

## PROGRAMS ON BREAKS

- Carpet Bowling— SUMMER BREAK
- Tai Chi— SUMMER BREAK
- Chair Exercise— SUMMER BREAK
- BINGO— SUMMER BREAK
- Line Dancing—SUMMER BREAK
- Table Tennis - SUMMER BREAK
- Chess- SUMMER BREAK
- Board Games—SUMMER BREAK

## 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 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.

# August 2026

## NEWSLETTER

## KITIMAT 50+ SOCIETY

658 ColumbiaV8C 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 Bringleson

**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:** 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

## 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.

## Walk to Lunch – Every Other Thursday in July

Join us for our Walk to Lunch outings! Meet at the 50+ Society Centre before we head out together.

- July 30 – The Chalet
- August 13 -Hirsch Creek (Meet at Nechako
- August 27 - Rosarios

Everyone is welcome—come enjoy a walk, good food, and great company!

## KITIMAT 50+ SOCIETY CENTRE

# Cribbage Tournament

PLUS, DON'T MISS YOUR CHANCE TO WIN OUR 50/50 DRAW!



PROGRESSIVE CRIBBAGE - 8 ROUNDS

ENTRY FEE\*  
\$25.00

PAYMENT DUE  
UPON  
REGISTRATION  
NO LATER THEN  
AUG. 19TH

August 24, 2026  
(MONDAY)

DOORS OPEN AT  
11 AM

KITIMAT 50+ SOCIETY  
658 COLUMBIA AVE.  
KITIMAT B.C. V8C 1V5

YOUR ENTRY FEE INCLUDES LUNCH AT 11:30 AM,  
GAMES, AND PRIZES!  
E-TRANSFERS CAN BE SENT TO  
l\_weightm@telus.net

CONTACT THE KITIMAT 50+ SOCIETY CENTRE AT  
250-632-3405 FOR MORE INFO & TO SIGN-UP

Celebration of Life for  
*Margaret Anne Irvine*



We invite you to join us in celebrating the life of Margaret Anne Irvine (Gunn): a devoted mother, teacher, mentor, and friend who touched so many lives through her kindness and love, the events she organized, and her deep involvement in the community.

Margaret inspired many people through her passion for learning and educating and her commitment to the community she loved so much. She will be deeply missed and remembered forever.

Please join us to share stories, memories, and honour her life:

AUGUST  
MONDAY **24** AT 2:00PM  
2026

Location: Kitimat Rod and Gun Club (386 Haisla Blvd, Kitimat, BC)  
All are welcome. RSVP to [jdrutsatz@telus.net](mailto:jdrutsatz@telus.net) is helpful but not required.

Marg passed away in hospital on December 8th, 2025 in Kamloops, BC.  
Please help us circulate this invitation to those who knew her.

50+ SOCIETY CENTRE

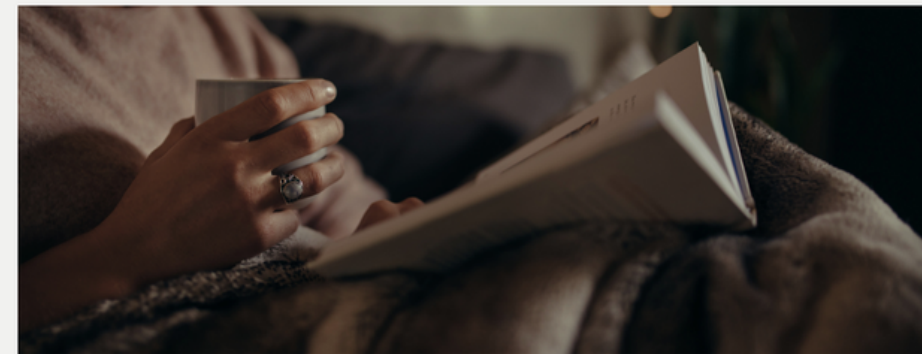
**BINGO**  
*TUESDAY*



BINGO WILL BE RETURNING IN SEPTEMBER  
SEE YOU THEN

## 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  
**21 AUGUST**

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

| SUNDAY                                                                     | MONDAY                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                     | SATURDAY |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|                                                                            |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                           |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                            | 1.       |
| 2.<br>Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30p   | 3.<br>Tai Chi - Summer Break<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee— 8:30am<br>Chess— summer break<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm                              | 4.<br>Tai Chi - Summer break<br>Pickleball - 8am to 12pm TAMITIK<br>Sunrise Yoga - 8:30am<br>Table Tennis - Summer break<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling— SUMMER<br>BREAK Sing along - 1:30pm Delta<br>King<br>Bingo— SUMMER BREAK | 5.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chair Exercise— SUMMER<br>BREAK Sueca—12:15pm<br>Mahjong-1:00pm<br>Social Bridge—1:30PM<br>Chess- SUMMER BREAK | 6.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Pickleball - 8am to 12pm TAMITIK<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-1:00pm<br>Carpet Bowling—SUMMER<br>BREAK                                     | 7.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm<br>TAMITIK Men’s Coffee—8:30am<br>Line Dancing—SUMMER<br>BREAK Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)                                | 8.       |
| 9.<br>Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm  | 10.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<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         | 11.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—SUMMER<br>BREAK Men’s Shed - 10:30am<br>Sing Along- 1:30pm               | 12.<br>Tai Chi - SUMMER BREAK<br>Pickleball -8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>ChairExercise— SUMMER BREAK<br>Sueca—12:15pm<br>Social Bridge—1:30<br>Chess- SUMMER BREAK                      | 13.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - 8:30am<br>Pickleball - 8am to 12pm TAMITIK<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner- SUMMER BREAK<br>Carpet Bowling—SUMMER BREAK<br>WALK TO LUNCH- Hirsch Creek | 14.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm<br>TAMITIK Men’s Coffee—8:30am<br>Line Dancing—SUMMER<br>BREAK Sueca—12:15pm                                                                     | 15.      |
| 16.<br>Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 17.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chess— SUMMER BREAK<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm                              | 18.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—SUMMER BREAK<br>Men’s Meeting - 10:30am<br>Sing Along- 1:30pm            | 19.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chair Exercise— SUMMER<br>BREAK Sueca—12:15pm<br>Social Bridge—1:30<br>Chess- SUMMER BREAK                    | 20.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-- SUMMER<br>BREAK Carpet Bowling—<br>SUMMER BREAK                     | 21.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Line Dancing—SUMMER<br>BREAK Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)<br>Bed Time routine - 10:00am | 22.      |
| 23.<br>Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 24.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chess— SUMMER BREAK<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm<br>Crib tournament - 11:00am | 25.<br>Tai Chi - SUMMER BREAK<br>Sunrise Yoga - 8:30am<br>Table Tennis - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Shed - 10:30am<br>Sueca—12:15pm<br>Canasta - 1:00pm<br>Carpet Bowling—SUMMER BREAK<br>Sing along - 1:30pm MLC          | 26.<br>Tai Chi - summer break<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chair Exercise— summer break Sueca—<br>12:15pm<br>Mahjong-1:00pm<br>Social Bridge—1:30<br>Chess- summer break | 27.<br>Tai Chi - summer break<br>Sunrise Yoga - 8:30am<br>Table Tennis - summer break<br>Pickleball - 8am to 12pm<br>TAMITIK Sueca—12:15pm<br>Whist - 12:30pm<br>Creative Corner-1:00pm<br>Carpet Bowling—1:00pm<br>WALK TO LUNCH- Rosarios            | 28.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm<br>TAMITIK Men’s Coffee—8:30am<br>Line Dancing—SUMMER<br>BREAK Sueca—12:15pm<br>Ukulele - 1:00pm (Beginners 12:30)                               | 29.      |
| 30.<br>Sunrise Yoga - 9:30am<br>Canasta - 1:00pm<br>Mexican Train - 6:30pm | 31.<br>Tai Chi - SUMMER BREAK<br>Pickleball - 8am to 12pm TAMITIK<br>Men’s Coffee—8:30am<br>Chess— SUMMER BREAK<br>Sueca—12:15pm<br>Crib – 12:45pm<br>Bridge—6:30pm                              |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                           |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                            |          |

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