

HELP!

We are trying to develop a Maintenance Committee and are looking for members to help with the care and upkeep of our Centre. Your support will help ensure our facility remains safe, clean, and welcoming for everyone. If you like to make a difference and can give a bit of time please call the Centre at 250-632-3405.



St. Patrick's Day

St. Patrick's Day, celebrated every year on March 17, honors Saint Patrick, the patron saint of Ireland. What began as a religious feast day has grown into a global celebration of Irish culture, filled with parades, music, dancing, and a whole lot of green.

Saint Patrick was a 5th-century missionary credited with bringing Christianity to Ireland. According to legend, he used the shamrock, a small three-leaved plant, to explain the concept of the Holy Trinity. Over time, the shamrock became a national symbol of Ireland.

 Happy St. Patrick's Day to all! 



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.

March 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 2025/26 Executive

Karen Bringleston: President

Pauline Morgan: Vice President

Barb Thomas: Treasurer

Shirley Boudreault: Secretary

Norbert Eitner: Director

Anne Hansen: Director

Julie Mayo: Director

Louise Avery: Director

THANK YOU!

This week's big thank you goes out to our Program Leads.

They play a major role in keeping our recurring programs running smoothly and consistently. Their dedication and time help ensure we have activities and programs to enjoy.

Our Centre would not be as successful as it is without their commitment, they help make our programs possible.

Please take a moment to say thank you and let them know how much their efforts are appreciated. We couldn't do it without them!



Get Involved in YOUR centre!

2026

50+ SOCIETY

GENERAL MEMBERSHIP MEETING

Thursday,
March 19th
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

Program / Event Leader Contact List



Bingo: Darlene Gleig and Anne Hansen

Board Games: Maynard Reid

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:

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

Men's Coffee Group: Manuel Leite

Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Paper Recycling: Grant Macdermid

Pickleball Co-ed: Pat Mildenerger

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

Walk & Lunch: Sandy Knowles and Julie Mayo

Whist: Jack McGourty

Cancellations and Changes

- Cancelled for Spring Break, March 15 to 28th.
 - Tai Chi
 - Table Tennis
 - Ladies Pickleball
 - Co-ed Pickleball
 - Carpet Bowling
 - Line Dancing
- Crib now begins at 12:45 instead of 1:00pm
- Line Dancing is also cancelled March 6th and 13th.
- Whist is now at 12:30 instead of 1:00pm
- Board Games in Activity Room on March 13th and 27th.

Line Dancing Cancellations

Due to scheduling conflicts and life happenings Line Dancing is cancelled from March 6 to April 17th.

Feel better soon, Aileen!

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.

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.

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.

GENERAL MEETING

The next General Meeting will be held Thursday, March 19, 2026.



The Return of the BOARD GAMES!

INTERESTED IN PLAYING BOARD GAMES
Join us for games on Fridays
March 13th and 27th at 2:00pm

3 50+ SOCIETY CENTRE

TUESDAY BINGO

IT'S YOUR TURN TO WIN!

50/50 DRAW
PROGRESSIVE POT

DOORS OPEN AT 5PM
GAMES START AT 6PM

Social Bridge

Wednesdays at 1:30 pm

Join us every Wednesday for a relaxed and friendly game of Social Bridge. Whether you're an experienced player or have never played before, you're very welcome to join in. For those who are new, instruction can be provided.

50+ CENTRE WALKING GROUP
THURSDAYS, MARCH 12 AND 26TH AT 11:30AM

*WE WILL BE DEPARTING FROM THE CENTRE AND HEADING TO THE OFFICE FOR LUNCH
WALKING POLES ARE OPTIONAL*

LET'S GET ACTIVE WHILE SOCIALIZING!

EVERYONE IS WELCOME, EVEN IF YOU PREFER TO SKIP THE WALK AND JUST COME MEET US FOR LUNCH.

Kitimat 50+ Society Centre

TAI CHI WALKING
for beginners

A slower pace with greater benefits.

Build strength, balance, and confidence while strengthening the mind-body connection.

Thursday, March 26 at 1:30pm

Riverlodge Recreation Centre
Let us know if you will be joining us!

KITIMAT 50+ SOCIETY CENTRE

READERS THEATRE

For

ADULTS

No memorizing required, just come and let your inner actor shine!
Thursday March, 12th 11am
Creative direction will be provided by a seasoned theatre director.

50+Society Centre

CHILI LUNCHEON

Hosted by the Chair Exercise Group

Friday, March 27 at 12 noon

\$10 per person required upon registration

CASINO OR ART GALLERY OUTING

JOIN US FOR A FUN DAY OUT TO CHANCES CASINO IN TERRACE, BC

ENJOY LUNCH ON SITE, FOLLOWED BY OPTIONAL GAMING OR TERRACE ART GALLERY VIST
TRANSPORTATION MAY BE ARRANGED

Departing from the Centre on March 17th at 11:30pm

**REGISTRATION REQUIRED
KITIMAT 50+ SOCIETY CENTRE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	2. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee—8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	3.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	4. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	5. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball— 9:00am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling— 1:00pm	6. Tai Chi - 7:00am Pickleball— 8:30am Men's Coffee—8:30am Line Dancing— CANCELLED Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	7.
8. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	9. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee—8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	10. 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	11. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	12. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball— 9:00am Adult Theatre— 11am Walk & Lunch 11:30am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling— 1:00pm	13.Tai Chi - 7:00am Pickleball— 8:30am Men's Coffee—8:30am Line Dancing— CANCELLED Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30) Board Games— 2:00pm In Activity Room	14.
15. Sunrise Yoga - 9:30am Canasta - 12:00pm Mexican Train - 6:30pm Spring Break Programs held at Riverlodge cancelled	16. Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee—8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	17. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball— CANCELLED Casino—11:30am Sueca—12:15 Canasta - 1:00pm Carpet Bowling— CANCELLED Sing along - 1:30pm Del6ta King Bingo— 5:00pm Games 6:00pm HAPPY ST. PATRICK'S DAY 	18. Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	19. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball— CANCELLED General Meeting—10:30am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling— 1:00pm	20. Tai Chi - CANCELLED Pickleball— CANCELLED Men's Coffee—8:30am Line Dancing— CANCELLED Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	21.
22. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm Spring Break Programs held at Riverlodge cancelled	23. Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee—8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	24. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball— CANCELLED Sueca—12:15 Canasta - 1:00pm Carpet Bowling— CANCELLED Sing along - 1:30pm Bingo— 5:00pm Games 6:00pm	25. Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Social Bridge—1:30 Chess-6:00pm Open Class	26. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball— CANCELLED Walk & Lunch—11:30am Sueca—12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling— CANCELLED	27. Tai Chi - CANCELLED Pickleball— CANCELLED Men's Coffee—8:30am Line Dancing— CANCELLED Luncheon—12:00 Noon Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30) Board Games— 2pm In Activity Room	28.
29. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	30. Tai Chi - 7:00am Pickleball - 8:30am Chess—10:30am Sueca—12:15 Crib - 12:45pm	31. 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 MLC Bingo— 5:00pm Games 6:00pm				

**Note: Activities are subject to change.
Contact your event leader if you have questions.**