

## HELP!

We are trying to develop a Maintenance Committee and are looking for members to help with the care and upkeep of our Centre. Your support will help ensure our facility remains safe, clean, and welcoming for everyone. If you like to make a difference and can give a bit of time please call the Centre at 250-632-3405.



## BINGO VOLUNTEERS NEEDED

The 50+ Centre runs a very successful Bingo Night every Tuesday . Doors open at 5pm and play begins at 6pm. We would not be able to run this well attended evening without the support of volunteers. If you would like to help out please contact Darlene Gleig or leave your name at the front desk



# April 2026

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](mailto:kitsca@citywest.ca)

Website: <https://kitimat50society.com>

### 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.*

### Congratulations Martin and Welcome Devrie!

Martin Gould has retired from his position as Director of Leisure Services for the District of Kitimat. Over his many years of service Martin has been an unflinching champion of the Kitimat 50+Society. Our very best wishes on his retirement and we hope to see you at our Centre soon. We welcome Devrie Sanghara, our new Director of Leisure Services.



### *Board of Directors Information*

Many thanks to outgoing president Karen Bringleston. Karen has tendered her resignation and the nomination process has begun to fill the vacant position. The election will be on May 28th. If you are willing to volunteer for the Board President role, please contact Sandy Knowles at [sknowles@gmail.com](mailto:sknowles@gmail.com).



Connection.  
Camaraderie.  
Community

Men's Shed Canada, Kitimat will be meeting on

**Tuesdays, April 7 and 21**

**1:00pm**

At the Kitimat Public Library

For more information, please contact the Centre.

### Our 2025/26 Executive

Pauline Morgan: President/  
Vice President  
Barb Thomas: Treasurer  
Shirley Boudreault: Secretary  
Norbert Eitner: Director  
Anne Hansen: Director  
Julie Mayo: Director  
Louise Avery: Director

## Program / Event Leader Contact List

**Bingo:** Darlene Gleig and Anne Hansen

**Board Games:** Maynard Reid

**Book Club:** Sandy Knowles

**Bridge:** Richard Krickan/Sandy Knowles

**Bottle Recycling:** Kelly Loran

**Canasta:** Pauline Morgan

**Carpet Bowling:** Ray Foster

**Chair Exercise:** Janice Bienias

**Chess:** Lonnie Vaughan

**Computer Assistance:** Helen O'Neill

**Creative Corner:** Karen Bringleston

**Cribbage:** Anne Hansen

**Decorating Committee:**

**Line Dancing:** Aileen Ponter

**Mahjong:** Darlene Gleig

**Hosting the Centre:** Anne Hansen

**Men's Coffee Group:** Manuel Leite

**Membership:** Helen O'Neill

**Mexican Train:** Pauline Morgan

**Newsletter:** Angela Eastman

**Paper Recycling:** Grant Macdermid

**Pickleball Co-ed:** Pat Mildenerger

**Pickleball Women's:** Marianne Hemmy

**Purchasing:** Sheila Edgar

**Membership Wellness:** Ruth Dos Santos and Maria Torres

**Sing Along/Ukulele:** Cheryl Groves and Laura Yeager

**Sueca:** Evaristo Cabral

**Sunrise Yoga:** Pauline Morgan

**Tai Chi:** Bill Willis

**Table Tennis:** Norbert Eitner

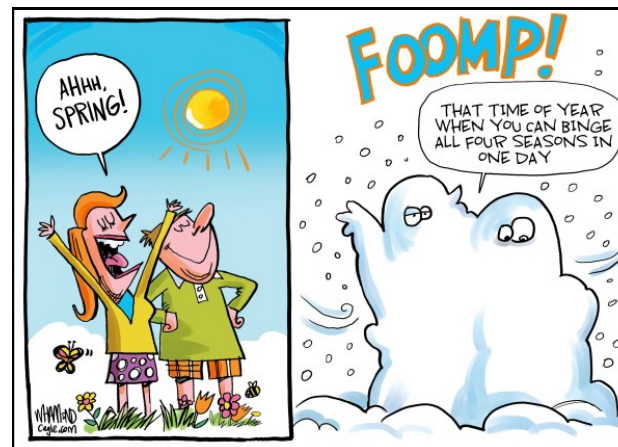
**Walk & Lunch:** Sandy Knowles and Julie Mayo

**Whist:** Jack McGourty



## Cancellations and Changes

- Tai Chi and Co-ed Pickleball Cancelled – Friday, April 3 and Monday, April 6.
- Line Dancing Cancelled Friday, April 3 and Friday, April 10.
- Table Tennis Cancelled Tuesday, April 28
- No Front Desk coverage – Friday, April 3 and Monday, April 6.



## Newsletter Updates

If you have new items or updates for future publications, please contact Angela at [angela.m.eastman60@gmail.com](mailto:angela.m.eastman60@gmail.com). Please note - all submissions must be received a week prior to month end .

Information for Tidbit Notices must be sent to Amelia ([kitsca@citywest.ca](mailto:kitsca@citywest.ca)) by Wednesday of every week.

## Housekeeping

*Attention*

*All Program Leads*

Please remember the following **MUST** be done before exiting the building at the end of the program:

- Close all windows
- Turn off the TV
- Fridge doors are closed
- Dishwasher is off
- Doors are locked
- Vacuum if necessary

**It is the lead's responsibility to:**

- ensure that a replacement leader is in place if you are planning to be away.
- Inform your group about any program changes or cancellations.

## Sign Up Sheet Binder

If interested in any of the events or programs please pop in or call the Centre at 250-632-3405 and add your name to the applicable sign up sheet.



**You and Your iPhone**

Do you have questions about your iPhone?  
Shawn will be at the Centre to help.

Join us on Thursday, April 30<sup>th</sup> at 11am for a relaxed, friendly workshop

We can help with:

- Making and receiving calls
- Sending and reading text messages
- Taking and sharing photos
- Connecting to Wi-Fi
- Adjusting settings
- Understanding apps
- Staying safe from scams
- And much more!

Bring your iPhone and your questions!  
No experience needed.

let us know you're coming by calling the 50+ Society Centre at 250-632-3405

**3** 50+ SOCIETY CENTRE **14**

**TUESDAY BINGO**

**IT'S YOUR TURN TO WIN!**

**50/50 DRAW**

**PROGRESSIVE POT**

DOORS OPEN AT 5PM  
GAMES START AT 6PM

**13** **10**

**The Return of the BOARD GAMES!**

**INTERESTED IN PLAYING BOARD GAMES**  
Join us for games on Fridays  
Next gathering - April 17, at 2:00pm  
We'll be playing SEQUENCE

**50+ CENTRE**  
**WALKING TO LUNCH**  
**THURSDAYS, APRIL 9<sup>TH</sup> & 26<sup>TH</sup> AT 11:30AM**

CALL THE CENTRE AT 250-632-3405 FOR DETAILS  
ON THE DEPARTURE LOCATION AND THE LUNCH DESTINATION.

**STAY ACTIVE - STAY SOCIAL**

EVERYONE IS WELCOME. IF YOU PREFER TO SKIP THE WALK, COME MEET US FOR LUNCH!

Kitimat 50+ Society Centre

**TAI CHI WALKING**  
*for beginners*

**A slower pace with greater benefits.**

*Build strength, balance, and confidence while strengthening the mind-body connection.*

**Wednesday, April 01<sup>st</sup> at 1:30pm**

Riverlodge Recreation Centre  
Let us know if you will be joining us!

Kitimat 50+ Society Centre

**SPEECH ARTS**

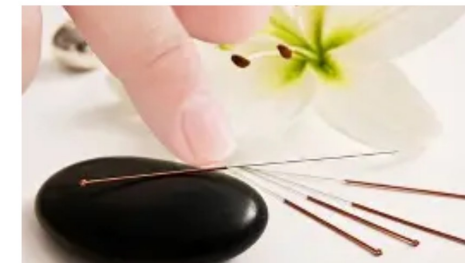
**Support Our Youth Performers!**

Kitimat's Speech Arts competitors will be performing at the Centre before competing in the Pacific Northwest Music Festival in Terrace

**Thursday, April 2<sup>nd</sup> at 3-30**

Be part of their journey,  
Let's send them off with confidence!

Light refreshments will be served



**Acupuncture Workshop**  
An Introduction

**Tuesday, April 14, 1030 am**

Acupuncture: Does it hurt? Will it help me? How does it work? Get answers to these and many more questions from Madeline Warren, Registered Acupuncturist.

50+Society Centre  
658 West Columbia Ave.  
Next door to the Riverlodge Recreation Centre



A Little Taste of Italy

**FOCACCIA WORKSHOP!**

Join Susie Smeader, as she shares her recipe for the best focaccia you'll ever taste—crispy, fluffy, and full of flavor!

**Wednesday, April 29th, 1:30pm at the 50+Centre**

Space is limited!  
Please sign up at the Centre to save your spot.  
There will be a \$4.00 per person supply cost to cover ingredients



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Note: Activities are subject to change. Contact your event leader if you have questions.</b></p>			<p>1. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee - 8:30am Chair Exercise - 11am Sueca - 12:15pm Mahjong-1:00pm Social Bridge - 1:30pm Tai Chi Walking - 1:30pm Chess-6:00pm Open Class</p>	<p>2. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Sueca - 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling - 1:00pm SPEECH ARTS PERFORMANCE - 3:30pm</p>	<p>3. <b>GOOD FRIDAY</b> Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee - 8:30am Line Dancing - CANCELLED Sueca - 12:15pm Ukulele - 1:00pm (Beginners 12:30) <b>GOOD FRIDAY</b> RIVERLODGE CLOSED NO FRONT DESK COVERAGE</p>	<p>4.. HAPPY EASTER</p>
<p>5. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm  HAPPY EASTER</p>	<p>6.<b>EASTER MONDAY</b> Tai Chi - CANCELLED Pickleball - CANCELLED Men's Coffee - 8:30am Chess - 10:30am Sueca - 12:15pm Crib - 12:45pm EASTER MONDAY RIVERLODGE CLOSED NO FRONT DESK COVERAGE</p>	<p>7. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Sueca - 12:15pm Canasta - 1:00pm Carpet Bowling - 1:00pm Sing along - 1:30pm Bingo - 5:00pm Games 6:00pm MEN'S SHED -1PM -LIBRARY</p>	<p>8. Tai Chi - 7:00am Pickleball - 8:30am Men's Coffee - 8:30am Chair Exercise - 11am Sueca - 12:15pm Mahjong-1:00pm Social Bridge - 1:30 Chess-6:00pm Open Class</p>	<p>9. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Walk to Lunch - 11:30am Sueca - 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling - 1:00pm</p>	<p>10. Tai Chi - 7:00am Pickleball - CANCELLED Men's Coffee - 8:30am Line Dancing - CANCELLED Sueca - 12:15pm Ukulele - 1:00pm (Beginners 12:30)</p>	<p>11.. RIVERLODGE SPRING CRAFT FAIR</p>
<p>12. Sunrise Yoga - 9:30am Canasta - 12:00pm Mexican Train - 6:30pm</p>	<p>13. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chess - 10:30am Sueca - 12:15pm Crib - 12:45pm</p>	<p>14. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am ACUPUNCTURE WORKSHOP - 10:30 Sueca - 12:15pm Canasta - 1:00pm Carpet Bowling - 1:00pm Sing along - 1:30pm Delta King Bingo - 5:00pm Games 6:00pm</p>	<p>15. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chair Exercise - 11am Sueca - 12:15pm Mahjong-1:00pm Social Bridge - 1:30 Chess-6:00pm Open Class</p>	<p>16. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Sueca - 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling - 1:00pm</p>	<p>17. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Line Dancing - 10:30am Sueca - 12:15pm Ukulele - 1:00pm (Beginners 12:30) Board Games - 2pm</p>	<p>18.</p>
<p>19. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>20. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chess - 10:30am Book Club - 10:30am Sueca - 12:15pm Crib - 12:45pm</p>	<p>21. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Sueca - 12:15pm Canasta - 1:00pm Carpet Bowling - 1:00pm Sing along - 1:30pm Bingo - 5:00pm Games 6:00pm MEN'S SHED -1PM -LIBRARY</p>	<p>22. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chair Exercise - 11am Sueca - 12:15pm Mahjong-1:00pm Social Bridge - 1:30 Chess-6:00pm Open Class</p>	<p>23. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Walk &amp; Lunch - 11:30am Sueca - 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling - 1:00pm</p>	<p>24. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Line Dancing - 10:30am Sueca - 12:15pm Ukulele - 1:00pm (Beginners 12:30)</p>	<p>25.</p>
<p>26. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>27. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chess - 10:30am Sueca - 12:15pm Crib - 12:45pm</p>	<p>28. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - CANCELLED Ladies Pickleball - 9:00am Sueca - 12:15pm Canasta - 1:00pm Carpet Bowling - 1:00pm Sing along - 1:30pm MLC Bingo - 5:00pm Games 6:00pm</p>	<p>29. Tai Chi - 7am Pickleball - 8:30am Men's Coffee - 8:30am Chair Exercise - 11am Sueca - 12:15pm FOCCACIA WORKSHOP 1:30pm Mahjong-1:00pm Social Bridge - 1:30 Chess-6:00pm Open Class</p>	<p>30. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball - 9:00am Sueca - 12:15pm Whist - 12:30pm YOU AND YOUR IPHONE - 11:00pm Creative Corner-1:00pm Carpet Bowling - 1:00pm</p>		