


September 2023		PENTICTON SENIOR'S DROP-IN CENTRE Telephone: 250-493-2111 Check Website for updates				
Updated September 20	Calender Subject to change	2965 South Main Street, Penticton, BC, V2A 5J7		Business Hours/weekedays 9:00 AM to 4:00 PM		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Membership Appreciation Day	
					Open 8 Ball Tourn. 9	Chair Dance, 10 KW
					Mat Yoga 9 AM GH	EZ Line Dance, 11 KW
					Chair Fit 12-1 GH	
					Mah Jong Int. 1 PM KW	
3	4	5	6	7	8	9
	<div>LABOUR DAY</div> <div>  </div> <div>CENTRE CLOSED</div>					
		Pilates 11:15 AM GH	EZ Line Dance 10:15 AM GH Fun & Fit 11:45 GH	Span. Conv.10 AM CR	Open 8 Ball Tourn. 9 Mat Yoga 9 AM GH	
		TUESDAY LUNCH	Crib 1 PM KW Beg. Line Dance 1 GH	BINGO open @ 10, sales @ 11:30, Play Bingo @ 1 PM KW Hot Dog Day 11-2	French 9:30 am CR Chair Fit 12-1 GH	
		Partner Bridge 1 PM KW	Beg. Line Dance 3-4 GH (pre-register)	Improver Line Dance 1 GH	Mah Jong Int. 1 PM KW	Social Dinner 5:30-7 pm GH (purchase tickets in advance)
		Improver Line Dance 12:45 PM GH	Writing out loud (free-pre-register) 2-3:15 pm CR	Crafts, 1 CR	Line Dance Party 1 GH	
		Crafts 1 PM CR				
		First Steps Line Dance 3 PM GH	Ukelele 6:30-8:30 KW	Computer Support 1 BR (appointment required)		
10	11	12	13	14	15	16
	Breakfast 8:30-11	Chair Yoga 9 AM GH (pre register)	EZ Line Dance 10:15 AM GH	Span. Conv.10 AM CR	Open 8 Ball Tourn. 9	
Christian Science Church 9:30-11:30 BR	Scrabble 10 AM KW	Pilates 11:15 AM GH	Fun & Fit 11:45 GH		Mat Yoga 9 AM GH	Chair Dance, 9 GH
	MahJong 10 AM KW	TUESDAY LUNCH	Crib 1 PM KW		French 9:30 am CR	EZ Line Dance, 10 GH
	Chair Dance, 10 GH	Emergency Preparedness information session 11-2 pm lobby	Beg. Line Dance 1 GH	BINGO open @ 10, sales @ 11:30, Play Bingo @ 1 PM KW	Senior Fit 10:30 GH- bring resistance band	
				Improver Line Dance 1 GH		
	Duplicate Bridge 12:30 KW	Partner Bridge 12:45 PM KW	Writing out loud (free, pre-register) 2-3:15 pm CR	Crafts, 1 CR	Mah Jong Int. 1 PM KW	
	Birds of a Feather 12:30 LG	Improver Line Dance 12:45 PM GH		Scottish Dancers 7 GH	Line Dance Party 1 GH	
	Live & Learn 1-3 pm GH	First Steps Line Dance 3 PM GH	Beg. Line Dance 3-4 GH		Friday night dance Buzz Byer	
		Art Class 6:30-8:30 pm LG (pre-register)	(pre-register)	Computer Support 1 BR (appointment required)	7:30-10:00 GH	
			Ukelele 6:30-8:30 KW		Ted Talk 1-3 BR	
17	18	19	20	21	22	23
	Breakfast 8:30-11	Chair Yoga 9 AM GH (pre register)	EZ Line Dance 10:15 AM GH	Span. Conv.10 AM CR	Open 8 Ball Tourn. 9	
	Mat Yoga 9 AM GH	Pilates 11:15 AM GH	Fun & Fit 11:45 GH	Carpet Bowling 10:15 GH	Mat Yoga 9 AM GH	Chair Dance, 10 GH
	Scrabble 10 AM KW	TUESDAY LUNCH	Crib 1 PM KW	Pizza Day 11-2 PM	French 9:30 am CR	EZ Line Dance, 11 GH
	MahJong 10 AM KW		Beg. Line Dance 1 GH	BINGO open @ 10, sales @ 11:30, Play Bingo @ 1 PM KW	Senior Fit 10:30 GH- bring resistance band	
	Carpet Bowling 10:15 GH	Crafts 1 PM CR	Writing out loud (free, pre-register) 2-3:15 pm CR	Improver Line Dance 1 GH	Mah Jong Int. 1 PM KW	
Sunday Concert 2-4 pm Kyle Anderson	Duplicate Bridge 12:30 KW	Partner Bridge 12:45 PM KW		Crafts, 1 CR	Line Dance Party 1 GH	
	Birds of a Feather 12:30 LG	Improver Line Dance 12:45 PM GH	Beg. Line Dance 3-4 GH	Computer Support 1 BR (appointment required)	Friday night dance Shindigger	
		First Steps Line Dance 3 PM GH				
	Live & Learn 1-3 pm GH	Art Class 6:30-8:30 pm LG (pre-register)	(registration required)	(appointment required)	7:30-10:00 GH	
			Ukelele 6:30-8:30 KW	Scottish Dancers 7 GH		
24	25	26	27	28	29	30
	Breakfast 8:30-11			Chair Yoga 9 AM GH (pre register)	Open 8 Ball Tourn. 9	
Grace Communion 9:30-11:30 LG	BLOOD DONOR CLINIC GH	BLOOD DONOR CLINIC GH	BLOOD DONOR CLINIC GH	Span. Conv.10 AM CR	Mat Yoga 9 AM GH	
				Carpet Bowling 10:15 GH	Senior Fit 10:30 GH- bring resistance band	Chair Dance, 10 GH
	Mat Yoga 9 AM KW	Pilates 11:15 group walk	Crib 1 PM KW	BINGO open @ 10, sales @ 11:30, Play Bingo @ 1 PM KW	French 9:30 am CR	EZ Line Dance, 11 GH
		TUESDAY LUNCH	Writing out loud (free-re-register) 2-3:15 pm CR	Improver Line Dance 1 GH	Birthday Club 11	
Christian Science Church 9:30-11:30 BR	Scrabble 10 AM KW			Crafts, 1 CR	Mah Jong Int. 1 PM KW	
	MahJong 10 AM KW	Crafts 1 PM CR		Computer Support 1 BR (appointment required)	Chair Fit 12-1 GH	
	Soup of the Month 11-2 pm	Partner Bridge 12:45 PM KW			Line Dance Party 1 GH	
	Duplicate Bridge 12:30 KW	Art Class 6:30-8:30 pm LG (Pre-Register)		Scottish Dancers 7 GH	Friday Night Dance Little Big Band -7:30-10:00 GH	
	Birds of a Feather 12:30 LG		Ukelele 6:30-8:30 KW			

⚡️ WOULD YOU LIKE TO VOLUNTEER ⚡️
 CALL TINA AT 250-493-2111

POOL : MONDAY-FRIDAY
 LESSONS AVAILABLE
 BY APPT. ONLY
 CALL FRANK
 250-460-6931



MONDAY BREAKFASTS
 8:30 AM TO 11:00 AM



TUESDAY LUNCH
 11:15 TO 12:30 PM



THURSDAY IS CINNAMON BUN DAY

BAKED FRESH \$2.50

