

Sunrise YOGA

(New to the Centre)

Have you always wondered what YOGA could do for your health and fitness? Have you always wanted to try it but thought it was beyond your capability? Here's your chance to try it in a comfortable environment of your peers while increasing your flexibility, stamina and general well being. Join us at the Seniors Centre every Monday morning at 8:00 a.m. SHARP starting February 3rd. Bring a yoga mat, towel and a block if needed. No registration required. See you there!



Community in Need

One of our members was alerted to a need in our community. Some of our community's children are in need of mittens, gloves, scarves and toques. If you knit or crochet and would like to help out by making any of the above items your kindness would be greatly appreciated. The items will be given to elementary schools to distribute at their discretion.

Craft Group

Until further notice Craft Group is suspended.

Notice to Program / Event

Leaders

Please ensure that a replacement leader is in place if you are planning to be away. This will prevent cancellations that may result in disappointment and inconvenience. Your cooperation is appreciated.

Sick and Visiting

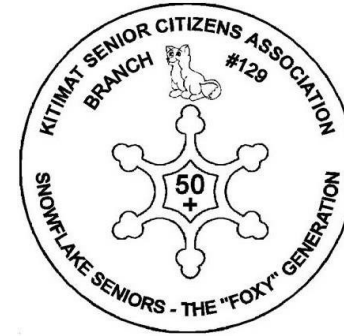
Please call Carol Paul at 250-632-5628 if you know of someone who is sick or in need of a visit.

Carol reports that this past month she was not aware of any members being ill. Here's to a healthy 2020!

Newsletter Updates

If you have new items or updates for future publications, Shirley Boudreault can be contacted at 250-632-4295 or email shirlboud@icloud.com.

Please note-- all submissions must be received a week prior to month end to ensure inclusion.



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 Snowflake Seniors' 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.

KITIMAT

Seniors' Centre

FEBRUARY 2020

NEWSLETTER

KITIMAT SENIOR CITIZENS ASSOCIATION BRANCH #129

658 Columbia V8C 1V5

Phone: 250-632-3405

Programmer: Amelia Pozsgay 250-632-3475

Monday - Tuesdays 9-2

Wednesdays - Thursdays 10 - 3

E-mail: kitsca@citywest.ca

Website: www.kitimat seniors.com

Our 2020 Executive

Ray Taylor: President

Pauline Morgan: Vice President

Richard Krickan: 2nd Vice President

Barb Thomas: Treasurer

Gillian Mullins: Secretary

Anne Berrisford: Director

Janice Bienias: Director

Nelly Lamers: Director

February Monthly General Meeting

All members are strongly encouraged to attend the Monthly General Meeting scheduled for February 13, 1:00pm at the Senior's Centre. There are many important items to discuss and membership input is vital.

Membership News

Another friendly reminder that 2020 membership renewals are past due. Please ensure you have a 2020 membership card - if you renewed your membership prior to mid October, please pop into the Centre to pick up your card.

Just for Laughs



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



VALENTINES
PANCAKE
BREAKFAST

Saturday, February 15th

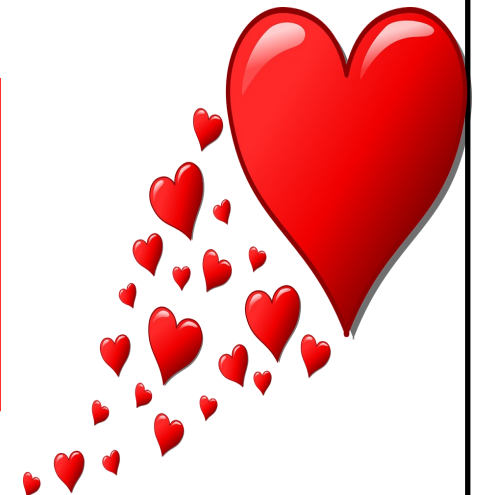
From 8:00 a.m. to 11:00 a.m.

At the Seniors' Centre

\$8.00 per person

\$20.00 for family of 4

EVERYONE WELCOME.
SENIOR CENTRE MEMBERSHIP NOT REQUIRED!





KITIMAT

Senior's centre



This Month's Events

Cup of Coffee:

Join us for this informal but informative discussion with Mr. Robert Machial, District of Kitimat's Deputy Director of Engineering Services on Monday, February 10 at 10:00 a.m. We will be discussing Kitimat's water issues such as the presence of lead and copper in some of community's older homes.

Tea At the Bay:

This event is full but put your name on the wait list in case of cancellations.

Other Community Events of Interest

Canada Revenue (CRA) Webinar for Seniors (being organized by the Kitimat Legion.) This live interactive webinar for seniors will cover topics such as:

- the various benefits and credits available to seniors
- How seniors can continue to receive payments
- How to protect yourself against fraud
- Other CRA services

Throughout this webinar, you will be given the opportunity to have your questions answered.

Journey Through Dementia - (organized by Kitimat Valley Housing Society and sponsored by LNG Canada). Take the Dementia Virtual Tour; learn about dementia from experts; get your questions answered; learn about coping with care giving; learn about the Four Pillars of Fall Prevention; hear the latest about the Kitimat Dementia Home Pilot Project .

Feb 10th - 10:00 am

No charge

Seniors' Centre

Feb 20th - 2:00 pm

Minette Bay Lodge

Feb 6th - 11:00 am

Doors open 10:30 am

No charge

Legion

Register at Seniors

Centre.

March 11th

10:00am - 4:30pm

No charge - Free lunch for registered participants -

Register at Seniors' Centre

To be held at Riverlodge

Program / Event Leader Contact List

Bridge: Richard Krickan

Carpet Bowling: Ray Foster

Choir and Ukulele: Fran Hrynkiw

Computer Users: Helen O'Neill

Crafts & Bazaar: Shari Burrows

Cribbage: Michael Middleton

Cycling Group: NA

Entertainment: Tilly Bachmann

Exercise and Chair Yoga: Janice Bienias

Genealogy Group - Elaine Farina and

Bev Whicher

Line Dancing: Aileen Ponter

Mahjong: Barb Knapton

Maintenance: Earl Keller and Bill Whitty

Hosting the Centre: Barb Knapton

Membership: Helen O'Neill

Newsletter: Shirley Boudreault

Pancake Breakfast: Tilly Bachmann and

Betty Jankauskas

Pickle Ball: Theresa Mildenberger

Potlucks and Socials: NA

Publicity: Jean Nidd

Purchasing: Tilly Bachmann

Recycling: Grant Macdermid,

Cans: Sharron Keller

Seniors Counselor: NA

Sick and Visiting : Carol Paul

Social Dance: Pauline Morgan

Sueca: Evaristo Cabral

Tai Chi: Bill Willis

Table Tennis: Norbert Eitner

Whist: Shari Burrows

Do you like what you see but aren't a member? We encourage you to try any of our activities 3 times for free prior to purchasing a membership.



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tai Chi-7am Sunrise Yoga - 8am PickleBall-8:30am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train-7pm	4 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at MLC-1:30pm Entertainment- 6pm	5 Tai Chi-7am Pickleball - 8:30am Chair Yoga-11am Mahjong-1pm Whist - 7pm	6 Tai Chi-7am Table Tennis-8:30am Social Dance - 11:00am Carpet Bowling-1:30pm Knot Just Knitting-1:30pm Entertainment-6pm	7 Tai Chi-7am Pickleball - 8:30 am Line Dancing- 10:30am Ukulele-1:30pm	8
9	10 Tai Chi-7am PickleBall-8:30am Cup of Coffee - 10:00 am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train-7pm	11 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at Seniors-1:30pm Entertainment - 6pm	12 Tai Chi-7am PickleBall- 8:30am Chair Yoga-11am Mahjong-1pm Genealogy (Library)-- 1:30pm Whist-7pm	13 Tai Chi-7am Table Tennis-8:30am Social Dance - 11:00am General Meeting-1:00pm Entertainment-6pm	14 VALENTINES DAY Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm Carpet Bowling - 1:30pm	15
16	17 FAMILY DAY Book Club - 11:00 Crib- 1pm Bridge & Mexican Train- 7pm	18 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at MLC-1:30pm Entertainment- 6pm	19 Tai Chi-7am Pickleball - 8:30am Chair Yoga-11am Mahjong-1pm Whist-7pm	20 Tai Chi-7am Table Tennis-8:30am Social Dance - 11:00am Carpet Bowling-1:30pm Knot Just Knitting-1:30pm Tea at the Bay - 2:00pm Entertainment - 6pm	21 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	22
23	24 Tai Chi-7am PickleBall-8:30am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train- 7pm	25 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at Seniors-1:30pm Entertainment- 6pm	26 Tai Chi-7am Pickleball - 8:30am Chair Yoga-11am Mahjong-1pm Whist-7pm	27 Tai Chi-7am Table Tennis-8:30am Social Dance - 11:00am Carpet Bowling-1:30pm Ukulele at MLC 1:30pm Entertainment - 6pm	28 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	29