

### VOLUNTEERS NEEDED

The Kitimat 50+ Society is always in need of Volunteers. Program Leads, Event Leaders, Board Members and Service Volunteers are the backbone of our organization and we could not operate without them. If you would like more information or would like to Volunteer please contact one of our Executive Members.

### GENERAL MEETING

Thursday, September 24th  
10:30am

All members are strongly encouraged to attend.

### BINGO VOLUNTEERS NEEDED

The 50+ Centre runs a very successful Bingo Night every Tuesday . Doors open at 5pm and play begins at 6pm. We would not be able to run this well attended evening without the support of volunteers. **THANK YOU!** If you would like to help out please contact Darlene Gleig at 250-639-5574, email [dargleig@gmail.com](mailto:dargleig@gmail.com) or leave your name at the front desk.

### Newsletter Updates

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

## Housekeeping Attention

### All Program Leads and Front Desk Volunteers

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 for Center News notices must be sent to: programmer ([kitsca@citywest.ca](mailto:kitsca@citywest.ca)) by Wednesday of every week.



## 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.

# September 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](mailto:kitsca@citywest.ca)

Website: <https://kitimat50society.com>

### Our 2025/26 Executive

Mary-Ellen Proctor: President  
[meproctor50pluspresident@gmail.com](mailto:meproctor50pluspresident@gmail.com)

Pauline Morgan: Vice President  
[50plusvicepresident@gmail.com](mailto:50plusvicepresident@gmail.com)

Barb Thomas: Treasurer  
[branch129finance@gmail.com](mailto:branch129finance@gmail.com)

Shirley Boudreault: Secretary  
[kitscasecretary@citywest.ca](mailto:kitscasecretary@citywest.ca)

Norbert Eitner: Director

Anne Hansen: Director

Louise Avery: Director

Teresa deLisser: Director

# 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

**Creative Corner:** Karen Bringleston

**Cribbage:** Anne Hansen

**Decorating Committee:** Liliana Carvalho and Maria De Melo

**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 Mildenberger

**Pickleball Women's:** Marianne Hemmy

**Purchasing:** Vadie Bond

**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

## Sign Up Sheet Binder

If anyone is 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. If there is a cost for the program it must be paid at the time of sign-up.

## WALK TO LUNCH

**EVERY OTHER THURSDAY**

**JOIN US FOR OUR WALK TO LUNCH OUTINGS!**

**SEPTEMBER 10<sup>TH</sup> - MEET AT RIVERLODGE, WALK TO TWO PEAKS**

**SEPTEMBER 24<sup>TH</sup> - MEET AT RIVERLODGE, WALK TO CHALET**

**OCTOBER 6 - MEET AT RIVERLODGE, WALK TO ROSARIOS**

**FOR MORE INFORMATION CONTACT JULIE MAYO**

**@ 250 587 6458**



### WHAT'S NEW WITH RECYCLING IN KITIMAT

**Juliana - District of Kitimat's Environmental Services Manager,** will be at the Centre on Wednesday, September 23 at 10:30am

She will be updating us on the changes to our landfill and more.

*Simply Sort-it.*

**50+ SOCIETY CENTRE**

**CHINESE**

**ENDLESS  
BUFFET**

**MONDAY, SEPT. 14TH**

**PEDRO'S GRILL**

**5PM.**

**\$28**

WE NEED 35  
DINERS TO  
SIGN UP FOR  
THIS TO GO  
AHEAD!

Buffet, drink (non-alcoholic) dessert and tip included,  
reservations and payment are required when signing up.  
For more information call the Centre at 250-632-3405  
limited Seating

BACK BY POPULAR DEMAND  
**BUILD A BEDTIME ROUTINE  
WORKSHOP**

JOIN OUR STUDENT HEALTH & WELLNESS PROGRAMMER TO DISCOVER  
SIMPLE, PRACTICAL STEPS TO A MORE RESTFUL NIGHT'S SLEEP



THIS WORKSHOP IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY AND IS NOT A SUBSTITUTE FOR MEDICAL ADVICE

NO REGISTRATION REQUIRED

FRIDAY  
**SEPTEMBER 11**  
2026

FROM 10:00 AM - 12:00 PM  
AT THE KITIMAT 50+ CENTRE

CONTACT US FOR (250) 632-3405  
MORE INFORMATION: [KITSCA@CITYWEST.CA](mailto:KITSCA@CITYWEST.CA)

WHY ATTEND?

- UNDERSTAND HOW AGING AFFECTS SLEEP
- LEARN EVIDENCE-BASED STRATEGIES TO SUPPORT SLEEP
- FIND OUT WHAT TO AVOID
- BUILD A PERSONALIZED BEDTIME ROUTINE
- GAIN RESOURCES
- ENJOY LIGHT REFRESHMENTS

**K.U.T.E 2026**

**KITIMAT  
RIVER CLEAN-UP**

**SATURDAY, SEPT. 12TH  
10:30 - 12:30 PM  
RIVERLODGE**

JOIN THE CLEAN-UP! REGISTER AS A TEAM OR  
INDIVIDUAL, ENJOY REFRESHMENTS, AND ENTER  
FOR A CHANCE TO WIN GREAT DOOR PRIZES.



**REGISTER TODAY!**

**(250) 632-6633**

[kitimatrecycle@gmail.com](mailto:kitimatrecycle@gmail.com)

**LNG CANADA**

**KUTE**  
Kitimat Understanding the Environment

**KITIMAT**  
A Marvel of Nature and Industry

**E360S**  
ENVIRONMENTAL 360 SOLUTIONS  
Natural Environmental Management

| SUNDAY                                                                  | MONDAY                                                                                                                                                                                            | summer brea                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                         | SATURDAY                                             |
|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <div>September</div>                                                    |                                                                                                                                                                                                   | 1. Tai Chi - Summer Break<br>Senior Ladies Pickleball - 9am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling— SUMMER BREAK<br>Sing along - 1:30pm<br>Bingo— SUMMER BREAK                      | 2, Tai Chi - SUMMER BREAK<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chair Exercise— SUMMER BREAK<br>Sueca—12:15pm<br>Mahjong-1:00pm<br>Social Bridge—1:30PM<br>Chess- SUMMER BREAK | 3. Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-SUMMER BREAK<br>Carpet Bowling—SUMMER BREAK                             | 4. Tai Chi - SUMMER BREAK<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess - SUMMER BREAK<br>Line Dancing—SUMMER BREAK<br>Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)                         | 5.                                                   |
| 6. Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30p,  | 7. LABOUR DAY<br>Tai Chi - SUMMER BREAK<br>Pickleball -Cancelled - Stat<br>Men’s Coffee— 8:30am<br>Book Club - 10:30am<br>Chess— Summer Break<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm | 8.Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Men’s Shed - 10:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—1pm<br>Sing Along- 1:30 Delta King<br>Bingo— SUMMER BREAK | 9. Tai Chi - SUMMER BREAK<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chair Exercise— 11am<br>Sueca—12:15pm<br>Social Bridge—1:30<br>Chess- SUMMER BREAK                             | 10. Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner- SUMMER BREAK<br>Carpet Bowling—1pm<br>Walk to Lunch-1:30 am TWO PEAKS | 11. Tai Chi - SUMMER BREAK<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>BED TIME ROUTINE - 10am<br>Chess- SUMMER BREAK<br>Line Dancing—10:30am<br>Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30pm) | 12. K.U.T.E<br>KITIMAT RIVER<br>CLEAN UP<br>10:30 am |
| 13. Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 14. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess— 10:30am<br>Sueca—12:15pm<br>Crib – 12:45pm<br>CHINESE FOOD BUFFET 5pm<br>Bridge—6:30pm                               | 15. Tai Chi - 7am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Men’s Shed - 10:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—1pm<br>Sing Along- 1:30pm<br>Bingo - Doors Open 5pm Game 6pm     | 16. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>RECYCLING - WLW - 10:30am<br>Chair Exercise— 11am<br>Sueca—12:15pm<br>Social Bridge—1:30<br>Chess- 6pm                 | 17. Tai Chi - 7am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-- SUMMER BREAK<br>Carpet Bowling—1PM                                            | 18. Tai Chi - 7am Cancelled<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess - 10:30am<br>Line Dancing—10:30am Cancelled<br>Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)                       | 19.                                                  |
| 20. Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 21. Tai Chi -7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess— 10:30am<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm                                                           | 22. Tai Chi - 7am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30<br>Senior Ladies Pickleball - 9am<br>Men’s Shed - 10:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—1pm<br>Sing Along - MLC<br>Bingo - Doors Open 5pm Game 6pm         | 23. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chair Exercise—11am<br>Sueca—12:15pm<br>Mahjong-1:00pm<br>Social Bridge—1:30<br>Chess- 6pm                             | 24. Tai Chi - 7am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Senior Ladies Pickleball - 9am<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-SUMMER BREAK<br>Carpet Bowling—1pm<br>Walk to Lunch- 11:30 CHALET               | 25. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess - 10:30am<br>Line Dancing—10:30am<br>Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)                                           | 26.                                                  |
| 27. Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 28. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chess— 10:30am<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm                                                          | 29. Tai Chi - 7am<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30<br>Senior Ladies Pickleball - 9am<br>Men’s Shed - 10:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—1pm<br>Sing Along - 1:30pm<br>Bingo - Doors Open 5pm Game 6pm      | 30. Tai Chi - 7am<br>Mixed Pickleball - 8am<br>Men’s Coffee—8:30am<br>Chair Exercise—11am<br>Sueca—12:15pm<br>Mahjong-1:00pm<br>Social Bridge—1:30<br>Chess- 6pm                             |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                |                                                      |
|                                                                         | Note: Activities are subject to change. Contact your event leader if you have questions.                                                                                                          |                                                                                                                                                                                                                                                       |                                                                                                                                                                                              |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                |                                                      |