

AN EVENT BY THE
KITIMAT 50+ SOCIETY



Cribbage Tournament



Tournament Category:
PROGRESSIVE CRIBBAGE - 8 ROUNDS

ENTRY FEE*
\$20.00

**MUST BE
PAID UPON
SIGN-UP**

*Entry Fee Includes \$5 Toward BBQ Lunch

August 25, 2025
(MONDAY)

11 AM - 3 PM



KITIMAT 50+ CENTRE
658 COLUMBIA AVE.
KITIMAT B.C. V8C 1V5

CONTACT THE KITIMAT 50+ SOCIETY FOR MORE INFO & SIGN-UP

MORNING BINGO with



On (Thursday) August 21st at 10:00am, the Tamitik Status of Women (TSW) Association will be running a casual morning BINGO session at the Kitimat 50+ Society. There will be a variety of non-cash prizes available to win and complementary refreshments for participants. **Sign-up is not required.** This event is open to all interested members of the community, no membership needed.



Please contact the Kitimat 50+ Society (250-632-3405) or the Tamitik Status of Women (250-632-8787) for further details.

Lakelse Lake Accessibility Study

Researchers at the University of Northern BC (UNBC) have received funding from BC Parks to run a study on the accessibility needs at Lakelse Lake Provincial Park.

UNBC is looking for individuals who value accessibility as part of their recreation experience to travel to Lakelse Lake on **August 23th or 24th** to participate in a **2-3 hour** 'Photovoice' activity. During this activity, participants will independently (or with those they normally spend time with) navigate the park, then return to a group setting to discuss experiences and reflections surrounding accessibility. Feedback provided will be used to ensure future accessibility improvements are fueled by authentic community voices.

Participants will receive a **\$100 honorarium** in recognition of their contributions.

SIGN-UP REQUIRED

Contact the Kitimat 50+



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.

August 2025

NEWSLETTER

KITIMAT 50+ SOCIETY

658 Columbia V8C 1V5

Phone: 250-632-3405

Student Summer Programmer: Kanaeta Daigle

Centre Hours: Monday - Friday, 10 - 3

E-mail: kitsca@citywest.ca

Website: <https://kitimat50society.com>

Our 2025/26 Executive

Karen Bringleon: President
Janice Gaudet: Vice President
Barb Thomas: Treasurer
Shirley Boudreault: Secretary
Norbert Eitner: Director
Anne Hansen: Director
Julie Mayo: Director
Marie Striker: Director

Program / Event Leader Contact List



Bingo: Executive (Temporary)

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: Tannis Claussen

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: Theresa Mildenberger

Purchasing: Karen Bringleston

Membership Wellness: Rosa Martins

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

GENERAL MEETING

There will be no General Meetings over the Summer. The next meeting will be held Thursday, September 25th at 10:30 am. All members are strongly encouraged to attend as there are always important items to discuss and membership input is vital. *Please note that all activities are cancelled during the meeting to enable all members the opportunity to attend.*

Member Wellness

Please remember, if you know of any Kitimat 50+ Society members who are ill or feeling under the weather, let Rosa Martins know so she can reach out to them.

Phone: (250) 632-5459

Cancellations and Changes

- Programmer Amelia Pozsgay will be on Summer vacation starting July 1st. Any program inquiries can be directed to our Summer student, Kanaeta Daigle, until September.
- Chair Exercises**, Tai Chi, Carpet Bowling, Line Dancing, and Table Tennis are on Summer Break until September.
- Chess will only run on Wednesday evenings (5:30pm) throughout the August. Morning chess will resume in September.
- Creative corner is cancelled on August 7th (Thursday). Instead, the group will meet at **Delta King on August 5th** (Tuesday).
- The 50+ Centre will be **closed August 15th-17th** for an LNG event.
- Starting August 1st, Pickleball will no longer be held at Riverlodge. Sessions will run in the morning (~8:00am) and be held at outdoor courts or the Tamitik Arena for the remainder of the Summer. Check with your program lead for more information.
- Starting **August 1st**, all Kitimat 50+ Society programs held at Riverlodge will only be open to members age 50+. Activities held at the 50+ Centre are still open to all ages.

CHECK WITH YOUR PROGRAM LEADS
FOR SCHEDULING CHANGES.

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
- All 3 doors are locked
- Vacuum if necessary

It is the lead's responsibility to:

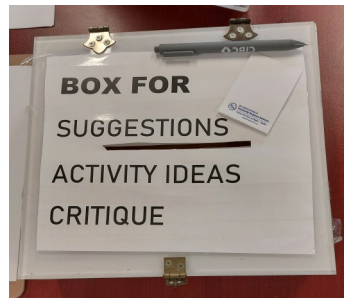
- ⇒ Ensure that a replacement leader is in place if you are planning to be away.
- ⇒ Inform your group about any program changes or cancellations.

Volunteer Opportunities

- Volunteer Cooks Needed – The Kitimat Leisure Services department is looking for volunteers from the 50+ Society to prepare a healthy lunch for a staff training on **August 20th at 12:00pm**. A monetary donation will be made to the Centre in return. Contact Kanaeta Daigle for more details.
- Cribbage Tournament Helpers – Non-cribbage players needed to help with set-up, barbequing, and take-down during the tournament on **August 25th**. Contact Kanaeta Daigle for more information.
- Drivers for Day Trips – Looking for individuals with a valid Class 5 driver's licence to operate passenger vans during out-of-town trips this Summer. Contact Kanaeta Daigle for further details.
- Bingo Helpers – Verifiers and canteen helpers needed for September. **Volunteer meeting on August 26th at 5:00pm**. For more information contact Sheila Edgar at (250) 639-7647.
- Telethon Phone Operators – The Kitimat Community Foundation is looking for volunteers to operate phone lines and accept donations during the Annual Community Telethon on **October 19th from 2:00-3:00pm**. Contact Kanaeta Daigle for more details.

SUGGESTION BOX

The 50+ Centre's Suggestion Box is back! Members are encouraged to submit their suggestions, activity ideas, and critiques for the Board Members' attention. The box is located at the Centre's front desk.



Fundraising at the Kitimat Night Market

Come down to the Kitimat Night Market (lower City Centre Mall behind the Kitimat Museum) at **4:30pm-8:00pm on August 1st and 22nd** to show your support for the 50+ Society's Fundraising Table.



Our summer student, Kanaeta, will be selling popcorn and member made/donated items on behalf of the 50+ Society alongside her own craft stall, Koy's Cove.

History Hunting

This Summer, our student (Kanaeta) will be working to develop an updated Kitimat 50+ Society promotional pamphlet.



If you have any information, photographs, or stories of the Centre's history, please share them with Kanaeta by visiting the 50+ Centre's front desk or emailing kitsca@citywest.ca

SKEENA VALLEY FARMERS Market DAY TRIP

Join us for a day trip to the Skeena Valley Farmers' Market and participate in the final weekend of the 2025 Riverboat Days festivities.

A small 6-passenger van will be available to transport participants*. Priority will be given to members who are typically unable to travel to Terrace on their own.

POTENTIAL ACTIVITIES:

- Farmers' Market - **FREE**
- Shames Mountain Blueberry Picking & BBQ - **\$5 (Chair Lift)**
- Skeena Salmon Art Show - **FREE**
- Kitselas Canyon Guided Tours - **\$14**

SATURDAY, 9 AUGUST | 9:00 AM

Depart from Kitimat 50+ Society

*Attendees travelling in the van are expected to help cover gas costs.

BOOKING REQUIRED FOR TRANSPORTATION - LIMITED SEATING

kitsca@citywest.ca
 658 Columbia Ave., Kitimat
 250-632-3405

Morning Mystery Movies

At 10:30am on **August 7th** (Thursday), **August 19th** (Tuesday), and **August 27th** (Wednesday) the Kitimat 50+ Society will be hosting Morning Mystery Movies! Please take a moment to vote on which movies you would like to watch by scanning the QR code (to the right), following the link on our Face-Book page, or voting in person at the 50+ Centre.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| 27. <div>Note: Activities are subject to change. Contact your event leader if you have questions.</div> | 28. | 29. | 30. | 31. | 1. Co-ed Pickleball – 8:00am Ukulele – 1:00pm (Beginners 12:30) KITIMAT NIGHT MARKET FUNDRAISER STALL – 4:30pm | 2. |
| 3. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm | 4. Co-ed Pickleball – 8:00am Book Club – 10:30am Crib – 1:00pm Duplicate Bridge – 6:30pm | 5. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – CANCELLED CREATIVE CORNER @ DELTA KING – 1:00pm | 6. Co-ed Pickleball – 8:00am Chair Exercises – CANCELLED Mahjong – 1:00pm Chess – 5:30pm (Open Class) | 7. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – CANCELLED MORNING MOVIE – 10:30am | 8. Co-ed Pickleball – 8:00am Ukulele – 1:00pm (Beginners 12:30) | 9. SKEENA VALLEY FARMERS MARKET DAY TRIP – 9:00am |
| 10. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm | 11. Co-ed Pickleball – 8:00am Crib – 1:00pm Duplicate Bridge – 6:30pm FIRESMART WILDFIRE INFO SESSION – 11:30am | 12. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – 1:30pm (Delta King) | 13. Co-ed Pickleball – 8:00am Chair Exercises – CANCELLED Mahjong – 1:00pm Chess – 5:30pm (Open Class) TWO PEAKS BREWERY: TOUR & TASTE (Sign-Up Required) – 11:00am | 14. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm | 15. Co-ed Pickleball – CANCELLED Ukulele – CANCELLED RIO TINOTO SMELTER TOUR (Sign-Up Required) – 12:15pm CENTRE CLOSED | 16. (LNG CANADA) THE BIG THANK YOU PARTY – 2:00pm CENTRE CLOSED |
| 17. Sunrise Yoga - TBD Canasta - TBD Mexican Train - 6:30pm CENTRE CLOSED (Until 12:00pm) | 18. Co-ed Pickleball – 8:00am Crib – 1:00pm Duplicate Bridge – 6:30pm | 19. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – CANCELLED MORNING MOVIE – 10:30am | 20. Co-ed Pickleball – 8:00am Chair Exercises – CANCELLED Mahjong – 1:00pm Chess – 5:30pm (Open Class) COOK FOR THE LEISURE SERVICES LUNCH – 12:00pm | 21. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm TAMITIK WOMEN'S ASSOCIATION SENIORS BINGO – 10:00am | 22. Co-ed Pickleball – 8:00am Ukulele – 1:00pm (Beginners 12:30) KITIMAT NIGHT MARKET FUNDRAISER STALL – 4:30pm | 23. |
| 24. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm | 25. Co-ed Pickleball – 8:00am Crib – 1:00pm Duplicate Bridge – 6:30pm CRIBBAGE TOURNAMENT & BBQ LUNCH – 11:00am | 26. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – 1:30pm (Multi-Level Care) VOLUNTEER BINGO MEETING – 5:00pm | 27. Co-ed Pickleball – 8:00am Chair Exercises – CANCELLED Mahjong – 1:00pm Chess – 5:30pm (Open Class) MORNING MOVIE – 10:30am | 28. Ladies Pickleball – 8:00am Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm | 29. Co-ed Pickleball – 8:00am Ukulele – 1:00pm (Beginners 12:30) NORTH PACIFIC CANNERY TOUR (Sign-Up Required) – TBD | 30. |