



# WHAT'S HAPPENING

at the Penticton Seniors' Drop-In Centre

# MARCH 18 - 24

## Let's Do Rome!

Rotini Pasta with  
Vegetarian Alfredo Sauce  
Caesar Salad  
Garlic Bread  
Italian Tomato &  
Bread Soup  
(Pappa al Pomodoro)  
Pineapple Carrot Cake

Hot Lunch Special at The Centre  
Tuesday March 19, 11:15-12:30

Main Feature - \$12, Dessert - \$2  
Soup - \$5, Sandwich - \$5  
Soup & Sandwich - \$9

"You Don't Have To Be A Gladiator  
To Be Glad-You-Ate-Here"

## TUESDAY LUNCH

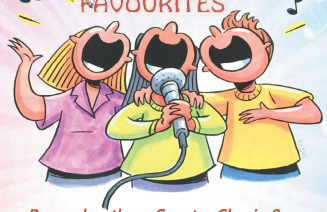
Join Us  
11:15 - 12:30

in the  
Lounge



## 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

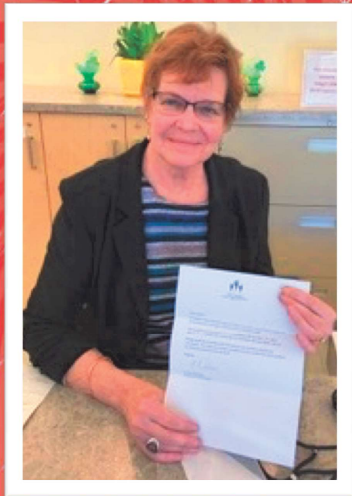
MONDAY, MARCH 25<sup>th</sup>  
1:00 - 2:30 pm  
Penticton Seniors' Drop-In Centre  
Great Hall  
NO CHARGE





# FEBRUARY

## VOLUNTEER of the MONTH



## ELAINE MARTENS



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

# MUSICAL BINGO



Wednesday, April 3rd

Come for an evening of fun,  
friendship & music

5:00 Doors Open

5:30 Dinner: Beef Burger with fixin's bar; Seasoned Roast Potatoes,  
Coleslaw, Broccoli Salad, Peanut Butter Chocolate Cake

6:15 Game 1 begins - 3 complimentary cards

7:30 Game 2 begins - 3 complimentary cards

8:30 Wrap Up

**Cost: \$20**

Advance tickets only - Purchase at the Front Desk

Cash Bar - Must be 19+ Door Prizes, 50/50

Giggle, wiggle or tap your toes  
to the music of the 50's to 90's

Russ, the DJ, for the evening, will spin the tunes  
while players try to complete their cards for prizes  
with lots of laughs along the way.

**Everyone Welcome!**



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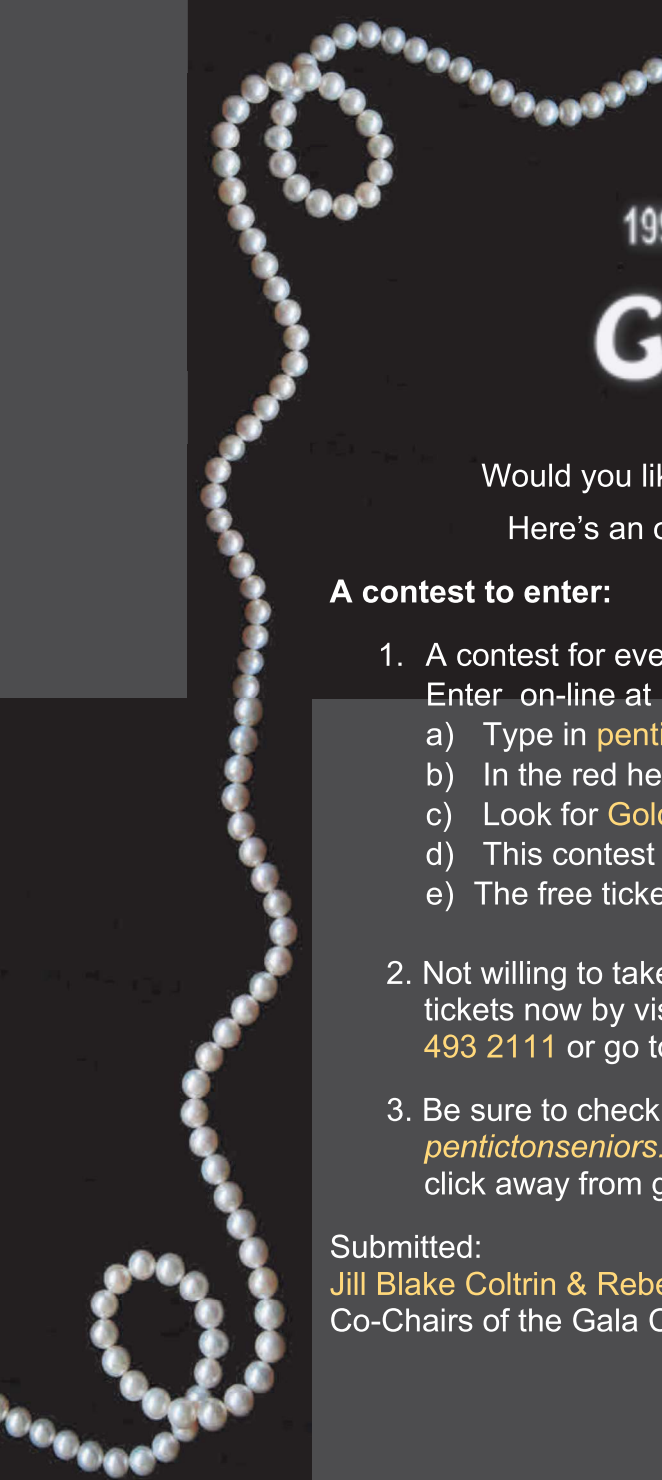
# FRAUD PREVENTION

A Live & Learn Session - No Charge  
Monday, March 18, 2024 - 1:00 pm

Presented by Penticton Community Response Network

## LEARN HOW TO PROTECT YOUR BANK ACCOUNT

Financial abuse is the most common form of elder abuse. It occurs when an individual steals from an older adult or takes advantage of them financially. Elder abuse can be perpetrated by strangers, but financial abuse typically occurs at the hands of somebody known and trusted by the older adult, such as a spouse and other family members, friends, neighbours, caregivers, and service providers.



1994 - 2024



# Gala News

Would you like to be part of the Gala on April 20th?

Here's an opportunity to win 2 free Gala tickets.

## A contest to enter:

1. A contest for everyone: members and non-members.  
Enter on-line at **Penticton Western News**.
  - a) Type in [pentictonwesternnews.com](http://pentictonwesternnews.com)
  - b) In the red header, look for "Contests" (3rd item) Click on it.
  - c) Look for **Golden Gala Giveaway**. Click on it to enter.
  - d) This contest ends on **March 29, 2024**.
  - e) The free tickets have been donated by generous sponsors.
2. Not willing to take the chance of winning? Then purchase your tickets now by visiting the Centre in person or telephoning **250 493 2111** or go to our website [pentictonseniors.ca](http://pentictonseniors.ca) to buy on-line.
3. Be sure to check out our on-line auction on our web page [pentictonseniors.ca](http://pentictonseniors.ca). On the front page the 32Auction is only a click away from great items and super bargains

Submitted:

**Jill Blake Coltrin & Rebecca Manten**  
Co-Chairs of the Gala Committee

## CARD GAMES AT THE CENTRE

**DUPLICATE BRIDGE** Mondays 12:30 pm

**PARTNER BRIDGE** Tuesdays 12:45 pm

**CRIBBAGE** Wednesdays 1:00 pm

**JOIN US**

## TABLE TENNIS

YOU DON'T HAVE TO BE  
A PRO TO JOIN US

**WEDNESDAYS**  
11:00 – 12:30

**THURSDAYS**  
3:15 – 5:00

Play as a single or with a partner. We are building a group & would like to have you join us. Anyone can learn to play & benefit from staying active.

Members: \$4.00  
Non-members: \$ 7.00





# Activities March 18 - 24

<p>X</p> <p><b>MONDAY, March 18</b></p> <p><b>BREAKFAST 8:30 – 11:00</b></p> <p>9:00 Pool &amp; Billiards am 12:30 Pool &amp; Billiards pm</p> <p>10:00 Mah Jong 10:00 Scrabble 10:15 Carpet Bowling 12:30 Birds of a Feather 12:30 Duplicate Bridge</p> <p>1:00 <b>LIVE &amp; LEARN</b> Financial Fraud - FREE 2:45 Chair Dance 4:00 EZ Line Dance</p>	<p><b>TUESDAY, March 19</b></p> <p>9:00 Pool &amp; Billiards am 12:30 Pool &amp; Billiards pm</p> <p>8:45 Chair Yoga – Must preregister 10:00 Chair Yoga – Must preregister 11:15 Pilates</p> <p>11:15 <b>TUESDAY LUNCH</b></p> <p>12:45 Partner Bridge 12:55 Improver/Intermediate Line Dance 1:00 Crafters 3:00 First Steps Line Dance 3:15 Beginner's Ukulele – Must pre-register</p> <p><b>FIRST DAY OF SPRING</b></p>
<p><b>WEDNESDAY, March 20</b></p> <p>9:00 Pool &amp; Billiards am 12:30 Pool &amp; Billiards pm</p> <p>9:00 Falun Gong 9:30 EZ Line Dance 11:00 Table Tennis 1:00 Cribbage 1:00 Level 1 Line Dance 3:00 Beginner's Line Dance – Must pre-register 6:30 Ukulele</p>	<p><b>THURSDAY, March 21</b></p> <p>9:00 Pool &amp; Billiards am 12:30 Pool &amp; Billiards pm</p> <p>10:00 Spanish Conversation 10:15 Carpet Bowling 12:45 BINGO – Open 10:00; Sales 11:30 1:00 Improver Line Dance 1:00 Computer Help by Appointment Only 1:00 Volunteers Crafting 3:15 Table Tennis</p> <p>7:00 Scottish Dancers</p>
<p><b>FRIDAY, March 22</b></p> <p>9:00 Pool &amp; Billiards am – Open 8 ball tournament 12:30 Pool &amp; Billiards pm</p> <p>9:30 French 10:30 Senior Fit – Bring resistance band with handle 11:00 <b>MARCH BIRTHDAY CLUB</b> 12:00 Chair Fit 1:00 Mah Jong – Intermediate 1:00 Line Dance Party</p>	<p><b>SATURDAY, March 23</b></p> <p><b>SUNDAY, March 24</b></p> 