



Our Soup & Sandwich this July turned out to be a very wonderful and relaxing afternoon. 55 people enjoyed a great lunch thanks to all of you.

Special thanks to all the volunteers, without you all it would not work. We had an amazing group of sandwich makers, and a big, big thanks goes to them.

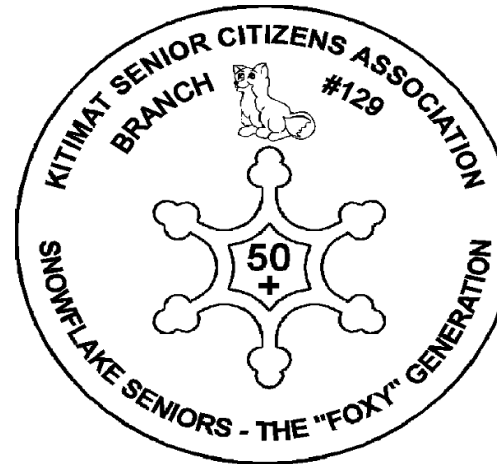
Many thanks to Gisela Bors and Louise Weightman for their delicious soup. See you all at the September Soup & Sandwich.

The next event will be the BBQ on the 24th of August

Tilly & Marc

**You are only young once,
but you can stay
immature indefinitely.**

Ogden Nash



August 2018

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 Membership Meeting

**There will be no monthly
membership meeting
in August.**



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

Programming Notices

Carpet Bowling will be canceled on Tuesday, August 7th. Will resume the following Tuesday.

Knitting is finished until September 20th; will resume every 1st and 3rd Thursday at 1:30 p.m.

Entertainment ended Thursday, June 28th and will resume September 18th.

Whist will continue throughout the summer as long as people continue to attend.

Tai Chi and Duplicate Bridge are finished for the summer.

Please contact the coordinator (listed in this newsletter) of the activity you are interested in to see if it will be continuing throughout the summer.

Soup and Sandwich Luncheon

There will be NO soup and sandwich scheduled for the month of August.

My time at the centre is coming to an end. My last day will be August 24th. I have really enjoyed my time working here over the summer. It was wonderful meeting you all, and get to know some of you. I hope to see everyone again in the near future! Best wishes.

Marc Brais
Summer Student.



Wii Wednesday

Join us at the centre every Wednesday to play some active video games. The Wii is an interactive video game that provides a fun way to burn some calories and get your body moving.

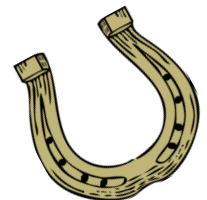
- No Cost / Drop in
- Time: 10 - 11 am
- Wednesdays
- at the Seniors Centre



Bocce, Horseshoes and Ice Cream

Join us for an afternoon of fun playing Bocce and Horseshoes. Show off your skills while enjoying some ice cream. (Weather permitting).

- Please sign up at the Centre
- No cost
- Time 1 - 3 pm
- Tuesday, August 14th at the Seniors Centre



Sick & Visiting

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



A planter and a card were brought to Len Irvine at the hospital.

On behalf of the memory of Archie 'Rusty' Monty a donation has been made to the Kitimat General Hospital to help with the purchase of a new High Flow Oxygen Machine.

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	Shari Burrows	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	



Our President will be away on vacation for the month of August. Please contact our Vice President, Barb Knapton if you need anything or have any questions.

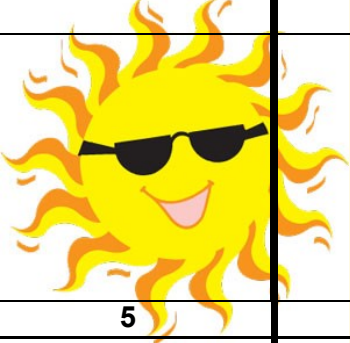


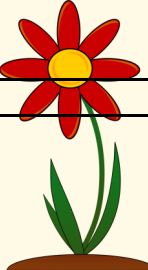
Summer BBQ

We will be celebrating our annual end of summer BBQ at Radley Park. Please join us for hamburgers and hotdogs at the picnic area in Radley Park. There will also be coffee, If the weather is not good the BBQ will be held at the seniors centre.

FRIDAY AUGUST 24TH 2018
12 - 3 PM
COST: \$5 / PERSON
Please register at the Centre



AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			7 pm whist 10 -11 am Wii Sports 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	6:30 - 9 pm Pickleball	
5	6	7	8	9	10	11
	1 pm cribbage 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	7 pm whist 10 -11 am Wii Sports 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	6:30 - 9 pm Pickleball	MUDDER GAMES ! 
12	13	14	15	16	17	18
	1 pm cribbage 6:30 - 9 pm Pickleball	Bocce, Horseshoes and Ice Cream 1- 3 pm (weather permitting) 6:30 - 9:00 pm carpet bowling	7 pm whist 10 -11 am Wii Sports 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	6:30 - 9 pm Pickleball	
19	20	21	22	23	24	25
	1 pm cribbage 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	7 pm whist 10 - 11 am Wii Sports 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling	12 - 3pm BBQ @ Radley Park 	
26	27	28	28	30	31	
	1 pm cribbage 6:30 - 9 pm Pickleball	6:30 - 9:00 pm carpet bowling				