

## **Activities August 18 - August 24**

<b>Monday, August 18</b>		<b>Tuesday, August 19</b>	
8:30-10:30	Monday Breakfast	8:45	Chair Yoga ( Drop-In)
9:00	Pool	9:00	Pool
9:00	Summer Line Dance	10:00	Chair Yoga (Pre-register)
10:00	Scrabble	11:15	<b>Tuesday Lunch (11:15-12:30)</b>
10:00	Mah Jong	12:30	Pool
10:20	EZ Line Dance	12:45	Partner Bridge
11:45	Chair Dance	12:55	Improver/intermediate Line Dance
12:00	Birds of a Feather	1:00	Crafts
12:30	Pool	3:00	First Steps Line Dance
12:30	Duplicate Bridge		
1:00-2:30	Live & Learn Saving Energy		
<b>Wednesday, August 20</b>		<b>Thursday, August 21</b>	
9:00	Open 9 Ball Tournament	9:00	Pool
9:30	EZ Line Dance	10:00	Spanish Conversation
12:30	Pool	10:00	<b>Bingo opens, Sales 11:30, Play 12:45</b>
1:00	Crib	11-12:00	<b>Pizza Day</b>
		12:30	Pool
		1:00	Improver/intermediate Line Dance
		1:00	Volunteer Crafting
		3:00	Table Tennis
<b>Friday, August 22</b>		<b>Saturday, August 23</b>	
9:00	Open 8 Ball tournament		
10:30	Senior Fit (bring resistance band)		
12:00	Chair Fit		
12:30	Pool		
1:00	Mah Jong		
		<b>Sunday, August 24</b>	

# What's Happening at The Centre

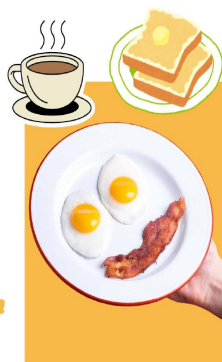
## August 18-24, 2025

### Breakfast at the Senior Centre

1. 2 eggs, 2 bacon, 2 sausages, toast and hashbrowns, coffee/tea \$10.00
2. 1 egg, 1 bacon, 1 sausage, toast and hashbrowns, coffee/tea \$8.00
3. Ham and cheese omelet, toast and hashbrowns, coffee/tea \$10.00

**MONDAYS ONLY**

**Served from 8:30am - 10:30am**



### Hot Lunches at The Centre

**Tuesdays 11:15-12:30**

Main Feature - \$12, Dessert - \$2

Soup - \$5, Sandwich - \$5

Soup & Sandwich - \$9

### **Aug. 19: Summer Picnic**

BBQ Boneless Chicken Breasts

Summer Potato Salad, Cucumber and Radish Salad

Tomato and Basil Soup, Egg Salad or Tuna Sandwich

Apricot Coffee Cake

## Food Specials Through The Week

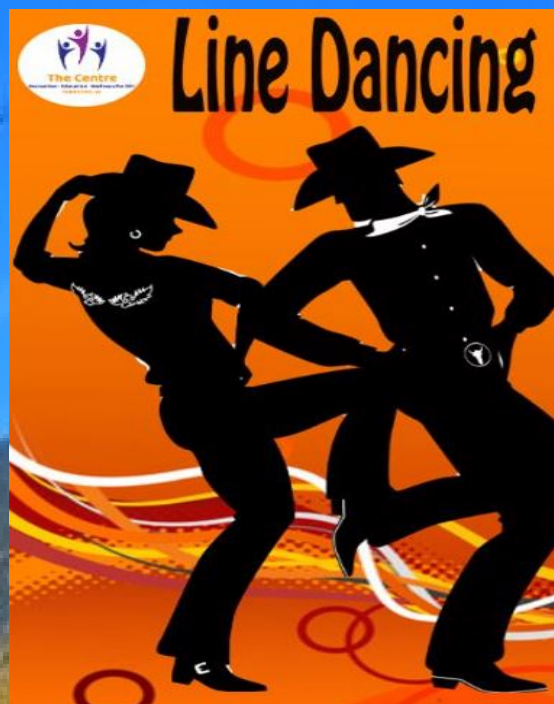
It's Pizza Day This Thursday!  
Bring a Friend to The Centre Cafe  
and Enjoy a Special Treat





# What's Happening at The Centre

## August 18-24, 2025



Penticton Seniors' Drop-In Centre  
2965 South Main Street  
250-493-2111 [www.pentictonseniors.ca](http://www.pentictonseniors.ca)

We are looking  
for Pilates  
& Yoga



**INSTRUCTORS**

A poster for "Live and Learn" featuring red floral and leaf patterns. The text "Live and Learn" is in large, bold, red letters. Below it, it says "Presentation by Fortis BC" and "August 18 1- 2:30 pm". A red box contains the text "Topics: Energy Literacy, Energy Conservation, Utilities, Programs/Rebates Available". At the bottom, it says "Penticton Seniors' Drop-In Centre, 2965 South Main Street, 250-493-2111, www.pentictonseniors.ca".

**Live and Learn**

Presentation by Fortis BC  
August 18 1- 2:30 pm

Topics:  
Energy Literacy  
Energy Conservation  
Utilities  
Programs/Rebates Available

Penticton Seniors' Drop-In Centre  
2965 South Main Street  
250-493-2111 [www.pentictonseniors.ca](http://www.pentictonseniors.ca)

A poster for table tennis featuring a blue background with a white table tennis table and a blue net. The text "TABLE TENNIS" is in large, bold, white letters. Below it, it says "YOU DON'T HAVE TO BE A PRO TO JOIN US" and "THURSDAYS 3:15 - 4:15". It also lists the location "Penticton Seniors' Drop-In Centre, 2965 South Main Street, 250 493 2111, pentictonseniors.ca". A white box contains the text "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." At the bottom, it says "Members: \$4.00, Non-members: \$ 7.00". The logo for "The Centre" is in the bottom right corner.

**TABLE TENNIS**

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

**THURSDAYS**  
3:15 - 4:15

Penticton Seniors' Drop-In Centre  
2965 South Main Street  
250 493 2111  
[pentictonseniors.ca](http://pentictonseniors.ca)

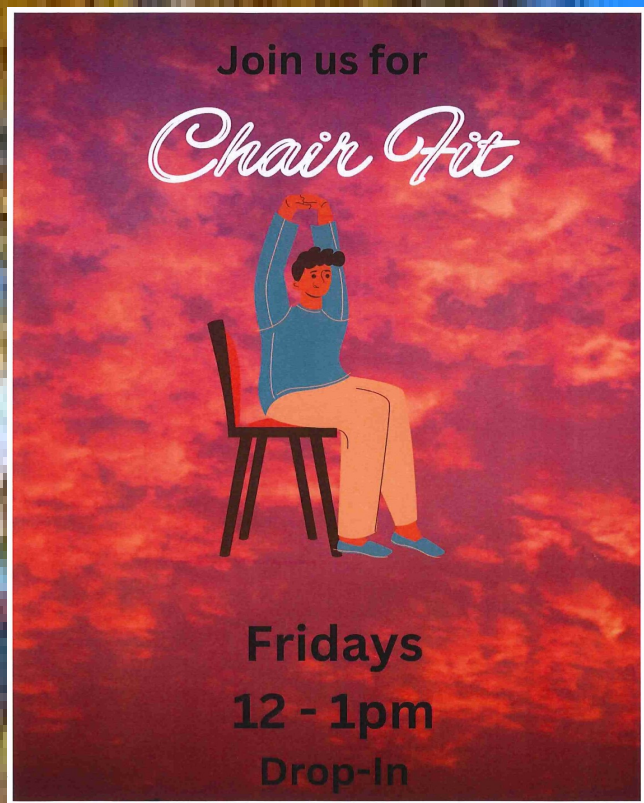
Play as a single or with a partner. We are building a group & would like to have you join us. Anyone can learn to play & benefit from staying active.

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



# What's Happening at The Centre

## August 18-24, 2025



### Volunteer of The Month



When it's hot outside  
Come inside.  
The Centre is an official  
Cooling station  
available during  
opening hours





# What's Happening at The Centre

## August 18-24, 2025



### Birds of a Feather

Join us for weekly, casual  
conversation in the lounge.  
Mondays @12:00



Everyone Welcome!



### LEARN TO PLAY POOL

at the Penticton Seniors' Drop-In Centre  
2965 South Main Street  
250 493 2111  
Web: [pentictonseniors.org](http://pentictonseniors.org)

FREE pool lessons  
for men and women  
interested in learning to play

#### 8 ball or 9 ball pool

Lessons: Tuesday 12:30 – 4:00 pm  
Where: Hartley Fawcett Pool Room

Cues will be provided  
Beginners and intermediate  
players welcome  
Activity fee required

By Appointment Only  
Call: Frank  
250 460 6931



BRING A FRIEND  
HAVE FUN!

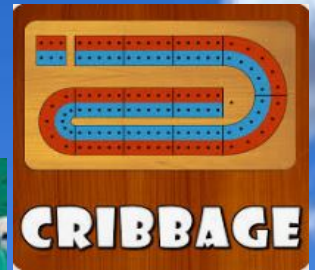
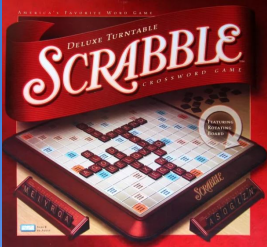


EVERYONE WELCOME



# What's Happening at The Centre

## August 18-24, 2025



### Spanish Conversation



**Would you  
be interested  
in joining a  
GARDEN CLUB?**

For more info and to sign up  
contact:  
**Rebecca Manten @  
250-462-3819  
rlmanten@hotmail.com**

Penticton Seniors' Drop-In Centre  
2965 South Main Street  
250-493-2111  
[www.pentictonseniors.ca](http://www.pentictonseniors.ca)

An illustration featuring various gardening tools like a shovel, rake, and watering can, along with a person in a red cap and overalls pushing a wheelbarrow.

**CRAFT ROOM OPEN**

Ask at the front desk  
all creations are made by  
volunteers  
all proceeds go to support  
The Centre

MONDAY TO FRIDAY  
10 AM - 3 PM

An illustration of a craft room with various items on display, including a quilt and a bag.



# Coming Soon To The Centre



50/50 DOOR PRIZE

## MUSICAL BINGO

WED. SEPTEMBER 3RD

Tickets/ \$25

Doors open at 5:00/ Dinner served at 5:30

MENU

- LASAGNA
- CAESAR SALAD
- GARLIC TOAST
- CAPPUCCINO CHOCOLATE CHEESECAKE

PENTICTON SENIORS' DROP - IN CENTRE  
2965 SOUTH MAIN STREET  
250-493-2111 [www.pentictonseniors.ca](http://www.pentictonseniors.ca)



PRE-REGISTER CHAIR  
**YOGA**

SIX SESSIONS 10-11AM  
AUG. 29  
SEPT. 2,9,16,23,30

**COST:**  
MEMBERS - \$24.00  
NON-MEMBERS - \$42.00

PENTICTON SENIORS' DROP-IN CENTRE  
2965 SOUTH MAIN ST. 250-493-2111  
[www.pentictonseniors.ca](http://www.pentictonseniors.ca)



We would like to start a potluck style cookbook club. A recipe is selected from a cookbook, prepared at home by the members and then shared as we discuss our experiences and the book. This club is not about perfection or being the best cook. It is about fun and cooking new things. Recipes may not always turn out and that is okay!

When: Sept./Oct./Nov./Dec. from 4-6pm, Cost: \$20.00 for members, \$40.00 for non-members, Limit: 12 people. If interested, please contact: Sheila Maier at 778-838-7590 or [sheilamaier@gmail.com](mailto:sheilamaier@gmail.com)



## CANASTA IS COMING!

*Learn how to play during the month of September on Wednesdays @ 1:00pm in the Ken Wignes room.*

*Regular play will start in October, same time and place. For more information contact Patricia Lloyd @ 604-781-6093*



PENTICTON SENIORS' DROP-IN CENTRE  
2965 South Main Street  
250-493-2111 [www.pentictonseniors.ca](http://www.pentictonseniors.ca)



# Coming Soon To The Centre

**LIVE A  
HEALTHY  
LIFE BY  
DANCING  
MORE**

**ELENA RAFFARD  
INSTRUCTOR**

## **BEGINNER LINE DANCE**

Wednesday, September 3rd, 1-3pm  
Some knowledge of steps required  
Pre-registration not required

## **ABSOLUTE BEGINNER**

Wednesday Sept. 3, 3-4:15  
For those new to line dancing  
Preregistration required  
Minimum of 8 people

# LINE DANCE



**The Centre**

Recreation • Education • Wellness for 50+  
PENTICTON, BC

 **CANNERY BREWING**  
EST. 2001

 **The Centre**  
Recreation • Education • Wellness for 50+  
PENTICTON, BC

 **GREYBACK™**  
WWW.GREYBACK.COM

 **HOODED MERGANSER  
RESTAURANT**

**THE CENTRE PRESENTS**

# OKTOBERFEST

Oompah with



**The BeerBarrels**  
Duo

**BEER - FOOD - LIVE MUSIC**

## THE BEER BARRELS

**SEPT 20/ 5 to 10 pm**

**Dinner from 5-6 pm**

The Senior Centre 2965 South Main Street Penticton

TICKETS FOR SALE AT THE CENTRE OR THE SOEC  
BOX OFFICE

TICKETS \$45.50 TAX INCL. DINNER AND ENTERTAINMENT  
OR  
\$30.25 TAX INCL. FOR BEER GARDENS AND  
ENTERTAINMENT

**Linda Strate  
Interiors**

**PENTICTON HERALD**

**CASTANET**

**South Main  
MARKET**