

## GENERAL MEETING

The next General Meeting will be held Thursday, September 26th, 2024 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.*

Please wish Edna Partington Happy Birthday as she celebrates her 99th Birthday! Edna, who still lives in her own home and drives herself around town, came to Kitimat in 1964. She boarded a train in Edmonton, Alberta with her three youngest children and a dog to join her husband Tom and four older children. Edna enjoys living in Kitimat and participates in several activities at the Kitimat 50+ Society.



## 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.

### Newsletter Updates

If you have new items or updates for future publications, Angela Eastman can be contacted at 250-639-0348 or email [angela.m.eastman60@gmail.com](mailto:angela.m.eastman60@gmail.com). Please note - all submissions must be received a week prior to month end to ensure inclusion.

### 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 (250-632-5459) so she can reach out to them.



## 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.*

# June 2024

## 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](mailto:kitsca@citywest.ca)

Website: <https://kitimat50society.com>

## Our 2023/24 Executive

Gillian Mullins: President

Karen Bringleston: Vice President

Karen Santucci: Treasurer

Shirley Boudreault: Secretary

Barb Thomas: Director

Connie Craig: Director

Laura Yeager: Director

Anne Hansen: Director



District of Kitimat

**AGE-FRIENDLY**

**COMMUNITY ENGAGEMENT SESSIONS**

Help make a difference by sharing your ideas!

**Sessions**

- June 3 - 10:00am-12:00 pm @ the 50+Centre
- June 4 - 6:30-8:30 pm @ Riverlodge Activity Room
- June 6 - 1:00-3:00 pm Virtual Session via Zoom

Join Zoom Meeting  
<https://www.kitimat.ca/AgeFriendly>

Kitimat Leisure Services | KITIMAT

Sessions will include FREE door prizes and refreshments

Call 1-250-632-8900 Ext. 2261 | Contact Nanci at [nwarren@kitimat.ca](mailto:nwarren@kitimat.ca)



The BC Men's Shed Association is holding an Outreach Program in Kitimat

When: **June 12, 2024**

Time: **10 am**

Where: **50+ Society Centre**

What are Men's Sheds?

**A place to belong as we foster a supportive community where men can engage in meaningful projects, learn new skills, and combat isolation.**

**All men and women welcome** to attend and find out about us.

**For more information call 250-699-6878**

Jan Fennema MSABC President

# As You Plan Your Summer!

## Time & Place Change:

Book Club: Monday June 3, 11:00am at Riverlodge Activity Room

## Summer Break:

Progressive Euchre and Rummoli will not be taking place from the beginning of June through the end of September.

Line Dancing and Floor Curling will be back in September.

Tai Chi - last day June 14, will resume September 9.

Chair Exercise - last day Wednesday, June 5, will resume September 11.

Sing Along - last day, June 25, will resume September 3.

Carpet Bowling - Last day June 4@ 1:30pm, will resume in September.

Chess - Monday - canceled for June 3rd

Tuesday - will resume in September

Wednesday - next two weeks then done until September

Friday - no information, contact your lead.

Bingo - last day June 25, will resume in September.

## Continuing Activities:

Book Club, Creative Corner, Cribbage, Ukeladies, Canasta, Sunrise Yoga, Mexican Train, Mahjong.

## Week by Week - Bridge

If you have any question regarding programmes not mentioned, or in general, please contact your programme lead.



## Hearing Specialist Coming to Kitimat

Delta King will be bringing a hearing specialist to town starting

**June 5th at the Delta King Place** treatment room.

## Appointments can be made through:

Amplifon (formerly known as Terrace Hearing Clinic)

Dilia Printz Audiotech/ Client Care Coordinator

4550 Lakelse Avenue

Terrace, B.C. V8G 1 P8

Phone: 250-635-4327 Fax: 250-635-6303 1-800-811-1533

Or in Terrace you can book online <https://www.amplifon.com/ca/branch-locator>





# 50+ Centre



KITIMAT 50+ SOCIETY  
CENTRE

## BC SENIOR'S WEEK

From June 02 to June 08, 2024

Join us for a Pizza and Cake  
Lunch on Friday  
June, 7th.  
Special Guest Mayor Philip

Reservations are required for this  
event and can be made by dropping  
by the Centre or calling  
250-632-3405 by May 31st.



### Program / Event Leader Contact List

**Bingo:** Loesje Weightman

**Book Club:** Sandy Knowles

**Bridge:** Richard Krickan

**Canasta:** Pauline Morgan

**Carpet Bowling:** Ray Foster

**Chair Yoga:** Janice Bienias

**Chess:** Lonnie Vaughan

**Computer Assistance:** Helen O'Neill

**Cribbage:** Anne Hansen

**Decorating Committee:** Sonia Sarell

**Fibre Arts:** Cynthia Cridge

**Floor Curling:** Connie Craig

**Line Dancing:** Aileen Ponter

**Mahjong:** Darlene Gleig

**Hosting the Centre:** Anne Hansen

**Membership:** Helen O'Neill

**Mexican Train:** Pauline Morgan

**Newsletter:** Angela Eastman

**Pickleball:** Theresa Mildenberger

**Purchasing:** Loesje Weightman

**Recycling:** Grant Macdermid (paper)

**Membership Wellness:** Rosa Martins

**Progressive Euchre:** Robert Miedema

**Rummoli:** Robert Miedema

**Sing Along/Ukulele:** Cheryl Groves and  
Laura Yeager

**Sueca:** Evaristo Cabral

**Sunrise Yoga:** Pauline Morgan

**Tai Chi:** Bill Willis

**Table Tennis:** Norbert Eitner

**Whist:** Bruce Craig

Welcome, Maya Brown, our  
returning Summer Student!  
Maya will be starting at the  
the Kitimat 50+ Society Cen-  
tre on June 26th.



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 Age Friendly Workshop 10:00 am- 12:00 pm Chess - Cancelled Book Club - 11:00am(time change) Crib - 1:00pm Bridge - 6:30pm	4 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Canasta - 1:00pm Carpet Bowling - 1:30 (Last day) Sing Along - 1:30pm Bingo - Open 5:00, Start 6:00pm	5. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise - 11:00am Mahjong-1:00pm Chess-6:00pm	6 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Creative Corner-1:00pm Whist - 1:00pm	7 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Ukulele - 1:30pm (Beginners 12:30)	1/8
9 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	10 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	11 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Canasta - 1:00pm Sing along - 1:30pm (Delta King) Bingo - Open 5:00, Start 6:00pm	12 Tai Chi - 7:00am Pickleball - 8:30am The BC Men's Shed Association Outreach Program - 10am Mahjong-1:30pm	13 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am General Meeting - 10:30am Whist - 1:00pm Creative Corner-1:00pm	14 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Ukulele - 1:30pm (Beginners 12:30)	15
16 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	17 Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	18 Sunrise Yoga - 8:30am Table Tennis - 8:30am Canasta - 1:00pm Sing along - 1:30pm Bingo - Open 5:00, Start 6:00pm	19 Pickleball -8:30am Mahjong-1:00pm	20 Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:30pm Creative Corner-1:00pm	21 Pickleball 7:00 - 8:45am Chess - 10:30am Ukulele - 1:30pm (Beginners 12:30)	22
23 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	24 Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	25 Sunrise Yoga - 8:30am Table Tennis - 8:30am Canasta - 1:00pm Sing along - 1:30pm MLC Bingo - Open 5:00, Start 6:00pm	26 Pickleball -8:30am Mahjong-1:00pm	27 Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:30pm Creative Corner-1:00pm	28 Pickleball 7:00 - 8:45am Chess - 10:30am Ukulele - 1:30pm (Beginners 12:30)	29
30 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm						

**Note: Activities are subject to change. Contact your event leader if you have questions.**