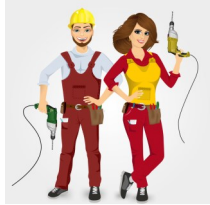


## HELP! - CARD TABLE RENOVATION NEEDS PROJECT LEAD!

We are trying to develop a Maintenance Committee and are looking for members to help with the care and upkeep of our Centre. We have several members willing to help but the Program needs a Lead or Co-leads. Your support will help ensure our facility remains safe, clean, and welcoming for everyone.

One very important project needed is the rehab of our card tables. These see a lot of use and are in need of repair and repainting. If you like to make a difference and can give a bit of time please call the Centre at 250-632-3405.



## Kitimat 50+ Centre Signage



**This is the new image that  
will be on the awning in front  
of the Kitimat 50+ Centre.  
Thank you to all who voted  
for their image choice.**

MIXED AND LADIES PICKLEBALL  
8:00am – 12:00noon  
Monday to Friday  
Tamitik Arena

## Farewell to Sharron Keller

Last week in the morning of May 19th Sharron Keller, a long-time member, passed away at the Kitimat Hospital palliative care, with close friends by her side. A long-time member, both she and her husband, Earl were members before the seniors moved into this location in 2003. She was very active in the management of the Centre. She also started the very popular Chinese Buffet dinners. You could tell she was really proud of and enjoyed organizing this event for us all. She brought warmth, laughter and friendship to our Centre. This place was important to her and those who really got to know her will miss her very deeply. Sharron very generously donated her household tools to The Kitimat Men's Shed', food items to the Food Share programme and household items to the Kitimat 50+ 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.*

# June 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 2025/26 Executive

Mary-Ellen Proctor: President  
Pauline Morgan: Vice President  
[50plusvicepresident@gmail.com](mailto:50plusvicepresident@gmail.com)  
Barb Thomas: Treasurer  
[branch129finance@gmail.com](mailto:branch129finance@gmail.com)  
Shirley Boudreault: Secretary  
[kitscasecretary@citywest.ca](mailto:kitscasecretary@citywest.ca)  
Norbert Eitner: Director  
Anne Hansen: Director  
Louise Avery: Director  
Teresa deLisser: 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:** Liliana Carvalho and Maria De Melo

**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

- **Line Dancing** – SUMMER BREAK
- **Carpet Bowling** – June 9 – LAST DAY
- **Tai Chi** – June 11,12,18,19 - CANCELLED
- **Chair Exercise** – LAST DAY – June 10
- **BINGO** – LAST NIGHT -June 23
- **Tai Chi** -LAST DAY – June 26
- **Table Tennis** - LAST DAY – June 30 -
- **RIVERLODGE PARKING LOT CLOSED AS OF 3PM** -June 30
- **Board Games** – SUMMER BREAK
- **Sing-a-long** – WILL CONTINUE TO MEET EVERY OTHER WEEK IN JULY & AUGUST (DELTA KING – SECOND TUESDAY AND MULTILEVEL CARE - LAST TUESDAY OF THE MONTH.)
- **Bridge** – WILL CONTINUE IN JULY & AUGUST
- **Book Club** – WILL CONTINUE IN JULY & AUGUST

### 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. **THANK YOU!** If you would like to help out please contact Darlene Gleig or leave your name at the front desk

### 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 .

## Housekeeping

### Attention

### All Program Leads and Front Desk Volunteers

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.

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

### 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.

### WALK TO LUNCH

Thursday, June 4 – 11:30am

We originally planned to walk to the Tandoori Grill but will now walk to the Chalet Restaurant. Meet at the Centre!

# BEGINNER KINUSAIGA WORKSHOP

*Discover the Art of Fabric Pictures*

Create beautiful artwork using fabric *without sewing!*  
Join us for a fun and relaxing beginner workshop  
and discover the beautiful Japanese  
art of Kinusaiga!

**NO EXPERIENCE  
NECESSARY!**

**BEGINNER  
FRIENDLY!**



**JUNE 25<sup>TH</sup> 1:30PM  
50+SOCIETY CENTRE**

PLEASE NOTE: REGISTRATION AND SUPPLY FEE OF \$20per person –  
limited Seating

**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**

## TOWN HALL

Seniors Needs and Issues

You are invited to a town hall with  
**BC Seniors Advocate Dan Levitt**  
In cooperation with **Kitimat 50+ Society**

**Date: July 9<sup>th</sup>, 2026**  
**Time: 3:00pm**  
**Location: 50+ Society Centre**

Join Seniors Advocate Dan Levitt for a conversation with **seniors, their families and all residents** about what's working and what's not for seniors in the community.

He will also share insights into the role of the **Office of the Seniors Advocate**, discuss key concerns raised by seniors across B.C., and present highlights from recent and ongoing studies from the office.

OFFICE OF THE SENIORS ADVOCATE BRITISH COLUMBIA



Do's Don'ts and What's New at Kute

# WORKSHOP

FACILITY TOUR TO FOLLOW

**DATE:** Monday June 29th

**TIME:** 10:30am

**LOCATION:** 50+Society Centre

**PRESENTER:** Marieve Charron-Lanthier  
Environmental Outreach Executive Director

## Kitimat 50+ Society

### HEALTH AND WELLNESS SURVEY

We need your input – Kanaeta has been hired by the Centre to investigate and implement health and wellness initiatives. Please fill out the survey by using the QR code below.



**Thursday, June 18, 2026 | 1:00pm – 2:30pm**  
Kitimat Snowflake Seniors Centre, 657 W. Columbia Ave., Kitimat

This will be a presentation format with time afterwards for questions and answers.  
*Snacks served.*

#### DISCUSSIONS WILL INCLUDE:

- Flaring
- Emissions / Air Quality
- Waste Discharge Authorization Air – Amendment
- Q&A



Kitimat 50+ Centre and  
Kitimat Youth Centre

# HOT DOGS and Hangout

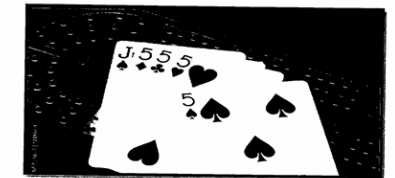
**Friday June 5 4:30pm**

**Celebrating Intergenerational & Seniors' Week**

- Hot Dogs
- Smash Tacos
- Salads & Cake
- Refreshments
- Cornhole Games

Please RSUP to Amelia by Monday, June 1st. Sign-up sheet at the Centre or call 250-632-3405

**SATURDAY, JUNE 13, 2026**  
**CRIB TOURNAMENT**  
**SENIORS' CENTRE**  
21 Grenville Court (off of Fraser)  
Prince Rupert, BC



Doors Open at 11:30 am

Entry Fee Is \$10 For Each Player  
Registration and Entry Fee  
To be received by June 13 at 3:00 pm  
Payment can be made in person or by  
e-transfer to [pseniorscentre627@gmail.com](mailto:pseniorscentre627@gmail.com)

Games Start at 1:00 pm


50 Plus Years Old

Coffee/Tea and a sweet treat will be served.  
3 games will be played before intermission and 3 games after.

Two Flights A & B  
Prizes for Each Player

1st prize \$200, 2nd prize \$150, 3rd prize \$100, 24 Hand \$50

Sponsored by the City of Prince Rupert Community Enhancement Grant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>MIXED &amp; LADIES PICKLEBALL now start at 8:00am – 12:00 noon Monday to Friday Tamitik Arena</b></p>	<p>1. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chess – 10:30am Sueca – 12:15pm Crib - 12:45pm Bridge – 6:30pm</p>	<p>2. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Bingo – 5:00pm Games 6:00pm</p>	<p>3. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK 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>4. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Walk to Lunch – 11:30am MEET AT RIVERLODGE GOING TO CHALET Sueca – 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling – 1:00pm</p>	<p>5. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Line Dancing – SUMMER BREAK Sueca – 12:15pm Ukulele - CANCELLED INTERGENERATIONAL AND SENIORS WEEK BBQ – 4:30pm</p>	<p>6.</p>	
<p>7. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>8. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chess – 10:30am Sueca – 12:15pm Crib - 12:45pm Bridge – 6:30pm</p>	<p>9. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Men's Shed – 10:30am Sueca – 12:15pm Canasta - 1:00pm Carpet Bowling – 1:00pm LAST DAY Sing along - 1:30pm Delta King Bingo – 5:00pm Games 6:00pm</p>	<p>10. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chair Exercise – 11am LAST DAY Sueca – 12:15pm Mahjong-1:00pm Social Bridge – 1:30 Chess-6:00pm Open Class</p>	<p>11. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Whist - 12:30pm Creative Corner-1:00pm Carpet Bowling – SUMMER BREAK</p>	<p>12. Tai Chi - CANCELLED Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Line Dancing – SUMMER BREAK Sueca – 12:15pm Ukulele - 1:00pm (Beginners 12:30)</p>	<p>13. PRINCE RUPERT CRIB TOURNAMENT 11:30am</p>	
<p>14.. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>15. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Book Club – 10:30am Chess – 10:30am Sueca – 12:15pm Crib - 12:45pm Bridge – 6:30pm</p>	<p>16. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Canasta - 1:00pm Carpet Bowling – SUMMER BREAK Sing along - 1:30pm Bingo – 5:00pm Games 6:00pm</p>	<p>17. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chair Exercise – 11am SUMMER BREAK Sueca – 12:15pm Mahjong-1:00pm Social Bridge – 1:30 Chess-6:00pm Open Class</p>	<p>18. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Whist - 12:30pm LNG UPDATE COFFEE &amp; DESSERT - 1:00pm Creative Corner-CANCELLED Carpet Bowling – SUMMER BREAK</p>	<p>19. Tai Chi - CANCELLED Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Line Dancing – SUMMER BREAK Sueca – 12:15pm Ukulele - 1:00pm (Beginners 12:30)</p>	<p>20.</p>	
<p>21. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>22. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chess – 10:30am Sueca – 12:15pm Crib - 12:45pm Bridge – 6:30pm</p>	<p>23. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Canasta - 1:00pm Carpet Bowling – SUMMER BREAK Sing along - 1:30pm Bingo – 5:00pm Games 6:00pm <b>LAST BINGO UNTIL SEPTEMBER!</b></p>	<p>24. Tai Chi - 7:00am Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chair Exercise – 11am – SUMMER BREAK Sueca – 12:15pm Mahjong-1:00pm Social Bridge – 1:30 Chess-6:00pm Open Class</p>	<p>25. Tai Chi - 7:00am Sunrise Yoga - 8:30am Table Tennis - 8:30am Pickleball - 8am to 12pm TAMITIK KUTE PRESENTATION – 10:30am Walk to Lunch – 11:30am – TBA Sueca – 12:15pm Whist - 12:30pm KINUSAIGA WORKSHOP -1:30am Creative Corner-CANCELLED Carpet Bowling – SUMMER BREAK</p>	<p>26. Tai Chi - 7:00am – LAST DAY Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Line Dancing – SUMMER BREAK Sueca – 12:15pm Ukulele - 1:00pm (Beginners 12:30)</p>	<p>27.</p>	
<p>28. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm</p>	<p>29.. Tai Chi - SUMMER BREAK Pickleball - 8am to 12pm TAMITIK Men's Coffee – 8:30am Chess – 10:30am Sueca – 12:15pm Crib - 12:45pm Bridge – 6:30pm</p>	<p>30.. Tai Chi - SUMMER BREAK Sunrise Yoga - 8:30am Table Tennis - 8:30am – Last Day! Pickleball - 8am to 12pm TAMITIK Sueca – 12:15pm Canasta - 1:00pm Carpet Bowling – SUMMER BREAK Sing along - 1:30pm MLC</p>	<p><b>RIVERLODGE PARKING LOT – FRONT AND BACK – WILL BE CLOSED AS OF 3:00 PM JUNE 30.</b></p> <p></p> <p><b>HAPPY CANADA DAY JULY 1ST!</b></p>	<p><b>Note: Activities are subject to change. Contact your event leader if you have questions.</b></p>			