

Social Dance

Would you like to learn to dance? We are looking to provide a dance night once month at the Riverlodge where we come together and learn some classic dances such as the Foxtrot, Jive and others. For more information contact Norbert E at 250-632-3375.

Riverlodge Christmas Craft Fair

The Centre has rented a craft table at the Christmas Craft Fair held on Nov. 7th and 8th.

If you are able to help with set up, take down, assist at the table or would like to assist with creating let us know.

New Centre Purchaser

Sheila Edgar has stepped up and has agreed to be the Centres purchaser.. Thank you Sheila and to all the other program leaders and volunteers, we couldn't do it without you!

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.



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.

October 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>

Farewell and Thank You to Tannis

It is with great sadness that we announce that one of our valued members, Tannis Claussen, will be leaving Kitimat and heading back home. Over the past year, Tannis has brought warmth and creativity to our Centre, making it feel welcoming and inviting for all entering the Centre. We are truly grateful for the time and effort she has put in. Thank you, Tannis you will be deeply missed, and we wish you all the very best.

We will be looking for someone or a couple of people who would like an outlet for their creativity to take on the role of decorating the Centre.

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 Bringleston

Cribbage: Anne Hansen

Decorating Committee:

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

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.

Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Paper Recycling: Grant Macdermid

Pickleball Co-ed: Pat Mildenerger and Stacy Smeader

Pickleball Women's: Theresa Mildenerger and Susie Smeader

Purchasing: Sheila Edgar

Membership Wellness: Rosa Martins

Sing Along/Ukulele: Cheryl Groves and Laura Yeager

Sueca: Evaristo Cabral

Sunrise Yoga: Pauline Morgan

Tai Chi: Bill Willis

Table Tennis: Norbert Eitner

Whist: Jack McGourty

GENERAL MEETING

The next General Meeting will be held Thursday, October 23rd at 10:30 am All members are strongly encouraged to attend as there are always important items to discuss and membership input is vital. *Please note that all activities are cancelled during the meeting to enable all members the opportunity to attend.*



Cancellations and Changes

- Riverlodge is closed October 13 – Stat Holiday. There is no front desk coverage at the centre on that day.
- October 13 – Tai Chi and Pickleball are Cancelled.
- October 21 – Tai Chi, Pickleball and Carpet Bowling – Cancelled.
- October 22 – Tai Chi, Pickleball and Table Tennis – Cancelled.
- October 23 – Tai Chi, Pickleball and Carpet Bowling – Cancelled.
- Social Saturdays are postponed until further notice.

Flu Clinic

Thursday, October 23

Times and details to be decided. We will have more information soon and will keep membership informed.

Membership Wellness

Please remember, if you know of any Kitimat 50+ Society members who are ill or feeling under the weather, let Rosa Martins know so she can reach out to them (250) 632-5459

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.

50+ Society Centre

YOU AND YOUR BLADDER WORKSHOP

Join local Physiotherapist, Carolyn Watt, to learn tips and tricks to gain control over your bladder. If you leak with coughing or sneezing. If you have trouble getting to the bathroom in time, this is the workshop for you.

Tuesday, October 28th at 10:30 am.
To sign up please contact the Centre at 250-632-3405 or pop in.

Kitimat 50+ Centre

Let's Travel To ITALY & GREECE



TRAVEL WITH LISSA
Experienced Travel Group Leader.

- Hand picked hotels
- Meals
- Group Travel
- Tours
- Fully Customized
- Travel with people you know

Join us for a planning meeting
Thursday, Oct. 9th at 7pm
For more information and to sign
up call the Centre at 250-632-3405
or scan the QR Code to register



Annual Business Walk 2025 Volunteers Needed

The DOK's Annual Business Walk is on Wednesday, October 15, 2025. This day is important as we get to learn from local business owners about the business climate here and share information that will support the growth of a strong and vibrant Kitimat. It is an excellent opportunity for community leaders and members to connect with local businesses face-to-face and build community relationships. The 50+ Society Centre has been identified as a great addition to the volunteer team for 2025. The Business Walk needs as many volunteers as possible. Volunteer registration forms are available at the Centre. Please stop by and fill one in by October 6th. Thanks for considering volunteering. Your time and energy can help make a difference!

ATTENTION!

IT'S THAT TIME OF YEAR
MEMBERSHIP RENEWAL FOR 2026

MEMBERSHIP RENEWAL FOR 2026 BEGINS OCTOBER 1ST.
YEARLY DUES: \$25 – STILL THE BEST DEAL IN TOWN!
STAY CONNECTED, ENJOY MEMBER BENEFITS, AND
CONTINUE BEING PART OF OUR COMMUNITY FOR
ANOTHER GREAT YEAR.



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

Happy Hour Pole Walking

Start dated to be determined but hoping for November

Meeting at 1:30pm and departing from the Centre the group will walk to the Office Restaurant in Service Centre to enjoy Happy Hour beverages and appies (Optional). Tea and coffee are also available. Transportation may be provided for those who want to join us for the Happy Hour portion of the program and skip the walk.

There will be a sign-up sheet at the Centre as of Monday, Sept. 22 where people can show interest and vote for day/days they would like to participate. Drop-ins are more than welcome!!

For more information contact Julie M at 250-587-6458
or contact the Centre.

AED AND CPR Step-by-Step

Performing CPR or using an AED machine while waiting for medical assistance can greatly increase a person's chance of survival from cardiac arrest.



Tristen Rutsatz will be
at the **Kitimat 50+ Society Centre**
to facilitate this important workshop on:

Wednesday, October 15th at 2pm.

Drop in - No registration required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: Activities are subject to change. Contact your event leader if you have questions.			1. Tai Chi – 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	2. 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	3. Tai Chi – 7:00am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)	4.
5 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	6. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 1:00pm	7. 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	8. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	9. 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 Travel with Lissa – 7:00pm	10. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)	11.
12. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	13. Tai Chi - CANCELLED Pickleball - CANCELLED Sueca – 12:15 Crib - 1:00pm Happy Thanksgiving 	14. 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	15. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm AED & CPR – 2:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	16. 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	17. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)	18.
19. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	20. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 1:	21. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – CANCELLED Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – CANCELLED Sing along - 1:30pm Bingo – 5:00pm	22. Tai Chi - CANCELLED Pickleball - CANCELLED Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	23. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball – CANCELLED General Meeting – 10:30am Flu Clinic (TBD) Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – CANCELLED	24. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)	25.
26. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	27. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 1:00pm	28.Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Bladder Workshop – 10:30am Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm MLC Bingo – 5:00pm	29. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	30.Tai Chi - 7:00 am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball – 9:00am General Meeting – 10:30am Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm	31. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30)	