

MARCH 2023



**The Centre**

Recreation • Education • Wellness for 50+  
PENTICTON, BC

# The Centre Scene

## NEWSLETTER

### WIN THIS E-BIKE !



**Interceptor - Electric Cruiser Bike**  
Value: \$4100

## SPRING FUNDRAISER Pedego Electric Bike

The first day of spring is right around the corner! This means that it's time to introduce this year's Spring Raffle: a shiny new, cherry red electric bike! The Interceptor Electric Cruiser Bike boasts a 52-volt brushless gear rear motor perfect for long sunny cruises on any of our beautiful trails in the South Okanagan! Tickets are 3 for \$10 or 10 for \$25 and go on sale March 20 at the front desk only and won't last long! We are encouraging all members who are able, to please purchase a \$25 book of 10 tickets for the best chances of winning or to share with friends and family as a lucky gift!

## Income Tax Time Soon!



### FREE help with your income tax at Penticton Seniors' Drop-In Centre

The Centre's tax clinic is registered with Canada Revenue Agency.

**WHAT YOU DO:** bring your Government-approved ID and all income and expense slips.

**BY APPOINTMENT ONLY - no drop-in – starting February 20, 2023**

Volunteers do not do complete returns for taxpayers with interest income over \$1,000 (T5 slip), if you are self-employed, have business income, filed for bankruptcy, or complete a return for a deceased person. No refunds are given by this program.

For information leave a message for tax volunteers at the front desk or 250-493-2111.

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

### MARCH

03: Friday Night Dance – \$10 – 7:00 PM  
 05: L&L Let's Talk About Mental Health Part 1  
 11: Social Dinner 5:30 pm  
 13/14/15: Blood Donor Clinic  
 19: Dinner/Dance – St. Patrick's theme  
 20: Sing Along with the Ukulele Players 1:00 pm  
 26: Sunday Concert – Ross Roberts 2:00 pm  
 27: Soup Day  
 27: L&L Let's Talk About Mental Health Part 2  
 31: Friday Night Dance – \$10 – 7:00 PM

### APRIL

07 & 10: Easter – Centre closed  
 10/11/12: Blood Donor Clinic  
 15: Social Dinner 5:30 pm  
 16: Sunday Concert: Geri & the Jammers

# PSDICS

## Board of Directors & Staff

### EXECUTIVE:

President: Tina **Begg**  
 1<sup>st</sup> Vice: Jill **Blake Coltrin**  
 2<sup>nd</sup> 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**
  - Vacant**
  - Vacant**

### STAFF:

General Manager: Doreen **Beaupre**  
 Manager of Volunteers: Tracy **McGrath**  
 Cook: Brian **Benning**

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

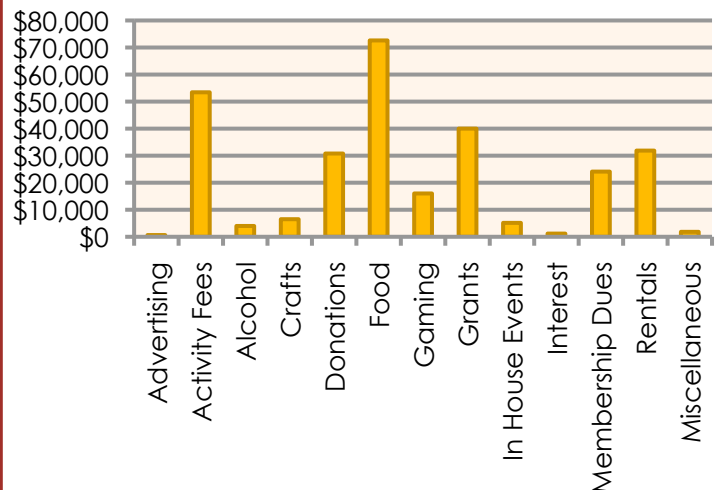
## President's Message



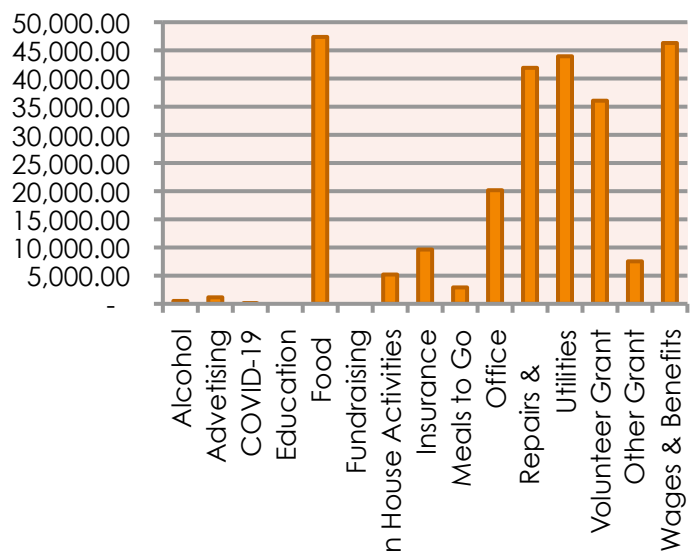
### Greetings:

Because people ask, I thought I would present 2 graphs that show where our money comes from (Revenue) and where our money goes (Expenses). These 2 graphs are based on our last fiscal year – August 1, 2021 to July 31, 2022. Total revenue was \$267,337.18 and total expenses were \$262,848.81.

### REVENUE



### EXPENSES



# MARCH 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 change.

**PRICES include GST**

## March 7

**Special:** Roast Beef & Yorkshire Pudding  
 Roast Potatoes & Gravy Peas & Carrots  
 Green Salad  
**Soup:** Cream of Mushroom  
**Sandwich:** Egg Salmon or Salmon Salad  
**Dessert:** Coconut Cream Cake

## March 14

**Special:** Roast Turkey with Stuffing  
 Mashed Potatoes & Gravy & Cranberry Sauce  
 Corn, Green Beans  
 Coleslaw  
**Soup:** Sausage & Cabbage Soup  
**Sandwich:** Egg or Chicken Salad  
**Dessert:** Raspberry Cake

## March 21

**Special:** Grilled Ham  
 Macaroni & Cheese  
 Steamed Mixed Vegetables  
 Tomato Cucumber Salad  
**Soup:** Turkey Noodle Soup  
**Sandwich:** Egg Salad or Grilled Ham & Cheese  
**Dessert:** Coffee & Cream Coffee Cake

## March 28

**Special:** Meatloaf  
 Mashed Potatoes & Gravy  
 Mixed Veggies  
 Caesar Salad  
**Soup:** Cream of Broccoli  
**Sandwich:** Egg Salad or Grilled Ham & Cheese  
**Dessert:** Orange Date Cake with Caramel Icing

# WELCOME

# SPRING

Monday, March 20

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

## MARCH SOCIAL DINNER

### St. Patrick's Celebration\*

**Corned Beef**  
**Colcannon** (mashed potatoes  
 with braised kale & cabbage)  
**Irish Roast Chicken & Leeks**  
**Peas, Carrots & Turnips**  
**Spinach Salad** with creamy horseradish dressing  
**Dinner Rolls**  
**Dessert: Blueberry Bonanza**

\* Menu subject to change

**Saturday, March 11<sup>th</sup>**

**5:30 p.m. in the Great Hall**

**Early Bird Tickets: \$20**

**Tickets \$25 after March 8<sup>th</sup>**

Purchase tickets at the Front Desk

Wine available by glass or bottle - Must be 19+



## SOUP DAY

Something new - On the 4<sup>th</sup> Monday of every month we will be hosting a SOUP BY DONATION DAY from 11 – 2 pm. Soups will made in house by volunteers and will be tasty and unique. For a \$5 minimum donation, you will receive a bowl of soup and a fresh bun.

Cherry Park is sponsoring this day by supplying the groceries needed for the soup. All proceeds raised will support improvements to our eating area and kitchen.

Soup Days will be on the following Mondays:

March 27<sup>th</sup>, April 24<sup>th</sup>

May 29<sup>th</sup> (Centre closed on May 22), June 26<sup>th</sup>







## Message from the Manager of Volunteer Programs

As the Volunteer Program Manager, I get to sit with every new volunteer to find the best match that will be mutually beneficial to the volunteer and The Centre. Volunteers experience many benefits including connection, purpose, challenge and more. The Centre also benefits in many ways because we are not funded by any level of government. As a result, we can only afford to employ 2 managers to run a multi-purpose community centre that sees over 2000 visits per month! We simply could not sustain our wide variety of programs and services without our Volunteers! These individuals who donate their time and energy along with their skills and knowledge, develop, organize and deliver all the many activities and events available each day at The Centre. We are a truly Volunteer-Powered organization! Come find your place with us!

Tracy McGrath  
Manager of Volunteer Programs

*“Alone we can do so little; together we can do so much.”*

Helen Keller

## CENTRE HERO: Hilda Bailey

Front Desk & Administration Volunteer

I started volunteering in April 2021. My husband and I joined during COVID when the Centre was doing a blitz to get new members. I have been volunteering for over 40 years for numerous clubs and associations and, after my family (4 daughters and 11 grandchildren) volunteering is my life. Because I enjoy being with the public, I have found that volunteering has helped me work through my grief after the sudden passing of my husband. My hobbies include spending time with family, volunteering, walking, dancing, knitting, crocheting, sewing, and doing counted cross stitching. There is something for everyone to do at the Centre. You just have to come and join in, and you will have new friends before you know it.





**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**

**DAYLIGHT  
SAVING TIME**

SPRING FORWARD

March 12, 2023



# ARTICLE FOR EXPERIENCE 55+

*Each year we are invited to submit an article to the magazine, Experience 55+. There is no charge and it is a wonderful way to let the whole Okanagan Valley know about our amazing Seniors' Centre. Below is the article that will appear in this year's magazine.*

The Penticton Seniors' Drop-In Centre, affectionately known to its members as *The Centre*, has been an important hub for older adults in the Penticton and surrounding area since 1994. That's 28 years of serving seniors by offering events and activities that help boost health and happiness while fostering a sense of community.

Located in Robinson Park at the south end of Penticton, *The Centre* is a safe, accessible, comfortable, and welcoming place with over 1100 members and growing. Although membership is encouraged, all those aged 50+ are welcome to "drop-in" and participate in all that is offered, which includes:

- Health, fitness, and wellness programs
- Social and recreational activities
- Educational and arts programs
- Nutritious meals
- Volunteer opportunities

By becoming a regular participant at *The Centre*, many healthy lifestyle habits such as eating nutritious foods, exercising regularly, engaging in mental stimulation and conversation, and maintaining strong social ties are strengthened. Research shows older adults who participate in senior-centre programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, and mental well-being.

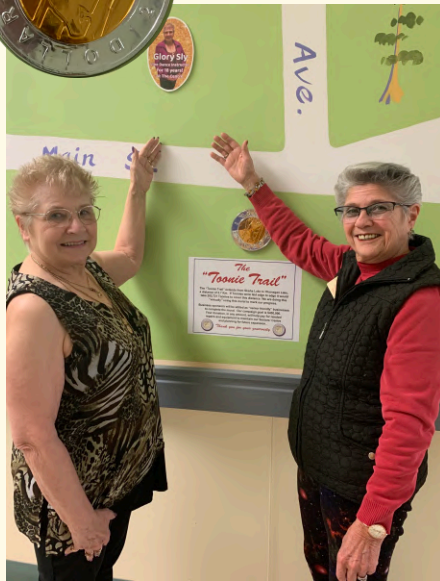
Our programming is intentionally senior friendly and recognizes that getting older means changes to physical abilities and, sometimes, cognitive dexterity. To address the needs and abilities of older adults, we offer Yoga, Chair Yoga, and E-Z Line Dancing as well as a simple drop-in social program like Birds of A Feather where seniors can mix and mingle over a cup of coffee. Opportunities for stimulating interactions are also supported with regular TED Talks, guest speakers, and French and Spanish conversation classes.

Because the *The Centre* is a non-profit society, we are limited in our financial ability to hire staff. At this time *The Centre* employs two full-time staff members. A wonderful team of over 150 volunteers carries out all other services, so we are truly volunteer-powered. There are many opportunities for involvement at all levels – whether that is as an Activity Leader, Kitchen Helper, Receptionist, Grant Writer, Committee member, or a Director at the Board level. Volunteering gives our seniors purpose, provides leadership opportunities, and enables our centre to benefit from the many talents, expertise, and abilities of our elders.

Thanks to several patrons, including Experience 55+ who have been an important sponsor for 15 years, the Penticton Seniors' Drop-In Centre continues to be a dynamic community resource that successfully fulfils its mission to serve the special demographic known as seniors. The leadership of the Centre is aware of the upcoming changing needs, interests, and desires of the people it serves. It is open to reinventing itself in order to remain relevant to its current members, the Baby Boomer Generation, but also to the next group of seniors, Generation X, with the Millennials not far behind. To remain pertinent to these dynamic generations, new programs and opportunities will be needed. It is an exciting time to part of *The Centre* whether participating in activities or serving by volunteering. If you live nearby, be sure to visit, join in the fun, and experience *The Centre's* vibrant and electrifying atmosphere.

Submitted by: Mignon Wood: Secretary: PSDICS

## Toonie Trail



President Tina Begg presents Glory Sly with her Decal on our Toonie Trail mural.



Glory Sly was a line dance teacher here at The Centre for 18 years before her retirement back in August of 2022. Glory was a very

kind and professional line dance instructor with a dedicated following of students. Lucky for them, Glory still comes in weekly to share her lovely, bright personality over coffee and connection with her former students in The Centre Cafe.

Glory made a generous contribution of a \$1000 donation to The Centre in December 2022, helping us kick-start our revival of our Toonie Trail!

The Toonie Trail fundraising campaign was launched just before COVID closures so we are very excited to get it back on track! This is a great opportunity for businesses and individuals to help The Centre grow! A donation in any amount is welcome and everyone who contributes \$1000 gets a customized decal on our Toonie Trail mural for all to see! Glory was inspired to donate when she learned that The Centre is completely community supported because we do not receive any operational funding from any level of government. Glory is inviting everyone who can, to meet or beat her donation and assist The Centre in completing vital repairs and updates. Thank you Glory!



## The "Toonie Trail"

The "Toonie Trail" extends from Skaha Lake to Okanagan Lake, a distance of 5.7 Km. If Toonies were laid edge to edge it would take 203,721 Toonies to cover this distance. We are doing this "virtually" using this mural to mark our progress.

Business sponsors will be added as "senior friendly" businesses to complete the mural. Our campaign goal is \$400,000.

Your donation, in any amount, will help pay for needed repairs and equipment to maintain our Seniors' Centre and planning for future expansion..



*Thank you for your generosity*



## Volunteer Opportunities

- **Secretary:** supporting an important project with minutes and other tasks!
- **Website skills:** user friendly website needs simple updates weekly!
- **Ballroom Dance Instructor:** So you can dance? Come teach others!
- **Activity Leaders:** Canasta, Mexican Trains, Backgammon, etc. If we have a leader we can offer the activity.
- **Maintenance Crew:** Small jobs



### 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](mailto:richard.cannings.c1@parl.gc.ca)





## MARCH BIRTHDAY CELEBRATION



Members with a birthday in March are invited to celebrate on

**Friday, March 31<sup>st</sup>**  
**11:00 – 12:00**  
**Ken Wignes Room**

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



Been Thinking About a Change?  
Not Sure What's Offered?



**On FRIDAY, MARCH 24**

Pick Up at 12:30 pm Return at 3:30 pm  
Limit: 16  
Registration at the Front Desk

**Tour, Snacks & Entertainment  
& Questions Answered**



### COVID Restrictions Still in Effect

Proof of Vaccination Needed

Rapid Test Upon Entering is Required

Masks are required except when snacking

## Retired and overwhelmed?

If you're tired of running your home, why not enjoy the convenience and freedom of personalized retirement services and the warmth of a vibrant community. At Cherry Park you can stay active, inspired and comfortable on your terms.

**Call us: 1-866-959-4848**



**Cherry Park**  
Retirement Residence

317 Winnipeg Street, Penticton, BC

[aspiralife.ca](http://aspiralife.ca)

## Canadian Mental Health

Recently we met with representatives from the Canadian Mental Health Association and have arranged for several presentations to take place at the Centre.

**March 6: Let's Talk About Mental Health Part 1**

**March 27: Let's Talk About Mental Health Part 2**

**April 3: When Overwhelmed – Limit 16**

**May 1: When Feeling Anxious – Part 1**

**May 15: When Feeling Anxious – Part 2**

## Newsletter Subscription

There have been several inquiries about a home delivery service for our monthly newsletter. Although hard copies of our newsletter are available at the Centre and digital copies are available online, some would still like the convenience of having the newsletter delivered to their home. After considerable thought and discussion, we have agreed to offer this service for a yearly fee of \$20 to cover the mailing costs. Please contact Tracy if you are interested.



# Shamrock Shindig

Penticton Seniors' Drop-In Centre  
2965 South Main Street

**SUNDAY, MARCH 19<sup>th</sup>, 2023**  
2 pm – 6 pm

Music by **Kyle Anderson**



**Light BUFFET Dinner**  
**CASH BAR** Must be 19+  
**Early Bird Tickets: \$30**  
**Tickets \$35** after March 15  
Tickets available at the Front Desk

**BE SURE TO WEAR SOME LUCKY GREEN**

Penticton Seniors' Drop In Centre 250 493 2111 pentictionseniors.org

**FRIDAY NIGHT DANCE** Tickets at the door \$10  
**LIVE MUSIC**  
**LITTLE BIG BAND**  
7:00 - 9:30 pm

**MARCH 31<sup>st</sup>**



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

**Cash Bar** Must be 19+ to attend



## MARCH SUNDAY CONCERT

### COUNTRY SONGS

from CHETWYND, BC

**SUNDAY, MARCH 26, 2023**  
2:00 – 4:00 pm

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

**TICKETS: \$10.00** before March 23<sup>rd</sup>  
**TICKETS: \$12.00** at the Door

**ROSS ROBERTS**

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

# MARCH SING ALONG

## COUNTRY FAVOURITES



Remember these Country Classics?  
Hey Good Lookin', Home on the Range, Singing the Blues,  
Cottonfields, King of the Road, Cool Water, Country Roads  
Come & sing – Songbook provided

**UKULELE PLAYERS WILL PLAY & LEAD THE SINGING**

**MONDAY, MARCH 20<sup>th</sup>**  
1:00 – 2:30 pm

Penticton Seniors' Drop-In Centre  
Great Hall

**NO CHARGE**

