

Cancellations and Changes

- TaiChi - October 12, 19 to 22
CANCELLED
- Mixed Pickleball - October 12, 19 & 21
CANCELLED
- Table Tennis - October 20 & 22
CANCELLED
- Senior Ladies Pickleball - October 20 & 22
CANCELLED
- Carpet Bowling - October 20 & 22
CANCELLED

**ALL KITIMAT 50+ CENTRE AND
RIVERLODGE PROGRAMMING IS
CANCELLED
OCTOBER 28, 29 & 30**

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 at 250-639-5574, email dargleig@gmail.com 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. 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 Center News notices must be sent to: programmer (kitsca@citywest.ca) by Wednesday of every week.



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.

October 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

Website: <https://kitimat50society.com>

Our 2025/26 Executive

Mary-Ellen Proctor: President
meproctor50pluspresident@gmail.com

Pauline Morgan: Vice President
50plusvicepresident@gmail.com

Barb Thomas: Treasurer
branch129finance@gmail.com

Shirley Boudreault: Secretary
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

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 Mildenberger

Pickleball Women's: Marianne Hemmy

Purchasing: Vadie Bond

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

Membership Wellness

Please remember, if you know of any Kitimat 50+ Society members who are ill or feeling under the weather, let the Centre know (250-632-3405) so the Membership Wellness team can reach out to them.

Sign Up Sheet Binder

If anyone is 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. If there is a cost for the program it must be paid at the time of sign-up.

WALK TO LUNCH

EVERY OTHER THURSDAY

JOIN US FOR OUR WALK TO LUNCH OUTINGS!

OCTOBER 8 - MEET AT RIVELODGE, WALK TO ROSARIOS
OCTOBER 22 - MEET AT RIVELODGE, WALK TO NANA'S LITTLE TOWN PLAY CAFE

FOR MORE INFORMATION CONTACT JULIE MAYO
@ 250 587 6458

Life starts all over again when it gets crisp in the fall.
 F. Scott Fitzgerald

Volunteers Needed

for our
Annual Christmas Party

for more information or to volunteer please contact
 Pauline Morgan: Vice President
 50plusvicepresident@gmail.com

Reader's Theatre

will be every
 Thursday afternoon at 2pm
 starting October 1st.



50+ Society Centre
 Located at 658 W. Columbia Ave.
 Adjacent to the Riverlodge Recreation Centre

BINGO NIGHT
 EVERY TUESDAY

Doors Open at 5pm - Games Start at 6pm
 Cards \$2.00 each with no limit

50/50 Draw
 1 Strip (3 tickets) \$2 5 Strips \$10 (15 tickets)

For additional information call the Centre
 at 250-632-3405

50+ Society Centre
 658 W. Columbia Ave. Adjacent to the Riverlodge
 Recreation Centre

iPhone

Photo Management
 Workshop

Thursday, Oct. 8th
 at 10:30 am



Let us know you are coming by dropping or calling the
 Centre at 250-632-3405

50+ SOCIETY CENTRE
 658 W. COLUMBIA AVE - ADJACENT TO THE RIVERLODGE RECREATION CENTRE

Join the Fun ♦♦♦♦
LINE DANCING

Easy Steps • Great Music • Good Vibes



FRIDAYS
 10:30PM

MEMBERSHIP REQUIRED



INTERESTED IN KNOWING ABOUT KITIMAT'S

MEN'S SHED
 JOIN THEM FOR THEIR FIRST
GENERAL MEETING
TUESDAY, OCT. 20TH AT 10:30

THE MEETING WILL BE HELD AT THE
50+ SOCIETY CENTRE
 LOCATED ADJACENT TO THE RIVERLODGE RECREATION COMPLEX

50+ SOCIETY CENTRE

**HAPPY
 THANKS
 GIVING**



SATURDAY, OCTOBER 10TH 5:30PM

**Good food, good friends, and plenty
 to be thankful for!**

All Welcome
 Reservations are required along with
 fee. Members \$25 Non-Members \$40
 Children under 10yrs \$10.

**FOR MORE INFORMATION CALL THE
 CENTRE AT 250-632-3405 OR
 LEA AT 250-639-6554**

**VOLUNTEERS NEEDED - LET THE FRONT DESK
 KNOW IF YOU CAN HELP**



50+ Society Centre
Meets the Candidates

Municipal Election Candidate Engagement

With the municipal election coming up this October,
 the 50+ Society Centre is pleased to invite our members
 to a casual and informative gathering with the municipal
 election candidates.

This is an opportunity for our members to meet the candidates,
 hear a little about them and what is important to them,
 and ask questions about our community and its future.

What to Expect

Candidate Introductions
 Each candidate will have up to 3 minutes to introduce themselves
 and share what is important to them.

Question Period
 Members will have an opportunity to ask questions and hear
 directly from the candidates.

Refreshments & Visiting
 Stay afterwards for some refreshments and a chance to visit and
 chat with the candidates and fellow members.

DATE: Thursday, Oct. 8th
 TIME: 4:00 pm – 5:30 pm
 LOCATION: 50+ Society Centre – Riveredge Recreation Centre

We hope you'll join us!

Hosted by the Kitimat 50+ Society Centre

SUNDAY	MONDAY	summer brea	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October				1. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Senior Ladies Pickleball - 9am Sueca—12:15pm Whist - 12:30pm Creative Corner- 1pm Carpet Bowling—1pm Reader's Theatre - 2pm	2. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chess - 10:30am Line Dancing—10:30am Sueca—12:15pm Ukulele - 1:00pm (Beginners 12:30)	3.
4. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30p,	5. Tai Chi - 7am Mixed Pickleball -7am Men's Coffee— 8:30am Book Club - 10:30am Chess— 10:30am Sueca—12:15pm Drib – 12:45pm Bridge—6:30pm	6.Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Senior Ladies Pickleball - 9am Men's Shed - 10:30am Sueca—12:15pm Canasta - 1:00pm Carpet Bowling—1pm Sing Along- 1:30 Bingo— Doors Open 5pm Game 6pm	7. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chair Exercise— 11am Sueca—12:15pm Social Bridge—1:30 Chess- 6pm	8.Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Senior Ladies Pickleball - 9am IPhone Management - 10:30am Sueca—12:15pm Whist - 12:30pm Creative Corner- 1pm Carpet Bowling—1pm Walk to Lunch-1:30 am -Rosarios Reader's Theatre - 2pm Meet the Candidate - 4 - 5:30pm	9. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chess- 10:30am Line Dancing—10:30am Sueca—12:15pm Ukulele - 1:00pm (Beginners 12:30pm)	10.
11. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	12. THANKSGIVING DAY Tai Chi - CANCELLED Mixed Pickleball -CANCELLED Men's Coffee—8:30am Chess— 10:30am Sueca—12:15pm Crib – 12:45pm Bridge—6:30pm 	13. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Senior Ladies Pickleball - 9am Sueca—12:15pm Canasta - 1:00pm Carpet Bowling—1pm Sing Along- 1:30pm Delta King Bingo - Doors Open 5pm Game 6pm	14. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chair Exercise— 11am Sueca—12:15pm Social Bridge—1:30 Chess- 6pm	15.Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30am Senior Ladies Pickleball - 9am Sueca—12:15pm Whist - 12:30pm Creative Corner-- 1pm Carpet Bowling—1pm Reader's Theatre - 2pm	16. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chess - 10:30am Line Dancing—10:30am Sueca—12:15pm Ukulele - 1:00pm (Beginners 12:30)	17.
18. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	19. Tai Chi -CANCELLED Mixed Pickleball - CANCELLED Men's Coffee—8:30am Chess— 10:30am Sueca—12:15pm Crib – 12:45pm Bridge—6:30pm	20.Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Senior Ladies Pickleball - CANCELLED Men's Shed - 10:30am - GENERAL MEETING Sueca—12:15pm Canasta - 1:00pm Carpet Bowling—CANCELLED Sing Along 1:30 Bingo - Doors Open 5pm Game 6pm	21.Tai Chi - CANCELLED Mixed Pickleball - CANCELLED Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15pm Mahjong-1:00pm Social Bridge—1:30 Chess- 6pm	22. Tai Chi - CANCELLED Sunrise Yoga - 8:30am Table Tennis - CANCELLED Senior Ladies Pickleball - CANCELLED General Meeting - 10:30am Sueca—12:15pm Whist - 12:30pm Creative Corner -1pm Carpet Bowling—1pm CANCELLED Walk to Lunch- 11:30 - Nana's Little Town reader's Theatre - 2pm	23. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chess - 10:30am Line Dancing—10:30am Sueca—12:15pm Ukulele - 1:00pm (Beginners 12:30)	24.
25. Sunrise Yoga - 9:30am Canasta - 1:00pm Mexican Train - 6:30pm	26. Tai Chi - 7am Mixed Pickleball - 8am Men's Coffee—8:30am Chess— 10:30am Sueca—12:15pm Crib – 12:45pm Bridge—6:30pm	27. Tai Chi - 7am Sunrise Yoga - 8:30am Table Tennis - 8:30 Senior Ladies Pickleball - 9am Sueca—12:15pm Canasta - 1:00pm Carpet Bowling—1pm Sing Along - 1:30pm Bingo - Doors Open 5pm Game 6pm	28. Tai Chi - CANCELLED Mixed Pickleball - CANCELLED Men's Coffee—8:30am Chair Exercise—11am Sueca—12:15pm Mahjong-1:00pm Social Bridge—1:30 Chess- 6pm	29. Sunrise Yoga - 8:30am	30.	31.

Note: Activities are subject to change. Contact your event leader if you have questions.

