







NOVEMBER, 2023		Revised: Nov. 9/23		PENTICTON SENIORS' DROP-IN CENTRE Telephone: 250-493-2111		
		2965 South Main Street, Penticton, BC, V2A 5J7			Business Hours/weekdays 9:00 AM to 4:00 PM	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Volunteer Opportunities Available. Call Louise at 250-328-2971 	MONDAY BREAKFASTS 8:30-10:30 Birds of a Feather  Mon. Lg. 12:30-1:30		1 Falun Gong 9-10 KW EZ Line Dance, 10:15 GH Fun & Fit, 11:45 GH Crib 1 KW Beg. Line Dance 1 GH Beg. Line Dance 3 Pre-register Ukulele, KWR, 6:30-8:30	2 Span. Conv., CR, 10 Carpet Bowling, 10:15 BINGO open 10,sales 12,play 1 Hot Dog Day 11-2 Crafts 1 Computer Appointments 1-3 Imp. Line Dance, Crafts, 1 Table Tennis 3:15 GH Scottish Dancers, 7-9	3 Mat Yoga, 9 Open 8 Ball Tourn., 9 French, 9:30 Ukelele LV. 2 9:15-10:45 Senior Fit 10:30- bring resistance band with handle Mah Jong Int., 1 Line Dance Party 1 GH Friday Night Dance-Glory Days 7-9:30 PM	4 Chair Dance, 10 EZ Line Dancing, 11 Heidelberg Club Lg., 2-5 pm MONTHLY SOCIAL DINNER, 5:30 PM
5	6	7	8	9	10	11
Drum Run 3-5 PM	Mat Yoga, GH, 9-10 MahJong, .; Scrabble : 10 Carpet Bowling, 10:15 Dup. Bridge, 12:30 Birds of a Feather, 12:30 Live and Learn 1-3 pm GH Doug Cox Begin. Ukulele, CR, 3:15-4:15	Chair Yoga 8:45 GH Chair Yoga 10 GH Pilates 11:15 GH TUESDAY LUNCH Improver/Intermediate 12:45 GH First StepsLine Dance 3 GH Crafts 1 Part. Bridge 1 iPad Class 1-2:30- pre reg. Beg. Ukulele, CR, 3:15 Art Classes 6:30-8:30 pre reg.	Falun Gong 9-10 KW EZ Line Dance, 10:15 Fun & Fit, 11:45 GH Crib 1 KW Beg. Line Dance 1 GH Beg. Line Dance 3 Pre-register Ukulele, KWR, 6:30-8:30	Span. Conv., CR, 10 Carpet Bowling, 10:15 BINGO open 10,sales 12,play 1 Crafts 1 Computer Appointments 1-3 Imp. Line Dance, Crafts, 1 Table Tennis 3:15 GH Scottish Dancers, 7-9	Mat Yoga, 9 Open 8 Ball Tourn., 9 French, 9:30 Ukelele LV. 2 9:15-10:45 Senior Fit 10:30- bring resistance band with handle Mah Jong Int., 1 Line Dance Party 1 GH	Chair Dance, 10 EZ Line Dancing, 11  REMEMBRANCE DAY <i>Let us Remember</i>
12	13	14	15	16	17	18
Christian Science Church 9:30-11:30 AM	CLOSED	Chair Yoga 8:45 GH Chair Yoga 10 GH Pilates 11:15 GH TUESDAY LUNCH Improver/Intermediate 12:45 GH First Steps Line Dance 3 GH Crafts 1 Part. Bridge 1 iPad Class 1-2:30- pre reg. Beg. Ukulele, CR, 3:15 Art Classes 6:30-8:30 pre reg.	Falun Gong 9-10 GH EZ Line Dance, 10:15 Fun & Fit, 11:45 GH Crib 1 KW Beg. Line Dance 1 GH Beg. Line Dance 3 Pre-register Ukulele, KWR, 6:30-8:30	Pizza Day 11-2 pm Span. Conv., CR, 10 Carpet Bowling, 10:15 BINGO open 10,sales 12,play 1 Crafts 1 Computer Appointments 1-3 Imp/Int. Line Dance, Crafts, 1 Table Tennis 3:15 GH Scottish Dancers, 7-9	Mat Yoga, 9 Open 8 Ball Tourn., 9 French, 9:30 Ukelele LV. 2 9:15-10:45 Senior Fit 10:30- bring resistance band with handle Mah Jong Int., 1 Line Dance Party 1 GH	CRAFT FAIR 
19	20	21	22	23	24	25
	Mat Yoga, KW, 8:45 MahJong, .; Scrabble : 10 KW BLOOD DONOR CLINIC Dup. Bridge, 12:30 Birds of a Feather, 12:30 Chair Dance 3:15 KW EZ Line Dance 4-5:15 KW	Chair Yoga 8:45 KW Chair Yoga 10 KW TUESDAY LUNCH Improver/Intermediate 12:45 GH First Steps Line Dance 3 GH Crafts 1 Part. Bridge 1 iPad Class 1-2:30- pre reg. Art Classes 6:30-8:30 pre reg.	Falun Gong 9-10 KW EZ Line Dance, 10:15 KW Fun & Fit, 11:45 KW BLOOD DONOR CLINIC Crib, 1 KWR Ukulele, KWR, 6:30-8:30	Span. Conv., CR, 10 Carpet Bowling, 10:15 BINGO open 10,sales 12,play 1 Crafts 1 Computer Appointments 1-3 Imp./Int. Line Dance, Crafts, 1 Scottish Dancers, 7-9	Mat Yoga, 9 Open 8 Ball Tourn., 9 French, 9:30 Ukelele LV. 2 9:15-10:45 Senior Fit 10:30- bring resistance band with handle BirthDay Club 11 KW Mah Jong Int., 1 Line Dance Party 1 GH Friday Night Dance-Ross Roberts 7-9:30 pm	QUILTERS RETREAT 9:30 -9:30
26	27	28	29	30		
Christian Science Church 9:30-11:30 AM	Mat Yoga, GH, 9-10 MahJong, .; Scrabble : 10 Carpet Bowling, 10:15 Dup. Bridge, 12:30 Birds of a Feather, 12:30 Live and Learn 1-3 pm GH Bank Fraud Chair Dance 3:15 GH EZ Line Dance 4-5:15 GH Begin. Ukulele, CR, 3:15-4:15	Chair Yoga 8:45 GH Chair Yoga 10 GH Pilates 11:15 GH TUESDAY LUNCH Improver/Intermediate 12:45 GH First Steps Line Dance 3 GH Crafts 1 Part. Bridge 1 iPad Class 1-2:30- pre reg. Beg. Ukulele, CR, 3:15 Art Classes 6:30-8:30 pre reg.	City of Penticton Age Preparedness 10:30-11:30 Falun Gong 9-10 GH EZ Line Dancing, 10:15 Fun & Fit, 11:45 GH Crib 1 KW Beg. Line Dance 1 GH Beg. Line Dance 3 Pre-register Ukulele, KWR, 6:30-8:30	Span. Conv., CR, 10 Carpet Bowling, 10:15 BINGO open 10,sales 12,play 1 Crafts 1 Computer Appointments 1-3 Imp./Int. Line Dance, Crafts, 1 Scottish Dancers, 7-9	"APPRECIATION DAY" FREE COFFEE LAST FRIDAY OF THE MONTH 	 POOL: Mon-Fri. 9-12:15;12:30-3:30 Lessons Available: Call Frank, 250-460-6931