

Message from the President

Members and guests are requested and reminded that if you are feeling unwell or suspect you might be ill to please refrain from coming to the Seniors' Centre and/or attending functions.

This request is entirely consistent with established infection control and public health practices.

Kitimat seniors can be assured that we will continue to provide a safe and healthy environment.

Valentines Pancake Breakfast Report from Otilia Bachman

We served 55 people a very yummy breakfast and received many compliments for a job well done.

Thank you to all the guests. We hope to see you all back for the Mothers' Day and Fathers' Day pancake breakfasts. Thanks to all the volunteers for doing such a great job - we couldn't do it without you. We raised **\$276.45** after expenses.

Laugh a Little

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

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

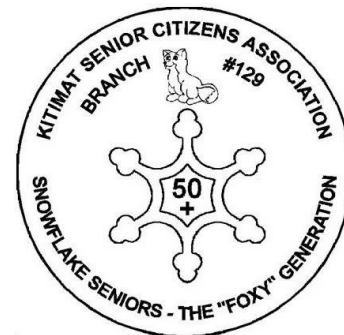
Please call Carol Paul at 250-632-5628 if you know of someone who is sick or in need of a visit.

Carol reports that this past month she sent cards to two members for their loss of a family member.

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.

K I T I M A T

Seniors' Centre

MARCH 2020

NEWSLETTER

**KITIMAT SENIOR CITIZENS
ASSOCIATION**

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

March Monthly General Meeting

All members are strongly encouraged to attend the Monthly General Meeting scheduled for March 12th, 1:00pm at the Senior's Centre. There are always important items to discuss and membership input is vital.



2020 Richmond 55+ BC Games

September 15 - 19, 2020

Zone 10 Membership Renewal

Will be held on Mondays, 5:00 pm to 7:00 pm

For information from your local representative contact:

Sharron Keller at 250-632-4589 or *Bill Whitty* at 250-632-2710



*Free Lunch for
Registered Participants*

A JOURNEY THROUGH DEMENTIA

A FREE COMMUNITY EVENT

- ◆ EXPERT PRESENTERS ◆
- and a
- ◆ Virtual Dementia Tour ◆

TOUR LIMITED TO
60 PARTICIPANTS
REGISTER EARLY



RIVERLODGE

MARCH 11, 2020 | REGISTRATION 9:30 AM | EVENTS 10 AM TO 4:30 PM

REGISTER IN ADVANCE BY CALLING RIVERLODGE @ 250-632-8970

CATERING DONATED BY



HORIZON NORTH

EVENT SPONSOR



RIVERLODGE PROVIDED BY



KITIMAT



KITIMAT

Senior's centre



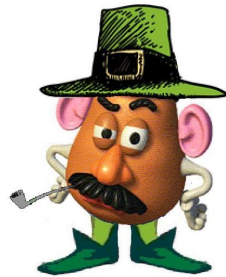
This Month's Events

Cup of Coffee - It's Not Right - Presentation on Adult Abuse - warning signs, risk factors and what you can do. Let's work together to create a community where everyone feels safe, respected, valued and supported.

March 9
10:30 am
No Charge
Seniors' Centre
Registration Not Req'd.

St. Patricks Day Luncheon:

Come celebrate St. Paddie's Day and enjoy some traditional Irish fare. Don't forget to wear green to avoid being pinched.



March 17
12:00 noon
\$8.00/person
Seniors' Centre
Registration Req'd.

Kitimat's Backyard Birds - Bird-watching is a fun and healthy hobby. Learn how to identify our seasonal feathered visitors with April McLeod, avid bird watcher. Join us and take advantage of April's vast birding experience.



March 31
1:00 pm
No Charge
Seniors' Centre
Registration Not Req'd

Centre Contact List

Bridge: Richard Krickan

Potlucks and Socials: NA

Carpet Bowling: Ray Foster

Publicity: Jean Nidd

Choir and Ukulele: Fran Hrynkiw /
Cherry Groves

Purchasing: Tilly Bachmann

Computer Users: Helen O'Neill

Recycling: Grant Macdermid,
Cans: Sharron Keller

Crafts & Bazaar: Shari Burrows

Seniors Counselor: NA

Cribbage: Michael Middleton

Sick and Visiting : Carol Paul

Cycling Group: NA

Social Dance: Pauline Morgan

Entertainment: Tilly Bachmann

Sueca: Evaristo Cabral

Exercise and Chair Yoga: Janice Bienias

Sunrise Yoga: Pauline Morgan

Genealogy Group - Elaine Farina and
Bev Whicher

Tai Chi: Bill Willis

Hosting the Centre: Barb Knapton

Table Tennis: Norbert Eitner

Line Dancing: Aileen Ponter

Whist: Shari Burrows

Mahjong: Barb Knapton

Maintenance: Earl Keller and Bill Whitty

Membership: Helen O'Neill

Newsletter: Shirley Boudreault

Pancake Breakfast: Tilly Bachmann and
Betty Jankauskas

Pickle Ball: Theresa Mildenberger

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.



MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tai Chi-7am Sunrise Yoga - 8am PickleBall-8:30am Social Dance - 11:15am Crib-1pm Bridge/Mexican Train-7pm	3 Tai Chi-7am Table Tennis-8:30am <u>Executive Meeting - 10:00am</u> Carpet Bowling-1:30pm Sing along at MLC-1:30pm Entertainment- 6pm	4 Tai Chi-7am Pickleball - 8:30am Chair Yoga-11am Mahjong-1pm	5 Tai Chi-7am Sunrise Yoga - 8am Table Tennis-8:30am Social Dance - 11:00am Carpet Bowling-1:30pm Knot Just Knitting-1:30pm Ukulele at MLC 1:30pm Entertainment - 6pm	6 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	7
8	9 Tai Chi-7am Sunrise Yoga - 8am PickleBall-8:30am <u>Cup of coffee - 10:00am</u> Social Dance - 11:15am Crib-1pm Bridge/Mexican Train-7pm	10 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at Seniors-1:30pm Entertainment- 6pm	11 Tai Chi-7am <u>Journey Through Dementia (RL)- 10:00am</u> Chair Yoga-11am Mahjong-1pm Genealogy (Library)-- 1:30pm Whist - 7pm	12 Tai Chi-7am Sunrise Yoga -8am Pickleball/Table Tennis-8:30am Social Dance - 11:00am <u>General Meeting-1:00pm</u> Entertainment-6pm	13 Tai Chi-7am Pickleball - 8:30am Line Dancing- 10:30am Carpet Bowling-1:30pm Ukulele-1:30pm	14
15	16 Tai Chi-7am Sunrise Yoga-8am PickleBall-8:30am Book Club - 11:00am Social Dance - 11:15am Crib- 1pm Bridge/Mexican Train-7pm	17 ST. PATRICK'S DAY Tai Chi-7am Table Tennis-8:30am <u>Luncheon -12:00 noon</u> Carpet Bowling-1:30pm Sing along at MLC-1:30pm Entertainment - 6pm	18 Tai Chi-7am PickleBall- 8:30am Chair Yoga-11am Mahjong-1pm Whist-7pm	19 Tai Chi-7am Sunrise Yoga -8am Table Tennis-8:30am Social Dance - 11:00am Carpet Bowling - 1:30pm Knot Just Knitting-1:30pm Entertainment-6pm	20 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	21
22	23 Tai Chi - 7am Sunrise Yoga -8am PickleBall-8:30am Social Dance - 11:15am Crib- 1pm Bridge /Mexica Train- 7pm	24 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at Seniors-1:30pm Entertainment- 6pm	25 Tai Chi-7am Pickleball - 8:30am Chair Yoga-11am Mahjong-1pm Whist-7pm	26 Tai Chi-7am Sunrise Yoga -8am Table Tennis-8:30am Social Dance - 11:00am (last day) Carpet Bowling-1:30pm Entertainment - 6pm	27 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	28
29	30 Tai Chi-7am Sunrise Yoga -8am PickleBall-8:30am Crib-1pm Bridge/ Mexican Train- 7pm	31 Tai Chi-7am Table Tennis-8:30am <u>Birding Talk - 1:00pm</u> Carpet Bowling-1:30pm Sing along at MLC-1:30pm Entertainment- 6pm				