

What's Happening at The Centre Oct 7-13, 2024

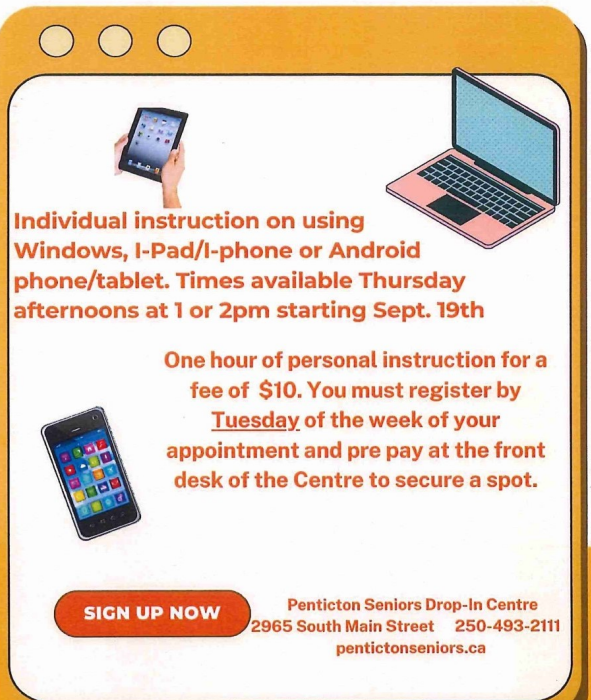


Fun 'n Fit with Aicha
Wednesdays
11:45 am - 12:45 pm
A fun blend of dance & aerobics

The Centre logo is visible in the top right corner of the poster.

**Spanish
& French
Classes**

BASIC COMPUTER SKILLS SUPPORT



Individual instruction on using Windows, I-Pad/I-phone or Android phone/tablet. Times available Thursday afternoons at 1 or 2pm starting Sept. 19th

One hour of personal instruction for a fee of \$10. You must register by Tuesday of the week of your appointment and pre pay at the front desk of the Centre to secure a spot.

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



**All 3
Baskets**

Penticton Seniors' Drop-In Centre
OCTOBER BASKET RAFFLE

Donated by: Steve Toth
Value: \$250.00
Tickets: 3 for \$5.00
Draw: 1:00 pm, Oct. 31, 2024
Gaming License #154190

The image shows several gift baskets filled with snacks like Triscuits, Quaker Oats, and other items, decorated with ribbons and bows.

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BIRDS OF A FEATHER

Join together with us for weekly casual conversation in the lounge.

12:30 - Mondays

~ Taste and See What is Good ~

Everyone Welcome

Meet New People

Penticton Seniors' Drop-In Centre

Perogi, Pierogi, or Vareniki?


**Tuesday October 8 Hot Lunch Special
at The Centre from 11:15 – 12:30**

Cheese & Potato Perogies
Topped With Bacon, Sausage & Sour Cream
Sauteed Cabbage & Carrots, Green Salad
Corn Chowder Soup
Salmon or Egg Sandwich
Dessert: Strawberry Jello Cake

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

Mahjong Teaching Table

**Mondays at 10:00 in the
Ken Wignes Room**



**Call Penny at:
250-809-7441 to book a time**



Scottish Country Dancing Thursdays



Line Dancing

The Centre
Penticton Seniors' Drop-In Centre

Improver,
Intermediate,
First Steps,
EZ,
Beginner Level 1,
Beginner Level
2

What's Happening at The Centre

Oct 7-13, 2024

CARPET BOWLING



MONDAYS & THURSDAY. 10:15 AM

TABLE TENNIS

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

THURSDAYS
3:15 – 4:15

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

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

Let's Play Pool



OUR SENIORS MAKE THIS PLACE SPECIAL. YOU MAKE IT POSSIBLE

The Centre
Recreation · Education · Wellness For 50+
Penticton, BC

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



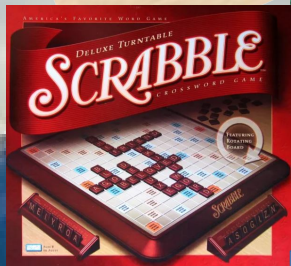
BEG/INTERMEDIATE PILATES AND MEDITATION

Learn: How to activate your muscles & brain for a better quality of life.

with Katherine
A certified holistic practitioner and Pilates instructor

TUESDAYS
11:15-12:15

What's Happening at The Centre Oct 7-13, 2024



Coming Soon
Restorative Yoga
with Lorraine

Starts Monday, October 7th
9am-10am

You will need:
1 yoga blanket
1 yoga strap
1 yoga mat
(If you have a bolster or block bring it, but not required)

Namaste'

Mat Yoga Friday

Table Tennis

Thursday & Friday

Come & Enjoy *Breakfast*
at the Seniors' Centre

- 2 Eggs 2 Bacon 2 Sausages
Toast & Hashbrowns
Coffee/Tea **\$10.00**
- 1 Egg 1 Bacon 1 Sausage
Toast & Hashbrowns
Coffee/Tea **\$8.00**
- Toasted BLT
Coffee/Tea **\$7.00**
- Ham & Cheese Omelette
Toast & Hashbrowns
Coffee/Tea **\$10.00**

Mondays Only

Served from 8:30 am to 11:00 am

COOKING CLASS
With chef
Charles Parker

Monday, Oct. 7th
Start at 6:00 pm
Members - \$15
Non-members - \$20
Max - 12 people

Session Menu
Julienne vegetable salad
Chicken 'Breast Parmigiana
Jasmine Rice Pilaf
Petit pois a La Francaise

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

Coming Soon To The Centre



Penticton Seniors' Drop-In Centre
2965 South Main St. Penticton

CHRISTMAS Craft Fair

NOVEMBER 2ND & 3RD
10AM-4PM

BAKE SALE
SANTA CLAUS 11-1 BOTH DAYS
(PICTURES BY DONATION)
KID'S CRAFT CORNER
OVER 40 CRAFTERS
RESTAURANT OPEN 10-4PM
BASKET RAFFLE

\$2 ADMISSION
16 AND UNDER FREE



PENTICTON SENIORS' DROP-IN CENTRE

ANNUAL GENERAL MEETING

OCTOBER 25, 2024 1:00PM

☎ 250-493-2111
🌐 www.pentictonseniors.ca



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2965 South Main Street
250-493-2111 pentictonseniors.ca

UKULELE LEVEL 1

Thursdays
Oct. 10- Nov. 28
3 - 4:30pm / Craft Room
Class Limit 8

Members: \$32-Non members: \$56



UKULELE LEVEL 2

Fridays: 9-11:00am
Ken Wignes Room
Oct. 11th - Nov. 22nd
Class Limit 12
Members: \$28
Non-members: \$49

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www.pentictonseniors.ca 250-493-2111



BINGO Night

Chances of winning are 1 in 50
"Know your limit, play within it."
19+ to play

SUNDAY **DOORS OPEN 4:30** **20TH**
PLAY STARTS 6:30 **OCTOBER**

Penticton Seniors' Drop-in Centre
2965 South Main Street
BC gaming event License #145528
Gambling help line: 1-888-795-6111



JOHANSEN ROBINSON CENTRE



The Centre
Recreation · Education · Wellness for 50+
PENTICTON, BC

**For More Upcoming Events
& Ways You Can Connect With The Centre
Visit Our Website: www.PentictonSeniors.ca**

Activities Oct. 7 – Oct. 13



Monday, Oct. 7	Tuesday, Oct. 8
<p>8:30-10:30 Breakfast Served 9-12:15 Pool 9:00 Restorative Yoga 10:00 Scrabble 10:00 Mah Jong 10:00 Mah Jong Teaching Table (Call Penny @ 250-809-7441) 10:15 Carpet Bowling 10:30 Writing Out Loud (must pre-register) 12:30 Birds of a Feather 12:30 Duplicate Bridge 12:30-3:30 Pool 2:45 Chair Dance 4:00 EZ Line Dance 6:00 Cooking Class (sold out)</p>	<p>8:45 Chair yoga (drop-in) 9:00 -12:15 Pool 10:00 Chair yoga (pre-register) 11:15 Pilates 11:15-12:30 Tuesday Lunch 12:30-3:30 Pool 12:45 Partner Bridge 12:55 Improver/Intermediate Line Dance 1:00 Crafts 1:00-2:30 iPad Course (must pre-register) 3:00 First Steps Line Dance</p>
Wednesday, Oct. 9	Thursday, Oct. 10
<p>9:00 Open 9 Ball Tournament 9:30 EZ Line Dance 10:30-11:45 Writing Out Loud (pre-register) 11:45 Fun & Fit 12:30-3:30 Pool 1:00 Crib 1-3:00 Beg. Line Dance Level 3 (pre-register) 3-4:15 Beg. Line Dance Level 1 (pre-register) 6:30-8:30 Ukulele</p>	<p>9:00-12:15 Pool 10:00 Spanish Conversation 10:15 Carpet Bowling 12:30-3:30 Pool 1:00 Volunteer Crafting 1-3:00 Computer Appointments 1:00 Improver/intermediate Line Dance 3-4:30 Ukulele Class Level 1 6:30-8:30 Art Class (must pre-register) 7- 9:00 Scottish Dancers</p> <p style="text-align: center;">BC Elections Advanced Polling 8am – 8pm</p>
Friday, Oct. 11	Saturday, Oct. 12
<p>9:00 Open 8 Ball Tournament 9:00 Mat Yoga 9 – 11:00 Ukulele Level 2 9:30 French 12:30-3:30 Pool 1-3:00 Table Tennis</p> <p style="text-align: center;">BC Elections Advanced Polling 8am – 8pm</p>	<p>5 – 7:30 Thanksgiving Social Dinner Tickets Available now</p> <p style="text-align: center;">BC Elections Advanced Polling 8am – 8pm</p> <hr/> <p style="text-align: center;">Sunday, Oct. 13</p>