



The Centre

Recreation • Education • Wellness for 50+
PENTICTON, BC



The Penticton Seniors' Drop-In Centre Society (PSDICS), (fondly known as 'The Centre'), has played a significant role in providing for seniors' recreational and social needs since 1994. For 30 years, the Centre has welcomed adults aged 50+ from around the South Okanagan Valley to mix, mingle, participate and enjoy a wide variety of activities that are specifically chosen to interest and engage older adults. Located near Skaha Lake, in sunny Penticton, the Centre is nestled in beautiful Robinson Park along with horseshoe pitches and pickleball courts. Although a drop-in centre, membership is encouraged and, at this time, 1200+ members are involved and committed to the Centre's continuing success. The Centre is open from 9 to 4, Monday to Friday, with occasional special weekend events such as pancake breakfasts, Sunday concerts, dinner-dances and Bingo.

Working with the City of Penticton and other groups responsible for seniors' well-being, the Centre strives to ensure that older adults have access to programs and activities that satisfy a wide range of skills, interests, and abilities which aid in promoting self-development and life-long learning. It is the Centre's mission to provide affordable recreational opportunities encouraging physical fitness, intellectual stimulation, and good mental well-being. Meaningful interactions with like-minded people help to reduce social isolation and feelings of loneliness which is a serious mental health issue among seniors. It is through active engagement that significant connections are forged, and lasting friendships are built and nurtured, and a sense of belonging is created.

As a non-profit society, the Centre's daily operations are only made possible by a team of dedicated and caring volunteers. Our volunteers are gold and are critical to the ongoing success of the Centre. Volunteers have many jobs - they welcome visitors at the front reception desk and teach classes such as line dancing, yoga, chair yoga, ukulele, and pilates. They lead activities such as French Talk, Spanish Conversation, sing-alongs, bridge, Scrabble, cribbage, and Mah-Jong. As well, volunteers work in the kitchen preparing food, baking treats and serving members and guests. They organize weekly Bingo games, Pool Room tournaments, and Friday Night Dances in addition to working behind the scenes setting up chairs, preparing rooms, and completing small maintenance tasks. They serve on committees, and help plan and execute special events. They also serve as directors whose mandate it is to ensure the Centre remains solvent, operational, and relevant.

2024 is a special year. It marks the 30th anniversary of the Society. To properly mark this momentous occasion, preparations for a significant celebratory event, in April, are underway. Along with a scrumptious meal, there will be dancing to the sounds of the South Okanagan Big Band. This formal celebration will also provide an opportunity for the party goes to show their support and appreciation for the work the Centre has done and will continue to do supporting seniors, by bidding on items at the silent and on-line auctions. Tickets are available. Visit the Centre or call 250-493-2111 for more information.

The Centre has a bright future and will continue to serve seniors in a caring and mindful manner for many more years. Be sure to visit the Centre when you visit Penticton.

Mignonne Wood, *Past President*