



## Seniors' Christmas Party

Date: Wednesday, December 4th  
Place: Luso Hall  
Time: Doors open at 5:30 pm  
Dinner at 6:30 pm  
Cost: \$40 for members (\$45 non-members)

Tickets available at the Centre.

Ticket sale schedule:

Tuesdays 10am - 1pm

Wednesdays 1pm - 4pm

Fridays 1pm - 4pm

Last day for ticket sales is November 29th.

Buy your tickets early to avoid disappointment!

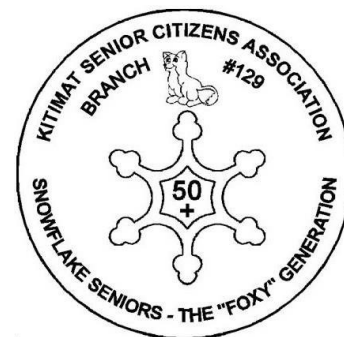
*Merry Christmas*



### Genealogy Group

Interested in learning more about your ancestors' lives? Join this monthly group at the Kitimat Public Library on November 13th and December 11th at 1:30pm. No cost. No registration required.

For details e-mail [kitimatgenealogy@outlook.ca](mailto:kitimatgenealogy@outlook.ca)



### Our Goal

*Loneliness is a reoccurring problem within the lives of not only seniors but everyone.*

*The impact that being lonely can have on ones 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.*

### 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. This past month Carol made three hospital visits, including Hans Brown, Marion Amado and Dolores Grinwis.

### 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](mailto:shirlboud@icloud.com).

Please note-- all submissions must be received a week prior to month end to ensure inclusion.

KITIMAT

*Seniors' Centre*

**NOVEMBER 2019**

NEWSLETTER

**KITIMAT SENIOR CITIZENS ASSOCIATION BRANCH #129**

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](mailto:kitsca@citywest.ca)

Website: [www.kitimat seniors.com](http://www.kitimat seniors.com)

### Our Executive

Ray Taylor: President

Pauline Morgan: Vice President

Richard Krickan: 2nd Vice President

Barb Thomas: Treasurer

Gillian Mullins: Secretary

Anne Berrisford: Director

Bill Whitty: Director

Nelly Lamers: Director

## Annual General Meeting

In preparation for the Kitimat Senior Citizens' Association Annual General Meeting to be held on **November 14th at 1:00 p.m.**, we ask that members review the three resolutions (previously circulated by email or available at the Centre) and if any member wishes to add any further resolutions for consideration, please forward to [kitscasecretary@citywest.ca](mailto:kitscasecretary@citywest.ca)

## Under the Christmas Tree Tea and Bazaar

The Snowflake Seniors' Centre Christmas Lunch and Bazaar is on November 16, 2019 from 12:00 - 2:30 pm. Lunch is \$7.00/person (children 5 and under free) and includes a chance to win a variety of door prizes donated by businesses from Kitimat and Terrace. The Bazaar, held in the Riverlodge Activity room, consists of baking, sewing, crafts and the ever-popular twisties. Raffle draw takes place at 2:30 pm to wind up the tea.

## 2019 Christmas Raffle Tickets

Raffle tickets are once again \$2.00 each or 3 for \$5.00 - available at the Seniors' Centre from members of the Craft Group. There are 5 prizes ranging in value from \$275.00 to \$400.00 - donated by Kitimat and Terrace businesses. This is the Centre's biggest fundraising event, which supports some of our operating expenses. On behalf of the Executive and the Craft Group, thanks for your anticipated participation.

## 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.

## Just for Laughs



## Kitimat Seniors' Centre AGM - Thursday, November 14th @ 1:00pm

Are you interested in an executive position for 2020?

We need to elect a president, vice-president, secretary, treasurer, and 3 directors and we would like you to please consider letting your name stand for one of these positions. Alternately, do you know of any current member who would be a good fit for one of these positions?

If you would like to serve on our executive, or if you would like to nominate someone for a position, please contact a member of your nominating committee either in person or by calling one of us.

**Carol Paul 250 632 5628**  
**Sandy Knowles 250 632 7057**  
**Barb Monti 250 632 2853**



KITIMAT

# Senior's centre



## This Month's Events

**Cup of Coffee:** The DOK's Chief Administrative Officer, Warren Waycheshen, will be joining us to answer questions and discuss community concerns such as timing and location of the new bridge, LNG projects, etc.

Nov 7th  
No Charge  
Senior's Centre  
10:30am



**Soup and Sandwich:** Bring a friend or come and make new friends at our Soup and Sandwich Luncheon. Please register by dropping into the Seniors' Centre.

Nov 19th  
\$8.00/person  
Seniors Centre  
12:00pm  
Registration Re-  
quired



**Fraud Workshop:** A presentation on Protecting Yourself from Fraud to help inform you on the latest scams and the actions you can take to keep your personal information and finances safe.

Nov 21st  
No Charge  
Seniors Centre  
10:30 am  
Registration Required  
by Nov. 15th

### **Cake Decorating:**

Red Seal Baker, Tina Chamberlain, will be leading us in the basics of cake decorating. Bring a pre-baked, un-iced cake along with a cake decorating tips and bags set.

Nov 22nd  
\$6.00/person  
Senior's Centre  
5:30pm  
Registration Required



## Program / Event Leader Contact List

**Bridge:** Richard Krickan

**Potlucks and Socials:** NA

**Carpet Bowling:** Ray Foster

**Publicity:** Jean Nidd

**Choir and Ukulele:** Fran Hrynkiw

**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

**Tai Chi:** Bill Willis

**Genealogy Group -** Elaine Farina and

**Table Tennis:** Norbert Eitner

Bev Whicher

**Line Dancing:** Aileen Ponter

**Whist:** Shari Burrows

**Mahjong:** Barb Knapton

**Maintenance:** Earl Keller and Bill Whitty

**Hosting the Centre:** Barb Knapton

**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.



# NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Craft Fair	2 Craft Fair
3	4 Tai Chi-7am PickleBall-8:30am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train-7pm	5 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along @ MLC -1:30pm Entertainment- 6pm	6 Tai Chi-7am PickleBall-8:30am Chair Yoga-11am Crafts & Mah Jong-1pm Whist-7pm	7 Tai Chi-7am Table Tennis-8:30am Cup of Coffee - 10:30am District's CAO Social Dance - 11:30am Carpet Bowling - 1:30pm Knot Just Knitting-1:30pm Entertainment-6pm	8 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm	9
10	11 Remembrance Day - Riverlodge Closed (no Crib, Tai Chi, Pickleball or Bridge) Mexican Train- 7pm (still a go)	12 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along at Seniors -1:30pm Entertainment-6pm	13 Tai Chi-7am PickleBall-8:30am Chair Yoga-11am Crafts & Mah Jong-1pm Genealogy (Library)-- 1:30pm Whist-7pm	14 Tai Chi-7am Table Tennis-8:30am Social Dance - 11:00am AGM - 1:00pm Entertainment-6pm	15 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Carpet Bowling-1:30pm Ukulele-1:30pm	16 12:00 - 2:30PM - Under the Christmas Tree Lunch and Bazaar
17	18 Tai Chi-7am PickleBall-8:30am Book Club - 10:30am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train- 7pm	19 Tai Chi-7am Table Tennis-8:30am Soup & Sandwich - 12:00 noon Carpet Bowling-1:30pm Sing along @ MLC -1:30pm Entertainment-6pm	20 Tai Chi-7am PickleBall-8:30am Chair Yoga-11am Crafts & Mah Jong-1pm Whist-7pm	21 Tai Chi-7am Table Tennis-8:30am Fraud Workshop - 10:30am Social Dance - 11:30am Carpet Bowling-1:30pm Knot Just Knitting-1:30pm Ukulele at Seniors-1:30pm Entertainment-6pm	22 Tai Chi-7am PickleBall-8:30am Line Dancing- 10:30am Ukulele-1:30pm Cake Decorating - 5:30pm	23
24	25 Tai Chi-7am PickleBall-8:30am Social Dance - 11:15am Crib- 1pm Bridge & Mexican Train- 7pm	26 Tai Chi-7am Table Tennis-8:30am Carpet Bowling-1:30pm Sing along @ Seniors -1:30pm Entertainment- 6pm	27 Tai Chi-7am PickleBall-8:30am Chair Yoga-11am Mah Jong-1pm Whist-7pm	28 Tai Chi-7am Table Tennis-8:30am Social dance - 11:00am Carpet Bowling-1:30pm Ukulele at MLC 1:30pm Entertainment-6pm	29 Tai Chi-7am PickleBall (cancelled) Line Dancing- 10:45am Ukulele-1:30pm	30