

The Coldest Night of the Year Comes to Kitimat

Supporting Community and Compassion

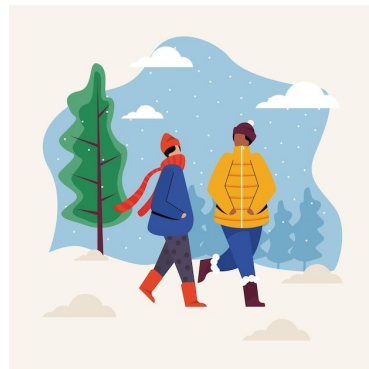
On Saturday, February 28, 2026, Kitimat is once again taking part in The Coldest Night of the Year (CNOY), a national, community-wide fundraising walk that raises money and awareness for people experiencing hurt, hunger, and homelessness in the region.

The Coldest Night of the Year is a family-friendly winter walk held annually across Canada, where participants come together to support local charities that serve vulnerable populations during the harshest months of winter. The event offers 2 km and 5 km walking routes, encouraging families, friends, schools, workplaces, and community groups to register, fundraise, and walk side-by-side in solidarity.

In Kitimat, the fundraiser is organized locally with support from Tamitik Status of Women Association, which plays a key role in community services addressing housing, food insecurity, crisis support and more. Participants in Kitimat join teams, collect pledges, and walk to raise crucial funds that stay in the community.

Winter in Kitimat can be cold and snowy, with community members facing the dual challenges of low temperatures and social hardship. By stepping outside into the winter chill, walkers symbolically share a small part of the experience faced by those without stable shelter — and the funds raised help partner charities provide services like warm meals, shelter, crisis support and essential resources.

Kitimat's CNOY event features dozens of local walkers organized into teams, each fundraising toward community goals. This year the 50+ Seniors Centre will be participating by entering a team. Team "Still Got Sole" members will gather pledges and raise funds to contribute to this important fundraiser. You can support the Centre members and TSW by volunteering for the team or signing up as a sponsor. For more information please call 250-632-3405.



Our Goal

Loneliness is a recurring problem within the lives of, not only seniors but, everyone.

The impact that being lonely can have on one's mental and physical being is far from healthy and can easily be reduced with a bit of help. That's why here, at the 50+ Centre, we strive to reduce feelings of loneliness and give the seniors of our community a positive and safe place where they can hangout and mingle whenever they feel like getting out of the house. We strive to create a positive environment where everyone feels welcome and can have fun. Join us in our journey to better the lives of the Seniors in Kitimat.

February 2026

NEWSLETTER

KITIMAT 50+ SOCIETY

658 Columbia V8C 1V5

Phone: 250-632-3405

Programmer: Amelia Pozsgay 250-632-3475

Centre Hours: Monday - Friday 10 - 3

E-mail: kitsca@citywest.ca

Website: <https://kitimat50society.com>

Our 2025/26 Executive

Karen Bringleon: President

Pauline Morgan: Vice President

Barb Thomas: Treasurer

Shirley Boudreault: Secretary

Norbert Eitner: Director

Anne Hansen: Director

Julie Mayo: Director

Louise Avery: Director

Program / Event Leader Contact List

Bingo: Darlene Gleig and Anne Hansen

Board Games: Maynard Reed

Book Club: Sandy Knowles

Bridge: Richard Krickan/Sandy Knowles

Bottle Recycling: Kelly Loran

Canasta: Pauline Morgan

Carpet Bowling: Ray Foster

Chair Exercise: Janice Bienias

Chess: Lonnie Vaughan

Computer Assistance: Helen O'Neill

Creative Corner: Karen Bringleston

Cribbage: Anne Hansen

Decorating Committee:

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Paper Recycling: Grant Macdermid

Pickleball Co-ed: Pat Mildenerberger

Pickleball Women's: Marianne Hemmy

Purchasing: Sheila Edgar

Membership Wellness: Ruth Dos Santos and Maria Torres

Sing Along/Ukulele: Cheryl Groves and Laura Yeager

Sueca: Evaristo Cabral

Sunrise Yoga: Pauline Morgan

Tai Chi: Bill Willis

Table Tennis: Norbert Eitner

Whist: Jack McGourty



Cancellations and Changes

- Social Bridge is every Wednesday at 1:30pm
- Board Games are every second and fourth Friday at 2pm
- Riverlodge is closed Monday, February 16th for Family Day
- TaiChi is cancelled February 16th and 26th
- Carpet Bowling is cancelled February 16th and 26th.
- Pickleball is cancelled February 16th
- Crib now begins at 12:45 instead of 1:00pm
- Whist is now at 12:30 instead of 1:00pm
- Ukulele in Activity Room on February 13th and 27th.



"Look Ellie . . . my old uniform still fits!"

GENERAL MEETING

The next General Meeting will be held Thursday, March ??, 2026.

Sign Up Sheet Binder

If interested in any of the events or programs please pop in or call the Centre at 250-632-3405 and add your name to the applicable sign up sheet.

Housekeeping Attention

All Program Leads

Please remember the following MUST be done before exiting the building at the end of the program:

- Close all windows
- Turn off the TV
- Fridge doors are closed
- Dishwasher is off
- Doors are locked
- Vacuum if necessary

It is the lead's responsibility to:

- ensure that a replacement leader is in place if you are planning to be away.
- Inform your group about any program changes or cancellations.

Newsletter Updates

If you have new items or updates for future publications, please contact Angela at angela.m.eastman60@gmail.com. Please note - all submissions must be received a week prior to month end .

Information for Tidbit Notices must be sent to Amelia (kitsca@citywest.ca) by Wednesday of every week.

HELP NEEDED Centre Decorator(s)

We are looking for someone or a small group to take on the role of Centre Decorator(s).

If you are interested and would like more information, please contact the Centre.





The Return of the BOARD GAMES!

INTERESTED IN PLAYING BOARD GAMES
Join us on the 2nd and 4th Friday of February at 2pm



3 50+ SOCIETY CENTRE

TUESDAY BINGO

IT'S YOUR TURN TO WIN!

50/50 DRAW

PROGRESSIVE POT

DOORS OPEN AT 5PM
GAMES START AT 6PM

Social Bridge

Wednesdays at 1:30 pm

Join us every Wednesday for a relaxed and friendly game of Social Bridge. Whether you're an experienced player or have never played before, you're very welcome to join in. For those who are new, instruction can be provided.




FEBRUARY 15TH

Let's Get Hammered

HAND STAMPED JEWELRY WORKSHOPS

NOTHING SAYS 'I LOVE YOU' LIKE SOMETHING HAND-MADE... AND NAUGHTY!

Join the workshop on February 15th between 3:00-6:00PM at the Seniors Center Riverlodge
\$40 per person
You will make 2 projects of your choice, all materials and tools supplied



Vadie's VALENTINE CERAMICS!

February 05th 1:00pm
— Choose Your Project! —

Heart Trinket Dish
Heart Wall Plaque
Heart Box

\$25 supply fee required

Contact the Centre for more information and to sign up!



Valentine PIZZA Luncheon

Homemade

HOSTED BY THE PICKLEBALL LADIES

February 13th at 12 NOON

SIGN UP REQUIRED

\$10 PER PERSON

BOOK QUICKLY - LIMITED SEATING

50+ SOCIETY CENTRE



february 28, 2026

across the country, close to home.

A winterific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness... because it's cold out there.

coldest night

walk | fundraise donate | volunteer team up with friends
cnoy.org/kitimat

TAMITIK STATUS OF WOMEN

Check-in starts at 4:00pm!
Riverlodge Recreation Centre

Scan the QR Code for more details!



Everyday Strengthening Workshop

Stay strong. Stay independent. Move with confidence.

WHERE: 50+ Society Centre

WHEN: February 25th | 11:00 AM

About the Workshop:

Learn simple, practical exercises to improve strength, balance & mobility!

- ✓ No gym required
- ✓ No special equipment
- ✓ No large space needed
- ✓ Exercises you can do at home

Sign-up Recommended!

Call the Centre for more info & to register!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	2. Tai Chi - 7:00am Pickleball - 8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	3.Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Bingo—5:00pm Games 6:00pm	4. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	5. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Vadie’s Valentine Ceramics –1:00pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling—1:00pm	6. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	7.
8. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	9. Tai Chi - 7:00am Pickleball - 8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	10. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Delta King Bingo—5:00pm Games 6:00pm	11. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	12. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling—1:00pm	13.Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Valentine Luncheon—12:00pm Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30) In Activity Room Board Games—2:00pm	14.
15. Sunrise Yoga - 9:30am Canasta - 12:00pm ◀ Metal Stamping Workshop with Kelly Ruff—3pm Mexican Train - 6:30pm	16. Tai Chi - CANCELLED Pickleball - CANCELLED Chess—10:30am Book Club—10:30am Sueca—12:15 Crib - 12:45pm FAMILY DAY STATUTORY HOLIDAY	17. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Del6ta King Bingo—5:00pm Games 6:00pm	18. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	19. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling—1:00pm	20. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	21.
22. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	23. Tai Chi - 7:00am Pickleball - 8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	24. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm MLC Bingo—5:00pm Games 6:00pm	25. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Everyday Stretching Workshop –11:00am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	26. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling—CANCELLED	27. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30) In Activity Room Board Games—2pm	28. COLDEST NIGHT OF THE YEAR— COMMUNITY EVENT Come out to support our 50+ Seniors Centre Team “Still Got Sole”
		Note: Activities are subject to change. Contact your event leader if you have questions.				