

Happy New Year!

2026

We would like to thank the community of Kitimat, without your support, we would not be able to offer the many programs, events, and workshops for those we serve.

Our deepest gratitude goes out to the District of Kitimat municipal government, the many local businesses, and the individuals who have tirelessly donated funds, items, and their time.

Keep in mind, one of the greatest factors in achieving longevity is social interaction, and together we are helping those we serve stay connected, engaged, and thriving. With the support of our community, we have been able to make this possible.

**Kitimat
50+ Society
Centre**



January 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 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.

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

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 Bringleson

Cribbage: Anne Hansen

Decorating Committee:

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

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.



Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Paper Recycling: Grant Macdermid

Pickleball Co-ed: Pat Mildenberger

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



Get Involved in YOUR centre!

2026

50+ SOCIETY

GENERAL MEMBERSHIP MEETING

Thursday,
January 22th
at 10:30am.

**YOUR ATTENDANCE IS STRONGLY
ENCOURAGED**

For more information call 250-632-3475
<https://kitimat50society.com/>
Located next to the
Riverlodge Recreation Centre

Thank You!

**Our sincerest thank you to
Janice Gaudet and Marie Striker
for their service as 50+ Society
Executive Members.**

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.



INFORMATION meeting

MEN'S SHED ASSOCIATION OF BRITISH COLUMBIA

When: January 29th 2026
4:30pm-6:30pm

Where: Kitimat 50+ Society
658 West Columbia Ave.

What are Men's Sheds?
A place to belong as we foster a supportive community where men can engage in meaningful projects, learn new skills, and combat isolation.

"Men's Shed Association of BC provides spaces for men to build friendships and engage in community activities, reducing the risk of social isolation and its negative impact. We are part of a global movement of men coming together for men's health and wellness."

Contact: Jan 250-699-6878 <https://bcmensshed.ca/>

LYMPHATIC SYSTEM WORKSHOP

We All Have One - Let's Get to Know it

Wednesday, January 28
11:00 am at the 50+ Society Centre

We'll be learning :

What the lymphatic system is and how it works.

Why it's so important for immune health, circulation and reducing swelling.

Simple, everyday ways to keep it working well.

Registration required - pop in or call the Centre at 250-632-3405.

Join us for lunch at the
HAPPY GANG CENTRE
in Terrace

HAPPY GANG CENTRE
SENIORS HELPING SENIORS

On Thursday, January 15 at 11:30am

Lunch Menu
Soup and Bun \$5.00
Soup, Sandwich, dessert and Coffee \$10.00

We will be departing from the Centre at 10:00am.
let us know if you need a ride or can help with carpooling.
A small fee for shared transportation may be required.

For those interested, crib will be
played after lunch.
Registration is required for this event, pop in or call the Centre at 250-632-3405

The Importance of Volunteering for Seniors

Volunteering plays an important role in our lives as seniors, benefiting both individuals and communities. By sharing our time, skills, and life experience, seniors make meaningful contributions while staying active and engaged.

For seniors, volunteering supports mental and emotional well-being. Staying socially connected helps reduce loneliness and can improve mood and confidence. Many seniors also find a renewed sense of purpose when we feel useful and appreciated, which is especially important after retirement.

Volunteering can also support physical health. Activities such as mentoring, organizing events, or helping at the 50+ center encourages movement and routine, helping us stay active in safe and enjoyable ways.

Communities benefit greatly from senior volunteers. Seniors bring patience, knowledge, and reliability to schools, charities, libraries, and non-profits. Our experience often strengthens programs and inspires younger generations.

Overall, volunteering empowers us to remain active, connected, and valued, while creating stronger, more caring communities for everyone.

Volunteer opportunities within the Kitimat 50+ Society include:

- * **Front Desk Duties** – commit to a regular timeslot or as a spare.
- * **Programme Leader** – have an activity you enjoy? Gather a group of like-minded participants and lead the way!
- * **Society Executive** – a two-year commitment to participate in the decision making process for our Centre.
- * **Decorating Committee** – like to decorate for the season? Work with friends to make our centre welcoming and warm.
- * **Host a Luncheon** – work with Programmer Amelia Pozsgay and a group of people to host one of our Luncheons.

For more information, please call (250) 632-3475.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Note: Activities are subject to change. Contact your event leader if you have questions.</p>			1. Tai Chi – CANCELLED Sunrise Yoga - CANCELLED Table Tennis - CANCELLED Ladies Pickleball – CANCELLED Sueca – 1:00pm Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – CANCELLED HAPPY NEW YEAR! STATUTORY HOLIDAY	2. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – CANCELLED Sueca – 1:00pm Ukulele - 1:00pm (Beginners 12:30) NO FRONT DESK COVERAGE JANUARY 1 & 2	3.
4. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	5. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 1:00pm Crib - 12:45pm Duplicate Bridge - 6:30pm	6. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Bingo – 5:00pm Games 6:00pm	7. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 1:00pm Mahjong-1:00pm Chess-6:00pm Open Class	8.Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm	9. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 1:00pm Ukulele - 1:00pm (Beginners 12:30)	10.
11. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	12. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 1:00pm Crib - 12:45pm Duplicate Bridge - 6:30pm	13. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Delta King Bingo – 5:00pm Games 6:00pm	14.. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 1:00pm Mahjong-1:00pm Chess-6:00pm Open Class	15. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Lunch – Happy Gang Centre - 11:30am Sueca – 1:00pm Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm	16. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 1:00pm Ukulele - 1:00pm (Beginners 12:30)	17.
18. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	19. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 1:00pm Crib - 12:45pm Duplicate Bridge - 6:30pm	20 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Del6ta King Bingo – 5:00pm Games 6:00pm	21. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 1:00pm Mahjong-1:00pm Chess-6:00pm Open Class	22. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am General Meeting -10:30am Sueca – 1:00pm Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm	23. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 1:00pm Ukulele - 1:00pm (Beginners 12:30)	24..
25. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	26. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 1:00pm Crib - 12:45pm Duplicate Bridge - 6:30pm	27.Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Canasta - 1:00pm Carpet – Bowling – 1:00pm Sing along - 1:30pm MLC Bingo – 5:00pm Games 6:00pm	28. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Lymphatic System Workshop – 11:00am Sueca – 1:00pm Mahjong-1:00pm Chess-6:00pm Open Class	29.. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 1:00pm Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm Men's Shed Meeting – 4:30pm	30. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 1:00pm Ukulele - 1:00pm (Beginners 12:30)	31.