

SING ALONG GROUP

Enjoy singing in the shower? Come out and join our group of welcoming recreational singers. We sing a variety of music, and invite you to bring some of your own songs to add to our repertoire. This group brings much joy to our community, especially the residents of Delta King Place and the Multi-level Care Unit at our hospital. We hope you and your voice will join us in song on Tuesdays at 1:30 pm, either at the 50+ Centre or at Delta King (2nd Tuesdays) or MLC (the last Tuesday of each month).

THE CREATIVE CORNER

The group meets once weekly (Thursdays, 1pm) to try new ideas. So far they have explored felting and other crafts. Creative new ideas planned are soap making, tin can vase repurposing, weaving, Cricut use and more. If you have a special craft idea you would like to explore or teach, let us know.

WHIST

Please join us Thursday afternoons at 1:00 pm for the fun game of Whist. The list of benefits of playing this and other card game include improving cognitive function, providing social connection and avoiding isolation. Our Whist group is very welcoming and eager to teach new players the game.

RUMMOLI

Rummoli is an engaging card game that combines elements of poker and rummy. It can be played by two to eight players using a standard deck of playing cards. There are two main 'rounds' to the game - poker play and rummy play. Drop in to play every second Saturday at 6:30 - 9:30pm. Beginning in October

MEXICAN TRAIN

Mexican Train is a relatively new game to our centre and can be played by up to eight people. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or trains that extend from a central hub. Each round is completed with the winner playing all of their tiles, the remaining players dominoes are tallied and recorded. The player with the least points at the end of the game is declared the winner.

LINE DANCING

Line Dancing is the perfect way to stay fit by having fun! Join our weekly dance group where we dance to all different genres of music! Line dancing has been said to increase flexibility, muscular strength and lung capacity, as well as improving bone health and coordination. Come try it out and have some foot stomping fun every Friday at 10:30am.

MAHJONG

Similar to the western card game Rummy, Mahjong is a game of skill, strategy, and calculation ... and involves a certain degree of chance. Come out on Wednesday afternoons to play this captivating game. Everyone is welcome.



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.

January 2025

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

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

Canasta: Pauline Morgan

Carpet Bowling: Ray Foster

Chair Yoga: Janice Bienias

Chess: Lonnie Vaughan

Computer Assistance: Helen O'Neill

Creative Corner: Karen Bringleston

Cribbage: Anne Hansen

Decorating Committee: Sonia Sarell

Fibre Arts: Cynthia Cridge

Floor Curling: TBA

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Pickleball: Theresa Mildenerger

Purchasing: TBA

Recycling: Grant Macdermid (paper)

Membership Wellness: Rosa Martins

Progressive Euchre: Robert Miedema

Rummoli: Robert Miedema

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

Notice to Program / Event Leaders

Please ensure that a replacement leader is in place if you are planning to be away. This will prevent cancellations that may result in disappointment and inconvenience. Your cooperation is appreciated.

Newsletter Updates

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

Volunteers Needed
The 50+ Centre is powered
by Volunteers! We presently
need volunteers and
program leads for:

Bingo
Floor Curling
Recycling
Basic building maintenance
Purchasing

For more information contact Karen
Bringleston or leave your contact
information at the front desk



Membership Wellness

Please remember, if you know of any Kitimat 50+ Society members who are ill or feeling under the weather, let Rosa Martins know (250-632-5459) so she can reach out to them.

Housekeeping Attention

All Program Leads

please remember the
following MUST be done
before exiting the building at
the end of the program.

- close all window
- turn off the TV
- fridge doors are closed
- Dishwasher is off
- Door is locked

A Gentle Reminder – all cell
phones and electronic devices
should be turned off or silenced
during meetings.



Many thanks to the outgoing
executive members:

Gillian Mullins, Karen
Santucci, Connie Craig and
Laura Yeager.

Are You Taking The Right Vitamins?

Join pharmacist Eva Almeida in an informative discussion around Vitamins – their benefits and interactions with medications.

Please call for more information:

250-632-3405



Brunch for Lunch

Thursday,
January 23rd

12 noon

\$12.00/person

Please register at the front desk.



Thoughts to begin the new year... Now that the hustle and bustle of the holiday season is over there many of us that feel drained and disoriented when January arrives.

This post-holiday slump, often referred to as the January blues, is common, characterised by feelings of lethargy, low energy and lack of motivation. This dip in mood can occur as we move from the excitement of the holidays into a more routine-focused and colder part of the year. Also, reduced exposure to sunlight during the winter months can lead to a drop in serotonin, a neurotransmitter that helps regulate mood, leading to feelings of sadness or lethargy. Lower sunlight also disrupts the body's production of melatonin, a hormone that influences sleep and energy cycles. This can cause excessive tiredness or poor-quality sleep. How can we improve our feelings of lethargy and loneliness?

Embrace the slowness and lean into the season and use this time to recharge and rest before spring.

Maximise your sunlight exposure to boost serotonin and improve mood. Not always an easy thing to do in our rainy climate but specialized lamps and lightbulbs can be helpful.

Restore sleep patterns – Aim to go to bed and wake up at consistent times to regulate your circadian rhythm. This will help maintain your overall sense of wellbeing.

Get your body moving. Exercise boosts endorphins and is a natural mood booster in general. Consider coming to the centre to enjoy Chair Exercise or Pickleball.

Take one day at a time and savour the moment. Try to really be present in each conversation, listen to each person, and just take each thing that comes at you as a new experience. Perhaps reach out to that old friend you couldn't connect with during the holiday season – they may be feeling the same as you!

2025

Happy New Year

50+ Society Centre

Bingo Night

Join us every Tuesday

DOORS OPEN AT 5:00PM
GAMES START 6:00PM

More info.
call the Centre at 250-632-3405
all welcome!

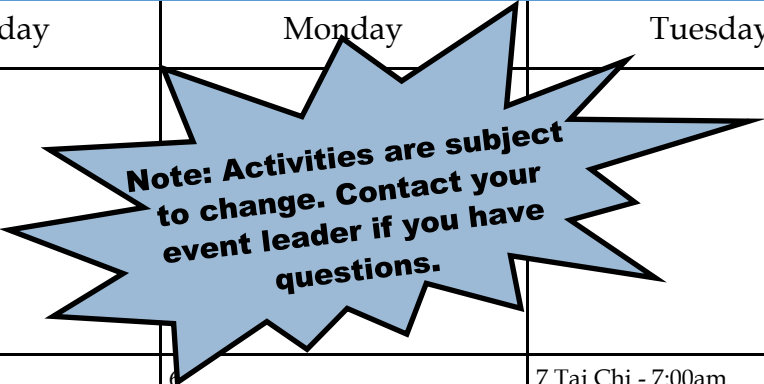


Many thanks to Sharron Keller for organizing this buffet dinner evening at Pedro's Grill.

Sharron will organize these dinners a couple of times a year – usually at

different Chinese food restaurants such as Chop Suey Kitchen and Pedro's Grill, giving us the opportunity to fun, food and friendship.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi - CANCELLED Pickleball -CANCELLED Chair Exercise – 11am Mahjong-1:00pm Chess-6:30pm Open Class	2 Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9 am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:30 pm	3 Tai Chi - 7:00am Pickleball – 8:30am Chess - 10:30am Advanced Line Dancing – CANCELLED Ukulele - 1:30pm (Beginners 12:30	4 Rummoli – 6:30 -9pm
5 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	7 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Chess – 10:30am Beginners Canasta - 1:00pm Carpet Bowling – 1:30 pm Sing along - 1:30pm Bingo – 5:00pm	8 Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Mahjong-1:00pm Chess-6:30pm Open Class	9 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:30 pm	10 Tai Chi - 7:00am Pickleball – 8:30am Chess - 10:30am Advanced Line Dancing – 10:30 am Ukulele - 1:30pm (Beginners 12:30	11
12 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	13 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	14 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Chess – 10:30am Beginners Canasta - 1:00pm Carpet Bowling – 1:30 pm Sing along - 1:30pm Delta King Bingo – 5:00pm	15 Tai Chi - 7:00am Pickleball -8:30am Chair Exercise – 11am Mahjong-1:00pm Chess-6:30pm Open Class	16 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Whist - 1:30pm Creative Corner-1:00pm Carpet Bowling – 1:30 pm	17 Tai Chi - 7:00am Pickleball – 8:30am Chess - 10:30am Advanced Line Dancing – 10:30 am Ukulele - 1:30pm (Beginners 12:30	18 Rummoli – 6:30 -9pm
19 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	20 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	21 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Chess – 10:30am Beginners Canasta - 1:00pm Carpet Bowling – 1:30pm Sing along - 1:30 pm Bingo – 5:00pm	22 Tai Chi - 7:00am Pickleball -8:30am Chair Exercise – 11am Mahjong-1:00pm Chess-6:30pm Open Class	23 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Brunch for Lunch – 12 noon Whist - 1:30pm Creative Corner-1:30pm Carpet Bowling – 1:30 pm	24 Tai Chi - 7:00am Pickleball – 8:30am Chess - 10:30am Advanced Line Dancing – 10:30 am Ukulele - 1:30pm (Beginners 12:30	25
26 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	27 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	28 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Chess – 10:30am Beginners Canasta - 1:00pm Carpet Bowling – 1:30 pm Sing along - 1:30pm MLC Bingo – 5:00pm	29 Tai Chi - 7:00am Pickleball -8:30am Chair Exercise – 11am Mahjong-1:00pm Chess-6:30pm Open Class	30 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Whist - 1:30pm Creative Corner-1:00pm Carpet Bowling – 1:30 pm	31 Tai Chi - 7:00am Pickleball – 8:30am Chess - 10:30am Advanced Line Dancing – 10:30 am Ukulele - 1:30pm (Beginners 12:30	