

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.

PROGRESSIVE EUCHRE

Euchre is a game of trick taking with a trump that is played by four players in teams of two. Each player plays one card, the highest card of the suite wins the trick, unless the trump card is played. The team that names the trump must win most of the tricks. The game is played over several rounds until one team has gotten to 10 points. Join in every second Thursday at 6:30 - 9:30pm. Beginning in October

RUMMOLI

Rummoli is an engaging card game that combines elements of poker and rummy. It can be played by two to eight players using a standard deck of playing cards. There are two main 'rounds' to the game - poker play and rummy play. Drop in to play every second Saturday at 6:30 - 9:30pm. Beginning in October

LINE DANCING

Line Dancing is the perfect way to stay fit by having fun! Join our weekly dance group where we dance to all different genres of music! Line dancing has been said to increase flexibility, muscular strength and lung capacity, as well as improving bone health and coordination. Come try it out and have some foot stomping fun every Friday at 10:30am.



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.

September 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 Bringleston: Vice President

Karen Santucci: Treasurer

Shirley Boudreault: Secretary

Barb Thomas: Director

Connie Craig: Director

Laura Yeager: Director

Anne Hansen: Director

Program / Event Leader Contact List



Bingo: Executive (Temporary)
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: TBA
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 Mildenerger
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

Thank You Maya Brown, our wonderful Summer Student! Wishing you all the best for your upcoming academic year!



LNG CANADA FLARING NOTIFICATION

LNG Canada is planning to begin flaring this week, as part of the introduction of natural gas into the LNG facility. This phase of flaring activity is expected to start within the next three days and will last approximately one month. The height of the flame is anticipated to be approximately five meters. Further notifications will be issued as the flaring program advances. These flaring operations are in accordance with the Liquefied Natural Gas Facility Regulation under the Energy Resources Activities Act. All safety plans and approvals are in place.

Contact information:

If you have an inquiry, please visit
www.lngcanada.ca/contact/
LNG Canada: 1-833-632-5642
BC Energy Regulator: 24-Hour: 250-794-5200; 24-Hour Toll Free: 1-877-500-2237
50+Society Centre will be having a Q and A, please stay tuned for more information.

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.

LNG Canada

Safe Shipping Workshop

Mount Elizabeth Theatre on September 11, 2024.

This workshop is focused on safe shipping and includes information booths hosted by LNG Canada, Transport Canada, Canadian Coast Guard, Pacific Pilotage Authority and HaiSea Marine. LNG Canada, Transport Canada, Canadian Coast Guard, Pacific Pilotage Authority and HaiSea Marine will all be making presentations. Transport Canada, Canadian Coast Guard and the Pacific Pilotage Authority will share their "Voyage of a Vessel" presentation.

WE'RE GETTING A NEW CARPET!

Installation will begin on **Tuesday, Sept. 3rd** and will continue until **Sept. 6th inclusive**. The centre will be closed during this time but will reopen on **Monday, September 9th**.

Some programs held at the centre have been relocated to Riverlodge. Please check with program lead.

PHISHING Fraud Awareness

- Explore "Phishing" tactics.
- Prevent theft of personal, sensitive information.
- Recognize fraudulent messages from fake government agencies.

Join RCMP Staff Sargent Graham Morgan, Royal Bank Manager Fern Fontes and Beitz Computer Specialist John Sylvestre to share strategies on how to stay safe.

Thursday, September 26th, 2024
At 1:00 P.M.



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.*

50+ Society Centre President's Message Gillian Mullins



I want to take the opportunity to welcome everyone back after a great summer. We are looking forward to getting back to our regular fall activities and programs. We have a wonderful line-up including our regular favorites, Monday afternoon cribbage; Wednesday morning chair exercise class; and the many other card and board games that have become so popular over the past few years. We are also excited to continue our weekly scheduled Chess for children, we began this last year as a pilot project and plan on continuing this year. We do expect that parents or guardians of children who plan to attend to sign up for membership. The membership fee will remain at \$25.00, a small cost to access many fun activities. For those that are up for more active programming, pickle ball, line dancing and table tennis will resume at their regular morning times. We are also exciting to feature a regular line-up of guest speakers that will keep us abreast of important changes and happenings in the community, as well as our seasonal lunches that many of our members look forward to. We will be looking for member volunteers to step up to lead or assist with our many programs and will be querying new and existing members about volunteer possibilities during membership renewals this fall. Any volunteer assistance is always much appreciated. Our Annual General Meeting will be held in November, and to ensure continued operational success we will be looking for new members to step up to these leadership roles.

Self-Management *British Columbia*



KNOWLEDGE + SKILLS + CONFIDENCE *put life back in your life*

FREE Six-Session Workshops for Adults with Any Ongoing Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

Family Members and Friends Welcome
REGISTRATION REQUIRED

1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!

VIRTUAL WORKSHOPS

Chronic Pain

October 31 to December 5
Thursdays
1:30pm to 4:00pm

Diabetes

October 10 to November 14
Thursdays
9:30am to 12:00pm

October 29 to December 3
Tuesdays
1:00pm to 3:30pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	2 STAT Tai Chi - Cancelled Pickleball - Cancelled Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	CENTRE CLOSED FOR CARPET INSTALLATION				6	7
8 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	9 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	10 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess - 10:30am Beginners Canasta - 1:00pm Carpet Bowling - 1:30 pm Sing along - 1:30pm (Delta King)	11 Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise - 11am Mahjong-1:00pm Chess-6:30pm Open Class	12 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling - 1:30 pm	13 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Advanced Line Dancing - 10:30 am Ukulele - 1:30pm (Beginners 12:30)	14	
15 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	16 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Book Club - 11:00am Crib - 1:00pm Bridge - 6:30pm	17 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess - 10:30am Beginners Canasta - 1:00pm Carpet Bowling - 1:30 pm Sing along - 1:30pm	18 Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise - 11am Mahjong-1:00pm Chess-6:30pm Open Class	19 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:30pm Creative Corner-1:00pm Carpet Bowling - 1:30 pm	20 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Advanced Line Dancing - 10:30 am Ukulele - 1:30pm (Beginners 12:30)	21	
22 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	23 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm	24 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Chess - 10:30am Beginners Canasta - 1:00pm Carpet Bowling - 1:30 pm Sing along - 1:30pm MLC	25 Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise - 11am Mahjong-1:00pm Chess-6:30pm Open Class	26 Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling - 1:30 pm	27 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Advanced Line Dancing - 10:30 am Ukulele - 1:30pm (Beginners 12:30)	28	
29 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	30 Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib - 1:00pm Bridge - 6:30pm						

Some programs may be moved to Riverlodge this week. Check with your program lead !

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