

Summer Activities Leader for Seniors needed to work at the
50+ Society Centre
June 29 to August 21, 2026, 8 weeks, full time
280 hours total, \$21.00 per hour, 35 hours per week, 8:30am – 4:30pm.

Eligible to youth aged 15 to 30 at the start of employment and legally entitled to work in Canada. This position is funding through a grant from Canada Summer Jobs. Please email your resume with covering letter to:

Pauline Morgan 50plusvicepresident@gmail.com by 12 midnight, Friday, May 22, 2026

Responsibilities

- Organize and coordinate for the needs of the summer senior programs.
- Liaise with community organisations to plan inclusive activities for seniors for Canada Day. And other events that take place over the summer
- Fill in for the Senior Programmer – responsibility includes front desk, answering the phone, monthly newsletter, weekly updates and program reminders
- Work with Volunteer Coordinators of Activity Programs to support as needed

Drop by the 50+ Society Centre, 658 Columbia Ave. West for a full job description.

Message from our Executive

**Please join us for our next general meeting on May 28th
at 10:30 am at the 50+ Centre.**

As a member-driven organization, your participation is critical to our governance. To legally conduct official business and vote on important matters, our bylaws require a quorum of 10% of members in good standing who are 50 years old and over. With a membership of 315, we must achieve a quorum of 32 members before a meeting can be called to order. Without a quorum, no actual business of the Centre can be conducted and another meeting must be rescheduled, delaying decisions regarding ongoing concerns.

As a valued member, your attendance is crucial. Even if you don't have questions, your presence helps us meet our legal requirements. Please prioritize attending all meetings so your vote can be counted. Your presence ensures the Kitimat 50+ Society stays legally compliant and Centre decisions remain transparent.

Thank you for your ongoing support.

Best regards, Pauline Morgan, Vice President



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.

May 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

Vacant: President

Pauline Morgan: Vice President

Barb Thomas: Treasurer

Shirley Boudreault: Secretary

Norbert Eitner: Director

Anne Hansen: Director

Louise Avery: Director

Vacant: 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 Lorán

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

- Friday, May 1 -Centre Closure -NO FRONT DESK COVERAGE
- Friday, May 1 –Ukulele has been moved to the Riverlodge Activity Room
- Friday, May 1 –Sueca CANCELLED
- May 7 –Walk to Lunch – 11:30am – MEET AT NECHAKO CENTRE
- Monday, May 18th -Tai Chi - CANCELLED
- Monday, May 18th -Pickleball - CANCELLED
- Monday, May 18th – VICTORIA DAY RIVERLODGE CLOSED, NO FRONT DESK COVERAGE
- Board Games - program will be taking a break until sometime in September .
- Bridge - Mondays at 6:30pm and Wednesday 1:00pm

ATTENTION PROGRAMME LEADS

Please contact our Seniors Programmer to let her know your summer break plans!

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

Our next General Meeting will be held on **Thursday, May 28th at 10:30 am.** Your attendance is very important as we require over 30 people present to make decisions.



CHILI DAY

KITIMAT 50+ SOCIETY CENTRE

Join us for a warm hearty bowl of Chili on **Thursday, May 21st at 12:00 noon.** This delicious lunch is proudly brought to you by the Chair Exercise Group.

Reservations are required in advance, along with a \$10 per person fee. Seating is limited. A guest speaker will also be featured.

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

13 **10**

Kitimat 50+ Centre Signage

The Kitimat 50+ Society has received a grant of \$2,200 from LNG Canada to update the building signage with the new name of the Society. The attached images were shown at our last membership meeting on March 19th as potential logos to be placed on the building. The Executive is seeking your input and suggestions in helping to choose the best image to represent our Centre. Since the meeting, we received another submission from a member - see also attached. The signage approved by the majority will be placed on the two ends of the awning over the front door and the white sign facing the parking lot.

How you can vote – Drop by the Centre and fill out a ballot

Email your choice to kitsca@citywest.ca

Please send your response on or before May 10th, 2026.

KITIMAT HOSPITAL AUXILIARY

COMMUNITY

Bake Sale

FUELING CARE BEHIND THE SCENES,
EVERY DOLLAR HELPS US DO MORE.

JOIN US FRIDAY
MAY 08TH

10 AM – UNTIL SUPPLIES LAST

Come find us at the
Kitimat General Hospital
920 Lahakas Blvd. S.
Kitimat, BC

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. If you would like to help out please contact Darlene Gleig or leave your name at




Reader's Theatre

Thursday, May 7 – 2pm

Join us for a fun afternoon! Participants read small plays aloud – no memorization required!

50+ CENTRE


WALKING TO LUNCH
THURSDAY, MAY 07
AT 11:30AM

GROUP WILL MEET AT THE NECHAKO CENTRE (TONY'S CORNER STORE) LUNCH AT THE GOLF COURSE

THURSDAY, MAY 21 AT 11:30AM
LUNCH LOCATION TO BE ANNOUNCED

STAY ACTIVE - STAY SOCIAL

NOT UP FOR THE WALK? WE'D LOVE TO SEE YOU AT LUNCH.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Activities are subject to change. Contact your event leader if you have questions.</p>						
					<p>1. Tai Chi - 7am Pickleball – 8:30am Men’s Coffee – 8:30am Line Dancing – 10:30am Sueca – CANCELLED Ukulele - 1:00pm (Beginners 12:30) At Riverlodge Activity Room CENTRE CLOSED – NO FRONT DESK COVERAGE – MULTICULTRAL FESTIVAL</p>	<p>2. MULTICULTURAL FESTIVAL May 1st to 3rd. Hosted by the Kitimat Chamber of Commerce</p>
<p>3. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>4. Tai Chi - 7am Pickleball - 8:30am Men’s Coffee – 8:30am Chess – 10:30am Sueca – 12:15 Crib - 12:45pm Bridge – 6:30pm</p>	<p>5. 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 MEN’S SHED – 1pm at the Library</p>	<p>6. 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</p>	<p>7. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Walk to Lunch – 11:30am MEET AT NECHAKO CENTRE Sueca – 12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling – 1:00pm Reader’s Theatre – 2pm</p>	<p>8. Tai Chi - 7am Pickleball – 8:30am Men’s Coffee – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)</p>	<p>9.</p>
<p>10. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>11. Tai Chi - 7am Pickleball - 8:30am Men’s Coffee – 8:30am Chess – 10:30am Sueca – 12:15 Crib - 12:45pm Bridge – 6:30pm</p>	<p>12. Tai Chi - 7am 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 Del6ta King Bingo – 5:00pm Games 6:00pm</p>	<p>13. Tai Chi - 7am 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</p>	<p>14. Tai Chi - 7am 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</p>	<p>15. Tai Chi - 7am Pickleball – 8:30am Men’s Coffee – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)</p>	<p>16.</p>
<p>17. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p> <p style="text-align: center;">VICTORIA DAY </p>	<p>18. Tai Chi - CANCELLED Pickleball - CANCELLED Men’s Coffee – 8:30am Chess – 10:30am Book Club – 10:30am Sueca – 12:15 Crib - 12:45pm Bridge – 6:30pm CENTRE CLOSED – NO FRONT DESK COVERAGE -VICTORIA DAY</p>	<p>19. Tai Chi - 7am 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</p>	<p>20. Tai Chi - 7am 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</p>	<p>21. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Walk to Lunch – 11:30am – TBA CHILI LUNCHEON – 12 NOON Sueca – 12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling – 1:00pm</p>	<p>22. Tai Chi - 7am Pickleball – 8:30am Men’s Coffee – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)</p>	<p>23.</p>
<p>24. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>25. Tai Chi - 7am Pickleball - 8:30am Men’s Coffee – 8:30am Chess – 10:30am Sueca – 12:15 Crib - 12:45pm Bridge – 6:30pm</p>	<p>26. 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</p>	<p>27. Tai Chi - 7am 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</p>	<p>28. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am GENERAL MEETING 10:30am Sueca – 12:15 Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling – 1:00pm</p>	<p>29. Tai Chi - 7am Pickleball – 8:30am Men’s Coffee – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)</p>	<p>30.</p>