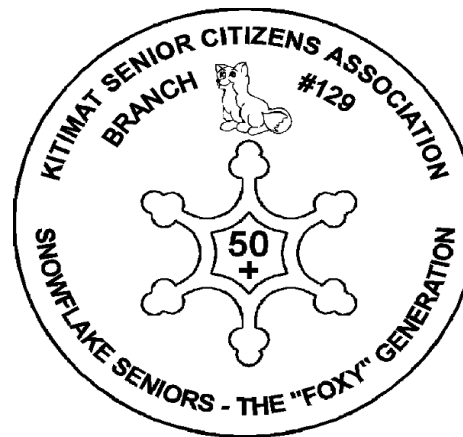


Some interesting information which appeared in our November, 2002 newsletter submitted by member Anne Bunn (*way to go Anne keeping a newsletter for nearly 17 years!*)

Some things that might have been said in 1957

1. I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.
2. Did you hear the post office is thinking about charging a dime just to mail a letter?
3. No one can afford to be sick anymore. \$35.00 a day in the hospital is too rich for my blood.
4. If they think I'll pay 50 cents for a hair cut; forget it.
5. I'll tell you one thing, if things keep going the way they are, its going to be impossible to buy a week's groceries for \$20.00!

WOW HOW THINGS HAVE CHANGED!



February, 2019

NEWSLETTER

KITIMAT SENIOR CITIZENS ASSOCIATION
BRANCH # 129

658 Columbia V8C 1V5

Phone: (250) 632-3405

Programmer: Amelia Pozsgay (250) 632-3475

E-mail: kitsca@citywest.ca

Website: www.kitimat seniors.com

*Seniors Living Their
Best Lives*



Executive Meeting

Wed. Feb. 6

10 am

General Membership Meeting

Thursday, February 14

1:00 p.m.

Sick and Visiting



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

We were saddened to hear of the passing of Joe Feldhoff and Ed Barbosa. Condolence cards were sent to their families. A plant was taken to Colleen Hall following her surgery

**Valentine
Cup Cake Sale
Thursday
February 14
11:30 a.m.**

Program Cancellations, Additions, or Changes

Floor curling can only now be offered on Wed. at 11:15 am to 1:00 pm as per DOK.

2019 Kitimat Seniors' Centre Executive

Ray Taylor - President

Pauline Morgan –1st Vice President

Richard Krickan - 2nd Vice President

Barb Thomas –Treasurer

Gillian Mullins –Secretary

Anne Berrisford –Director

Bill Whitty –Director

Nelly Lamers –Director

Committee Members Contact List

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

Community Committee Representatives

BC Community Response Network	Lois Marleau & Kathy Walker
Kitimat Advisory Housing Committee	Sandy Knowles & Helen O'Neill
Kitimat Health Advocacy Group	Helen O'Neill
Age Friendly Community Committee	Amelia Pozsgay

Thank you to everyone who contributed their time, effort, talent (Ukeladies) and donations of scrumptious shortbread for our annual Sherry and Shortbread. Thank you also to those who joined us for all the fun

Essential Oils Workshop

Once you understand what the oils are and what they have to offer you'll want them in everything!
Friday, February 1 at 1:00 pm
 \$5.00 per person.
 Sign up required at the Seniors Centre.
 Min. registration required.

Investment Group

This group is made up of participants with various levels of investment experience and financial literacy. Are you curious on how to make the most of your retirement income or have you heard about some great investment options? This group covers many topics that are brought up like tax tips for seniors, converting RRSPs to RRIFs, death of a spouse or loved one, estate planning and much more. Join the group for their second meeting on **Monday, February 11 at 1:00 pm at the Kitimat Public Library.**

Energy Healing Session

Wednesday February 13th
 11:00 am to 1:00 pm
Tamitik Jubilee Sports Complex
 Have you heard the latest buzz phrase Energy Healing? Within recent years the idea of energy healing has really taken off in the West and has given many people relief from both physical and/or mental stress and pain. George who currently lives in Vancouver and is well known in Alberta, British Columbia, and Switzerland as an energy healer is offering us a group healing session. If you are interested **sign up is required** with minimum registration attendees required. There is no set charge for this but a donation would be greatly appreciated. Call the Centre at programmer's desk 250-632-3475 or front desk 250-632-3405.

55 Plus BC Games

Zone 10 Membership Registration will be on Mondays starting February 4th at the Seniors Centre from 11 am to 3 pm.



Valentine's Pancake Breakfast

Saturday, Feb. 16

8:30 am to 11 am

\$8.00 per person

Or \$20.00 for a family of four

Everyone Welcome

President's Message

I'd like to thank the membership for electing me as the president of the Kitimat Senior Citizens Association. I will do my best to earn your confidence and continued support.

Given my limited experience as a member, I am going to solicit and rely on the knowledge, experience, and judgement of those who served before me.

I would also like to thank past, present, and future members of the board for their service with special acknowledgement going to our past president Ottilla (Tilly) Bachmann for her dedication and leadership to our centre.

I am sure many of you have questions about me; be assured my ongoing priority will be to make myself knowledgeable, open, and available to respond to issues as I grow into the role. My first priority will be to assure that the Kitimat Senior Citizens Association continues to deliver outstanding services and quality programs to the community.

Ray Taylor
President

Cup of Coffee

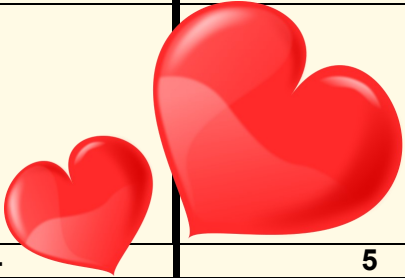


Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and managing the disease will be discussed at a "Diabetes" Cosco workshop which will be held on **Tuesday, February 12 at 10:30**. Our Cosco representatives will be providing free of charge individual and confidential testing. **Come have coffee and find out your diabetic number.**

All Welcome

FEBRUARY

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					7:00 am Tai Chi 8:30 am—11:00 Table Tennis 10:30 am Line Dancing 1:00 pm Social Dance 1:00 am Essential Oils Workshop.	
3	4	5	6	7	8	9
	7:00 am Tai Chi 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Mountainview Lodge 6:00 pm Entertainment	7:00 am Tai Chi 9:00 am Pickle Ball 11:00 am Chair Yoga 11:15 to 1:15 Floor Curling 1:00 pm Mahjong & Crafts 1:30 pm Genealogy at the Public Library 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 10:00 am Executive Meeting 1:00 pm Ukeladies 1:30 pm Carpet bowling 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 10:30 am Line Dancing	
10	11	12	13	14	15	16
	7:00 am Tai Ch 10:30 am Travel Group 11:00 to 3:00 BC Games Sign up 1:00 pm Investment Group at Kitimat Public Library. 1:00pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 10:30 am Cup of Coffee Cosco Diabetes 1:30 pm Carpet bowling 1:30 pm Singers at Riverlodge 6:00 pm Entertainment	7:00 am Tai Chi 11:00 to 1:00 Energy Healing Tमितik Complex 11:00 am Chair Yoga 11:15 to 1:15 Floor Curling 1:00 pm Mahjong & Crafts 1:00 pm Floor Curling 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:00 General Membership Meeting 2:00 to 3:00 pm Ukeladies (Riverlodge) 2 to 4 pm Knot just Knitting 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 10:30 am Line Dancing 1:30 pm Carpet Bowling	Valentine Pancake Breakfast 8:30 to 11:00 am
17	18	19	20	21	22	23
	7:00 am Tai Chi 1:00 pm Investment Group at Kitimat Public Library. 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Mountainview Lodge 6:00 pm Entertainment	7:00 am Tai Chi 8:00 am—10 am Pickle Ball 11:00 am Chair Yoga 11:15 to 1:15 Floor Curling 1:00 pm Mahjong & Crafts 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:00 pm Ukeladies 1:30 pm Carpet bowling 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 10:30 am Line Dancing	
24	25	26	27	28		
	7:00 am Tai Chi 10:30 am Book Club 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi Moved to GYM 10:00 am Pickle Ball TIME CHANGE 1:30 pm Carpet bowling Singers CANCELLED 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 11:00 am Chair Yoga 11:15 to 1:15 Floor Curling 1:00 pm Mahjong & Crafts 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:00 pm Ukeladies (Mountainviw Square) 2 to 4 pm Knot just Knitting 6:00 pm Entertainment	