

Get Involved in YOUR centre!

2025

50+ SOCIETY

ANNUAL GENERAL MEMBERSHIP MEETING

Thursday,
November 27th
at 10:30am.

**YOUR ATTENDANCE IS STRONGLY
ENCOURAGED**

For more information call 250-632-3475
<https://kitimat50society.com/>
Located next to the
Riverlodge Recreation Centre

Coffee with the Cops

Wednesday, November 26th, 10am

Join us for coffee and light conversation with some of Kitimat's RCMP Officers. Bring your questions or concerns and we'll bring the coffee.

We would like to send our warmest well-wishes to Rena Ceulemans and Norbert Eitner as they celebrate their milestone Birthdays



GENERAL MEETING

The next General Meeting will be held following the AGM.



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.

November 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>

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



Observing the Human Face

a portrait drawing lesson with Casey Braam

"It's intimidating to get started drawing faces, but it doesn't need to be. Let me share some of my methods for representing a face full of life with live demo and hands on practice."

VENUE: Kitimat Seniors Centre 658 W Columbia Ave, Kitimat

SCHEDULE: November 14, 6-8:30 pm & 15, 10am-4pm

REQUIREMENTS: Beginner to intermediate level drawing class for anyone 19+. No experience necessary

To Register Email: kitsca@citywest.ca



Workshop Cost - \$100

Etransfer to

caseybraam@gmail.com

Supply list

1. Drawing paper pad or sketchbook 8 x 11 or greater with at least 12 blank pages
2. Soft drawing pencils (2B – 8B)
3. Black ball point pen
4. Pencil sharpener
5. Eraser
6. Lunch for Saturday

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 Mildenberger and Stacy Smeader

Pickleball Women's: Theresa Mildenberger 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



Cancellations and Changes

- Centre closed Thursday, November 6 at 4:30pm to Sunday morning – Riverlodge Craft Fair.
- Riverlodge is closed Tuesday, November 11th – Sat Holiday. There is no Front Desk coverage at the Centre that day..
- November 11 – Tai Chi, Table Tennis, Ladies Pickleball and Carpet Bowling are Cancelled.
- Center Kitchen closed November 12th to 23rd (Tentatively) to facilitate Kitchen Renovation.
- Chair Exercise Cancelled November 12th.
- Centre closed Friday, November 14 at 5:30pm to Saturday, November 15 at 4:00pm.

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.



Poppy Box

The 50+ Centre will have a Poppy Box from the Royal Canadian Legion at the front desk for anyone who would like to purchase a poppy or make a donation,



Candlelight Concert

Join Us for a Fun Day Out!

Come support two of our Centre members,
Robin Willis and Tina Watchorn!
We'll be departing from the Centre on

Sunday, November 23 at 11:00 a.m.

Our first stop will be The Thornhill Pub for lunch,
followed by an afternoon of delightful entertain-
ment at Knox United Church.

Transportation may be provided.

For more information or to sign up, please drop
by or call the Centre at 250-632-3405.

*Please note: due to the time of year this field
trip is subject to weather and road conditions.*

HELP NEEDED

Membership Wellness Representative

For those who may not know, **Rosa Mar-
tins** has served as the Centre's Membership
Wellness Representative for the past few
years. We sincerely thank her for her dedica-
tion to our members and her sensitivity during
difficult moments.

Rosa will be stepping down from this position,
and we are looking for someone to fill this
role.

Centre Decorator(s)

We are looking for someone or a small group
to take on the role of Centre Decorator(s).

If you are interested and would like more in-
formation, please contact the Centre.

Riverlodge Christmas Craft Fair

We will NOT be having a craft table at
the Christmas Craft Sale at Riverlodge
on November, 6th and 7th. Stay tuned
for more information on buying Centre
made crafts in December.



The 50 +Centre will be closed for the
Christmas Craft Fair from 4:30pm
Thursday, November 6th to Saturday,
November 8th.

Sign Up Sheet Binder

If interested in any of the events or
programs please pop in or call the Cen-
tre at 250-632-3405 and add your name
to the applicable sign up sheet.



50 + CENTRE
HAPPY HOUR POLE
WALKING GROUP
THURSDAY, NOVEMBER 6TH
AT 1:30 PM

- Meeting and departing from the Centre
- Destination - The Office in the service centre.
- Cocktails, tea, coffee and appies (at attendees expense).
- Walking poles are optional
- Carpool available.

For those who are just learning pole walking or want to start off with a shorter distance, join us and we will start off slowly with a warm up and pole walk for a 1/2 hour with some stretches to finish up

LET'S GET OUTSIDE
AND SOCIALIZE
LET US KNOW YOU ARE COMING

Kitchen Renovation

The Centre kitchen will be closed
from November 12 for about a week
KITCHEN RENOVATIONS - HELP
NEEDED

Clearing out Cupboards and Empty-
ing the Fridges – Nov. 12th at 1pm

Removal of Some Cupboards and
Hardware – Nov. 16th at 10am . IF
NOT COMPLETED May Need Help
on the 17TH at 10am (trucks needed
for these dates)

Putting the Kitchen Back Together –
Nov. 23rd at 10am

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

50+ Society Centre

How to avoid and spot

Frauds and Scams

Wednesday, November 12
at 11am.

Learn how fraudsters can
rob you of your money!

GUEST SPEAKERS INCLUDE;

Kitimat RCMP Sargent Gardner
Envision Financial Angelo DeMelo
Bietz Computer owner/operator John Silvestre

For more information call the centre at
250-632-3405

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	3. Tai Chi - 7:00am Pickleball - 8:30am Book Club – 10:30am Sueca – 12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	4. 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 Games 6:00pm	5. Tai Chi – 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	6. 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 CENTER CLOSED AS OF 4:30PM	7. Tai Chi – CANCELLED Pickleball – CANCELLED Line Dancing – CANCELLED Sueca – CAMCELLED Ukulele - CANCELLED CRAFT FAIR	1/8.
9 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	10. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	11. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball – CANCELLED Carpet Bowling – CANCELLED Sueca – 12:15 Canasta - 1:00pm Sing along - 1:30pm Delta King Bingo – 5:00pm Games 6:00pm REMEMBERANCE DAY 	12. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – CANCELLED Scam Workshop – 11:00am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	13. 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	14. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) CENTER CLOSED FRIDAY -5:30 Drawing Workshop	15. CENTER REOPENS SATURDAY – 4:00PM Drawing Workshop
16. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	17. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Rina’s 90th Birthday Cake – 12:30pm Crib - 1:00pm Duplicate Bridge - 6:30pm 	18. 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 Games 6:00pm	19. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	20.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 Private Booking – 6:30	21. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Social Dance – 3:00pm	22.
23. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	24. Tai Chi - 7:00am Pickleball - 8:30am Sueca – 12:15 Crib - 1:00p, Duplicate Bridge - 6:30pm	25. Tai Chi – 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball – 9:00am Spaghetti Luncheon 12 Noon Norbert Eitner’s Birthday Sueca – 12:15 Canasta - 1:00pm Carpet Bowling – 1:00am Sing along - 1:30pm MLC Bingo – 5:00pm Games 6:00pm 	26. Tai Chi - 7:00am Pickleball - 8:30am Coffee with the Cops – 10:30am Chair Exercise – 11am Sueca – 12:15 Mahjong-1:00pm Chess-6:00pm Open Class	27. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball – 9:00am Annual General Meeting – 10:30am Sueca – 12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00am Private Booking - 6:30pm	28. Tai Chi - 7:30am Pickleball – 8:30am Line Dancing – 10:30am Sueca – 12:15 Ukulele - 1:00pm (Beginners 12:30) Social Dance – 3:00pm	29.
30 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	Come out for cake to celebrate Rina Ceulemans 90th Birthday November 17th at 12:30pm		Note: Activities are subject to change. Contact your event leader if you have questions.			