



South Okanagan
Seniors Wellness Society



Out & About Program May 2022

Call 250-488-4034 to
register today!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Writing Out Loud Seniors Drop-in Centre 10:30-11:30 am	Artsy Aging Lier House 10:00am-12:00pm Tele-Talks 10:30-11:15am	 Walking Group 1:30pm-2:30pm Peach going East	Artsy Aging Lier House 10:00am-12:00pm	LUNCH at Barley Mill Pub 2460 Skaha Lake 12pm-1:30pm	7
8	Writing Out Loud Seniors Drop-in Centre 10:30-11:30 am	1. Artsy Aging 2. Tele-Talks 3. New! Cycling Without Age See info on back for details	 Walking Group 1:30pm-2:30pm Peach	Artsy Aging Lier House 10:00am-12:00pm	Keller's Cellar U-Brew Rose 1:30 Summerland 	14 Okanagan Symphony Cleland Theatre 7:30 pm See info on back for details
15	Writing Out Loud Seniors Drop-in Centre 10:30-11:30 am	Artsy Aging Lier House 10:00am-12:00pm Tele-Talks 10:30-11:15am	 Walking Group 1:30pm-2:30pm Peach going West	Artsy Aging Lier House 10:00am-12:00pm	LUNCH at Wild Ginger 340 Main St. 12pm-1:30pm	21
22	23	1. Artsy Aging 2. Tele-Talks 3. New! Cycling Without Age See info on back for details	 Walking Group 1:30pm-2:30pm Peach going East	Artsy Aging Lier House 10:00am-12:00pm	LUNCH at Blue Heron Penticton Golf Course 600 Comox St. 12pm-1:30pm	28 Naramata Choir Penticton United Church 7:30pm Tickets by Donation
29	Writing Out Loud Seniors Drop-in Centre 10:30-11:30 am	Artsy Aging Lier House 10:00am-12:00pm Tele-Talks 10:30-11:15am				



Did You Know?

Seniors Wellness & OneSky received federal funding to focus on making Penticton a community where every senior feels connected and a sense of belonging! Check out Aging Well Penticton at:

<https://agingwellpenticton.ca>

The City of Penticton is working to make Penticton Age Friendly! Check out the Age Friendly plan at:

<https://www.penticton.ca/agefriendly>

Giggle for the month!



Seniors Wellness Society Programs

Out & About

(See reverse side for Out & About Program Calendar)

Registration: To register, call 250-488-4034. If you reach our voicemail, please leave your name, phone number, topics and dates you wish to attend.

Please Register for events as early as possible. Space is often limited. Please provide notice to the office for any cancellations as some events have waitlists.

Vaccine Passports– For events such as lunches and Writing Out Loud you will need to bring your vaccine passport and a second piece of ID.

Tele Talks– Please see the attached flier on how to connect into the tele talks.

NEW **Writing Out Loud**– Please see the attached flier. This series of 6 sessions will take place in person at the Seniors Drop-in Centre.

NEW **Symphony**– Tickets are \$55.50. We will be drawing for 10 free tickets and hope to have transportation for this special event. Please pre-register by May 4th.

NEW **Cycling Without Age**– Let experienced bike pilots take you for a fun ride– you just sit and enjoy. Free. 1:00pm by Prague Café. Limited number, please pre-register.

NEW **Naramata Choir**– See attached poster for details. 7:30pm Penticton United Church. Tickets by donation.

Transportation: Our bus is not available this month. You are welcome to drive yourself or share transportation with others, or we can try to get volunteers to drive you to events.

Payment: Should an activity have a fee, payment can be made in advance or on day of the activity/event. If you prefer to pre-pay for monthly activities, please send cheque and list of activities to address below.

Please make cheque payable to:

Seniors Wellness Society

Find us at:

330 Ellis St. Penticton, BC

V2A 4L7

250-487-7455 Ext 3

SeniorsWellnessSociety@OneSkyCommunity.com



Thank you to our Supporters!

- Penticton Seniors Drop-In Centre
- Brain Injury Society
- Penticton Art Gallery
- Penticton Arts Council
- Interior Health
- United Way BC
- City of Penticton
- COBS Bread

Seniors Residences:

- The Concorde
- Cherry Park
- Sun Village
- Charles Manor
- The Hamlets

