

AUGUST 2022



# The Centre Scene

## NEWSLETTER

## Stay Tuned for . . .

The Centre has been getting some really great attention lately. From our easy-to-use, interactive website ([pentictonseniors.ca](http://pentictonseniors.ca)) to our recently- updated Facebook and Instagram pages and now TV crews are shining their spotlight on our many services and resources!

Late last month, we had a busy visit from the crew from Bamboo Shoots, a production company that is producing a one-hour long feature on The Centre and the people that make this such a vibrant place. The Centre was buzzing with activities, as usual, and the video crew captured much of the action from dancing classes to yoga, from crafting to creating treats in the kitchen.

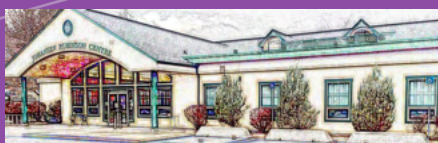
Dedicated volunteer, Wayne McDougal, was asked by the production team to host the show, speaking on camera with many of our activity leaders as they shared their stories of why they are so passionate about volunteering here.

Producer Dave Roberts and his video crew were very professional over the three days of filming and interviewing volunteers from all operational aspects of The Centre. They did their best, amongst the hustle and bustle, to bring out the best our Centre has to offer.

The program will be featured on Telus TV in the coming months, so stay tuned for the release date to be announced. In fact, we have become so popular that in early August, Lily Li from Shaw Spotlight will be producing her own video on The Centre as well. For more information, call/text Tracy at 250 328 2971.



**HORSESHOE CLUB NEWS** The Penticton Horseshoe Pitching Club recently hosted its Albert Hellyer Memorial Horseshoe Tournament on July 9<sup>th</sup>, 2022 after a two year hiatus due to Covid. It was another successful tournament with 23 participants taking part in the inter-club competition, although numbers were slightly lower than the 2019 pre-Covid tournament. Horseshoe Club players competed from all over the Okanagan including Kamloops, Penticton, Salmon Arm, Summerland, Vernon, and Winfield and cash prizes were awarded to the top 3 contestants in each division.



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

Email: [psdics@hotmail.com](mailto:psdics@hotmail.com)

Webpage: [pentictonseniors.com](http://pentictonseniors.com)

## Dates to Remember

### AUGUST:

**01:** BC Day Centre is closed  
**03:** Peach Festival Parade  
**07:** Pancake Breakfast \$6.00 Reservations Needed  
**27/29/30/31:** Blood Donor Clinic  
**26:** August Birthday Celebration 11:00 KWR

### SEPTEMBER:

**04:** Pancake Breakfast \$6.00 Reservations Needed  
**05:** Labour Day Centre is closed  
**10:** Social Dinner 5:30 pm  
**12:** Live & Learn: Self-Defense for Women 1- 3  
**19:** Live & Learn: Legacies & Endowments 1:00  
**22:** Fall begins  
**26/27/28:** Blood Donor Clinic 1:00 pm  
**30:** September Birthday Celebration 11:00 KWR

# PSDICS

## Board of Directors & Staff

### EXECUTIVE:

President: Don **Wilson**  
 1<sup>st</sup> Vice: Tina **Begg**  
 2<sup>nd</sup> Vice: **Vacant**  
 Treasurer: Lillian **Hiebert**  
 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 **Coltrin**  
**Vacant**  
**Vacant**  
**Vacant**

### STAFF:

Manager: Sandra **Maitland**  
 Volunteer Manager: Tracy **McGrath**  
 Cook: Brian **Benning**

**NEWSLETTER:** Mignonne Wood, Leslie Manion

## Meet the Directors



### JILL COLTRIN

I first came to the Centre 4 years ago and started doing Tai Chi and Belly Dance. I thought, "... so if I'm going to attend the Centre, I should become a member." Then I thought, "... if I'm going to be a member, I should volunteer." Then, I thought, "...so, if I am going to volunteer, I should be on the Board." And here I am!

As I had been in Health Care Management and doing special projects for over 20 years, I felt I should be doing something with my brain before it atrophied. I believe the Centre is a perfect match for me as I get to be challenged again, and the Centre benefits from my education and experience.

I love any kind of dance and am now doing Zumba as my exercise. As well, I love to sing and sang with the Sweet Adelines acapella group for many years. I'm into quilting, pottery, painting, and sewing. I'm also a traveller and believe I've been to more than 45 different countries and hope to make it to 50 before I finish my Wander List or I'm too old to move.

Some things I enjoy about the Centre are the way everyone pulls together to make it all happen and how so many people generously give of their time. After the isolation we've experienced in the last couple of years, interacting with others is a joy. This period also opened my eyes to how devastating it can be to be alone. I would like to see us reaching out more to attract those who are isolated and to those who cannot afford to attend.

x



# TUESDAY 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**

## August 2

**Special:** Grilled Ham

Macaroni & Cheese

Mixed Vegetables, Tomato, Cucumber Salad

Dessert: TBA

**Soup:** Chicken Rice      **Sandwich:** Egg or Tuna

## August 9

**Special:** Roast Chicken

Mashed Potatoes      Gravy

Mixed Vegetables      Green Salad

Dessert: TBA

**Soup:** Corn Chowder

**Sandwich:** Egg or Grilled Cheese

## August 16

**Special:** Roast Pork with Apple Sauce

Roast Potatoes      Gravy

Carrots & Green Beans      Beet & Pear Salad

Dessert: TBA

**Soup:** Cream of Broccoli      **Sandwich:** Egg or Salmon

## August 23

**Special:** Chicken Enchiladas (mild)

Rice Pilaf      Corn & Broccoli

Caesar Salad

Dessert: TBA

**Soup:** Beef Barley      **Sandwich:** Egg or Chicken

## August 30

**Special:** Roast Beef      Yorkshire Pudding

Mashed Potatoes      Gravy

Peas & Carrots      Green Salad

Dessert: TBA

**Soup:** Clam Chowder      **Sandwich:** Egg or Chicken

A man named Dale Schroeder grew up poor in Iowa, never married, had no children, and worked as a carpenter at the same company for 67 years and only owned two pairs of jeans. He spent his entire life savings to send 33 students to college.

## Breakfast on Mondays

Brian, our wonderful cook, is preparing breakfast on Monday mornings from 8:30 to 11:00 am.

There are 4 selections to choose from:

- 1) 2 eggs, 2 bacon, 2 sausages  
Hashbrowns & Toast  
Coffee or Tea      \$10.00
- 2) 1 egg, 1 bacon, 1 sausage  
Hashbrowns & Toast  
Coffee or Tea      \$8.00
- 3) Toasted BLT  
Coffee/Tea      \$7.00
- 4) Ham & Cheese Omelet  
Hashbrowns & Toast  
Coffee or Tea      \$10.00

## Volunteer of the Month

Our thanks goes to:

**Gerry Christmas**

**Table Crew**

Be sure to try      Summer Fruit Salad  
\$2.50 for the month of August

## August Birthday Celebration

Members with a birthday in August are invited to celebrate on

**Friday, August 26<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**





## Volunteer Manager's Message

Since coming on board when The Centre reopened in March 2022, I have been so impressed by how well this volunteer-powered organization operates! It is hard to believe that every service, activity, and event at The Centre is planned, coordinated, and delivered almost entirely by our dedicated Volunteers. We rely completely on volunteer involvement to keep every detail of The Centre going!

As Volunteer Manager, I am privileged with the responsibility of keeping our current volunteers engaged and feeling appreciated. I make sure all of our volunteers know that I am here to support them by always being available to hear any concerns, questions, and great ideas!

It is also a great pleasure to sit with new volunteers and learn about their skills, abilities, and interests and find a mutually-beneficial role for them at The Centre. We have many opportunities that can provide you with a social experience, as well as stimulating and engaging ways to spend your extra time, all of which support this vital community resource!

Because I am always looking for ways to help all our volunteers feel appreciated, I am inviting all our current volunteers to join me on Sunday, August 14 from noon until 3 PM for a complementary BBQ get-together! We will have burgers and hotdogs and a variety of beverages for you to enjoy along with each other's company.

Please contact me anytime if you are interested in becoming one of our highly-valued volunteers or if you have questions about your current position.



### GIFT CERTIFICATES AVAILABLE

What a great idea for a gift – birthday, anniversary or just because you're my friend!



## Centre Hero Holly Gillian Activity Leader

One of my first memories is of dancing around the living room while my big brother played his guitar. I believe I was born to dance! My husband, Gerry, and I love to dance together.

Shortly after moving to Penticton, I read of the line dance classes offered at the Centre and decided to give it a try. Having square and round danced for decades and been a caller/teacher/musician for 17 years, it was not unfamiliar to begin assisting in teaching line dance. I soon progressed to my own classes and have never looked back. I want to share my love of dance with everyone!

My EZ line dance class allows new dancers to enjoy moving to music and learning the basic steps. Improver line dance is a more challenging class with dances of varying difficulties. When I saw dancers with physical challenges unable to continue the activity they love, I decided to make dance accessible with Chair Dance. It has been well received!

I danced and taught at the Centre before I was eligible to join and happily signed up when I was able to do so. The Centre is a friendly, warm, welcoming place – a social hub with activities for all.

Some of my other favourite pastimes are lake swimming from May to October, biking, cross-country skiing and performing. Gerry and I are musicians and singers who entertain seniors, perform concerts and play for dances.

## MEMBER BENEFITS

\$3.25	<div> <div>ONE FREE ACTIVITY</div> <div>Member Appreciation</div> <div>  <p><b>The Centre</b> Recreation • Education • Wellness for 50+ PENTICTON, BC</p> <p><b>Penticton Seniors' Drop-In Centre</b></p> <p>2985 South Main Street Penticton, BC V2A 5J7 250 493 2111</p> </div> </div>	\$3.25
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\$3.25		\$3.25
<p><b>ACTIVITY PUNCH CARD</b></p> <p>Name: _____</p> <p>Number: _____ Date Purchased: _____</p>		

Starting August 1<sup>st</sup>, when you purchase an Activity Punch Card for \$32.50, you will receive one FREE activity. This is our way of thanking those who care enough about the Centre to become members.

The Centre is a welcoming and successful place for seniors mainly because of our many wonderful volunteers. **WE NEED YOU!** Even if you can help once or twice a month, we would love to have you as part of our incredible volunteer team. Call Tracy at 250 493 2111.

## Volunteer Opportunities

### Bingo Runner (Must be 19+)

- Greet Bingo players
- Count out the game cards
- Verify winning games
- Basic record keeping
- Tidy the room at the end of play

Shift is Thursdays

11:30 pm – 4:00 pm

### Admin Support

- Some bookkeeping experience is needed
- Comfortable with computers



Interested in playing **Scrabble**?

Join us:

Where: Ken Wignes Room.

When: Mondays

Time: 10:00 am

Fee: \$3.25 Members

\$5.00 Non-Members

## 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 behavioural 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.**

Sandra Maitland, Reiki Practitioner  
& Animal Reiki Master Teacher



## Leadership Qualities

Purpose  
 Integrity  
 Values  
 Strategic  
 Principles  
 Humility  
 Passion  
 Empowerment  
 Sincerity  
 Positive  
 Risk-Taker  
 Confidence  
 Commitment  
 Wisdom  
 Honesty  
 Compassion  
 Sensitivity  
 Determination  
 Courage  
 Candid  
 Pro-Active  
 Open  
 Respectful  
 Transparent  
 Trustworthy  
 Visionary

# Attention

## Penticton Seniors' Drop-In Centre Members

**Nominations are now open for the Penticton Seniors' Drop-In Centre Society's Board of Directors**



**PSDICS**

**Board  
of Directors**

**2022 - 2023**

In October the members of the PSDICS will elect a new Board of Directors so, at this time, the Nominating Committee, headed by Tina Begg, is seeking candidates who are interested in serving, strengthening, and transforming our organization.

### What Makes a Great Nonprofit Board Member?

A truly great nonprofit board member requires having good character, a strong commitment to the cause, the gift of time, and a willingness to use personal skills and resources to advance the organization's mission.

Some of the best nonprofit board directors naturally embody strong character traits such as honesty, integrity, and unyielding ethics. They work continually to build and enhance the members' and the public's trust and never fail to do the right thing. Great board members are set apart by their innovative ideas, compassion for others, and an infectious passion for their organization's mission and vision.

### Are You Interested?

All members in good standing are eligible to apply for a Board position. For more information about the specific duties of a Board member or for a nomination form, please contact the president, Don Wilson or any current director or a member of the Nominating Committee.

This is an opportunity to work with a group of dedicated individuals who are passionate in their desire to help shape the Penticton Seniors' Drop-In Centre's future and to continue the work that makes the Centre a progressive and positive place for older adults in Penticton.

Nomination forms are to be completed, signed and submitted, to the attention of the Nomination Committee, 30 days prior to the AGM (Wednesday, September 21, 2022). Applications forms are be available at the Front Desk.

**Elections will be held at the AGM in October 21<sup>st</sup>, 2022.**

## LEADERSHIP QUOTE

A leader is best when people barely know he exists,  
when his work is done, his aim fulfilled, they will say: we did it ourselves.

*Lao Tzu*



## Taking Care of Your Feet

With summertime comes the chance to spend more time outdoors getting active. For many of us, that also means being on our feet for longer periods of time – whether we're walking more, cycling, or tending our garden. With this uptick in activity, feet deserve a little extra care. Here are some tips to give your feet the help they deserve.

### Avoid wearing tight-fitting shoes

While you might be tempted to sport a pair of chic heels or sandals that don't fit quite right, wearing ill-fitting shoes can cause a host of serious problems. From general foot pain to bunions, tight-fitting shoes are not worth the damage. When trying on a new shoe, ensure your toes do not feel pinched, and stay away from footwear that requires a "break-in period."



### Give yourself a foot massage

Not only will regular massages or reflexology sessions help ease stress, but they are also good for your health and the health of your feet. They boost circulation which supports healing and keeps your muscles and tissues healthy. They're a good reason to treat yourself.

### Practice proper foot hygiene

When was the last time you actually scrubbed your feet? Many people think normal shower run-off sufficiently cleans their feet, but that's not always the case. Next time you're in the shower, give your feet the attention they need and deserve. Use a sponge or a loofah and give your feet some dedicated soap time.

[www.newscanada.com](http://www.newscanada.com)

## Coming This Fall

Some new activities are coming this fall. Be sure to look for them on the September calendar and try them out.

- Creative Writing
- Self-Hypnosis
- Qi Gong
- Chair Fit
- Painting

Also, exciting Live & Learn sessions are being planned. Watch for the announcements.

- Pole Walking Clinic
- Learn about Legacies & Endowments
- Self-Defense for Women
- Ted Talks – a discussion group

## Something New

### Classified Ads for Members

Starting in September, members will have the opportunity to place small ads in our monthly newsletter. Space is limited and all ads are subject to approval.

The ad will consist of 2 lines plus title. The fee will be \$5.00 for one entry in the newsletter. Call Tracy for more information.

### 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)



# JOIN US

Sunday, August 7, 2022

10:00 am

## Pancake



## Breakfast

**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

## Happy Left Handers Day

If you're left-handed, August 13 – International Left Handers Day – is for you. First celebrated in 1976, the day is intended to recognize left-handed people's accomplishments and challenges.

- Lefties make up about 10% to 13% of the population worldwide.
- Being left-handed is genetic
- Famous lefties: Leonardo da Vinci, Celine Dion, Justin Bieber, Paul McCartney

Thanks to everyone who supported this raffle.

## JULY RAFFLE BASKET WINNER



**Glen  
Galloway**

Thank you

*Regency*  
**Southwood**  
RETIREMENT RESORT

— PENTICTON —  
for your support!



## COOLING SITE

During the extreme heat, the City of Penticton identified several Cooling Sites throughout the city where people could seek relief from the heat. The Centre was one of those sites. Our hours of operation were extended and the Centre was open on Saturday and Sunday in order to accommodate those who need relief from the heat. Bottled water was also available.