

# BINGO NIGHTS

BINGO nights at the Kitimat 50+ Centre are back starting (Tuesday) **September 9<sup>th</sup>, 2025**. Join us for a great evening of food, prizes, and laughter!



**EVERY TUESDAY**

DOORS OPEN AT 5:00PM - GAMES AT 6:00PM

Cash Prizes - 50/50 Draws - Delicious Snacks

NO MEMBERSHIP REQUIRED. NO SIGN-UP NEEDED

## Vision Board Workshop

Spend the day creating a vision board – a collage of images and words that reflect your dreams, goals, and the life you'd love to live. Along with your creative project, enjoy gentle oracle card readings for inspiration and encouragement. This uplifting, social workshop is a chance to connect, share, and leave feeling refreshed and motivated.

606 Mountainview Square  
Thursday, September 5th  
10:00 AM - 2pm

RSVP: [Ladine.c@tamitik.ca](mailto:Ladine.c@tamitik.ca)  
Ladine or Ruby @ 250-632-8787

If you are  
55+ come  
join us!

Snacks provided!

Door Prizes!

Welcome back to our Programme Co-ordinator Amelia Pozsgay! Board and Membership hope you had a wonderful summer and we are looking forward to the fall and winter months of always excellent programs and activities.



The Kitimat Community Foundation is requesting Volunteers to fill a telephone panel at the upcoming Telethon on Sunday, October 19 from 2pm to 3pm. For more information or to volunteer, please contact the Centre.



## 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 2025

## 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 2025/26 Executive

Karen Bringleon: President

Janice Gaudet: Vice President

Barb Thomas: Treasurer

Shirley Boudreault: Secretary

Norbert Eitner: Director

Anne Hansen: Director

Julie Mayo: Director

Marie Striker: Director

## Program / Event Leader Contact List



**Bingo:** Darlene Gleig/ Anne Hansen

**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:** Tannis Claussen

**Line Dancing:** Aileen Ponter

**Mahjong:** Darlene Gleig

**Hosting the Centre:** Anne Hansen

**Membership:** Helen O'Neill

**Mexican Train:** Pauline Morgan

**Newsletter:** Angela Eastman

**Paper Recycling:** Grant Macdermid

**Pickleball:** Theresa Mildenberger

**Purchasing:** Karen Bringleston

**Membership Wellness:** Rosa Martins

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

**Sueca:** Evaristo Cabral

**Sunrise Yoga:** Pauline Morgan

**Tai Chi:** Bill Willis

**Table Tennis:** Norbert Eitner

**Whist:** Jack McGourty

### 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.

### GENERAL MEETING

The next General Meeting will be held Thursday, September 25th 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.*

### Cancellations and Changes

- Riverlodge is closed September 1 and 30 – Stat Holidays. There is no front desk coverage at the centre on those days,
- Carpet Bowling Time Change – Carpet Bowling is confirmed to start at 1:00pm.
- Table Tennis – in the Community Room on Tuesday, September 9.
- Susie Smeader and Lynda Loran are Program Leads for Ladies Pickleball until Teresa Mildenberger is back from holidays.



### 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 so she can reach out to them.  
(250) 632-5459

## Housekeeping Attention *All Program Leads*

please remember the following MUST be done before exiting the building at the end of the program.

- Close all window
- Turn off the TV
- Fridge doors are closed
- Dishwasher is off
- Door is 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.



## LOOKING FOR VOLUNTEERS

The Kitimat General Hospital Foundation has asked if the Kitimat 50+ Society has 6-8 volunteers willing to help with serving food at their **Annual Gala Fundraiser** in return for a \$500 donation to the 50+ Centre.

**SEPT. 20 (SAT.) | 6PM - 8PM**  
**RIVERLODGE RECREATION CENTRE**

Volunteers will be responsible for helping **serve and maintain the buffet style dinner** for Gala participants. If possible, volunteers should wear black pants and a white shirt.

Contact the Kitimat 50+ Society for sign-up and more information:

(250) 632-3405 KITS@CITYWEST.CA

## 50+ Society Centre Chinese Buffet Dinner

Monday, September 22 at  
Pedro's Grill

5pm.

Reservations and payment of \$25 per person is required when signing up.

Buffet, drink (non-alcoholic) dessert and tip included. Book Now, limited seating

For more information call the Centre at  
250-632-3405 or Sharron K. at 250-632-1929



**Kitimat 50+ Society Fundraiser**

# FALL FLEA MARKET

**& BAKE SALE**

The Kitimat 50+ Society Flea Market & Bake Sale is back this fall on **(Saturday) September 13, 2025!**

If you have any items you would like to donate for the Centre to sell, please drop them off at the Kitimat 50+ Society front desk.

Personal tables are also available to rent. Please contact the Kitimat 50+ Society for more details: (250) 632-3405

**OPEN TO EVERYONE**

**(Saturday) September 13, 2025**  
**11:00 AM to 4:00 PM**

**Kitimat 50+ Society**  
658 Columbia Ave.  
Kitimat BC, V8C 1V5



**TUESDAY, SEPTEMBER 9!**

**IS OUR FIRST NIGHT BACK.**

**JOIN US FOR A FUN FILLED EVENING AT THE CENTRE. YOU CAN TRY YOUR LUCK AT BINGO AND 50/50. WE HAVE TWO PROGRESSIVE BINGO POTS. MEMBERSHIP IS NOT REQUIRED.**

## Social at the Centre

Saturday, September 27

6:30pm

Join us for a social evening on the last Saturday of each month. This is a new event at the Centre that will be an opportunity to socialize and may include potluck dinners, dessert nights, dancing and music.



## PRESIDENT'S MESSAGE

I'm too young to belong to a Senior's Group. I hear that all the time, often from people a lot older than me. But here's the thing, Kitimat 50+ Centre is not about age. It's about community. It's an active, friendly, welcoming place where you instantly have friends and company and things to do. Just ask the 300+ people who belong. This is a happening place! We play games, make art and music, eat and drink and laugh. We have guest speakers and workshops, we discuss books, solve all the world's problems and just enjoy the company of others. Our monthly lunches are amazing, our Christmas party legendary. We have free access to programs at Riverlodge that are specifically for those over 50. You can try three programs before you sign up and a year's membership is only \$25. So drop in, grab a newsletter, find something on our calendar that interests you, and show up. It'll change your life.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.STAT HOLIDAY LABOUR DAY Book Club—10:30am Sueca—12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	2. Sunrise Yoga - 8:30am Sueca—12:15 Canasta - 1:00pm Sing along - 1:30pm	3. Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Chess-6:30pm Open Class	4. Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling—1:00pm	5. Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	6.
7 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	8. Tai Chi - 7:00am Pickleball - 8:30am Sueca—12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	9. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am-(CR) Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Delta King Bingo—5:00pm	10. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Chess-6:30pm Open Class	11. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling—1:00pm	12. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	13. Flea Market & Bake Tables 11:00am—3:00pm
14. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	15. Tai Chi - 7:00am Pickleball - 8:30am Sueca—12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	16. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Bingo—5:00pm	17. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Chess-6:30pm Open Class	18. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling—1:00pm	19. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	20.
21. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	22. Tai Chi - 7:00am Pickleball - 8:30am Sueca—12:15 Crib - 1:00pm Chinese Food Buffet 5:00pm Duplicate Bridge - 6:30pm	23. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Ladies Pickleball—9:00am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—1:00pm Sing along - 1:30pm Bingo—5:00pm	24. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise—11am Sueca—12:15 Mahjong-1:00pm Chess-6:30pm Open Class	25. Tai Chi - 7:00 am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball—9:00am General Meeting—10:30am Sueca—12:15 Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling—1:00pm	26. Tai Chi - 7:30am Pickleball—8:30am Line Dancing—10:30am Sueca—12:15 Ukulele - 1:00pm (Beginners 12:30)	27. Saturday Social—6:30pm
28. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	29. Tai Chi - 7:00am Pickleball - 8:30am Book Club—10:30am Sueca—12:15 Crib - 1:00pm Duplicate Bridge - 6:30pm	30.STAT HOLIDAY Sunrise Yoga - 8:30am Sueca—12:15 Canasta - 1:00pm Carpet Bowling—CANCELLED Sing along - 1:30pm MLC Bingo—5:00pm	SEPTEMBER 30 NATIONAL DAY FOR TRUTH AND RECONCILIATION  * Please note that there is no front desk coverage on Statutory Holidays.	<div>Note: Activities are subject to change. Contact your event leader if you have questions.</div>		