

Delta

August



Kennedy Seniors Society
Fifty+
Fit Fun & Fabulous

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

CENTRE HOURS

Monday-Friday
9am-4pm

CUSTOMER SERVICE

Monday - Friday
9am-3:45pm

**The centre will be closed BC Day
Monday, August 1**

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

KENNEDY SENIORS RECREATION CENTRE Recreation for 50+

Wednesday, August 24
PNE Day Trip



Thursday, August 25
Dog Days of Summer



Get your tickets now for these great events!

Find the details on page 8.

Passport to Kennedy

September 6-9

All Drop-in Activities **FREE!**

See page 9 for details.

Centre News

A Message from Your Board of Directors

COVID continues to affect our daily lives, travel and activities at the Kennedy Recreation Centre. Thankfully, we can now enjoy the great outdoors over the balance of summer.

The wearing of personal protection equipment (PPEs) is not required at this time, but is strongly advocated by your Board at Kennedy.

Your Board is planning future day and evening activities for the fall.

Please check the members' bulletin board in the main hallway for details.

Café is Open!

We have now hired a cook, Roxanne Degan. The café is rocking with fresh soups and sandwiches! We have heard many positive reviews of the food. Watch for an expanded menu in the future.

Now that we have opened the café, if you want to see continued operation, **please support it with your food orders.**

Board Treasurer Required

At the Annual General Meeting all Board positions were filled with exception of the TREASURER. This position requires about 2 or 3 hours per week and has become far less onerous as the City has taken over many administrative duties for the Society. If you have bookkeeping/accounting experience and wish to serve the Society for a 2-year period, please contact President Rick Stonehouse @ rhstonehouse@telus.net to discuss this position.

On behalf of the Board of Directors,

**Rick Stonehouse,
President**

REFUNDS: Refunds for past memberships will not be accepted after August 31, 2022.

KENNEDY SENIORS SOCIETY Board of Directors 2022-2023

| | |
|-------------------------------|--------------------|
| President/Treasurer | Rick Stonehouse |
| Vice-President | John Kennedy |
| Secretary | Linda Remedios |
| Instructional Programs | Bob Gestrin |
| Drop-in Programs | Al Johnston |
| Socials | Judy Smith |
| Director at Large | Peter Williams |
| Volunteers & Customer Service | Linda Christoforou |
| Travel | Dave Quick |



Top row: Peter Williams, Dave Quick, Rick Stonehouse & Allan Johnston

Bottom row: Linda Remedios, John Kennedy, Linda Christoforou, Bob Gestrin, Judy Smith

Café 88 is Open for Business

Food service is available Mon-Fri from 9-1pm. Come meet the new cook Roxanne and try some of her delicious sandwiches, soups, salads and treats.



Centre News

Dear Members,

We hope that your summer so far has been enjoyable and you have been able to get out to enjoy some fun activities with friends and family. There is a bus trip planned to the PNE, a movie matinée and our special **Dog Day** to fill your summer afternoons. On those hot weather days remember that Kennedy offers air-conditioned comfort along with Chef Roxanne's delicious sandwiches, soups and treats in the café.

Watch for exciting details on our 8th Annual **Passport to Kennedy**, running September 6 to 9, when all our various drop-in activities will be FREE to try. In addition, we are delighted to be offering several new programs this fall, including line dancing and computer programs.

See you at Kennedy,
Katie Green

Delta Parks, Recreation & Culture has commenced with the implementation of a brand-new online registration system.



Kennedy is currently using this program for fitness classes so visit the front desk to set up your account today!

Learn more about Delta's new online registration system, including important dates, frequently asked questions, and tutorial videos at Delta.ca/OnlineRegistration.

For more information on this news release, contact Delta Parks, Recreation & Culture at 604-946-3293 or e-mail prc@delta.ca

City of Delta Staff



| | |
|------------------------------------------|----------------------------------|
| Senior Centre Coordinator | Katie Green |
| Volunteer & Customer Service Coordinator | Jenna Suzuki |
| Custodian Attendant | Alec Lonsdale |
| Recreation Programmer | Danielle Richards |
| Customer Service Office | Danielle, Jas, Lara, Jaime-Leigh |

Delta Seniors Bus



The Delta Seniors Bus service is a free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am to 4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. The City of Delta provides transportation service to local clinics. 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: Lynn
Drivers: Bev, Cal, Chris, Dwight, George & Karen



The City of Delta is continuing to mail cards and letters to seniors through this ongoing 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, monthly newsletter or mid-month Brain Games, please let them know about this wonderful program. To register please call Katie Green at 604-679-1426.

Kennedy Volunteers

Welcome Back Volunteers!

It's been slow progress with many changes post-COVID, but our volunteers are eager to volunteer any way they can. Greeters have been busy, but with summer vacation here you may see fewer greeting you. Café volunteers have been busy since we opened, but we are still looking for cashiers to assist. Training provided, easy to do!

This month we have had our first random draw for Volunteer of the Month for 2022. We are pleased to announce that Jean Grove is the Volunteer of the Month for June.

If you are interested in volunteering, please see Jenna Suzuki to have your police information check done.

Linda Christoforou
Director of Volunteers & Customer Service



Volunteer Shifts Available:

| | | |
|------------------|--------------------|---------|
| Greeter shifts: | 10am-12pm & 12-2pm | Mon-Fri |
| Cashier shifts: | 9am-1pm | Mon-Fri |
| Kitchen support: | 10am-1pm | Mon-Fri |

We are currently looking for volunteers who have a valid FOODSAFE certification. If you are interested in volunteering and have your certification, please contact Linda Christoforou or Jenna Suzuki to find out more about opportunities for you.

Meet Jean Grove, June's Volunteer of the Month!



Jean grew up in Alberta where she became a nurse. During her marriage she travelled across Canada, lived in Edmonton, PEI and the Yukon. She has lived in Delta for over 35 years, 20 of which were spent nursing at Surrey Memorial Hospital. Jean had 3 children, has 6 grandchildren and 11 great grandchildren. She loves gardening, crafts, knitting, painting and creating wreaths and bouquets.

Jean has volunteered at Kennedy for over 10 years. She is currently a greeter and enjoys brightening the days of Kennedy members.

Calling Gold Card Members!

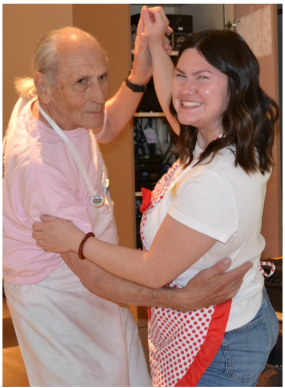
Are you one of our treasured 90+ members? Or do you know of one of our 90+ members who hasn't returned to Kennedy yet? Please contact our customer service desk and help us reconnect with our Gold Card members. We want to acknowledge and recognize YOU!

**If you think you are
too small to make a
difference, try
sleeping with a
mosquito.**

~ Dalai Lama ~

Kennedy Volunteers

Thank you Kennedy Volunteers for attending the Volunteer Appreciation Event on June 29!



Drop-in Fitness @ Kennedy

| | Monday | Tuesday | Wednesday | Thursday |
|---------|--------------|-------------------|--------------|-------------------|
| 9:15am | | Low Impact | | |
| 10:30am | Zumba Gold | Fit & Functional* | | Fit & Functional* |
| 11:45am | Fit & Active | | | Simply Stretch |
| 12:15pm | | | Fit & Active | |



* 45 minute class. All other classes are 60 minutes.

Drop-in Programs

| Program | Day | Time |
|-----------------------|-------------|--------------|
| Canasta | Mon | 12:45-4pm |
| Bingo | Mon/Fri | 12:15-3pm |
| Drop-in Guitar | Tue | 10-11:30am |
| Pickleball | Mon/Thu | 1:15-4pm |
| Crafty Ladies | Tue | 12:30-2:30pm |
| Women's Friends Group | Tue | 12:30-2:30pm |
| Table Tennis | Tue/Wed/Thu | 12:30-2:30pm |
| Acrylic Art | Wed | 10am-12pm |
| Carpet Bowling | Wed/Fri | 9-11:45am |
| Card Making | Wed | 9:30am-12pm |
| Dealers Choice | Wed/Fri | 12:15-3:45pm |
| Colouring For Adults | Wed | 2-4pm |
| Movie Matinee | Thu, Aug 18 | 1:30-3:30pm |
| Samba | Thu | 12:30-4pm |
| Water Colour | Thu | 1-3pm |
| Bingo | Fri/Mon | 12-3:30pm |
| Jammers | Fri | 1-3pm |

Just a reminder:

Kennedy Library is not accepting hard cover books at this time due to limited space. Thank you for understanding.



Instructional Programs

Programs Coming This Fall!

Registration opens at 9am, Aug 4, 2022. Register early to ensure your spot.

| Program | Day | Time | Sessions | Cost | Dates |
|-------------------------------------------------|---------|-----------------|----------|------|------------------------------|
| Computers for Beginners | Mon | 9:30am-12pm | 10 | \$50 | Sep 26-Dec 12 |
| Computers for Intermediates | Fri | 9:30am-12pm | 10 | \$50 | Sept 30-Dec 9 |
| Guitar for Beginners | Mon | 10am-11:30am | 6 | \$30 | Sep 12-Oct 24 |
| Salsa Dance | Tue | 11:30am-12:30pm | 4 | \$20 | Oct 4-Oct 25 |
| Hatha Yoga (4 Classes) & Chair Yoga (3 Classes) | Tue | 3pm-4pm | 7 | \$35 | Sep 6-Oct 18 |
| Watercolour for Beginners | Tue | 1pm-3pm | 6 | \$60 | Sep 13-Oct 18 |
| Watercolour for Intermediates | Wed | 1pm-3pm | 6 | \$60 | Sep 14-Oct 19 Nov 2-Dec 7 |
| Hawaiian Dance | Wed | 10am-11:30am | 8 | \$40 | Sep 14-Nov 2 |
| Basic Photography | Wed | 1pm-3pm | 7 | \$55 | Sep 14-Oct 26 |
| Line Dancing | Wed | 1:30pm-2:30pm | 8 | \$40 | Sep 14-Nov 2 |
| iPhones for Beginners | Tue/Thu | 10am-11:30am | 2 | \$20 | Sep 13 & 15 |
| iPhones for Intermediates | Tue/Thu | 10am-11:30am | 2 | \$20 | Oct 4 & 6 |

iPhone Instruction: Familiarize yourself with the wealth of features available on your cell phone to make life easier. iPhone required.

Hatha & Chair Yoga: A blended yoga course that includes both hatha and chair yoga. Focus on relaxation, fun and flexibility. Bring your own mat.

Computer for Beginners: Learn computer basics and the potential of the internet, filing documents, backing up data, saving photos, and useful programs like Word. No experience necessary. Participants must bring their own laptops.

Computer for Intermediates: Learn more specifics of programs including working with pictures, videos, browsers and search engines, operating systems, email, Power Point and Excel. Previous experience necessary. Participants must bring their own laptops.

Line Dancing: No dance experience? No problem! This class teaches the basics in a fun and relaxed atmosphere. Everyone is welcome, even if you have two left feet!

Guitar for Beginners: Learn how to strum some new tunes! Please bring your own guitar.

Hawaiian Dance: Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is necessary for this class.

Salsa Dance: Enjoy the lively music and exercise of salsa dance.

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

Water Colour for Intermediates: Build on basic techniques already learned. Work on a series of skylines seascapes and seasonal painting. Please pick up a supply list when you register.

Basic Photography: Whether you have a DSLR, point and shoot or cell phone this course covers the basics of digital photography. Participants will explore how to use the 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 by the class to gain positive feedback. Please bring your camera to the first session."

- Taxes will be applied to all program costs
- Classes are subject to change
- Must be a Kennedy Member to register

Travel

Pacific National Exhibition

Wed, Aug 24

10am-3pm



The bus will leave Kennedy at 10am and return by approximately 3pm.

Fill up on all the treats you can eat, learn about agriculture, experience thrill rides, watch chef demos, Super Dogs, and all kinds of fantastic things!

Cost: \$35.70 (including fair entry)

Capilano Fish Hatchery and Cleveland Dam

Thu, Sep 29

10:30am-4pm



The bus will leave Kennedy at 10:30am and return by approximately 4pm.

A picnic lunch can be purchased from Kennedy's very own Café 88. Choose from a selection of sandwiches, pastries and drinks for **\$10**. Or bring your own brown bag lunch.

The Capilano Salmon Hatchery was completed in 1971 to strengthen salmon stocks that were declining due to the construction of the Cleveland Dam. The 91-metre concrete dam sits at the base of the Capilano River and holds back Capilano Lake, also known as the Capilano Reservoir, which stores a portion of the Lower Mainland's drinking water.

Cost: \$21.50 (including tax)

Special Events

Dog Days of Summer

Thu, Aug 25

10-11:30am



Spend some time with BC Guide Dogs and their handlers. Talk to the puppy trainers and learn more about BC Guide Dogs and their services. Get up close and personal for some cuddles and wet noses with our four-legged friends. There's a dog puzzle contest and light refreshments.

Cost: Members \$1 / Guests \$2

Tickets go on sale Tue, Aug 2.

Open House

Sep 6-9

Here is your chance to check out the activities at Kennedy. Watch the bulletin board for special events happening during the week.

Kennedy Goes Country BBQ

Fri, Sep 9

11am-12:30pm

Help us kick off the fall season with a Country BBQ! Start with a juicy beef burger and potato salad in our café (regular café menu will also be available) then enjoy some country tunes from Kennedy's Jammers.



Tickets \$7.50 (including GST)

Tickets on sale Mon, Aug 8 to Fri, Sep 2.

Be sure to wear your cowboy and cowgirl hats and boots. There'll be prizes for the best dressed cowboy and cowgirl!

You're Invited!

8th Annual Passport to Kennedy!

September 6 – 9, 2022
EVERY Drop-in Activity will be



| Tue Sep 6 | Wed Sep 7 | Thu Sep 8 | Fri Sep 9 |
|------------------------------------------|---------------------------------|------------------------------|---------------------------------|
| 9-4pm Snooker | 9-4pm Snooker | 9-4pm Snooker | 9-4pm Snooker |
| 9-4pm Workshop | 9-4pm Workshop | 9-4pm Workshop | 9-4pm Workshop |
| 10-11:30am Crafty Ladies | 9-11:45am Carpet Bowling | 12:30-4pm Samba | 9-11:45am Carpet Bowling |
| 12:30-2:30pm Women's Friends Group | 9:30am-12pm Card Making | 12:30-2:30pm Table Tennis | 12:15-3pm Bingo |
| 12:30-2:30pm Table Tennis | 12:15-3:45pm Dealer's Choice | 1:15-4pm Pickleball | 12:15-3:45pm Dealer's Choice |
| 1:15-4pm Pickleball | 12:30-2:30pm Table Tennis | | 1-3pm Jammers |
| | 2-4pm Colouring for Adults | | 1:30-3:30pm Mah Jong |

Win Prizes! Bring a Friend! Try Something New!
Tours Daily Between 10am-Noon
More details to come.

In the Community

Delta Ukulele Circle

Sat, Aug 6 Doors 2pm; Circle 2:30-5pm

Led by Gary Cyr, the Delta Ukulele Circle is an enthusiastic, welcoming and supportive crowd of music lovers with an appreciation for the ukulele. Play and enjoy music together with others in a very social setting.



Cost: \$5

North Delta Centre for the Arts, 11425 84 Ave

Concert in the Park

Fri, Aug 5 7pm

Local Indie band **Gingembre** will play for you in the courtyard at **Sungod Recreation Centre, 7815 112 St**

Community Movie Night

Sun, Aug 7 8-11pm

Hosted by MLA Ravi Kahlon's Office
Chalmers Park, 11400 76A Ave

Emergences: Out of the Shadows film debut

Sat, Aug 13 Doors 5:45pm; Film 6:30pm

Rescheduled from Fall 2021, this film tells the story of three South Asian youths growing up in conservative households. A panel discussion will follow.

Cost: Adults \$8 / Seniors & Students \$4

North Delta Centre for the Arts, 11425 84 Ave

Ladner Village Market

Sun, Aug 14 & 28 10am-4pm

Sun, Sep 11 10am-4pm



Bring a reusable bag.

No pets within the market area except certified service dogs.

Outdoor Movie Night and Concert in the Park

Fri, Aug 19, Concert 6:45pm; Movie 8:30pm

Concert with Bradley Pedwell
Hellings Park 11800 86A Ave

Open Mic

Fri, Aug 26

Doors 7pm; Show 7:30pm

Share the stage with a variety of singers, musicians poets and actors at this intergenerational monthly event, or sit back and enjoy the talent. Entertain and be entertained.

Cost: \$5 Audience or Performer

North Delta Centre for the Arts, 11425 84 Ave

HERITAGE HIGHLIGHTS



DE2000.39.1. Courtesy of the Delta Heritage Society.

This berry picker was used by Chinese workers in the East Delta area who either rented or worked on the land owned by the donors, the Honeyman family. The picker was used by scraping through low-lying bushes of blueberries or cranberries. Visit us to learn more about Delta's storied history. Open daily; free admission.

Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

Wellness

WHAT IS MUSCULAR DYSTROPHY?

Muscular dystrophies are neuromuscular disorders wherein muscle function is compromised by problems with the nerves and muscles in your body.

In general, neuromuscular disorders can be progressive, causing the muscles to gradually weaken over time; however, some types have a more stagnant or cyclical progression. People diagnosed with a neuromuscular disorder may lose the ability to do things that are often taken for granted, like brushing their teeth, feeding themselves or climbing stairs. Some people will lose the ability to walk or breathe on their own.

About 8% of adults over 65 years report some degree of neuropathy. Other than age, some of the more common risk factors for neuropathy include diabetes, metabolic syndrome (high blood pressure, high cholesterol, obesity, diabetes), and heavy alcohol use.

Lifestyle and home remedies

- Take care of your feet, especially if you have diabetes.
- Exercise.
- Quit smoking.
- Eat healthy meals.
- Avoid excessive alcohol.
- Monitor your blood glucose levels.

Adapted from the Mayo Clinic and Muscular Dystrophy Canada websites. For more information please connect with Eva: see details below.

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.



JUST 10 MINUTES IS TOO LONG

Pet guardians often don't realize that *it can take as little as 10 minutes* for an animal in a hot vehicle to suffer irreparable brain damage or death, even with windows partially rolled down, on a warm day.

HOT PETS ARE NOT COOL.
In the summer, it's often more kind to leave your pet at home.

BCSPCA
SPEAKING FOR ANIMALS

Do memory foam mattresses wish they could forget?

**I tried calling the Tinnitus helpline ...
No answer, it just kept ringing.**

**I grilled a chicken at lunchtime.
Still no answer on why he crossed the road.**

BEAT THE HEAT

EXTREME HEAT CAN KILL.



GET PREPARED

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



HOT CARS KILL

Never leave kids, adults, or pets in hot cars. The temperature inside a parked car can double within minutes.



HELP OTHERS

Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.



DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers, and dress in light and loose clothing made from natural fabrics.

BEAT THE HEAT

Delta.ca/beattheheat
Hotline: 604-946-3200

For more information,
visit www.gov.bc.ca/embc.
In an emergency, call 9-1-1.

Delta

BEAT THE HEAT EXTREME HEAT CAN KILL.

Anyone is welcome to take a break from the heat at the following City facilities.
Please call the facility for location information and hours of operation.

RECREATION & COMMUNITY CENTRES

**Kennedy Seniors
Recreation Centre**
11760 88 Avenue
604-594-2717

**KinVillage
Community Centre**
5430 10 Avenue
604-943-0155

**Ladner
Community Centre**
4734 51 Street
604-946-9226

**Ladner Leisure
Centre**
4600 Clarence
Taylor Crescent
604-946-3310

**McKee Seniors
Recreation Centre**
5155 47 Avenue
604-946-1411

**North Delta
Recreation Centre**
11415 84 Avenue
604-952-3045

**South Delta
Recreation Centre**
1720 56 Street
604-952-3020

**Sungod
Recreation Centre**
7815 112 Street
604-952-3075

Tilbury Ice
7187 Vantage Way
604-952-3075

**Tsawwassen
Arts Centre**
1172 56 Street
604-943-9437

**Winkill Aquatic
& Fitness Centre**
5575 9 Avenue
604-952-3005

LIBRARIES

**George Mackie
Library**
8440 112 Street
604-594-8155

**Ladner Pioneer
Library**
4683 51 Street
604-946-6215

**Tsawwassen
Library**
1321A 56 Street
604-943-2271

OUTDOOR POOLS

**Ladner
Community Centre**
4734 51 Street
604-946-9226

**North Delta
Recreation Centre**
11415 84 Avenue
604-952-3045

INDOOR POOLS

**Ladner Leisure
Centre**
4600 Clarence
Taylor Crescent
604-946-3310

**Sungod
Recreation Centre**
7815 112 Street
604-952-3075

**Winkill Aquatic
& Fitness Centre**
5575 9 Avenue
604-952-3005

WATER PARKS

**Annieville
Lions Park**
9150 112 Street

**Kinsmen Water Play Park
– Memorial Park**
5010 47 Avenue

**Rotary Waterworks
– Diefenbaker Park**
5579 1 Avenue



BEAT THE HEAT

Delta.ca/beattheheat
Hotline: 604-946-3200

For more information, visit www.gov.bc.ca/embc.

In an emergency, call 9-1-1.



Delta Luminary FESTIVAL

Saturday, September 10
6 – 10 pm
Sunstone Park, North Delta

Illuminate yourself with costume and lights,
and create a lantern to light the way.

Post a photo of your lantern or costume
with [#illuminatedelta22](https://twitter.com/illuminatedelta22) to enter to win a
Delta six-month Drop-In Admissions Pass!

- Lantern Parade at 8:30 pm
- Main Stage Concert Featuring Kutapira at 9 pm

No on-site parking available.

A free shuttle service starts at 6 pm from
North Delta Recreation Centre.

Delta.ca/LuminaryFestival

