

Delta

January



Kennedy Seniors Society
Fifty+
Fit Fun & Fabulous

11760-88 Avenue
Delta, BC V4C 3C5
Telephone 604-594-2717

**KENNEDY SENIORS
RECREATION CENTRE**

Recreation for 50+

Happy New Year!
Wishing you and yours
a happy, healthy, and
abundant 2022.

The bad news is
time flies.

The good news is
you're the pilot.

~ Michael Altshuler ~

**Kennedy Seniors
Recreation Centre
will be CLOSED until
January 24, 2022,
due to a Public Health Order
issued by the Province of B.C.**

Have a question, suggestion or
comment for the monthly newsletter?
We'd like to hear from you—please
contact us at kennedy@delta.ca

From the Board

A Message From Your Board of Directors January, 2022 (secondary issue)

KENNEDY CLOSING

As previously noted in a Notice of Closing, the Kennedy Seniors Recreation Centre will be closed for Kennedy member access until **January 24, 2022**, due to a Public Health Order issued by the Province of B.C. We obviously regret this closing, but consider the health and welfare of our membership to be of primary importance.

Any member wishing to access Kennedy **must have proof of double vaccination.**

In the new year, all members **will be issued a Delta Facility Access Card in order to streamline attendance at all programs and activities.**

ANNUAL GENERAL MEETING

Your Board has been unable to establish a date for an AGM due to COVID challenges and the Society's bylaw requirement for a quorum of 50 members. We feel that a Zoom meeting would be unwieldy and are proposing an AGM in our usual month of March for all three years.

PREPAID ACTIVITY/PROGRAM FEES & SOCIAL TICKETS

We are pleased to announce that your Board is prepared to refund any prepaid socials, fitness etc., which you have not used and are not planning to use. Directors will be on hand at the centre from **January 26 to January 28, inclusive, from 10:30am to 12:30pm and 1:00pm to 3:00pm** to assist you.

MEMBERSHIP DUES

Your Board will allow credit for the number of unused months of your membership to be extended from January 24, 2022. For example, if your membership expired in September, 2020, we would extend your membership until July with the same day as on your card.

In the spirit of generosity, we would encourage all members to waive the extension.

Please note that any and all membership extensions must be done by February 28, 2022.

On behalf of the Board of Directors

**Rick Stonehouse,
President**

KENNEDY SENIORS SOCIETY Board of Directors 2021-2022	
President/Treasurer	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Instructional Programs	Bob Gestrin
Drop-in Programs	Ed Roe
Socials	Judy Smith
Director at Large	Bob Gestrin
Volunteers	Linda Christoforou
Travel	Dave Quick



Centre News

Dear Members,

Although only temporarily, I am very thankful for the opportunity to return to Kennedy to help out until Jan and Suzanne return to duty. Over the years, I was truly blessed to work with so many interesting and talented people and I developed many wonderful friendships. From their homes, Jan and Suzanne send their warmest wishes for a healthy and joyful 2022. They all miss you and hope to be back in the saddle before too long.

On behalf the Kennedy staff, Katie, Jenna, Alec, Kristina, Danielle and Komal, I would like to take this opportunity to wish you and your loved ones a very Happy New Year. We hope you have opportunities over the holidays to create new and wonderful memories with your family and friends.

Despite all the ups and downs and challenges that faced us in 2021, forest fires, floods, and uncertainty with the worldwide epidemic, we do have so much to be grateful for. Sometimes we just have a dig a little deeper to find it, but you'll never come up empty-handed if you take the time to appreciate the little things.

The winter season is upon us, a time of the year that can be difficult to keep motivated. Staff and volunteers have been working diligently behind the scenes to prepare a full slate of drop-in activities and instructional programs to keep you active and inspired during these colder, darker days. Check out the details in this newsletter.

The health practices we have been engaging in since the reopening of our centre in September will continue to be strictly enforced at Kennedy and at all of Delta's recreation facilities. Your compliance and understanding is essential to keep our members and staff safe and healthy. Be prepared to have a staff or volunteer approach you if you are not wearing a mask that covers your nose and mouth. Do your part, wear a mask and wash your hands frequently.

With membership renewals, program registrations and a new computer system, lineups will be unavoidable for the first two weeks in January. Your patience and understanding will be deeply appreciated by our customer service staff.

In closing, The City of Delta is very grateful for the long and successful partnership with the Kennedy House Seniors' Society. Over the years, we have achieved so much and should be very proud of our accomplishments. We wish you all abundance and joyous moments in 2022.

Liz Gibson
Seniors Community Services Supervisor

City of Delta Staff



Senior Centre Coordinator	Jan Talaber
Volunteer & Customer Service Coordinator	Katie Green
Custodian Attendant	Alec Lonsdale
Recreation Programmer	Jenna Suzuki
Customer Service Office	Danielle, Komal, Kristina

Membership Renewal

Kennedy will be processing 2022 membership renewals, refunds, and fees for drop-in programs starting December 20. Please bring your Kennedy membership card with you. Come to the Customer Service Desk during our business hours and our front desk staff will be happy to assist you. Customer service hours are Monday to Friday, 9am to 4 pm. *Please note – during this time there may be an increase in wait times due to the high demand, we are working hard to serve everyone quickly and efficiently as we can. Thank you for your patience.

Do you have your Delta Facility ID Card? If not please come by the front desk and we can make one for you!



Centre News

Happy New Year!

It's been a tough couple of years dealing with the COVID restrictions, and our Board has missed you. But, it's a brand new year and we are delighted to advise you that our Suggestion Box has returned! The box is located in the main lobby and we look forward to reading your submissions.

Please feel free to drop us a note and we will happily reply to those who have requested a response.

Remember to stay safe, and stay healthy!

**Linda Remedios,
Board Secretary**



Delta Seniors Bus

The Delta Seniors Bus service returns for free curbside service within Delta, for Delta Residents 65+. The central booking line is open Monday-Friday, 9am-4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. Should you need a vaccination, the City of Delta continues to provide transportation service to the Delta Immunization Clinic. All rides are subject to availability.

For more information or to book a ride, call the central booking line: **604-597-4876**.

Delta Seniors Bus Staff

Dispatch/Driver Lynn
Drivers Dwight, George, Karen & Payal

Volunteers Corner



What is Volunteering?

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

For more information on volunteer opportunities, please contact **Linda Christoforou**.

Undeck the Halls

Wed, Jan 5

10am

Join us as we take down the festive decorations following the holiday season.

For more information, please contact **Linda Christoforou**.

Watch out for “Coffee With” in the new year. We are going to be inviting some interesting local citizens to our centre. More to come.

**Dave Quick,
Director of Travel**

Did you know you can receive our monthly newsletter online? Just email us at Kennedy@delta.ca to be added to our distribution list and you will receive a monthly email with the newsletter attached.

If you know someone who has not received this month's newsletter, please have them contact 604-595-8401 or email Kennedy@delta.ca.



We are pleased to announce the City of Delta has installed public Wi-Fi at Kennedy under CityGuest. No password is required—just click on accept and you should be able to connect and enjoy high speed internet.

Instructional Programs

Registration opens Monday, December 20

- Options to register:**
1. Call the Delta registration line at 604-952-3000
 2. Visit DeltaReg.com to register on line
 3. Go to any Delta facility to register in person
 4. Visit Kennedy's front desk from 9am-12pm, Monday-Thursday to register in person

Cancellation Policy: To accommodate the needs of the society, registration will remain open until Friday, January 21 at 12pm. At this time, classes that have not reached the minimum number of registrants will be cancelled. Be sure to register early to avoid disappointment. Occasional program changes may occur. Notification will be provided prior to any change. **Refund policy:** If a member can no longer attend an instructional program due to a medical issue, a pro-rated refund may be requested.

Hatha Yoga

Mon, Jan 10-Mar 21 10-11am
Cost: \$50/person for 10 sessions **Barcode:** 519244

Gentle, basic yoga—great for beginners. Focus on relaxation, fun and flexibility. Please bring your own yoga mat.

Chair Yoga

Tue, Jan 11-Mar 15 10-11am
Cost: \$50/person for 10 sessions **Barcode:** 519433

Modified Hatha Yoga poses done while seated on a chair. Some standing yoga poses use a chair for support. Focus on relaxation, fun and flexibility.

Salsa Dance Class

Tue, Jan 11-Feb 8 11:30am-1pm
Cost: \$40/person for 5 sessions **Barcode:** 519423

Enjoy the lively music and exercise of salsa dance.

Water Colour for Beginners

Tue, Jan 11-Mar 1 1-3pm
Cost: \$80/person for 8 sessions **Barcode:** 519418

Learn the wonders of water colour painting with helpful hints. No experience necessary. Please pick up a supply list when you register.

Cell Phone Instruction

Tue & Thu, Jan 11 & 13 10:30am-12pm
Barcode: 519431

Tue & Thu, Jan 18 & 20 10:30am-12pm
Barcode: 519432

Cost: \$20/person for 2 sessions
Familiarize yourself with the wealth of features available on your cell phone to make your life easier.

Acrylic Art

Wed, Jan 12-26 10am-12pm
Cost: \$45/person for 3 sessions **Barcode:** 519228

Everyone can paint! This fun, social class will develop your abilities in acrylic medium. All levels welcome.

Tap Dance for Beginners

Wed, Jan 12-Feb 16 9-10am
Cost: \$50/person for 6 sessions **Barcode:** 519624

Have fun learning the basics of tap dance.

Water Colour for Intermediates

Wed, Jan 12-Mar 2 1-3pm
Cost: \$80/person for 8 sessions **Barcode:** 519263

In this class we will build on basic techniques already learned. We work on a series of skylines, seascapes and seasonal painting. Please pick up a supply list when you register.

Hawaiian Dance for Intermediates

Wed, Jan 12-Mar 16 10-11:30am
Cost: \$55/person for 10 sessions **Barcode:** 519245

Join us as we dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is necessary for this class.

Beginners Basic Digital Photograph with Rob Hebden

Thu, Jan 13-Feb 24 1-3pm
Cost: \$55/person for 7 sessions **Barcode:** 519270

Whether you have a DSLR, point and shoot, or cell phone, this course covers the basics of digital photography. Explore how to use existing light to your advantage to create better images. We will discuss what makes a good photograph, composition, point of view and lighting. There will be hands on opportunities to experiment with various lighting conditions during the class. We will look at what to do with images, printing, matting, framing and other options. Participants will be able to share images for review to gain positive feedback. Please bring your camera to the first session.

Please register at the front desk by Tuesday, January 11, 2022.

Times are subject to change / Taxes included in costs

Drop-in Programs

Canasta:

Similar to rummy, Canasta is a fun and enjoyable matching card game. By using two decks of cards and four jokers, players will attempt to create bonds using cards of the same rank and then go out by discarding all of the cards in their hands. Join others as you attempt to master the game of Canasta.

Card Making:

The number of people dropping in for card-making and scrapbooking has steadily grown, as has our enthusiasm. The format has changed slightly; we now feature a project a couple of sessions ahead of time. There is a wide variety of experience, from beginners who have never made a card, to several members who have immense knowledge of product and experience. We are thankful to have such generous members share their time and patience.

Carpet Bowling:

This popular, year-round activity is a team sport played on a special carpet using weighted balls. The goal of the game is to roll your bowls closer to the jack than the opposing team, made all the way more challenging because the bowls always curve towards the heavier side. We draw for teams and ask people to arrive early for the draw. We are always looking for new people to play.

Colouring for Adults:

Colour your way into a relaxing and satisfying pastime. Bring your own books and pencils.

Crafty Ladies:

This friendly group meets weekly to share ideas and patterns to knit and crochet.

Jammers:

Join local musicians as they come together to share their talents or just come and listen.

Pickleball:

Easy to learn and fun to play, pickle-ball is perfect for anyone wanting to play an enjoyable game. This form of tennis is played on a badminton court using a whiffle ball and an enlarged ping-pong paddle.

Dealer's Choice:

Develop poker strategies that may help you win in this age-old game of skill and chance. New players are always welcome.

Samba:

Samba is a variant of canasta, which allows sequences of three or more cards in the same suit to be melded.

Table Tennis:

Do you enjoy playing tennis but want to try playing something similar on a smaller scale? Table tennis may be what you are looking for. Playing doubles also adds fun and variety to the game. Everybody is welcome to come and enjoy friendly competition and get some exercise. Three tables are available at all times.

Snooker and Workshop:

Please note that these programs are now drop in programs therefore drop in rates will apply. We are in the process of transferring credits for annual memberships. Your patience is greatly appreciated. For pool room access, please sign in at the front desk in the red binder with your name and phone number. More information to follow.



January Schedule*

Socials

Monday-Friday

Coffee & Tea 9am-12pm

Drop-in Programs

Monday-Friday

Snooker 9am-4pm

Woodworking 9am-4pm

Monday

Pickleball 1:15-4pm

Tuesday

Table Tennis 12:30-2:30pm

Carpet Bowling 1:15-4pm

Wednesday

Poker 12:15-3:45pm

Table Tennis 12:30-2:30pm

Pickleball 1:15-4pm

Thursday

Table Tennis 12:30-2:30pm

Pickleball 1:15-4pm

Friday

Carpet Bowling 9:15am-12pm

Poker 12:15-3:45pm

Jammers 1-3pm

Fitness Programs

Monday

Zumba Gold 10:30-11:30am

Fit & Active 11:45am-12:45pm

Tuesday

Low Impact 9:15-10:15am

Fit & Functional 10:30-11:15am

Wednesday

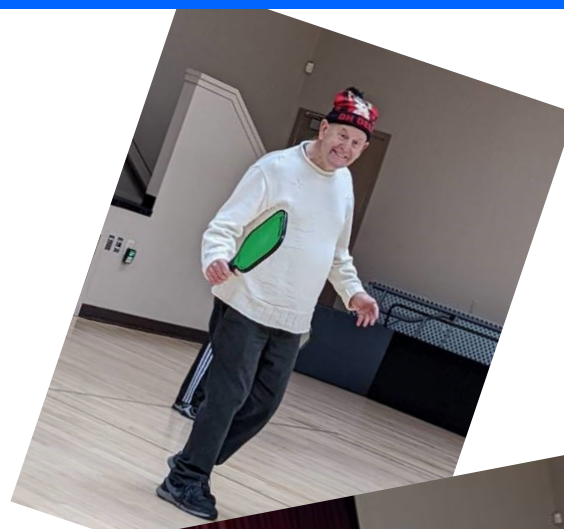
Gentle Yoga 10:30-11:30am

Gentle Fit 11:45am-12:30pm

Thursday

Fit & Functional 10:30-11:15am

Fit & Active 11:45am-12:45pm



* Schedule subject to change

In the Community



HONOUR INTEGRITY COURAGE TRUST

KEEP IN TOUCH PROGRAM

ARE YOU LIVING ALONE?

For seniors to continue their participation in society they need to remain engaged in their communities. However, research shows that an estimated 30% of Canadian seniors are at risk of becoming socially isolated. According to the International Federation on Ageing, "the number one emerging issue facing seniors in Canada is keeping older people socially connected and active."

The Keep In Touch (K.I.T) program was created to establish daily contact with members of our community who live alone and/or have medical issues. Each day, a volunteer phones our clients at a scheduled time to check on their wellbeing, provide camaraderie and, in some cases, remind them to take medication.



ENCOURAGEMENT IN AN ENVELOPE

PROGRAM DETAILS

- Our volunteers have all undergone a Delta Police Criminal Record Check.
- An interview is conducted with each client and short history is recorded.
- Each year our clients are invited to a Spring Tea and Winter Holiday social gathering hosted by the volunteers and the District Community Police Officers.
- There is no fee.

REFERRALS FOR THE PROGRAM CAN COME FROM

- Doctors
- Long-term care workers
- Any health professional or community contact
- Family members
- The public

Please contact the K.I.T coordinator at KIT@deltapolice.ca for referrals or additional program information.

DISTRICT COMMUNITY POLICE OFFICE (DCPO) LOCATIONS

Ladner	North Delta	Tsawwassen
4858 Delta Street	11906 80 Avenue	1247B 56 Street
604.940.4411	604.599.7280	604.948.0199



CONNECT WITH US



Support Your Community

Encouragement in an Envelope: The City of Delta is mailing cards and letters to seniors through the new program Encouragement in an Envelope, courtesy of a \$25,000 federal grant from the New Horizons for Seniors program. If you know someone who may be isolated and would enjoy a card or letter, please let them about this wonderful program. To register please call Katie Green at 604-679-1426.

A testimonial letter written by a recipient: *Thank you for all your encouraging letters, drawings, jokes, etc. They really put a smile on our faces. Such a thoughtful thing to do. JF & MF*

Wellness

HAPPY NEW YEAR!!!

New Year's Resolutions: a great way to re-evaluate your life and to set some new goals for wellness in your life.

ACHIEVABLE NEW YEAR GOALS FOR SENIORS

Do you have some family recipes that you have been keeping to yourself? Now is the time to share! Recipes which have been passed down from one generation to the next provide families with a powerful trigger of happy times gathered around the kitchen table and help keep the memories of those no longer with you alive.

Set a goal to increase your exercise in the new year. This can be as simple as purchasing a pedometer and vowing to walk a certain number of steps each day.

Pass the fine art of letter writing down to the next generation by writing letters to some of your loved ones. Vow to send handwritten birthday cards and thank you notes throughout the year as well.

Learn more about the technology your family is using. You will bond with a tech-savvy family member as they help you set up your accounts, and once you have learned how to use them, you'll be able to better keep in touch with the younger members of your family. There are programs in Delta to assist you along.

Have some tough conversations with your family that you have been putting off. If you haven't done so already, now is the time to draw up a will, a power of attorney, advance health directives, name an executor, and discuss plans for your future with your loved ones.

Revisit an old hobby you may have given up if your health allows. If this activity made you happy in the past, it can certainly brighten up your current life.

Rekindle a past friendship with someone you've lost touch with. Perhaps, they are wishing to do the same. Seniors report that they've reconnected with former friends during pandemic times.

Make healthier food decisions. Perhaps swapping out your daily dessert with some healthy choices or adding more fruits and vegetables in your diet.

Adapted from Medical Alert Advice.

Happy New Year! My wishes are that seniors stay strong, resilient, happy and hopeful in 2022. I am looking forward to seeing you smiling at the centres in the new year.

**Eva,
Seniors Support Coordinator,**

Delta's Seniors Support Coordinator

Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- ◆ Wellness
- ◆ Healthcare
- ◆ Housing Options
- ◆ Family & Caregiver Support
- ◆ Government Services & Benefits

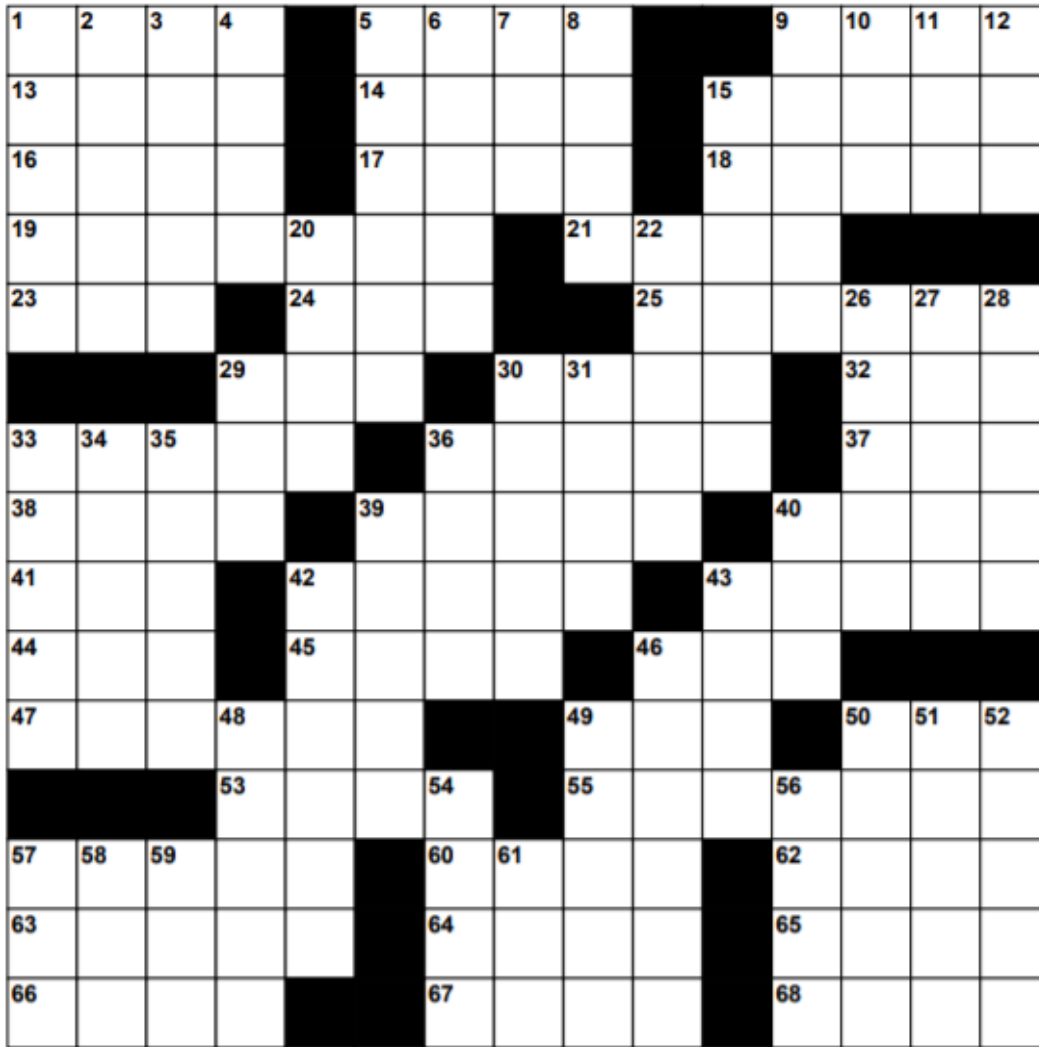


Office Hours: Tue-Thu, 8:30am-4pm. To book an appointment call 604-787-1242 or email ebusich-veloso@delta.ca.

**Every year I look forward
to a good show from
Time's Square ...**

**And every year they
drop the ball.**

New Year Crossword



Down

- 1 Woodworker's tool
- 2 Register
- 3 Sales booth
- 4 Very large truck
- 5 Unvoiced
- 6 Mythical deity
- 7 Evening before a holiday
- 8 September (abbr.)
- 9 Saudi Arabian citizen
- 10 Abdominal muscles (abbr.)
- 11 ____ Lanka
- 12 Part of a min.
- 15 Smear
- 20 Valley
- 22 Woody Plants
- 26 Road
- 27 Go away
- 28 Enthusiastic
- 29 Choose
- 30 Tango
- 31 Fredrick's nickname
- 33 Scientific instrument
- 34 Drink to
- 35 World
- 36 Intertwine
- 39 Device to measure time
- 40 Head covering
- 42 Fire-making stones
- 43 Infant
- 46 Plebes
- 48 Final inning
- 49 Beam
- 50 Side note
- 51 Slang term for man
- 52 Mary ____ Moore
- 54 Meditation
- 56 Lower leg
- 57 Bother
- 58 Spanish "one"
- 59 Big truck
- 60 Pen brand

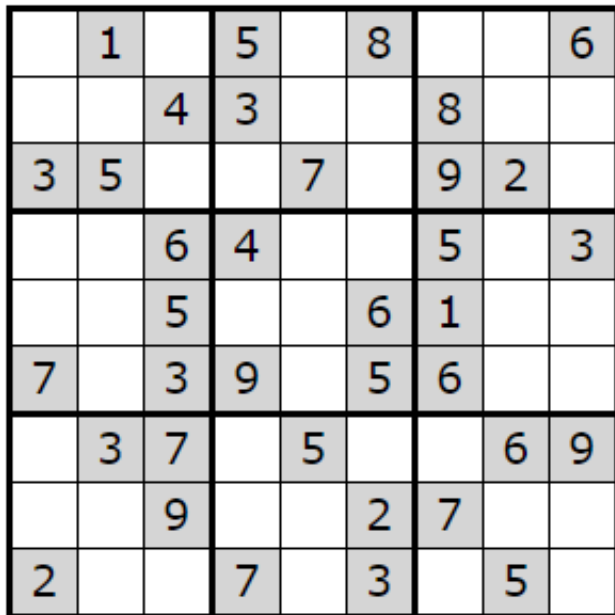
Across

- | | | |
|----------------------------|---|-----------------------|
| 1 Fewer | 36 Not the clergy | 60 Off-Broadway award |
| 2 Wields | 37 Tail movement | 62 Slope |
| 9 Talk back | 38 Winter outerwear | 63 Inches |
| 13 Wager | 39 Large pink shell | 64 Essence |
| 14 Church part | 40 Own | 65 Do nothing |
| 15 Cavalry sword | 41 Rowing device | 66 Artist Van ____ |
| 16 Trolley car | 42 Group of birds | 67 Scene division |
| 17 Stair | 43 Pain reliever brand | 68 Not far |
| 18 What an orchestra makes | 44 Pacific Standard Time | |
| 19 No work day | 45 Run easily | |
| 21 Sound | 46 Feline | |
| 23 Wing | 47 Cultural | |
| 24 Sky | 49 Poke | |
| 25 Doesn't taste too bad | 50 American Federation of Teachers (abbr) | |
| 29 Not young | 53 Murky | |
| 30 Lag | 55 Homer classic | |
| 32 Affirmative | 57 Charred | |
| 33 Open grassy area | | |

Just for Fun

Winter Weather Word Scramble

1.	ZADBLZIR		8.	RFSTO	
2.	CMTEHAPROSI EIRVR		9.	CLYLHI	
3.	ELETS		10.	ICARCT	
4.	LAHI		11.	RTTMEPEEUAR	
5.	NINHSSUE		12.	TPIAPEICINORT	
6.	AEFNKSWOL		13.	RFEZON	
7.	BWOEL REOZ		14.	ACRVOEST	

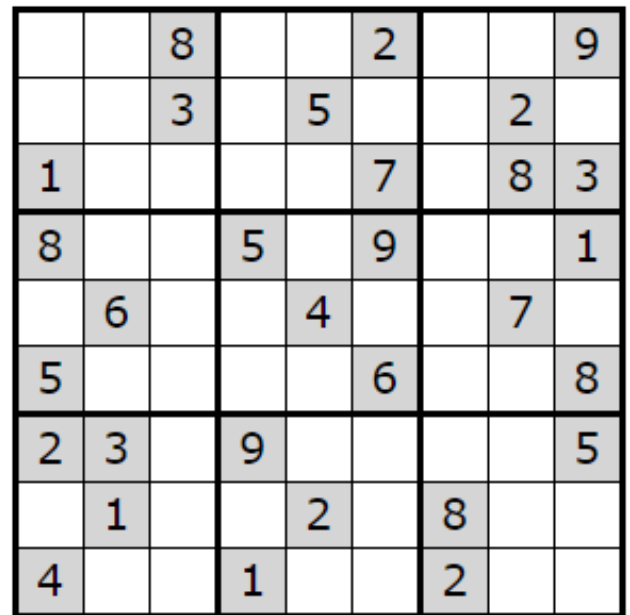


#13356

Easy

www.sudoku.name

SUDOKU
数独



#2012

Medium

www.sudoku.name

What happened to the man who shop-lifted on New Year's Eve?

He got 12 months.



What did the little champagne bottle call his father?

Pop!

New Year Word Search

O V L B A E R A D N E L A C I M S Z B Z
 N O I T U L O S E R N E T S A O T D U Z
 Y B E X N K P Q D F P O S A L D T I V R
 H A T T O S B A A S J I I K V Q C Q B A
 Q L H I I I I T K O K O E S I E M R I L
 V L G Z T O H G C Y F S Y V E J C D G E
 L O I V I E N O I T I D A R T M H C P N
 F O N L R Y C H U C H I T E I S A W Y S
 W N D T T H R Y R J N W H N G R M K C X
 A S I Z U Q A E W A Y T Z Y N E P K E D
 V M M Y N D X M D J L E V S N K A W L R
 E Z N A I E J Y W A C Y B G D C G U E R
 C N K L J C T T E O Z M T N I A N I B X
 X O O J Z K Z H U O C F U A X R E L R S
 F H N Y A E C N K X O I H L H C P C A R
 L F K F A N T J O E L N P D W E Q U T N
 C T O U E D U Z N S V X Z L X R A G I J
 W I I B O T D A S L A Y S U H I L M O U
 S Z K W E Z T W R L R K W A U F W N N X
 S B N G F E I I U Y T Q F C O Y N K C Z

- Resolution
- Health
- January
- Exercise
- Nutrition
- Champagne
- Balloons
- Celebration
- Countdown
- Confetti
- Calendar
- Father Time
- Holiday
- Kiss
- Midnight
- Tradition
- Toast
- Noisemaker
- Firecrackers
- Auld Lang Syne

Answer Key

1. Blizzard 2. Atmospheric River 3. Sleet 4. Hail 5. Sunshine 6. Snowflake 7. Below Zero 8. Frost 9. Chilly
 10. Arctic 11. Temperature 12. Precipitation 13. Frozen 14. Overcast

www.sudoku.name

#13356

9	1	2	5	4	8	3	7	6
6	7	4	3	2	9	8	1	5
3	5	8	6	7	1	9	2	4
1	2	6	4	8	7	5	9	3
4	9	5	2	3	6	1	8	7
7	8	3	9	1	5	6	4	2
8	3	7	1	5	4	2	6	9
5	4	9	8	6	2	7	3	1
2	6	1	7	9	3	4	5	8

www.sudoku.name #2012

6	4	8	3	1	2	7	5	9
7	9	3	4	5	8	1	2	6
1	5	2	6	9	7	4	8	3
8	2	4	5	7	9	3	6	1
3	6	9	8	4	1	5	7	2
5	7	1	2	3	6	9	4	8
2	3	7	9	8	4	6	1	5
9	1	6	7	2	5	8	3	4
4	8	5	1	6	3	2	9	7

