

BALANCE WORKSHOP

Physiotherapist Carolyn Watt and her Practicum Students will be at the 50+ Centre on

**Wednesday, December 10th
11:00pm**

Carolyn and her students will teach us about how important it is to have good balance, how to get it and how to keep it as we age.

Let us know if you are interested in attending.



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.

December 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

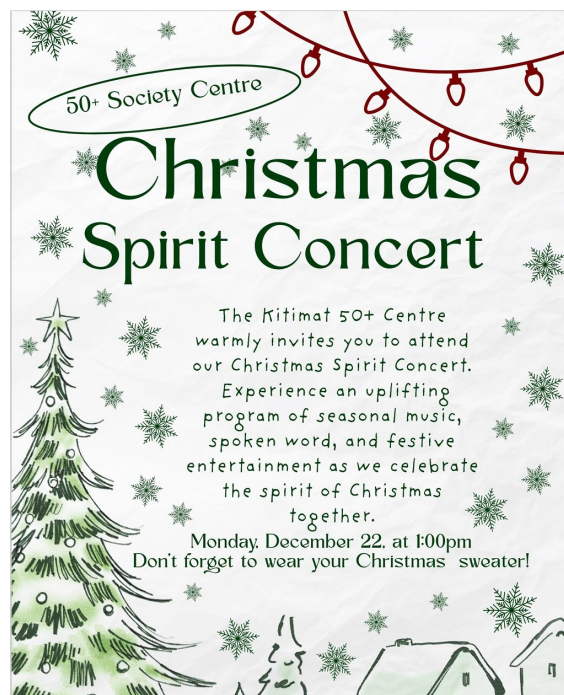
Shirley Boudreault: Secretary

Norbert Eitner: Director

Anne Hansen: Director

Julie Mayo: Director

Marie Striker: Director



Program / Event Leader Contact List

Bingo: 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

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



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.

Cancellations and Changes

- Centre closed December 24th to January 5th. No Front Desk Coverage.
- Riverlodge is closed December 24th, 25th & 26th.
- December 24th-26th – Tai Chi, Table Tennis, Ladies Pickleball, Senior's Pickleball, Line Dancing and Carpet Bowling are Cancelled.
- Center Kitchen closed December 4th to 14th to facilitate Kitchen Renovation.
- Living Room is closed December 4th to 14th to facilitate Kitchen Renovations
- Line Dancing – Last day December 19, back January 9
- Chair Exercise – Last day December 17, back January 7
- Bingo – Last day December 16, back January 6
- Sunrise Yoga Cancelled December 25 and January 1
- Carpet Bowling – Last day December 11, back January 6
- Crib – Time Change – 12:45pm New Time
- Happy Hour Pole Walking – Cancelled until January.
- Sing-a-long Cancelled December 23rd.

GENERAL MEETING

The next General Meeting will be held Thursday, January 22, 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.

Wishing you all a very Merry Christmas and a Happy New Year!





YOU ARE INVITED TO THE 50+ SOCIETY CENTRE


Christmas DINNER PARTY

THURSDAY, DECEMBER 18TH 2025
DOORS OPEN AT 4:30PM - DINNER AT 5:30PM

ROYAL CANADIAN LEGION

MEMBERS \$45 - NON MEMBERS \$55
TABLE ASSIGNMENT AVAILABLE

FOR TICKET SALE DATES OR MORE INFORMATION
DROP INTO THE CENTRE OR CALL 250-632-3405



KITIMAT CHRISTMAS BIRD COUNT

SUNDAY DECEMBER 14, 2025

HELP COUNT ALL BIRDS BIG OR SMALL

The count will be taken from dawn to dusk. Count Location may include your yard feeder, in the neighborhood or anywhere in the Kitimat count circle.

FOR MORE INFORMATION CONTACT
April MacLeod, CBC Compiler for Kitimat, BC
email: mac2aa@citywest.ca

GENTLE REMINDER

Have you paid your Membership Fees for 2025/2026?



3 50+ SOCIETY CENTRE 14

TUESDAY BINGO

IT'S YOUR TURN TO WIN!

50/50 DRAW
PROGRESSIVE POT

DOORS OPEN AT 5PM
GAMES START AT 6PM

10



REACHING HOME

WINTER COAT DRIVE

Help families in need with new or lightly used winter clothing

Donation Deadline: December 8th

Drop Off Location: 102-370 City Centre, Kitimat "KCSS Admin Office"

Government of Canada, Government du Canada, Kitimat Services, Community Society

CHRISTMAS PARTY TICKETS

Tickets will be available for purchase on Monday and Tuesday mornings from 10 - 12 and Wednesday and Thursday afternoons from 1:00 - 3:00.

Dec 1st, 2nd, 8th & 9th
10am – Noon

Dec 3rd, 4th, 10th & 11th
1:00pm – 3pm

There will be NO tickets available after Thursday December 11th.

Thank You!

Thanks to our outgoing Vice President Janice Gaudet who has moved home to Nova Scotia. Janice's expertise and behind the scenes hard work will continue to make our organization stronger even in her absence. Kitimat will miss you!

CHRISTMAS PARTY PLANNING MEETINGS

Volunteers are needed to help with the success of our Christmas Party. Join us at our last two meetings on December 5th and 12th at 1:pm at Riverlodge.

KITCHEN RENOVATIONS – HELP WANTED!!

The Centre kitchen will be closed from Dec. 4th to Dec 14th and the Centre's living room will be closed from Dec. 4th to Dec 14th for renovations.

Clearing out Cupboards and Emptying the Fridges
Thursday, Dec 4th at 10am

Removal of Some Cupboards/Hardware from Others
Saturday, Dec 6th. and Sunday, Dec 7th. at 10am

Trucks will be needed for both these days

Putting the Kitchen Back Together
Saturday, Dec 13th at 10am

Please call or drop by the Centre to sign up to assist with the renovations.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 12:45pm Duplicate Bridge - 6:30pm Christmas Party Ticket Sales -10am – Noon	2.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 Christmas Party Ticket Sales -10am – Noon	3. Tai Chi – 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class Christmas Party Ticket Sales -1pm – 3pm	4. Tai Chi – 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm Christmas Party Ticket Sales -1pm – 3pm KITCHEN RENO STARTS	5. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Social Dance – 3pm KITCHEN RENOVATION DECEMBER 4 – 14	6.
7. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm KITCHEN RENOVATION DECEMBER 4 – 14	8. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 12:45pm Duplicate Bridge - 6:30pm Christmas Party Ticket Sales -10am – Noon	9. 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 Christmas Party Ticket Sales -10am – Noon	10. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am BALANCE WORKSHOP – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class Christmas Party Ticket Sales -1pm – 3pm	11. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm Christmas Party Ticket Sales -1pm – 3pm	12. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Social Dance – 3pm	13.
14. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	15. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 12:45pm Duplicate Bridge - 6:30pm	16. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – CANCELLED Sing along - 1:30pm MLC Bingo – 5:00pm Games 6:00pm	17. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	18. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – CANCELLED CENTRE CHRISTMAS PARTY – 4:30 Doors Open. Dinner – 5:30pm	19. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Social Dance – 3pm	20. Holiday Lights Tour & Social at the Legion – 6:30pm
21. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	22. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 12:45pm Duplicate Bridge - 6:30pm Christmas Spirit Concert – 1pm	23. Tai Chi – 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – CANCELLED Sing along - 1:30pm CANCELLED Bingo – CANCELLED	24. Tai Chi - CANCELLED Pickleball - CANCELLED Chair Exercise – CANCELLED Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class Centre Closed – No desk coverage	25. Tai Chi - CANCELLED Sunrise Yoga - CANCELLED Table Tennis - CANCELLED Pickleball – CANCELLED Sueca – 12:15 Whist - 1:00pm Creative Corner-CANCELLED Carpet Bowling – CANCELLED Centre Closed – No desk coverage	26. Tai Chi - CANCELLED Pickleball – CANCELLED Line Dancing – CANCELLED Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Centre Closed – No desk coverage	27.
28. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm No desk coverage until January	29. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 12:45pm Duplicate Bridge - 6:30pm	30.Tai Chi – 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – CANCELLED Sing along - 1:30pm MLC Bingo – CANCELLED	31. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – CANCELLED Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	No desk coverage until January		
					Note: Activities are subject to change. Contact your event leader if you have questions.	