



Thank You to all the **Craft ladies** who made all those delicious cupcakes for the Valentine's Day cupcake sale and a **thank you** to those who supported them. They raised \$100.00 woo woo!!

Sick and Visiting

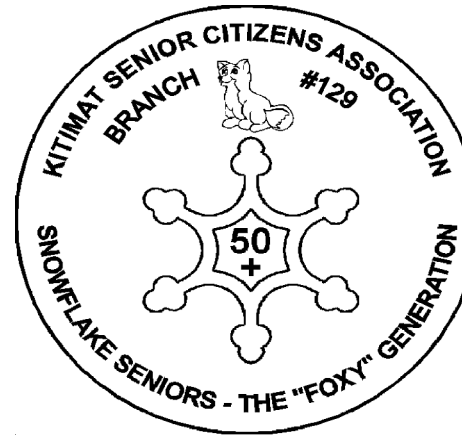
Please remember to call Carol Paul at 250-632-5628 if you know of someone who is sick or in need of a visit.



Spring flowers were delivered to Chris Rigoni who is a patient in hospital.

Visits were made to Nancy Gray, Anita Vahanikkila, and Gene Dielschneider after their hospital stays.

Flowers delivered to Shari Burrows following her stay in Vancouver hospital



March, 2019

NEWSLETTER

**KITIMAT SENIOR CITIZENS ASSOCIATION
BRANCH # 129**

658 Columbia V8C 1V5

Phone: (250) 632-3405

Programmer: Amelia Pozsgay (250) 632-3475

E-mail: kitsca@citywest.ca

Website: www.kitimat seniors.com



May your blessings
outnumber
The shamrocks that
grow,
And may trouble avoid
you
Wherever you go.

Irish Blessing

**Executive Meeting
Wednesday, March 6
10:00 a.m.**

**General Membership
Meeting
Thursday, March 14
1:00 pm**

2019 Kitimat Seniors' Centre Executive

Ray Taylor - President

Pauline Morgan –1st Vice President

Richard Krickan - 2nd Vice President

Barb Thomas –Treasurer

Gillian Mullins –Secretary

Anne Berrisford –Director

Bill Whitty –Director

Nelly Lamers –Director

Committee Members Contact List

Bridge	Richard Krickan	Membership	Helen O'Neill
Carpet Bowling	Ray Foster	Newsletter	Sheila Reeves
Choir & Ukulele	Fran Hrynkiw	Pancake Breakfast	Tilly Bachmann Betty Jankauskas
Computer Users	Helen O'Neill	Pickle Ball	Theresa Mildenberger
Crafts & Bazaar	Shari Burrows	Potluck & Socials	Vacant
Cribbage	Michael Middleton	Publicity	Jean Nidd
Cycling Group	Kathy Walker	Purchasing	Tilly Bachmann
Entertainment	Tilly Bachmann	Recycling	Grant Macdermid Cans –Sharron Keller
Exercise & Chair Yoga	Janice Bienias	Senior Counselor	Vacant
Floor Curling	Gene Dielschneider	Sick & Visiting	Carol Paul
Line Dancing	Aileen Ponter	Sueca	Evaristo Cabral
Mahjong	Barb Knapton	Tai Chi	Bill Willis
Maintenance	Earl Keller and Bill Whitty	Table Tennis	Norbert Eitner
Hosting the Centre	Barb Knapton	Whist	Shari Burrows

Community Committee Representatives

BC Community Response Network	Lois Marleau & Kathy Walker
Kitimat Advisory Housing Committee	Sandy Knowles & Helen O'Neill
Kitimat Health Advocacy Group	Helen O'Neill
Age Friendly Community Committee	Amelia Pozsgay



Cup of Coffee

Howard Tsang, Senior Regional Market Manager for Telus will be joining us at the Centre for our Cup of Coffee program

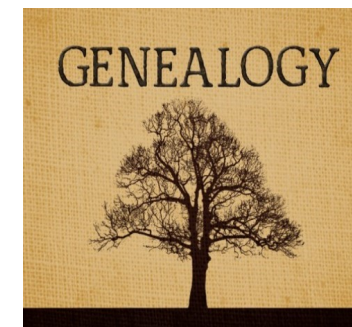
on

**Monday, March 11 at
10:30 am.**

Howard will be introducing the Living Well Companion and answering any questions you may have about Telus services or programs.

55 Plus BC Games

Zone 10 Membership Registration will be on Mondays at the Seniors Centre from 11 am to 3 pm.



Eventually, all genealogists come to their census! But first they search other records like birth, marriage, city directories, newspaper announcements and articles, land titles, and death certificates, etc. Come and join the genealogy group and get some help with the process. You may find some surprises in your family.

Wednesday, March 13th

1:30 to 3:00 pm

No Cost

Kitimat Public Library

Drop-In

Everyone welcome

For more information call the Programmer at the Senior Centre
250-632-3475



We've GOT TRAVEL

Are your passports up to date?
We're going to Iceland in 2020!

If you are wanting to travel but don't want to do it alone or would like to travel with other people come and join our travel group.

We have two options for 2020

The Classic Iceland Circle Tour

(Includes air, accommodations and a guided land tour).

Our second option is a Viking Cruises
Iceland's Majestic Landscapes.

Call Amelia, the Senior Centres' programmer for more information.

250-632-3475 or 250-632-3405

FASCINATOR WORKSHOP



Join us on Sunday, March 24 at 1:00pm
Carol Dale from "The Diva in You" along with our Craft Group would like to invite you to an afternoon of creating your very own fascinator!

Please sign up at the Seniors' Centre
\$10.00 pre-registration fee to be applied to the purchase of supplies

Soup and Sandwich



Bring a friend and join us for our soup and sandwich luncheon on

Tuesday, March 19 at 12:00 noon



We will be serving a stew along with a vegetable soup and of course dessert!

Please register by popping into the Centre
\$8.00 per person
All Welcome!

Important Notice:

If your program is not listed on the calendar, it has, unfortunately, been cancelled. The daily programs, as at the time of publishing, are correct. However, these could be cancelled on short notice because of other activities taking place at Riverlodge. We apologize for any inconvenience and ask that you contact our programmer, Amelia, if you are unsure of the status of your program.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	7:00 am Tai Chi 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 1:00 pm Social Dancing 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Mountainview Lodge 6:00 pm Entertainment	7:00 am Tai Chi 9:00 am Pickle Ball 10:00 am executive meeting 11:00 am Chair Yoga 1:00 pm Mahjong & Crafts 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:00 pm Ukeladies 1:30 pm Carpet bowling 2:00 pm Knot Just Knitting 6:00 pm Entertainment	7:00 am Tai Chi 9:30 am Table Tennis <i>Line Dancing and Social Dancing cancelled</i>	
10	11	12	13	14	15	16
	7:00 am Tai Ch 11:00 to 3:00 BC Games Sign up 10:30 Cup of Coffee 1:00pm Cribbage 1:00 pm Social Dancing 7:00 pm Duplicate Bridge	7:00 am Tai Chi 8:30 am Table Tennis 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers at Riverlodge 6:00 pm Entertainment	7:00 am Tai Chi 9:00 am Pickle Ball 11:00 am Chair Yoga 1:00 pm Mahjong & Crafts 1:00 pm Genealogy Public Library 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:00 General Membership Meeting 2:00 to 3:00 pm Ukeladies 6:00 pm Entertainment	7:00 am Tai Chi 9:30 am Table Tennis 10:30 am Line Dancing 1:00 pm Social Dance lessons 1:30 pm Carpet Bowling	
17	18	19	20	21	22	23
Junior Native Basketball Tournament	10:30 am Book Club 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 1:00 pm Investment Group at the Library 7:00 pm Duplicate Bridge	7:00 am Tai Chi 12:00 noon Soup and Sandwich Luncheon 1:30 pm Singers at Mountainview Lodge 6:00 pm Entertainment	7:00 am Tai Chi 11:00 am Chair Yoga 1:00 pm Mahjong & Crafts 7:00 pm Whist 	7:00 am Tai Chi 1:00 pm Ukeladies 2:00 pm Knot Just Knitting 6:00 pm Entertainment	7:00 am Tai Chi 8:30 am Table Tennis 10:30 am Line Dancing 1:00 pm Social Dance Lessons 1:30 pm Carpet Bowling	
24	25	26	27	28	29	30
Fascinator Workshop at 1:00 pm School Spring Break	7:00 am Tai Chi 11:00 to 3:00 BC Games Sign up 1:00 pm Cribbage 7:00 pm Duplicate Bridge	7:00 am Tai Chi 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:30 pm Singers Riverlodge 6:00 pm Entertainment	7:00 am Tai Chi 9:00 am Pickle Ball 11:00 am Chair Yoga 1:00 pm Mahjong & Crafts 7:00 pm Whist	7:00 am Tai Chi 9:00 am Pickle Ball 1:30 pm Carpet bowling 1:00 pm Ukeladies (Mountainviw Square) 6:00 pm Entertainment	7:00 am Tai Chi 9:30 am Table Tennis 10:30 am Line Dancing 1:00 pm Social Dance Lessons	