

Celebrating ongoing contributions of seniors

(Penticton, BC – May 30, 2024) – The City of Penticton and local organizations are working together to offer an entire week of activities, learning opportunities and events as part of Seniors' Week from June 2 to 8.

"Seniors' Week is such an important way to recognize the impact the seniors have in building our town and just as importantly the many ways they continue to contribute to our vibrancy," says Sarah Desrosiers, the City's social development coordinator. "The wide range of activities highlights age is just a number and that the passion to give back to Penticton is still going strong."

The week will include a many different activities, all focused on providing exciting opportunities to try new things for the older adults of Penticton:

- A discussion with keynote speaker Kim Lyster on the topic of connections on opening day, June 2 at 1 p.m. at the Okanagan College, Pattison Centre of Excellence building at 583 Duncan Ave West
- Classes from artsy aging to financial fraud to Taste of China
- A variety of free fitness activities with the City of Penticton's Recreation Departments at the Community Centre
- Emergency preparedness sessions

"So many organizations are offering such a range of activities, and it just shows the broad support across Penticton for our seniors," says Elmie Saaltink, the Chair of the Access Centre. "These events are about seniors, but for anyone who'd like to attend them."

The full schedule is available on the [OneSky Community Resources](#) webpage.

"We know that seniors make a huge contribution to our community and Seniors' Week is the entire city's chance to celebrate and show our gratitude for all they've done," says Myrna Tischer, the Team Lead for Seniors Services at OneSky Community Resources.

As part of Seniors' Week, the City of Penticton and BC Transit will be providing free transit from June 2 to June 8 for those 55+ with HandyDart and on-request service included.

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