

Delta

November

2022

Kennedy Seniors Society
Fifty+
Fit Fun & Fabulous

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

CENTRE HOURS

Mon/Tue/Thu/Fri ~ 9am-4pm
Wed ~ 9am-9pm

CUSTOMER SERVICE

Mon/Tue/Thu/Fri ~ 9am-3:45pm
Wed ~ 9am-8:45pm

Closed: Remembrance Day
Friday, November 11

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+



How will you remember and honour the sacrifices and achievements of those who have served in uniform over the years?

Kennedy Seniors Society
and the City of Delta
invite you and your family to attend:

Remembrance Day Ceremony
10:40am
Friday, November 11

North Delta Social Heart Plaza
11415 84 Avenue

The ceremony will be held outdoors. Following the ceremony, Kennedy volunteers will be serving light refreshments in the North Delta Recreation Centre.

Centre News

A Message from Your Board of Directors

We have added new activities for our members to enjoy. Check the newsletter and the bulletin boards to discover them.

We are now open Wednesday evenings and have expanded some activities then. Other evenings may open depending on demand.

Director Judy Smith has planned many social events up until Christmas. Additionally, Director Dave Quick has planned bus trips for members. Be sure to sign up early.

We encourage all members to submit ideas for activities to the Board for consideration as we have some open time slots and areas to fill.

CAFÉ IS OPEN!!

We have now had the café open since late May with some very successful menu items.

Please visit us and enjoy lunch with friends. Say hello to Roxanne and John in the kitchen!

The café also takes debit cards and credit cards so no need to bring cash!

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

Rick Stonehouse
President

KENNEDY FEES 2022

12-month Annual Membership	\$20.00
12-month Gold Membership (age 90+)	FREE
20-Activity Punch Passes	\$7.00
50-Activity Punch Passes	\$17.50
Activity Single Admission	\$0.35
Guest Pass	FREE
Free drop-in for first visit. Further visits remove up to 3 drop-in punches off the member's card.	

KENNEDY SENIORS SOCIETY Board of Directors 2022-2023

President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
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 Eighty Ate

Hours of operation: Monday to Friday 9-1pm

Hot meals are served on **Wednesdays and Fridays** while supplies last. The menu is subject to change. Cash, debit and credit cards are accepted. Support the café with your food orders today.

Centre News

Dear Members,

Thank you to all the members and guests who attended the Harvest Dinner Dance. It was very well attended with 120 tickets sold. Also, many members came to join in the Halloween festivities.

There are many exciting activities happening this fall, including the White Elephant/ Christmas Craft Fair on Saturday, November 12 from 10-3pm, and the Sock Hop on Saturday, November 26 from 1-3:15pm. Hatha /Chair Yoga is continuing, starting November 4 and there is a free workshop on improving your brain health on November 30, so please sign up at the front desk. The November bus trip to Dickens Sweets & British Museum in Chilliwack sold out in two hours, so if you see an event you like, act quickly!

Stay healthy and safe!

Kind regards,

Katie Green
Senior Centre Coordinator

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: Bev & Lynn
Drivers: Bev, Cal, Chris, Dwight, Gary, George, Karen & Pankaj

City of Delta Staff



Senior Centre Coordinator	Katie Green
Volunteer & Customer Service Coordinator	Jenna Suzuki
Custodian Attendant	Alec Lonsdale
Customer Service Office	Debbie, Jaime-Leigh, Jas, Kourtney & Lara

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.

Last BBQ of the year!

Fri Nov 4 11am - 12:30pm

Pre-purchase your ticket in advance from Café 88 and join friends for the last barbeque of the year. Tickets must be purchased in advance before 3pm November 3. Limited quantities available.

Cost: \$7.50



Centre News

Learn to Play Snooker

Mon, Nov 7 & 21 11am-12pm

Join us on the first and third Monday of the month and learn some tips how on to play Snooker.



Photo Credit Rob Hebden

White Elephant / Christmas Craft Fair

Sat, Nov 12 10am-3pm

This day will serve two purposes with two separate areas. One area will be an indoor garage sale. The other area will be for local crafters and artisans to sell their products. This is a chance to declutter, or a chance to sell your wares, and either way a chance to put some extra cash in your pocket.

Book a table for \$5 (members) or \$10 (non-members) at the Customer Service Desk. Entry to the sale is free to the public. Vender set up will be from 9-10am. Refreshments will be available for purchase.

Event Code: 528998

Circle of Friends

Tue, Nov 15 11am

Join Eva, Delta's Seniors Support Coordinator for a drop-in to discuss post COVID challenges, opportunities, meet others and increase your social connections in a fun, supportive way.

Requirements: be supportive, be kind, care, and remember, there's always help available when you need it.

Coffee with a Cop

Tue, Nov 15 10am

Constable Joe DeSilva, who has recently been assigned as North Delta Community Liaison Officer, will be stopping by Kennedy to have coffee and visit with our community in the café.



Acting as an Attorney or Representative Under a Planning Document

**Webinar Host: Peoples Law School
Tue, Nov 15 12pm**

Learn what you need to know to carry out your responsibilities, how to support your loved ones and navigate often conflicting input from others. This will be an online presentation here at Kennedy Seniors Recreation Centre. Drop by and join us.

Movie Matinée in the Café

Thu, Nov 17 1:30-3:30pm

Please check the bulletin board for this month's feature presentation. Please sign up at the Customer Service Desk so we can arrange for snacks and refreshments.

Deck the Halls!

Tue, Nov 22 9am- 1pm

Where has the year gone? It's time to gather all our Christmas elves to come and help dress the Christmas trees. Can you lend us a hand for an hour or two? Please sign up at the Customer Service Desk, and join us for some decking, tinseling and general merriment! Light refreshments included.



Centre News

Alzheimer Society of B.C.: Healthy Brain Wed, Nov 30 11am-12pm

This **FREE** introduction to Brain Health. It's never too soon or too late to make changes. Learn strategies to maintain or improve your brain health. Register at Customer Service Desk.

Event Code: 529097 Register at the front desk.

Diabetes Self-Management Presentation Tue, Dec 6 11am-12pm

Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms by attending this **FREE** program. Learn how to better balance activity, nutrition and medication.

Event code: 529098 Register at the front desk.

Christmas Craft Workshop Thu, Dec 1 1:30-3:30pm

We are excited to have Holly share her creative talents with us again this year! We will be making a decorative wooden door hanger with a festive message. In two hours you will have a lovely door hanger for your own home or for gifting. This photo serves as an example. Select from various ribbons, bow styles and embellishments to create your own unique designs.



All supplies are included, but please bring a glue gun (if you have one), and a ruler. Light refreshments included. Please register early as limited space is available. Register at Customer Service Desk.

Cost: Members \$12/Guests \$15

Event Code: 529103



At 2am on November 6, you will need to set your clocks back one hour to 1am, meaning we will "fall back" and gain an extra hour of sleep.



There should be a calorie refund for things that don't taste as good as you expected.

I told my suitcases no vacation this year. Now I'm dealing with

SUDOKU 数独

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#2734

Easy

www.sudoku.name

Sudoku answers on page 12

Kennedy Volunteers

What is a volunteer?

A volunteer is an individual who freely gives time and service. Volunteers possess skills, abilities, and limitless talents that they are willing to share to support an organization, ideal, cause, event, activity, or another individual, without financial gain.

Volunteers are highly valued resources of diverse individuals of all ages, makes, models, and sizes that make a huge impact on a daily basis on the health and well-being of communities.

From the *Volunteer BC 2022 Handbook*. Visit volunteer.bc.ca for more information.

If you are interested in volunteering for the Remembrance Day Reception at the North Delta Recreation Centre on Friday, November 11, please visit the front desk, or call Jenna at 604-595-8405 for more information.

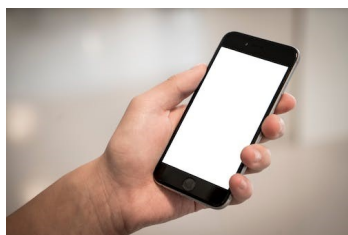
We are looking for program conveners for:

Adult Colouring Wed, 2-4pm
Ceramics

If you are interested, please contact Peter Williams at p_williams@telus.net.

Wanted!

We are looking for an instructor who is capable of teaching an introduction to the use of android cell phones. If you are interested, please leave your name and phone number for Bob Gestrin, Director of Instructional Programs, at the Customer Service Desk.



We are also looking for ceramics instructors. Please call the centre at 604-594-2717 for more information and to get in contact with the Director of Instructional Programs.

Volunteer of the Month!

Meet Wendy Hilbers, our volunteer of the month!



Wendy is the second youngest of nine siblings. She emigrated from Holland in 1974. She never married and is a Surrey resident who frequently visits the Fleetwood Community Centre. She worked at Buy Low for 33 years and has previously volunteered in the Surrey area. Some of Wendy's hobbies include walking, swimming and gardening, although housework is not her favourite.

At Kennedy, Wendy is one of our card-making convenors and enjoys getting to know the many nice people around the centre. Make sure to stop by the card-making group on Wednesday mornings to see their beautiful work!

**I volunteer at a local
chocolate shop.**

**They don't need any help,
but I wouldn't take "no"
for an answer.**

Travel

Dickens Sweets & British Museum

Fri, Nov 25 10am-5pm



The bus will leave Kennedy at 10am and return to Kennedy at approximately 5pm. Dickens Sweets & British Museum is a fun down memory lane to the golden age of British life. Visit the grocery store (full of British goods you remember), Dickens House (eat tea & soup), the famous British Sweet Shop (with 100 years of English sweets), and Pickwick's (a hop).

Cost: \$37

Event Code: 529095

Poppy Wall of Honour

Remembrance Café

Mon, Nov 7 1-3pm

As a lead in to Remembrance Day on November 11, we would like to invite all members who participated in our Poppy Honour Wall, and those who didn't, to come to the cafe for tea or coffee to say thank you, reminisce about those individuals remembered on the wall, or their experiences in the past, and to give us an understanding of their commitment to the community and country.



Socials

Sock Hop

Sat, Nov 26

Doors Open 1pm

Music 1:30 – 3:30pm

We're having a sock hop with all the great 50s and 60s tunes performed by Greg Hampson. Remember those days of saddle shoes, poodle skirts, blue jeans, white t-shirts and Brill Cream? We'll be Jitterbugging, Bunny Hopping and Hand Jiving all afternoon! There'll be prizes for the best dressed and a 50-50 draw. Refreshments include cake and ice cream floats.

Cost: \$6 members / \$7.50 guests

Event Code: 529042

Make an Elegant or Ugly Christmas Sweater

Thu, Dec 8

1-3pm

In honour of National Ugly Sweater Day December 17, we are planning a fun get-together. Bring a sweater, ornaments, needle and thread, safety pins, glue or a glue gun to attach your ornaments (or whatever you desire) to your sweater. And some sweaters are darned elegant, so it's your choice. Wear your finished masterpiece to Christmas parties or go shopping in your personally crafted artwork. Don't have a sweater to bring? Go to a thrift store! Let's get creative and have some fun. Light refreshments will be provided.

This is a **FREE** event, but please register at the Customer Service Desk. **Event Code: 529110**

Christmas Luncheon Doors 12pm

Wed, Dec 14

Meal Service 12:30pm

We are excited to have our Christmas Luncheon back on the calendar. The menu includes turkey, potatoes, stuffing and gravy, seasonal vegetables and special Christmas sweets. After lunch, settle in for a very Christmas-y concert with the multi-talented Michelle Carlisle. Bring your singing voice and sing along to some of your Christmas favourites.

Tickets go on sale November 3 and will go quickly, so don't delay!

Cost: Members \$25 / Guests \$30.

Event Code: 529107

Delta Parks & Recreation Drop-in Fitness @ Kennedy

	Monday	Tuesday	Wednesday	Thursday
9:15am	Gentle Fit *	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. Fees subject to Delta rates.				



Photo credit : Bob

Drop-in Programs @ Kennedy

Program	Day	Time
Canasta	Mon	12:45-4pm
Snooker	Mon/Tue/Thu/Fri Wed	9am-4pm 9am – 8:45pm
Woodshop	Mon-Fri	9am-2pm
Bingo	Mon/Fri	12-3:30pm
Pickleball	Mon/Tue/Thu Wed	1:15-4pm 6-8pm
Drop-in Guitar	Tue	10-11:30am
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
Card Making	Wed	9:30am-12pm
Acrylic Art	Wed	10:30am-12:30pm
Colouring For Adults (TBD)	Wed	2-4pm
Tile Games	Wed	6:30-8:30pm
Contract Bridge	Wed	6:30-8:45pm
Cribbage	Wed	6:30-8:45pm
Photography Interest Group	Wed (1 st & 3 rd Wed of the month)	6:30-8:45pm
Carpet Bowling	Wed/Fri	9-11:45am
Dealer's Choice	Wed/Fri	12:15-3:45pm
Movie Matinee	Thu, Nov 17 (3 rd Thu of the month)	1:30-3:30pm
Samba	Thu	12:30-4pm
Watercolour	Thu	1-3pm
Jammers	Fri	1-3pm
Mahjong	Fri	1:15-3:30pm
Book Club	Wed (2 nd Wed of the month)	11-12pm

Tile Games, Cribbage and Contract Bridge groups are all looking for new members to join, as well as new convenors to help run the activities. Please call the centre at 604-594-2717 for more information, or to enquire about convenor positions.

Tile Games: Play Rummy O, Mah-jong and lots more!

Ceramics: If anyone is interested in ceramics, please leave your name at the front desk.

Friendly convenors are always happy to teach you.



Photo credit: Rob Hebdon

Instructional Programs

Registration is open! Sign up now!

No Classes Friday, November 11

Program	Barcode	Day	Time	Cost	Dates
Computers for Beginners	528662	Mon	9:30am-12pm	\$55	Oct 3-Dec 12
Hawaiian Dance	529100	Wed	10-11:30am	\$40	Sep 14-Nov 2
Tai Chi Quan	528988	Thu	9-10am	\$30	Oct 13-Nov 17
Computers for Intermediates	528663	Fri	9:30am-12pm	\$45	Oct 7-Dec 9
Hatha/Chair Yoga	528688	Fri	10-11am	\$35	Nov 4-Dec 16

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

Hatha/Chair Yoga:

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

Hawaiian Dance:

Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is recommended for this class. Please arrive 30 minutes before class for instructor support.

Tai Chi Quan:

Characterized by softness, smoothness, circularity and continuity, Tai Chi Quan calls for coordination of body parts, integrating mind, body and Qi (energy). Register for Tai Chi and improve your health and mobility while enjoying the beauty of synchronized movements. Instructors: Emily Fu & Patrick Wong.

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

Making cards and making friends!



Working hard and having fun in the workshop!



Photo Credits Bob Sheridan

Wellness

November is Falls Prevention Awareness Month

Common Causes of Winter Falls:

Hypothermia: Older adults are particularly susceptible to hypothermia which can lead to dizziness, confusion, shallow breathing and a slow or irregular heartbeat, resulting in an increased risk of falling.

Sub-optimal vitamin D status: The reduced number of sunlight hours in winter can lead to lower vitamin D levels that reduce the muscle and bone strength necessary to deal with tougher walking conditions and minimize the chance of injury after a fall.

Bringing winter risks indoors: Winter boots can track snow indoors where it melts and can lead to a fall.

Reduced sense of touch: Age-related conditions such as poor circulation, arthritis and diabetes can cause a decreased sense of touch that can interfere with the ability to “feel” ground conditions through winter boots.

Vision problems: Visual acuity diminishes with age and older adults have more difficulty distinguishing hazardous patches of snowy or icy ground that can appear to be nothing more than varying shades of white and grey. In addition, average light levels are lower in the colder months, further impeding the ability to see risks and negotiate them safely.

Winter Safety Tips You Should Know:

To reduce the chance of falling in winter, at-risk patients should take the following steps:

Get traction: The best defence against falling when it’s snowy and icy outside is to wear boots that provide a good grip on the ground.

Stay fit and active: When it’s cold outside, it’s tempting to stay indoors and hibernate. However, an older person’s inactivity can lead to a loss of muscle strength that may lead to a fall.

Eat well: Eating well-balanced, nutritious meals and foods rich in Vitamin D and calcium will help prevent dry, tight skin and minimize loss of bone density.

Prevent hypothermia: Dress warmly in layers when outdoors and be sure to stay hydrated to help blood circulation reach extremities.

Be aware: Older adults should avoid rushing and watch for hazards such as icy patches and uneven snow.

Adapted from the Lifeline Canada website. For more information, please contact Eva (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.

In the Community

North Delta Centre for the Arts

11425 84 Ave Delta, BC

Open Stage

Fri, Nov 25 Doors Open 7pm; Show 7:30-9pm

Share the stage with a variety of singers, musicians, poets, actors and dancers in this intergenerational monthly evening. Performing not your thing? Then sit back and enjoy the show! Light refreshments served.

Cost: \$5 Performer or Audience member

Tickets available at the door.

Ukulele Circle

Sat, Nov 5 Doors Open 2pm; Circle 2:30pm

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 Tickets available at the door.

Do you need a Snow Angel?

The application period is **October 17-November 14**.

The service is available to Delta residents 65+ who have physical limitations and do not have others in their household or nearby who are able to assist with shoveling their walkway or sidewalk; residents 70+ with physical limitations will receive first priority. Snow Angel availability is limited. Snow Angels are assigned on a priority basis.

Call 604-952-3000 for more information and/or to apply for the program.

Call for Snow Angel Volunteers

Snow Angel Volunteers help seniors who are unable to shovel their walkway/sidewalk. To learn more about volunteer requirements call 604-946-3288 or visit Delta.ca/snowangels.



HERITAGE HIGHLIGHTS



2022-050-003. Courtesy of the Delta Heritage Society.

This 1970s aerial photograph depicts Dennis Elsom's gravel pit in North Delta which was later developed into the Sunstone neighbourhood, with Sunstone Park at the centre of the development. This photo demonstrates the vast change that has occurred in North Delta's landscape. Visit the Archives at the Discovery Centre for more information.

Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

FALL EVENTS

HOSTED BY THE
**DOUGLAS J. HUSBAND
DISCOVERY CENTRE**

4450 CLARENCE TAYLOR CRESCENT, DELTA, BC, V4K 3W3
DJHDC@delta.ca / 604-952-3836

November


Indoor Growing with West Coast Seeds

Sun, Nov 6 1-2pm 8yrs+

Fraser River Talk with John Horton

Sun, Nov 20 3-5pm 12yrs+

November, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hot meals are available in the café on Wednesdays and Fridays while they last!		1 Flu Clinic By appointment only	2 Photo Interest Group 6:30-8:45pm	3	4 Last 2022 BBQ <i>Please prepurchase tickets</i>	5
		6 Time to fall back Remember to set your clocks back one hour. 	7 Learn to play Snooker 11am-12pm	8	9 Book Club 11am-12pm	10
13	14	15 Workshops <u>Coffee w/Cop</u> Circle of Friends <u>Peoples Law</u> Info on pg.4	16 Photo Interest Group 6:30-8:45pm	17 Movie Matinée 1:30-3:30pm	18	19
20	21 Learn to play Snooker 11am-12pm	22 Deck the Halls 9am-1pm	23	24	25 Bus Trip Dickens British Shop / Museum 10am-5pm	26 Sock Hop 1-3:30pm
27	28	29	30 Workshops BC Alzheimer: Healthy Brain 11am-12pm	UPCOMING EVENTS * Dec 1 Christmas Craft Workshop * Dec 6 Diabetes Workshop * Dec 8 Make an Elegant or Ugly Sweater * Dec 14 Christmas Luncheon		

Lower Mainland Snooker League

The Board of Directors has approved a special event to host the Lower Mainland Snooker League, with sign-in and code of conduct protocols in place. The Snooker League will be playing from 9am-12pm the following days:

2022 Wed, Nov 23 & Dec 7
2023 Wed, Jan 4, 11, Feb 1 & 15

There is the possibility of playoffs after the noted dates.

The Snooker league will be supporting Cafe 88 with purchasing refreshments in house. If you have any concerns or would like to discuss this further please contact Peter Williams, acting Director or any member of the Board.

#2734
www.sudoku.name

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