



Sunday June 1 - BBQ, Bingo & Swim

- Kick Off BBQ & Bingo - At The Delta King 11:30 - 2 pm
- District of Kitimat sponsored FREE Swim - Sam Lindsay Aquatic Centre 2 - 4:30 pm



Wednesday June 4 - Bounce by Day, Movie by Night

- At Roy Wilcox Hosted by KCDC-CDC 7 Carlson Street 3 - 5 pm
- LNG Canada Sponsored Seniors Movie Night at the MET presents "HERE" 7 pm **All generations Welcome!**

Thursday June 5 - Tree of Life Planting

- For further details and times for this event please contact Nanci at nwarren@kitimat.ca

Friday June 6 - Pancake Dinner

- At the Kitimat Legion Dinner Served 5:30 - 7 pm *Limited seating reservation ONLY. Reserve seats by email: kitimatlegion250events@gmail.com
- Special performance by Haisla Braid Singers & Dancers

Saturday June 7 - Fashion Show & Tea

- At the Kitimat 50+ Centre 1:30 - 3:30 pm - *Limited seating - reservation ONLY Reserve seats by email: kitsca@citywest.ca

**FREE
EVENTS
ALL WEEK!**

***Email to
Reserve**



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 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

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: Executive (Temporary)

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 Mildenerger

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

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



GENERAL MEETING

The next General Meeting will be held Thursday, June 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

- Line Dancing is on Summer Break until September 12th.
- Tai Chi is cancelled June 12th, moved to Activity Room for June 13th. The last day for Tai Chi is June 27th.
- Ladies Pickleball is cancelled June 12th. Last day for Summer is June 26th.
- Co-ed Pickleball is cancelled June 13th. Last day for Summer is June 27th.
- Pickleball will be held from 4:30 – 6:30pm Mon., Wed. & Friday. (Co-ed) and Tues. & Thurs. (Ladies) in July and August—Check the District of Kitimat Leisure Guide for more information,
- Carpet Bowling is cancelled on June 12th. Last day for Carpet Bowling is June 19th – will resume September 2nd.
- Last day for Table Tennis is May 29th. It will resume September 2nd.

CHECK WITH YOUR PROGRAM LEADS FOR SCHEDULING CHANGES.

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
- 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.

SENIORS' WEEK

PIZZA

PARTY

JUNE 6TH
NOON
50+ CENTRE

Join us for pizza (by Pizza etc) and homemade goodies
(baked by your own executive!)

Please let us know you are coming. (Call or sign up at the front desk)

All members are welcome. No cost.

Happy 100th Birthday Edna!

On Saturday, May 24th we celebrated Edna Partington's 100th Birthday with a well attended gathering of family and friends at the Kitimat 50+ Centre. Refreshments were plentiful and a large cake was served. Kitimat Mayor Phil Germuth made a special presentation of a certificate commemorating this milestone birthday and Centre Chairperson Karen Bringleson presented Edna with a lifetime membership to the Kitimat 50+ Centre.

Volunteer Opportunities

- Fashion Show & Tea – Saturday, June 7th – help is needed for set up, clean-up and models.
- July 1st Parade Float Decoration Committee – please contact Elaine Farina at 250-639-2539 to help out with our Parade Float.
- Grillin' with the Gang Barbeque and Potluck – grillers needed. Wednesday, June 25th at noon.
- Musicians Wanted – There will be a guitar jam session at the Bbq on June 25th. For more information contact Shirley Boudreault.

Canada Day Parade

Elaine Farina will be heading up this years Canada Day Parade float committee. Volunteers are needed to create decorations for the upcoming July 1 float and are encouraged to attend the initial design and ideas meeting on Thursday, 29 May, 2025 at 7pm at the 50+ Centre. Contact Elaine at 250-639-2539

SUGGESTION BOX

The 50+ Centre's Suggestion Box is back. Members are encouraged to submit their suggestions, activity ideas and critiques for the Board Members' information. It is located at the front desk.

GRILLIN' WITH THE GANG BARBEQUE AND POTLUCK

COME MEET OUR SUMMER STUDENT

JUNE
25

12
NOON

GRILLERS NEEDED

WE'LL SUPPLY THE HOT DOGS AND HAMBURGERS
Needed: buns, salads, desserts, pickles, condiments and whatever you may want to drink other than coffee or tea.

LETS US KNOW WHAT YOU'LL BE BRINGING

Gernot (Max) Johann Patzelt, passed away peacefully on May 11, 2025, in Delta, British Columbia, at the age of 91. As the owner of Max's Photo Studio and an avid photographer Max documented the personal, commercial and industrial history of Kitimat. He was also a dedicated volunteer and outdoorsman. A celebration of life will be held Friday, June 6th at 1pm – Christ the King Church.

B.C. Seniors Week 2025

In October 2002 a proclamation was declared in perpetuity that the first week of June every year shall be known as "Seniors' Week". This is a time to celebrate seniors and their many contributions - providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia. In 2025 Seniors' Week runs June 1 – 7. **In Kitimat we are recognizing 'Intergenerational Week' June 1-7 with many fun activities to enjoy with family and friends.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib – 1:00pm Duplicate Bridge - 6:30pm	3.Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Bingo – 5:00pm	4.Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	5. Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm Canada Day Float Meeting – 7pm	6. Tai Chi - 7:30am Pickleball – 8:30am Chess - 10:30am Advanced Pizza Party – Noon Ukulele - 1:00pm (Beginners 12:30)	7.
8 Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	9.. Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Crib – 1:00pm Duplicate Bridge - 6:30pm	10.. Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Delta King Bingo – 5:00pm	11.. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	12. Tai Chi - 7:00am CAN- CELLED Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am CANCELLED Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – CANCELLED Canada Day Float Meeting – 7pm GRAD BANQUET	13. Tai Chi -7:30am– ACTIVITY ROOM Pickleball – 8:30am – CANCELLED Chess - 10:30am Advanced Ukulele - 1:00pm (Beginners 12:30) GRAD BANQUET	14.
15. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	16. Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Book Club – 10:30am Crib – 1:00pm Duplicate Bridge - 6:30pm	17. Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm Bingo – 5:00pm	18. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am LAST DAY Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	19. Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Whist - 1:00pm Creative Corner-1:00pm Carpet Bowling – 1:00pm LAST DAY Canada Day Float Meeting – 7pm	20. Tai Chi - 7:30am Pickleball – 8:30am Chess - 10:30am Advanced Ukulele - 1:00pm (Beginners 12:30)	21.
22... Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	23.. Tai Chi - 7:00am Pickleball - 8:30am Chess - 10:30am Book Club – 10:30am Crib – 1:00pm Duplicate Bridge - 6:30pm	24. Tai Chi - 7:00am Sunrise Yoga - 8:30am Ladies Pickleball – 9:00am Canasta - 1:00pm Carpet Bowling – 1:00pm Sing along - 1:30pm MLC Bingo – 5:00pm	25. Tai Chi - 7:00am Pickleball - 8:30am Chair Exercise – 11am Potluck BBQ – Noon Mahjong-1:00pm Contract Bridge – 2:00pm Chess-6:30pm Open Class	26. Tai Chi - 7:00 am Sunrise Yoga - 8:30am Pickleball – 9:00am LAST DAY General Meeting – 10:30am Whist - 1:00pm Creative Corner-1:00pm Canada Day Float Meeting – 7pm	27. Tai Chi - 7:30am LAST DAY Pickleball – 8:30am LAST DAY Chess - 10:30am Advanced Ukulele - 1:00pm (Beginners 12:30)	28.
29. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	30. Chess - 10:30am Crib – 1:00pm Duplicate Bridge - 6:30pm CANADA DAY PREPARATIONS		<div>Note: Activities are subject to change. Contact your event leader if you have questions. Have a wonderful summer!</div>			31.