



A message from our president, Tilly Bachmann

The staff of the Valentine's breakfast would like to say thank you to everyone who came out and enjoyed a delicious breakfast. Seventy people were served including the workers.

Thank you to Sgt. Graham Morgan for a great job of serving all our guests (we hope to see you at the Mother's Day breakfast).

Thank you to Betty, Cathy, Jacky, Melanie, Eylene and Sharron for all their hard work. This is a group of fantastic volunteers.

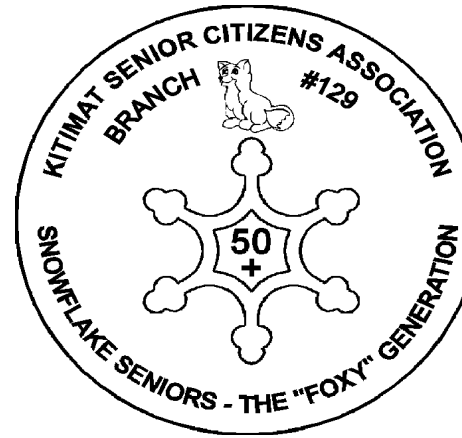
Mother's Day Pancake Breakfast is planned for May 12, 2018 and we hope that we will see you all there. Please bring your mother, wife, significant other, grandmother, great grandmother, and of course your mother-in-law.

Thank you so much.

February 11, the Seniors' Centre hosted an afternoon Tea to more than 80 people. This was sponsored by L.N.G. and was very well attended. Tea and coffee were served as well as goodies, snacks, punch, and fruit all donated by L.N.G.

The Senior Center Ukulele and Singing group entertained us all and the Line Dancers showed us their skills.

Thank you L.N.G. for a perfect Family Day.



March NEWSLETTER

**KITIMAT SENIOR CITIZENS ASSOCIATION
BRANCH # 129**

658 Columbia V8C 1V5

Phone: (250) 632-3405

E-mail: kitsca@citywest.ca

Website: www.kitimat seniors.com

MONTHLY MEETING

Our February membership meeting will be held Thursday, March 8, 2018 at 1:00 pm. Come out and find out what's going on at your Centre.




2018 Kitimat Seniors' Centre Executive

Tilly Bachmann—President.....	250 632-6728
Barbara Knapton—1st Vice President....	250 632-4393
Sharron Keller—2nd Vice President.....	250 632-4589
Barb Thomas—Treasurer.....	250 632-2500
Gillian Mullins—Secretary.....	778 631-2270
John Tymchyshyn—Director.....	250 632-7497
Janice Bienias—Director.....	250 632-4552
Richard Krickan—Director.....	250 632-7813

SENIORS' PROGRAMMER: Tracy Kirychuk
(250) 632-3475 work (780) 820-0522 cell
kitsca@citywest.ca


Each month we plan to provide some information to the community regarding activities which take place at the Seniors' Center or at the neighbouring Riverlodge. Newcomers are always welcome and Kitimat residents 50+ can participate in three activities before they are required to become a member of the Association. Membership is \$25.00 per year and gives you the opportunity of becoming involved in a variety of activities. A nominal participation fee is charged for some activities.

DUPLICATE BRIDGE - Contact Richard Krickan at 250-632-7813 

In duplicate bridge pairs play the same hands and compare scores later. We play on Monday evenings at 7 p.m. with a relaxed and not too competitive atmosphere. We usually have five or six couples and always welcome new players.

Knot Just Knitting—Contact Tracy Kirychuk at 250-632-3475 

Knot Just Knitting is a group of talented ladies that meet on the first and third Thursday of the month usually at 1:30 pm. We work on knitting and crocheting projects but mainly get together to socialize, find out the "latest" and generally enjoy each others company. Many of our knitting and crochet projects can be found in the display cabinet at the centre. Currently, we have no gentlemen joining us, but if you watched the 2018 Winter Olympics, you may have noticed many Olympic coaches were knitting as a way to deal with stress. We would gladly welcome any men who would like to learn to knit or join our talented group.

CHOIR AND UKULELE - Contact Fran Hrynkiw at 250-632-3836 

Our Ukulele group: We started with four friends getting together to "learn" how to play our ukuleles. We are now anywhere from 16 to 24....ALL LEARNING TOGETHER. We meet every Thursday for 2 hours to practice, sing, and laugh. On the LAST Thursday of every month we meet at Mount View Lodge. It has to "BE FUN" with a GREAT group of ladies and sometimes laddies. We are known as "The Kitimat UKULADIES" and sometimes "The Kitimat UKULADIES AND LADDIES"

Our Sing Along group: We are a group of seniors who get together every Tuesday to sing the "Old" songs, visit and laugh.....for an hour. We alternate between the Riverlodge and the Mount View Lodge. We are NOT professionals, just people who LOVE to sing. When our piano players are not available, some of the Ukulele players step in and we have a "ball". If you like to sing feel free to come and join us.





Congratulations and Best Wishes are extended to Past President Ray Foster and Mariane Sanwald who were married on Valentine's Day. An evening in their honor was held February 27th at the Center.

Ray and I thank Tilly and her helpers for organizing a marriage celebration for us—so appreciated. Thanks to Ann Bunn for the beautiful poem. Thanks to Angus for "Words of Wisdom", Ha Ha! Thanks to everyone for coming out to wish us well and to celebrate with us. Thanks for the gifts. We will cherish these memories.
Love from Ray and Mariane.

Thank you to Cheryl and Laura for coming to the centre and presenting the third installment of "It's Not Right" and providing a great atmosphere for dialogue about elder abuse. We look forward to your next visit. We appreciate all that you do.

Thank you to Edwin Empinado for being our guest speaker at our February Soup and Sandwich lunch. Your talk about "Heart Smart Lifestyles" was both informative and entertaining. Thank you Edwin for rescheduling your work week to be with us. The centre greatly appreciates all of our volunteers. Thank you to Anne and Roy Ferguson for donating soup.



Committee Members Contact List

Bridge	Richard Krickan	Hosting the Centre	Barb Knapton
Carpet Bowling	Ray Foster	Membership	Helen O'Neill
Choir & Ukulele	Fran Hrynkiw	Newsletter	Sheila Reeves
Computer Users	Helen O'Neill	Pancake Breakfast	Tilly Bachmann Betty Jankauskas
Crafts & Bazaar		Pickle Ball	Theresa Mildenberger
Cribbage	Michael Middleton	Potluck & Socials	Anne Ferguson
Cycling Group	Kathy Walker	Publicity	Jean Nidd
Entertainment	Tilly Bachmann	Purchasing	Tilly Bachmann
Exercise Chair Yoga	Frank Da Silveira	Recycling	Grant Macdermid Cans—Sharron Keller
Floor Curling	Gene Dielschneider	Senior Counselor	VACANT
Line Dancing	Aileen Ponter	Sick & Visiting	Carol Paul
Mahjong	Barb Knapton	Sueca	Evaristo Cabral
Maintenance	Earl Keller & Bill Whitty	Whist	Tilly Bachmann

Community Committee Representatives

BC Community Response Network	Lois Marleau & Kathy Walker
Kitimat Advisory Housing Committee	Sandy Knowles & Helen O'Neill
Kitimat Hospital Advocacy Group	Helen O'Neill
Age Friendly Community Committee	Tracy Kirychuk (Programmer)



Dina was the winner of a free soup and sandwich ticket in the find the snowflake contest.

Upcoming Programs

Robert's Rules:
The Basics

Tuesday,
March 6, 2018

@
1:30 pm

Learn the rules of
conducting a meeting.
No Cost
Please register in
advance.

“Cop” of Coffee

An informal conver-
sation with first re-
sponders.

March 5, 2018 @
10:00 am -10:30 am

The first Monday of
every month. This
month talk with the
RCMP.

“Be a dear and see if someone would like to join
you here.
Let's help reduce loneliness together.”

BOOK CLUB

Book club will meet on Monday, March 19, 2018 at
1:00 pm. Our latest read, *The Evening Chorus* is now
available at the library.

Easter Soup and Sandwich

We have combined our
traditional Easter tea with
our monthly soup and
sandwich to form a
fantastic afternoon of fun
and friendship. Wear your
Easter bonnet and
celebrate spring.



Tuesday, March 27
12:00 Noon
\$7.00
**Please sign up and pay in
advance.**

Sick & Visiting







- *Went to visit Anne Bunn after her stay in hospital and brought her flowers and a card.
- *Contacted Marie Bouchers' granddaughter with a condolence card and asked her to contact me if there was a charity we could donate to.
- *Made a donation to KGH and left a card of condolence in memory of Jean Guy Gaudette with his sister Murielle Gaudette.
- *Brought flowers and a card to Maryanne Sanwald while she was in the hospital.
- *Doug Hughan is back home after his stay in Vancouver hospital.
- *Have made a donation to palliative care at KGH in memory of our long time member and dedicated volunteer Pat Lovegren after her passing and sent cards to her family.

**Please remember to phone Carol Paul if you know of someone sick or in need
of a visit at 250-632-5628.**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				7 am Tai Chi 9 am Pickle Ball 1 pm Ukulele Group 1:30pm Carpet Bowling 1:30pm Knitting Group 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 10:30am Line Dancing 11 am Exercise 12:15pm Sueca	
4	5	6	7	8	9	10
	7 am Tai Chi 10 am "Cop" of Coffee 11 am Exercise 1 pm Cribbage 7 pm Bridge	7 am Tai Chi 9 am Pickle Ball 1:30pm Carpet Bowling 1:30pm Sing Along Grp 1:30pm Robert's Rules 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 9 am Pickle Ball 11 am Chair Yoga 1 pm Mahjong / Crafts 1:30pm Genealogy Group 1 pm Floor Curling 7 pm Whist	7 am Tai Chi 9 am Pickle Ball 1 pm MEMBERSHIP MTG 2 pm Ukulele Group 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 10:30am Line Dancing 11 am Exercise 12:15pm Sueca 1:30pm Computer Users 1:30pm Carpet Bowling 5:30pm Dinner Theatre	
11	12	13	14	15	16	17
	7 am Tai Chi 11 am Exercise 1 pm Cribbage 7 pm Bridge	7 am Tai Chi 9 am Pickle Ball 1:30pm Carpet Bowling 1:30pm Sing Along Grp (mtl) 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 9 am Pickle Ball 11 am Chair Yoga 1 pm Mahjong / Crafts 1 pm Floor Curling 1:30pm Genealogy 7 pm Whist	7 am Tai Chi 9 am Pickle Ball 1 pm Ukulele Group 1:30pm Carpet Bowling 2 pm Knitting Group 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 10:30am Line Dancing 11 am Exercise 12:15pm Sueca	St Patrick's 
						
18	19	20	21	22	23	24
Actions speak louder than words.	7 am Tai Chi 11 am Exercise 1 pm Cribbage 1 pm Book Club 7 pm Bridge	Spring Begins 7 am Tai Chi 9 am Pickle Ball 1:30pm Carpet Bowling 1:30pm Sing Along Grp 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 9 am Pickle Ball 11 am Chair Yoga 1 pm Mahjong / Crafts 1 pm Floor Curling 7 pm Whist	7 am Tai Chi 9 am Pickle Ball 1:30pm Carpet Bowling 1 pm Ukulele Group 6 pm Entertainment	7 am Tai Chi 8:30am Table Tennis 10:30am Line Dancing 11 am Exercise 1:30pm Computer Users 12:15pm Sueca	
25	26	27	28	29	30	
	7 am Tai Chi 11 am Exercise 1 pm Cribbage 7 pm Bridge	7am Tai Chi 9 am Pickle Ball 12 pm Easter Soup and Sandwich 1:30pm Carpet Bowling 1:30pm Sing Along Grp (mtl) 6 pm Entertainment	7 am Tai Chi 8:30 am Table Tennis 9 am Pickle Ball 11 am Chair Yoga 1 pm Mahjong/Crafts 1pm Floor Curling 1pm Invest g. 7 pm Whist	7 am Tai Chi 9 am Pickle Ball 1:30pm Carpet Bowling 1 pm Ukulele Group (mtl) 6 pm Entertainment	Good Friday Riverlodge and Seniors' Centre Closed 	April Upcoming Programs: 17- Chili Cook Off 24- Driftwood Tree Making