


LUNCH AT KASIKS WILDERNESS RESORT

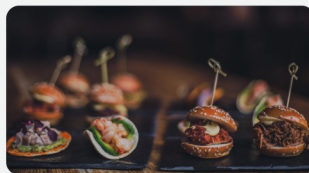
 (Friday) July 25, 2025

 Departure from the 50+ Centre
at 10:30am

 8931 Highway 16 West, Terrace, BC



Indigenous-inspired dishes
featuring traditional
ingredients and flavors



LIMITED
SEATS
AVAILABLE!!

RESERVATIONS REQUIRED:

Call (250) 632-3405
Or visit the Kitimat 50+ Centre

NOTE:


Participants will
be required to
contribute to gas
costs (approx.
\$10-\$15) and
cover the cost of
their own lunch

Visit Kasiks.ca for
menu information

KANAETA'S APP SPOTLIGHT: GREAT GROCERY SAVINGS

Join us at the Kitimat 50+ Centre to learn
how to navigate the **Flipp** and **Flash Foods**
apps to find discounts on your groceries!

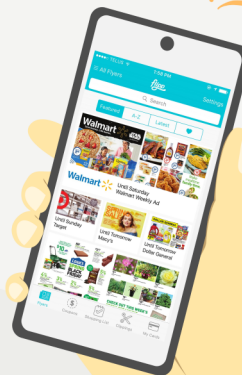
 (WEDNESDAY) JULY 16, 2025

 11:00 AM

 KITIMAT 50+ CENTRE



Please bring your personal
device with both apps
downloaded to the session.



July 2025

NEWSLETTER

KITIMAT 50+ SOCIETY

658 Columbia V8C 1V5

Phone: 250-632-3405

Student Summer Programmer: Kanaeta Daigle

Centre Hours: Monday - Friday, 10 - 3

E-mail: kitsca@citywest.ca

Website: <https://kitimat50society.com>

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.*

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

History Hunting

This summer, our student
(Kanaeta) will be working to devel-
op an updated Kitimat 50+ Society
promotional pamphlet.

If you have any information, pho-
tographs, or stories of the Centre's
history, please share them with
Kanaeta by visiting the 50+ Cen-
tre's front desk or emailing
kitsca@citywest.ca

All About: *July*

July derives its name from Julius Caesar, who re-
formed the calendar in 46 B.C. After his death,
Julius' birth month was designated "July" in his
honour.

- **Birth Flowers:** Larkspur (innocence) & Water Lily (positivity)
- **Birth Stone:** Ruby (love; passion; success)
- **Zodiac Signs:** Cancer (June 21-July 22) & Leo (July 23-August 22)
- **Full Moon:** Buck Moon - July 10, 2025

Program / Event Leader Contact List



Bingo: Executive (Temporary)

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 Bringleson

Cribbage: Anne Hansen

Decorating Committee: Tannis Claussen

Line Dancing: Aileen Ponter

Mahjong: Darlene Gleig

Hosting the Centre: Anne Hansen

Membership: Helen O'Neill

Mexican Train: Pauline Morgan

Newsletter: Angela Eastman

Paper Recycling: Grant Macdermid

Pickleball: Theresa Mildenberger

Purchasing: Karen Bringleson

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

There will be no General Meetings over the Summer. The next meeting will be held Thursday, September 25th 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.*

Member 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.

Phone: (250) 632-5459

Cancellations and Changes

- Programmer Amelia Pozsgay will be on Summer vacation starting July 1st. Any program inquiries can be directed to our Summer student, Kanaeta Daigle, until September.
- Tai Chi, Carpet Bowling, Line Dancing, and Table Tennis are on Summer Break until September.
- Janice's Chair Exercises will be on Summer Break until September. **However**, Kanaeta will be running supplementary classes on July 9th and 23rd.
- Starting July 2nd, Pickleball will be held from 4:30pm to 6:30pm Mon., Wed., & Friday (Co-ed) and Tues. & Thurs. (Ladies) throughout July and August. Check the District of Kitimat Leisure Guide for more information.
- Starting September 2nd, all Kitimat 50+ Society programs held at Riverlodge will only be open to members age 50+.

CHECK WITH YOUR PROGRAM LEADS
FOR SCHEDULING CHANGES.

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
- All 3 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.

BC Hydro Free Portable Air Conditioners

If you are a current client of your regional health authority's Home Care Program or Mental Health and Substance Use Program, you may be eligible for a *free portable air conditioner (AC) through BC Hydro. Interested individuals will need to receive a recommendation letter from their clinician.

This offer includes:

- 1. One portable AC unit
- 2. A one-time instillation

Visit www.BChydro.com or contact the Kitimat 50+ Society for more information.

**Note:* While there are no initial fees or shipping cost when receiving the AC, ongoing maintenance, take-down, and reinstallation fees are the responsibility of the individual.



Volunteer Opportunities

- Drivers for Day Trips – Looking for individuals with a valid Class 5 driver's licence to operate passenger vans during out-of-town trips this Summer. Contact Kanaeta Daigle for further details.
- Bingo Helpers – Verifiers and canteen helpers needed for September. For more information contact Sheila Edgar at (250) 639-7647.



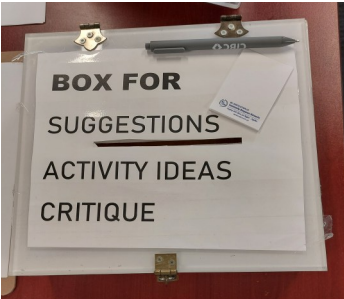
CANADA DAY AT THE CENTRE

Show your support for Elaine Farina and the rest of the decorators, volunteers, and Parade Float Committee by joining us for the Canada Day Parade from 12:00pm to 1:00pm.

Afterwards, the 50+ Centre will be operating a canteen during the July 1st festivities and will be open if you need a place to sit for a bit or to get out of the weather.

SUGGESTION BOX

The 50+ Centre's Suggestion Box is back! Members are encouraged to submit their suggestions, activity ideas, and critiques for the Board Members' attention. The box is located at the Centre's front desk.



WANTED: Summer Activity Ideas



RIO TINTO SMELTER TOUR

50+ SOCIETY MEMBERS ONLY

The Kitimat 50+ Society has arranged for a small group of Members to take a bus tour of the Rio Tinto BC Works Smelter on **(Friday) July 18, 2025.**

Limited spots available. Sign-Up required.



TRANSPORTATION PROVIDED

- Kitimat 50+ Centre
- 12:00pm

SIGN-UP REQUIRED

Call (250) 632-3405 or Visit the 50+ Centre

NOTE: The Kitimat 50+ Society has another tour scheduled in August for Members who cannot make the July date

Welcoming the Summer Student

The Kitimat 50+ Society will be welcoming a new Summer Student, Kanaeta Daigle, to assist with activity programming and Centre operations throughout July and August. She can be found at the Centre 9:00am-4:00pm, Monday to Friday.

Kanaeta was born in Terrace, B.C., and has lived in several of the surrounding communities throughout her 22 years. She currently lives in Kitimat, returning to Terrace during the school year to study nursing at the University of Northern British Columbia (UNBC). In the spring, she completed the 3rd year of her Bachelors of Science in Nursing (BScN), focusing on topics such as Gerontology, Mental Health, and Ethics.

Kanaeta looks forward to meeting each of the Society's members and working together to plan fun events and programs throughout the summer.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29.	30.	1. Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – CANCELLED Ladies Pickleball – CANCELLED CANADA DAY !!	2. Chair Exercises – CANCELLED Mahjong – 1:00pm Co-ed Pickleball – 4:30pm Chess – 6:30pm (Open Class)	3. Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm Ladies Pickleball – 4:30pm	4. Chess - 10:30am Advanced Ukulele – 1:00pm (Beginners 12:30) Co-ed Pickleball – 4:30pm	5.
6. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	7. Book Club – 10:30am Chess – 10:30am Crib – 1:00pm Co-ed Pickleball – 4:30pm Duplicate Bridge – 6:30pm	8. Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – 1:30pm (Delta King) Ladies Pickleball – 4:30pm	9. Chair Exercises – 11:00am Mahjong – 1:00pm Co-ed Pickleball – 4:30pm Chess – 6:30pm (Open Class)	10. Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm Ladies Pickleball – 4:30pm	11. Chess - 10:30am Advanced Ukulele – 1:00pm (Beginners 12:30) Co-ed Pickleball – 4:30pm	12.
13. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	14. Chess – 10:30am Crib – 1:00pm Co-ed Pickleball – 4:30pm Duplicate Bridge – 6:30pm	15. Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – CANCELLED Ladies Pickleball – 4:30pm	16. Chair Exercises – CANCELLED Mahjong – 1:00pm Co-ed Pickleball – 4:30pm Chess – 6:30pm (Open Class) APP SHOWCASE – 11:00am	17. Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm Ladies Pickleball – 4:30pm	18. Chess - 10:30am Advanced Ukulele – 1:00pm (Beginners 12:30) Co-ed Pickleball – 4:30pm RIO TINTO SMELTER TOUR (Sign-Up Required) - 12:00pm	19.
20. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	21. Chess – 10:30am Crib – 1:00pm Co-ed Pickleball – 4:30pm Duplicate Bridge – 6:30pm	22. Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – CANCELLED Ladies Pickleball – 4:30pm	23. Chair Exercises – 11:00am Mahjong – 1:00pm Co-ed Pickleball – 4:30pm Chess – 6:30pm (Open Class)	24. Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm Ladies Pickleball – 4:30pm	25. Chess - 10:30am Advanced Ukulele – 1:00pm (Beginners 12:30) Co-ed Pickleball – 4:30pm KASIKS WILDERNESS RESORT LUNCH (Sign-Up Required)	26.
27. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	28. Chess – 10:30am Crib – 1:00pm Co-ed Pickleball – 4:30pm Duplicate Bridge – 6:30pm	29. Sunrise Yoga – 8:30am Canasta – 1:00pm Sing Along – 1:30pm (Multi-Level Care) Ladies Pickleball – 4:30pm	30. Chair Exercises – CANCELLED Mahjong – 1:00pm Co-ed Pickleball – 4:30pm Chess – 6:30pm (Open Class)	31. Sunrise Yoga – 8:30am Whist – 1:00pm Creative Corner – 1:00pm Ladies Pickleball – 4:30pm	<div>Note: Activities are subject to change. Contact your event leader if you have</div>	