

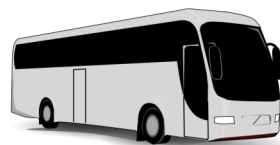
Kitimat Seniors Centre 6th Annual Chili Cook Off

**Thursday, April 25th
12:00 noon**

Join us for this Chili Cook Off Lunch which will include bread, dessert, punch, coffee & tea

Registration is required along with \$8.00 fee

For more information call 250-632-3475 to reserve your seat. Please call early to avoid disappointment.



BUS TRIP TO PRINCE RUPERT

We will be doing our yearly bus trip to Prince Rupert

Wednesday, June 5th

Cost is \$45.00 per person with no refunds

after May 15th

Everyone is welcome, members or non-members, ladies or gentlemen.

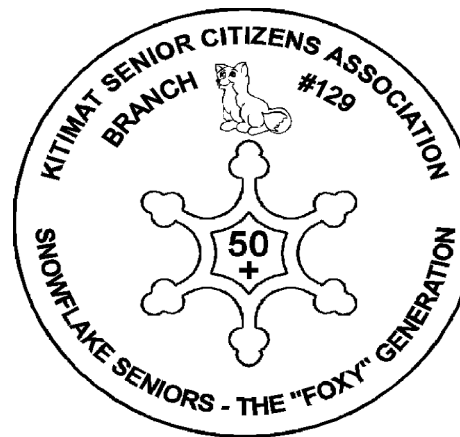
First come first served.

For registration please call Tilly at 250-632-6728

The Provincial Senior Citizens' Association Annual General Meeting

will be held in Canoe from May 2 to 5th, 2019

Two members are confirmed to attend this year, Gillian Mullins, Secretary and Sandy Knowles, Member. We have four remaining spots open for people to attend. If anyone wishes to attend at their own expense please advise Gillian Mullins, Secretary, and she will provide a registration form. Our report this year to the Provincial Executive will focus on our Branch's achievements but will also express our concern with the value we get for our membership cost to belong to the Provincial Association. Our organization pays over \$1,200.00 per year and we need clarification as to what we are getting for this large annual fee. A report will be provided at the May monthly meeting.



PROGRAM CHANGES

Changes and variations may continue to occur with Riverlodge programs. Therefore, please check with your program leader (s) and refer to monthly calendar overview in this newsletter

SAVE THE CN STATION

Come out on April 11th at 7 pm in the Riverlodge Activity Room To hear the Kitimat Heritage Committee's plans to Refurbish the CN Station Building.
WE NEED YOUR SUPPORT

April, 2019

NEWSLETTER

**KITIMAT SENIOR CITIZENS ASSOCIATION
BRANCH # 129**

658 Columbia V8C 1V5

Phone: (250) 632-3405

Programmer: Amelia Pozsgay (250) 632-3475

E-mail: kitsca@citywest.ca

Website: www.kitimat seniors.com



**General Membership Meeting
Thursday, April 11
1:00 pm**

2019 Kitimat Seniors' Centre Executive

Ray Taylor - President

Pauline Morgan –1st Vice President

Richard Krickan - 2nd Vice President

Barb Thomas –Treasurer

Gillian Mullins –Secretary

Anne Berrisford –Director

Bill Whitty –Director

Nelly Lamers –Director

Committee Members Contact List

Bridge	Richard Krickan	Membership	Helen O'Neill
Carpet Bowling	Ray Foster	Newsletter	Sheila Reeves
Choir & Ukulele	Fran Hrynkiw	Pancake Breakfast	Tilly Bachmann Betty Jankauskas
Computer Users	Helen O'Neill	Pickle Ball	Theresa Mildenberger
Crafts & Bazaar	Shari Burrows	Potluck & Socials	Vacant
Cribbage	Michael Middleton	Publicity	Jean Nidd
Cycling Group	Kathy Walker	Purchasing	Tilly Bachmann
Entertainment	Tilly Bachmann	Recycling	Grant Macdermid Cans –Sharron Keller
Exercise & Chair Yoga	Janice Bienias	Senior Counselor	Vacant
Floor Curling	Gene Dielschneider	Sick & Visiting	Carol Paul
Line Dancing	Aileen Ponter	Sueca	Evaristo Cabral
Mahjong	Barb Knapton	Tai Chi	Bill Willis
Maintenance	Earl Keller and Bill Whitty	Table Tennis	Norbert Eitner
Hosting the Centre	Barb Knapton	Whist	Shari Burrows

Community Committee Representatives

BC Community Response Network	Lois Marleau & Kathy Walker
Kitimat Advisory Housing Committee	Sandy Knowles & Helen O'Neill
Kitimat Health Advocacy Group	Helen O'Neill
Age Friendly Community Committee	Amelia Pozsgay

Flea Market

Saturday, May 4, 2019 10 am to 12 noon

More details to follow

Craft Group Report

The Snowflake Seniors Centre hosts a weekly craft get together on Wednesday afternoons from 1 pm to 3 pm. This gathering is now in its 20th+ year with approximately 10 regular attendees. The group is open to any Senior Centre Member who enjoys a social afternoon of fun and creative activities. No specific talent is required. We all offer our expertise in areas in which we feel comfortable. Knitting, card making, rock painting, and seasonal table decorations are just some of the activities that keep us busy. We end the afternoon with tea or coffee and interesting and entertaining conversation. No two weeks are alike.

We also receive requests for decorations for seasonal events such as Christmas Tea Bazaar, Mother's Day Pancake Breakfast, Robbie Burns Dinner, Oktoberfest, and July 1st parade--to name a few. We accept all requests (big or small) as a welcoming challenge to our creative minds. Come on out and be pleasantly surprised by the amount of fun and laughter the experience can be. For more information contact Shari Burrows at 250-632-7389.

ALL ARE WELCOME



Let's Celebrate Easter

With Tea and Dessert
And
An Easter Fascinator Parade
(Prizes)
Tuesday, April 16, 2019
1 to 3 pm
\$5.00 per person. Children 5 years
of age and under FREE



Chinese Buffet Dinner

Let's get together for a Chinese
Buffet dinner at the
Chop Suey Kitchen on
Monday, May 6 at 5:00 pm
Payment required on registration
\$15.00 per person (cash only)
Don't wait—seating is limited



BETTER AT HOME MEET AND GREET

**April 9, 2019 at the Seniors Centre
From 10:00 am until 12 noon**

The Better at Home program provides a wide range of non-medical services in our area, whether it's a friendly visit, trip to the bank, or a hand around the house.

Come and find out how they can help!

No cost and no registration required.
Better at Home Coordinator Terry Runions
(250) 632-3144

Thank You

On behalf of the Monday's cribbage group, we would like to thank the front desk hostesses for all the support they give by taking care of all the details that are needed to be able to run a smooth afternoon of cribbage playing. Your help is very much appreciated.



SPRING GARDEN PREPARATION

Eureka Spring is here!

The garden is waking up, and you're in charge!
Its time to plant, prune, prepare beds and get your lawn ready.

Join Susan Jay here at the Seniors' Centre for our
Garden Prep Workshop

Friday, April 12 from 1 to 3 pm

Registration is required but the workshop is free of charge.

BINGO WITH A TWIST

We are cordially invited by the Kitamaat Village Elder's Centre

Tuesday, April 30th at the Rec Centre

Doors open at 11:30 with lunch starting at noon.

Registration is required by calling or popping into the Seniors Centre
250-632-3405 or 250-632-3475

The Elders' Centre has asked for help with desserts. Please let Amelia know if you are able to do so.

Pickleball New Schedule:

Mondays, Wednesdays and Fridays 9:00 to 11:00 am (whenever possible)

APRIL BOOK CLUB:

The Immortals by Chloe Benjamin

Meeting scheduled for Monday, April 15, 2019 and 10:30 am

Book return date is April 26th

FACEBOOK BASICS:

Would you like to keep in touch with family, see what the grandkids are up to, rekindle childhood friendships, sell items or find an item that you have been looking for?

Join us Thursday, April 4 at 11:00 am

Jean will be teaching us how to create an account and how to maneuver throughout your Facebook page.

Please register (no charge)

Sick and Visiting

Please remember to call Carol Paul at 250-632-5628 if you know of someone who is sick or in need of a visit.

Visited and took a plant to Isabel Patzelt in hospital.

Took a card to the Galloway family upon Mary's passing.

Visited and took flowers to Barb Monti in hospital.




Brought a fruit basket to Terry Weightman following his Vancouver trip.

Card was delivered to John Tymchyshyn who has been having some health issues.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	7:00 am Tai Chi 8:00 am Table Tennis 8:30 Pickleball 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	LNG TRADE FAIR –ALL RIVERLODGE PROGRAMS CANCELLED. 1:30 pm Singers at Multi-level 6:00 pm Entertainment	LNG TRADE FAIR –ALL RIVERLODGE PROGRAMS CANCELLED. 11:00 am Chair Yoga 1:00 pm Mahjong 1:00 pm Crafts 7:00 pm Whist	LNG TRADE FAIR –ALL RIVERLODGE PROGRAMS CANCELLED. 11:00 am FACEBOOK BASICS 2:00 pm Knot Just Knitting 1:00 pm Ukeladies at Hospital 6:00 pm Entertainment	Spring Craft Fair ALL RIVERLODGE PROGRAMS CANCELLED	Spring Craft Fair
7	8	9	10	11	12	13
	7:00 am Tai Chi 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Pickle Ball 10:00 am Better at Home Meet and Greet 1:30 pm Carpet bowling 1:30 pm Singers at Hospital 6:00 pm Entertainment	7:00 am Tai Chi 8:30 Table Tennis 8:30 am Pickle Ball 11:00 am Chair Yoga 1:00 pm Mahjong 1:00 pm Crafts 1:30 Genealogy at Library 7:00 pm Whist	7:00 am Tai Chi 8:30 am Pickle Ball 1:00 General Membership Meeting 2:00 pm Ukeladies Riverlodge 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 8:30 am Pickleball 10:30 Line Dancing 1:00 SPRING GARDEN PREP 1:30 Carpet Bowling	
14	15	16	17	18	19	20
	7:00 am Tai Chi 8:00 am Table Tennis 8:30 am Pickleball 11:00to 3:00 BC Games Sign up 1:00 pm Cribbage 1:30 Spring Bike Tune Up 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Pickle Ball 1:30 pm Carpet bowling 12:00 EASTER TEA 1:30 pm Singers at Multi-level 6:00 pm Entertainment	YOUTH CONFERENCE - ALL RIVERLODGE PROGRAMS CANCELLED. 11:00 am Chair Yoga 1:00 pm Mahjong 1:00 pm Crafts 7:00 pm Whist	7:00 am Tai Chi 8:00 am Table Tennis 8:30 am pickle ball 1:30 Carpet Bowling 2:00 pm Knot Just Knitting 1:00 pm Ukeladies Hospital 6:00 pm Entertainment	GOOD FRIDAY RIVERLODGE CLOSED 	
21	22	23	24	25	26	27
	<i>Easter Monday</i> Riverlodge Closed. 10:30 am Book Club 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Hospital 6:00 pm Entertainment	7:00 am Tai Chi 8:30 Table Tennis 8:30 am Pickle Ball 11:00 am Chair Yoga 1:00 pm Mahjong 1:00 pm Crafts 7:00 pm Whist	7:00 am Tai Chi 8:30 am pickle ball 12:00 CHILI COOK OFF 1:30 Carpet Bowling 1:00 pm Ukeladies Multi-level 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 8:30 am Pickleball 10:30 Line Dancing AT TAMITIK	
28	29	30				30
	7:00 am Tai Chi 8:30 Pickleball 11:00to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Multi-level 6:00 pm Entertainment				