotional levels.
- Induce deep relaxation and stress-relief.
- Accelerate healing in sick or injured animals, or animals recovering from surgery.
- Help reduce pain and inflammation.
- Help reduce behaviour problems and aggression.

(Shelter Animal Reiki Association)

### Introductory Offer: \$50 for 1 hour session

Call 250-462-4283 or go to her website  
[reiki9stars.com](http://reiki9stars.com).

Sandra Maitland, Reiki Practitioner



## WINE TOUR

Our first Wine Tour took place Tuesday, September 20 – it was a successful fun-filled day so we hope to do it again in the spring. We visited 4 wineries on the Naramata Bench – Therapy, Lake Breeze (where we also had lunch), Elephant Island and we finished the afternoon at Poplar Grove Cheesery where we tasted wine, ate cheese and sampled blue cheese ice cream. A special thank you goes to Cherry Park Retirement Residence for lending us their bus and driver, Sheena.



## New Class Starting

### Ukulele for Absolute Beginners

starting

**MONDAY, OCTOBER 17**

**3:15 – 4:15 PM**

Maximum 8 students

A 6-week course

Each class builds on the previous lesson



### SATURDAY CLASSES WITH HOLLY ARE BACK

#### CHAIR YOGA

10 - 11

#### EZ LINE DANCING

11 - 12

## Dimensions of Wellness

The International Council on Active Aging defines wellness as: *Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life's possibilities. The wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life.*

For more information, visit: <https://www.icaa.cc/>



## Active Aging Week October 3 - 9

### Call 811 – Health Advice 24/7



8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find

health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.



## 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](http://pentictonseniors.ca)

# ALL CANDIDATES MEETING

Monday, October 3

1:00 - 3:00 pm

**FOCUS:  
SENIORS' ISSUES**

**SAFETY**

**TRANSPORTATION**

**HOUSING**

**FOOD SECURITY**

**Be Sure to Attend**

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## Penticton's Municipal Election

**SATURDAY, OCTOBER 15**

**BE SURE TO VOTE**

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.

**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.

**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.cl@parl.gc.ca](mailto:richard.cannings.cl@parl.gc.ca)



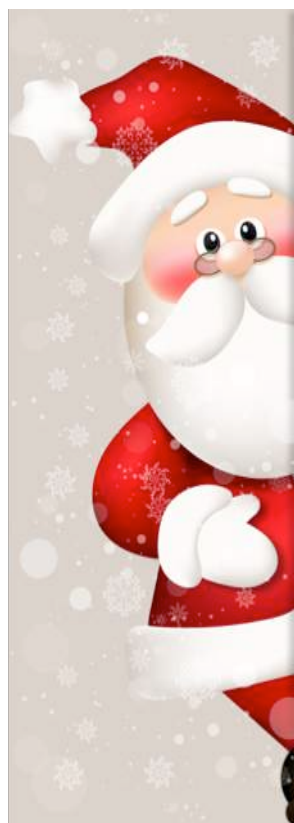
## ANNUAL CHRISTMAS BAKE SALE

# CHRISTMAS BAKE SALE 2022

Order your holiday  
entertaining baked goods.  
Preorder, Prepay by Thursday,  
November 10<sup>th</sup>

Pick up Friday, November 18<sup>th</sup>  
between 9:00 am & 3:00 pm  
in the Coathroom

**ORDERS TAKEN**  
**OCT 11 TO NOV 10**



## OCTOBER BIRTHDAY CELEBRATION

Members with a birthday in October are  
invited to celebrate on

**Friday, October 28<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**



# HALLOWEEN DANCE

DANCE TO THE MUSIC OF THE  
60'S, 70'S & 80'S WITH  
**KYLE ANDERSON**

## Buffet Lunch

### Cash Bar

Must be 19+ to attend

### Tickets: \$20

includes GST # 889150595

Advance tickets only  
available at:  
2965 South Main Street  
or online at:  
pentictseniors.ca

Costumes – optional, but encouraged.  
Or wear orange & black.  
Prizes & 50/50

Sunday,  
October 30  
2 – 6 pm



# OCTOBER SUNDAY CONCERT



A New Trio

# CHAMELEON

Many tones of Music:  
- Classic Jazz, Swing Era, Country, Latin

Smooth music that invites you to tap your toes or  
sing along and enjoy an afternoon of music.

Lead vocals & piano – Brian Paradis  
Vocals, Bass & Blues Harmonica – Dave Botkin  
Drums – Dave Scott

**SUNDAY, OCTOBER 23, 2022**

2:00 – 4:00 pm

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

**TICKETS: \$10.00**

Available at the Centre or at the Door

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

## The Pentictseniors' Drop-in Centre Society

2965 South Main Street, Pentictseniors, BC, 250-493-2111

Invites YOU & your friends to

## Learn About Pole Walking . . .

How to engage your whole-body walking!



Meet  
**Sheri Simson**

North America's  
Pole Walking Professional  
and  
Health & Fitness Expert . . .

## Take Your Walk to the next Level:

OPTION 1:

For those who are NEW to Pole Walking & want to give it a TRY!

**FREE – Novice Pole Walking Clinic**

NO Poles Needed - use Demo Poles for FREE . . .

Saturday - OCT 22<sup>nd</sup>, 2022 - 10 AM

OPTION 2:

If you have BEEN TO A CLINIC & want to get your Technique Critiqued!

**FREE – Technique Refresher Session**

Bring Your Poles - get a Technique Check-up . . .

Saturday - OCT 22<sup>nd</sup>, 2022 - 11 AM



**The Centre**  
Recreation · Education · Wellness for 50+  
PENTICTSEN, BC

## OCTOBER SCHEDULE

# FRIDAY NIGHT DANCES ARE BACK

## LIVE MUSIC

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

October 21

**Buzz Byer**

Sunday, October 30

**Kyle Anderson**

Pentictseniors' Drop-In Centre  
2965 South Main Street  
Pentictsen  
250 493 2111

Tickets at the door  
**\$10**

Couples  
& Singles Welcome

Cash Bar Must be 19+ to attend

