



## Start 2019 with new programs at the Community Centre

Recreation Penticton wants to help you achieve your fitness goals for the new year by offering brand new programs. Visit [penticton.ca/recreation](http://penticton.ca/recreation) for full details on programs or call the Community Centre at 250-490-2426.

### ActivAge Option 1 & 2



Are you 65 or older and want to get more physically active? Then ActivAge is for you. This fun and social program will get you moving in a relaxed and inviting class environment with like-minded people. Option 1 focuses on improving activities of daily living and strengthening muscles you use every day. Option 2 focuses on exercises that will enable you to become more involved with other activities, programs or sports.

**Option 1**

Jan 8 - Mar 26  
Tue, 11:00am - 12:00pm  
#50453

**Option 2**

Jan 10 - Mar 28  
Thu, 11:00am - 12:00pm  
#50454

### BollyX

Bollywood-inspired dance-fitness program combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

15 years and older  
Feb 20 - Mar 13  
Wed, 5:30 - 6:20pm  
#50476



### Adult Swim Lessons

It is NEVER too late to learn to swim! Whether you are a little bit afraid or just never got around to it, we can help you. Develop comfort in the water through attainment of basic floatation, movement and breathing skills, all in a safe and welcoming environment.

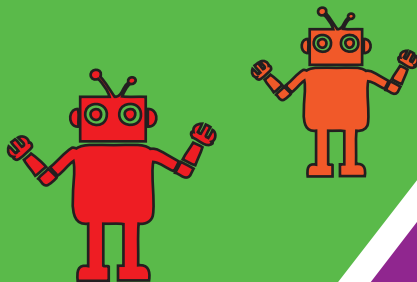
Feb 11 - Mar 13  
Mon & Wed, 7:00 - 7:45pm  
#49150



### Thinking Machines Academy

Participants will be introduced to Lego Mindstorms EV3 robots, basic coding to operate motors and integration with sensors. Learn the concepts of force, power, speed and rotations while applying the knowledge towards physics, math and geometry. Each participant will work in a group to enhance team building, cohesive learning and resource sharing.

10 - 14 years	10 - 14 years
Jan 24 - Mar 14	Jan 25 - Mar 15
Thu, 5:00 - 6:00pm	Fri, 5:00 - 6:00pm
#50470	#50471



### Ninja Warriors & Little Ninjas

Ninjutsu focuses on developing virtues such as discipline, respect, honour, camaraderie, and hard work through the study of self-defence and martial arts principles. This is done by creating a fun, captivating, and dynamic environment for kids to express themselves safely while following drills and techniques in a structured format.

**Ninja Warriors**

9 - 12 years  
Jan 7 - 28  
Mon, 5:30 - 6:15pm  
#50370

**Little Ninjas**

5 - 8 years  
Jan 7 - 30  
Mon & Wed, 5:00 - 5:30pm  
#50363



## Get informed this year

The City of Penticton wants to help you become more informed in 2019 through its various media channels.

- Follow us on Facebook and Twitter for announcements, events, Council information, and watch for our videos.
- Check out Penticton.ca for community updates, Council meetings, events, department information, online services, and more. Stay tuned for an updated website.
- Register for [shapeyourcitypenticton.ca](http://shapeyourcitypenticton.ca) to get involved and give input on the decisions that affect your community.
- Utility Newsletter for a recap of recent community engagement updates, tips from Fortis BC, and other city-related information.

**Events** are an important aspect of the City and we want to showcase the spectrum of events that we offer. If you're interested in having your event in our Community Calendar on Penticton.ca, email [socialinthecity@penticton.ca](mailto:socialinthecity@penticton.ca) with the following information:

- Event title
- Admission details (Example: \$10 per person)
- Event image
- Date and time
- Location
- Website or contact information



While we welcome all events, please note that submissions will be subject to a review process to ensure that they contain all required information.

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## Utility bill gets new more informative format

The City of Penticton has updated the format for its utility bill to provide more details and greater clarity around water consumption and electricity usage.

In addition to receiving standard information about charges, utility customers will also see:

- details about how the amount owed was calculated,
- a new graph for water consumption (in addition to one for electricity usage), and
- a message section with tips and information.

"We hope the new format makes it easier for customers to understand and keep track of their utility costs over the course of each pay period," said Revenue Supervisor, Amber Coates.

## Recycle tips for after the holidays

- Remember to clean and rinse all recycling prior to putting it loosely in your cart or bin.

Containers with food residue remaining are hazardous for the staff who sort the materials. Materials with food residue cannot be recycled and will ultimately end up in the landfill.

- Foil and holographic wrapping paper cannot be recycled.

- Anything with an electrical cable or that takes batteries, including Christmas lights, are not accepted in residential recycling.

- Any pressurized tanks, including propane, helium, etc., are hazardous and should never be placed in the recycling.

- Consider donating the following, as they are not recyclable:

- o Clothing and textiles
- o Soft and hardcover books
- o Toys
- o Coat hangers



## 8 daily energy-efficient habits at home

Energy at work  FORTIS BC™

Want your family to be more energy efficient? Here are eight easy tips to save heat, hot water and energy around your home. Make them a daily habit!

1. Shorten shower time by one to three minutes.
2. When using your dishwasher, wash only full loads to save hot water. Also, use the energy-saving mode on your dishwasher when possible and the no-heat dry feature to save even more energy.
3. Laundry day? Wash laundry in cold water and always run full loads to save energy.
4. Use lower heat settings on your dryer, such as permanent press.

5. Program your thermostat to no more than 20 °C when you're home and 17 °C when you're asleep or out.
6. Check your fridge's temperature. The best setting should be between 2 °C and 3 °C. The freezer should be set to -18 °C.
7. When you leave a room, turn the light off. Teach your kids this simple habit, too.
8. Turn off electronics and small appliances when you're not using them. Better yet, unplug what you can—like phone chargers—to reduce phantom power use.

[penticton.ca](http://penticton.ca)