

GENERAL MEETING

The next General Meeting will be held Thursday, March 28th, 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.*



CARPET BOWLING IS TAKING A BREAK!

Carpet Bowling is cancelled for Spring Break - March 17-April 2nd!



Don't forget to change your clocks on Saturday night, March 9th!

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. 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.

Membership News

A friendly reminder that 2023/24 membership renewals are due. The cost remains at \$25/year (Oct - Sept).



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.

March 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

Website: <https://kitimat50society.com>

Our 2023/24 Executive

Gillian Mullins: President

Karen Bringleon: Vice President

Karen Santucci: Treasurer

Shirley Boudreault: Secretary

Barb Thomas: Director

Connie Craig: Director

Laura Yeager: Director

Anne Hansen: Director

Working together to bring **Government of Canada services to you.**



JOIN US to find out more about...

Canadian Dental Care Plan (CDCP)

You will have the opportunity to meet with:

- Service Canada**
- NEW Canadian Dental Care Plan - Information and Application/Attestation
 - Pension information on Old Age Security and Canada Pension Plan
 - Get a Social Insurance Number (birth certificate in most cases will be required)
 - Receive an access code to sign up for online My Service Canada
 - General Government of Canada information

Canada Revenue Agency (CRA)

- Tax slip information (T4, T5007, T4A - Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Community Volunteer Income Tax Program (CVITP)

Free Tax Filing*

- You may be eligible if you have a modest income and a simple tax situation.

*Availability may be limited.

IMPORTANT INFORMATION

ID required is based on the service(s) you are accessing, please bring any ID you have.

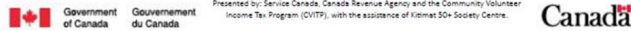
Representatives from **Service Canada** will be in your community:

Tuesday, March 12, 2024

Super Clinic
10:30am – 3:00pm

Location
Kitimat 50+ Society Centre
658 Columbia Ave. W., Kitimat
BC V8C 1V5

If you are unable to meet with us during this visit, you can contact us at 1-833-537-4342 from 8:30 a.m. - 4:30 p.m., Monday to Friday.



50+ QUIZ
Night

**FRIDAY KITIMAT 50+
MARCH 8 SOCIETY CENTRE**

**DOORS OPEN AT : 630PM
TRIVIA STARTS AT : 7PM**

**REGISTRATION REQUIRED
TEAMS OF 4 - \$5 PER PERSON
AND TWO APPIES PER. TEAM
CASH PRIZES**

FOR MORE INFORMATION CALL THE CENTRE AT 250-632-3405

50+ Society Centre And LNG (CAN) Joint Luncheon

Wednesday, March 13 @ 12:00 Noon.

Reservations and payment of \$5.00 per person is required.

Vegetarian option is available.

Max. occupancy 65.

For more info call 250-632-3405



SING ALONG GROUP

Enjoy singing in the shower? Come out and join our group of welcoming recreational singers. We sing a variety of music, and invite you to bring some of your own songs to add to our repertoire. This group brings much joy to our community, especially the residents of Delta King Place and the Multi-level Care Unit at our hospital. We hope you and your voice will join us in song on Tuesdays at 1:30 pm, either at the 50+ Centre or at Delta King (2nd Tuesdays) or MLC (the last Tuesday of each month).



THE CREATIVE CORNER

The group meets once weekly (Thursdays, 1pm) to try new ideas. So far they have explored felting and other crafts. Creative new ideas planned are soap making, tin can vase repurposing, weaving, Cricut use and more. If you have a special craft idea you would like to explore or teach, let us know.

WHIST

Please join us Thursday afternoons at 1:00 pm for the fun game of Whist. The list of benefits of playing this and other card game include improving cognitive function, providing social connection and avoiding isolation. Our Whist group is very welcoming and eager to teach new players the game.

BINGO

Bingo is held at the 50+ Centre and is open to the general public. Kitimat 50+ Society membership is not required. Come out Tuesday evenings and support this major fundraiser for the Centre. Throughout the evening players will have a chance to win some extra spending money and the more attendees the higher the prize money. Hot dogs and other snacks available at half time. Doors open at 5:00 p.m. - games start at 6 p.m.

CHAIR YOGA

Chair yoga is for anyone, any fitness level. Using the chair and bender ball as a prop, the health benefits of this yoga are endless. Reduce blood pressure, better sleep, improved mobility, movement and posture, and increased stamina to make everyday tasks easier. Come and join this group as a great start to a fitness routine. Wednesdays, at 11am.



50+ Centre



September 10 - 14 in Salmon Arm

The following information is from Sherrie Little, 250-279-0553

If you are confident in filling the membership out yourself, below is the information on where to send the money (either through Etransfer or cheque).

To start the membership enrollment, go to the website: <https://55plusbcgames.org/membership>. Once you have signed up for your 2024 membership, your etransfers can be sent to myself at registrarkitimat@gmail.com. (\$20 / person) for deposit into our banking account.

If you are not comfortable sending an etransfer, please send your cheque to me at 101 Saguenay Street, Kitimat, BC V8C 1W7 or drop into my mailbox. I will send a confirmation message once the payment is received and processed

Once registration opens on March 1st - you will need to go to the website and register for your sport

<https://55plusbcgames.org/register/zone10/>

E transfer the membership money to myself at registrarkitimat@gmail.com for deposit into our banking account or to the above mail address. I will send a confirmation message once the payment is received and processed

ENSURE YOU REGISTER FOR PARTICIPATION ASAP after March 1st to ensure you secure your spot - best NOT to wait until June to do.

Hotel rooms have been blocked for our Zone. We are working on the process for booking and will provide more information after April 6th.



Kitimat 50+ Centre
Floor Curling
No Ice
No Kneeling
No Sweeping
Still a good workout!

Wednesday's 1:30p at the Riverlodge Sports Complex

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: Molly Steele

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

Nordic Pole Walking: Manon Daigle

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Note: Book Club meets one Monday per month, date dependant on book's arrival.		1 (Activities same as previous Fridays' Regularly Scheduled Activities)	2 Rummoli - 6:30 -9:00pm
3 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	4 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Nordic Pole Walk - 1:00pm Bridge - 6:30pm	5 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess, Beginners - 10:30am Canasta - 1:00pm Carpet Bowling - 1:30pm Sing Along - 1:30pm Bingo - Open 5:00, Start 6:00pm	6 Tai Chi - 7:00am Pickleball - 8:30am Chair Yoga - 11:00am Mahjong-1:00pm Floor Curling- 1:30pm Chess-6:00pm	7 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Laugh Yoga - 12:30 Creative Corner-1:00pm Whist - 1:00pm Carpet Bowling - 1:30pm Fibre Arts - 7:00pm Progressive Euchre-6:30-9:00pm	8 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Line Dancing - 10:30am Ukulele - 1:30pm (Beginners 12:30) Trivia Night - 6:30pm	9
10 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	11 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Nordic Pole Walk - 1:00pm Bridge - 6:30pm	12 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess, Beginners - 10:30am Tax Clinic - 10:30am - 3 pm Canasta - 1:00pm Riverlodge Carpet Bowling - 1:30pm Sing along - 1:30pm (Delta King) Bingo - Open 5:00, Start 6:00pm	13 Tai Chi - 7:00am Pickleball - 7:30am Chair Yoga - 11:00am LNG Luncheon-12:00 noon Mahjong-1:30pm Floor Curling- 1:30pm Chess-6:00pm	14 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling -1:30pm Fibre Arts - 7:00pm	15 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Line Dancing - 10:30am Ukulele - 1:30pm (Beginners 12:30)	16 Rummoli - 6:30 - 9:00pm
17 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	18 Tai Chi - 7:00am Pickleball -8:30am Chess - 10:30am Crib - 1:00pm Nordic Pole Walk - 1:00pm Bridge - 6:30pm	19 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess, Beginners - 10:30am Canasta - 1:00pm Carpet Bowling - cancelled - Spring Break Sing along - 1:30pm Bingo - Open 5:00, Start 6:00pm	20 Tai Chi - 7:00am Pickleball -8:30am Chair Yoga11:00am Mahjong-1:00pm Floor Curling- cancelled -Spring Break Chess-6:00pm	21 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling - cancelled - Spring Break Progressive Euchre -6:30-9:00pm	22 Tai Chi - 7:00am Pickleball 7:00 - 8:45am Chess - 10:30am Line Dancing - cancelled - Spring Break Ukulele - 1:30pm (Beginners 12:30)	23
24 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	25 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Nordic Pole Walk - 1:00pm Bridge - 6:30pm	26 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess, Beginners - 10:30am Canasta - 1:00pm Carpet Bowling - cancelled - Spring Break Sing along - 1:30pm MLC Bingo - Open 5:00, Start 6:00pm	27 Tai Chi - 7:00am Pickleball -7:00-8:45am Chair Yoga-11:00am Mahjong-1:00pm Floor Curling- cancelled -Spring Break Chess-6:00pm	28 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling - cancelled - Spring Break	29 - GOOD FRIDAY Tai Chi - Cancelled Pickleball - Cancelled Chess - 10:30am Line Dancing - Cancelled Ukulele - 1:30pm (Beginners 12:30)	30 Rummoli - 6:30 - 9:00pm
31 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm						