

Delta

April
2023

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

The Centre will be closed:
Good Friday, April 7
Easter Monday, April 10

Note: Hours may vary. If you are planning a special trip to purchase items, please call ahead.

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+

**Volunteer
Appreciation
Event**
Wed, Apr 26
1-3pm

Our Volunteers Rock!
We hope to see you there.



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 there.

Check the bulletin boards and the newsletter for upcoming social events and bus trips.

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.

New Board Appointed

At the AGM in late March, directors for all positions were appointed. All incumbents from the last Board have returned (with the exception of Al Johnston, whom we thank for his service) and are volunteering their time, experience and efforts to make your centre successful in the next few years. Please thank a director for their service when you see them.

Café Eighty-Ate is Open!

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!

Hot meals are now served on Mondays and Wednesdays.

On behalf of the Board of Directors,

Rick Stonehouse
President

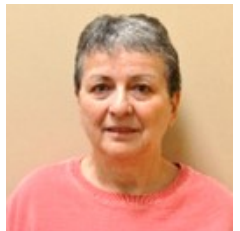
KENNEDY SENIORS SOCIETY <i>Board of Directors 2023-2024</i>	
President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Instructional Programs	Bob Gestrin
Drop-in Programs	Peter Williams
Socials	Judy Smith
Director at Large	Share Forde
Volunteers & Customer Service	Linda Christoforou
Travel	Dave Quick



Rick Stonehouse



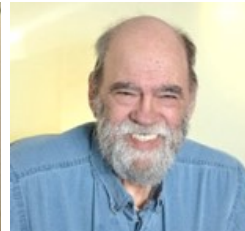
John Kennedy



Linda Remedios



Rita Chaplinsky



Peter Williams



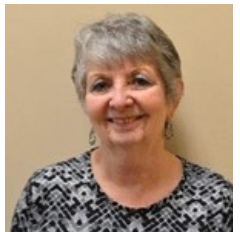
Dave Quick



Linda Christoforou



Bob Gestrin




Judy Smith



Share Forde





ENCOURAGEMENT IN AN ENVELOPE

The City of Delta is continuing to mail cards and letters to seniors through this ongoing program. Encouragement in an Envelope is 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 **FREE** program. To register please call Jenna Suzuki at 604-595-8405.

Centre News

Dear Members,

April marks our National Volunteer Appreciation Week, from April 16 – 22. Kennedy is very fortunate to have an army of volunteers and we want to say thank you to each and every one of you. To loosely paraphrase: it takes a village to run a centre! So, the next time you come to Kennedy, take the time to stop and notice the volunteers around you and give them a smile of thanks. They do an incredible job!

While Kennedy’s members reap benefits from all the work our volunteers do for us, there is another side of the coin. Scientists have long touted the benefits a person gains from volunteering in their community. Volunteering brings people together and builds new friendships. It boosts your self-confidence and personal growth, and you may even discover hidden talents or develop new skills. Finally, volunteering is just plain good for you, both physically and mentally.

And, it’s official – spring has arrived! I’m noticing more and more energy in the centre as the weather warms up, and it’s catching on! Folks are laughing and chatting in the canasta room; you can hear the cheers for the winning rolls in carpet bowling; and our line dancers are stepping up a storm again. It seems like once the sun starts to shine, it’s our cue to get moving more. I hope to see more of you out and about.

Happy Easter,

Jan Talaber
Seniors Centre Coordinator



Xplor Recreation

A new computer software system is coming soon for Kennedy membership and online registration! Stay tuned for more details. Visit the Customer Service Desk to set up your account today, or visit Delta.ca/Registration and create it yourself.



City of Delta Staff



Seniors Community Services
Supervisor

Lisa Porter
Katie Green/
Jan Talaber

Volunteer & Customer
Service Coordinator
Recreation Programmer
Custodian Attendant
Customer Service Office

Jenna Suzuki
Trudy Buzdon-Barber
Alec Lonsdale
Jaime-Leigh, Jas,
Kourtney

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: Gary, George, Karen and Jim

KENNEDY FEES 2023

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 Volunteers

Volunteer of the Month ~ Dianne



Dianne grew up in South Burnaby where volunteering was just part of the fabric of family. Her first board involvement at age 15 was as secretary for the juniors of a rod and gun club. Forty-seven years ago she moved to Surrey

and raised her three daughters, losing her eldest to cancer when she was just 20. Many years were spent on boards of the Child Development Centre, BC Cerebral Palsy Association and the BC Association of Child Development Centre due to the special needs of one of her twins.

With her late husband, Bill, she became a "hot rodder" and still owns a 1929 Ford Model A Tudor which she has driven across Canada and back three times in the past 12 years .

Her working career entailed 40 years with the Diamond family businesses and her great enjoyment was being secretary to Jack Diamond, keeping track of his thoroughbred breeding and racing stable as part of her responsibilities.

As a new widow, Dianne's cousin encouraged her to come join the Kennedy Seniors Centre where she quickly found her niche with the pickleball group, even finding a new companion, Bert Meilleur, who has shared the last two trips across Canada with her.

Dianne is still involved with her car clubs (treasurer of one) and felt that it was time to give something to the centre so, rather than sit at another board table, she felt a need to actively serve (as in wait tables) and help out where needed. You'll see her at the events, usually sneaking in a couple of dances between clearing tables.

National Volunteer Week is April 16-22

The theme for 2023 is Volunteering Weaves us Together

Let's celebrate our individual and collective actions in creating a strong, interconnected and vibrant community. Volunteering weaves us together, strengthening the fabric of our community by sharing our time, talent and energy to support one another.

Volunteer Appreciation Event

Wed, Apr 26 1-3pm

Invitations are now available for pick up at the front desk—don't forget to grab yours! Please RSVP to the Customer Service Desk by Wednesday, April 12. We hope to see you there!

Our Volunteers Rock!



Centre News

Travel Photography: A Taste of Portugal Rick Hulbert, Photography Educator Wed, Apr 5 7-9pm

Travel Photography is one of the most popular genres in image making. Rick's evening presentation is designed to appeal to all photographers, regardless of your level of experience and expertise.

The slide show will touch on landscapes, rural and urban settings, building exteriors and interiors, along with candid street photography of people. You will be exposed to a variety of scene interpretations from out-of-camera scenes through reimagined reality, and everything in between. If you enjoy photographing heritage environments, you will be pleased! Light refreshments provided.

Please register in advance at the Customer Service Desk. Sign up today!

Cost: Members \$3 / Guests \$5

Event code: Members 529255 / Guests 529261



Suggestion Box

We are always looking for feedback and new ideas to improve on the day-to-day activities and opportunities here at Kennedy. There is a suggestion box in our lobby, and you are encouraged to share your feedback and your new ideas.

All suggestions are presented in the following Board meeting. If you wish a personal response to your suggestion, please sign your name and phone number / email address.

Chocolate Brunch Thu, Apr 6 12-3pm

Come to this fun-filled event for lunch and social time!

Sandwiches and coffee will be served from the Café Eighty-

Ate. Join a session lead by a Chocolatier with a delicious variety of chocolates to enjoy and purchase.



Cost: \$22 Tickets on sale now.

Event Code: 529298

Free Bread Program Mon, Apr 24 2pm Lobby

Every second Monday, a Delta bakery will be providing free bread items while quantities last! Please bring your own bag.

Welcome to the Assumption Club.

I think we all know why we are here.

Notice of Filming



We Think You're Picture Perfect!

We wish to advise the public that we may be taking photographs and videos throughout the site to use for subsequent promotional use for the City of Delta and the Kennedy Seniors Society.

We like to showcase the programs and events with great photos in our Newsletters, Leisure Guide, on posters, on Delta's website and in flyers or pamphlets. So when you see a staff or volunteer photographer ... keep smiling!

Please advise if you have concerns about having photos taken.

Thank you for your cooperation.

Socials

Judy, our Director of Socials, is not planning a social event in April. She will be busy with a new litter of BC Guide puppies. Circle the date for the May Mothers' Day Luncheon—details below.



Mothers' Day Luncheon

Sat, May 13 **Doors open 11:30am**
Food Service 12pm **Entertainment 1-2:30pm**

Everyone is welcome to join us for a special luncheon to celebrate all the mothers in our lives. The afternoon starts with savory vegetarian quiche, fresh garden salad, a decadent dessert and virgin mimosa. To complete the afternoon, we are pleased to have Greg Hampson for your entertainment and dancing. There'll also be door prizes and a 50-50 draw.

Tickets on sale Wed, Apr 5 through Fri, May 5.

Cost: Members: \$15 Guests: \$18
Event Code: Members: 529465 Guests: 529466

Please note: there is a maximum purchase of 8 tickets per person for Kennedy social events.

Travel

Please note: You must be a member of Kennedy Seniors Recreation Centre to participate in bus trips.



Cruise on BC Ferries

Thu, May 25 **9:30am-3:30pm**

Enjoy BC's gorgeous west coast vistas. This is a round-trip ferry ride (cruise only, no ports of call). Treat yourself to lunch on board. The bus will leave Kennedy at 9:30am and return at approximately 3:30pm

Cost: 65yrs+over **FREE** (Limit 2 tickets per customer)
65yrs-under **\$36**

Event code: 529481

Tickets will go on sale on Tue, May 2 at 10am.

Drop-in Programs

Crafty Ladies

Tue **12:30-2:30pm** **Café**

This fun group has been busy knitting and sewing:

Purple Hats for BC Children's Hospital: This program donates purple hats to newborn babies to make parents aware that babies cry a lot and not to shake them. It is to prevent Shaken Baby Syndrome. To date we have donated over 11,000 hats and will be donating over another 4,600, when they are picked up in September. This was started in 2015.

Layettes for Options Healthiest Baby Program: In February we donated 31 layettes to moms in need. The layettes have a crib-sized fleece blanket or afghan, a smaller blanket for the car seat, sweater and hat, a onesie, a flannel receiving blanket and more hats. We have donated 199 layettes since 2016.

Toques and Warm Socks for the Homeless: In December we donated 40 toques and pairs of socks, mitts and gloves, scarves, underwear, as well as toothpaste and brushes, etc.

We continue to work on all three programs and hope to have a lot of toques and warm socks to donate to the homeless in the fall.

A very heart felt thank you to everyone who donated to these programs. These programs are ongoing and the second and third programs were started when Kennedy was still only in the Little House.

The Crafty Ladies invite you to join them – learn a new skill and make some new friends. This is a drop-in group so please stop in and say hi. We'd love to meet you!

Convener, Colleen Hopkins
Co-Convener, Lil Jones

Contract Bridge

Wed **1:30-4:30pm** **Café**

Play contract bridge in a friendly social setting that includes advanced beginners through to seasoned veterans. The group is not highly competitive and will allow you to develop your skills in a supportive environment. Arrive at 1:15pm; play starts at 1:30pm. See you there!

Workshops

Tax Clinics

Fri, Apr 14 & 21

Fifteen-minute appointments are scheduled between 2-4:30pm to collect paperwork and process tax returns. Filing will be done offsite and returned at a later date.

Sign up for your 15 minutes at the Customer Service Desk.

Coffee with a Cop

Tue, Apr 18 10-11am

Constable Joe DeSilva, North Delta's Community Liaison Officer, will be stopping by the café at Kennedy to have coffee and discuss current fraud situations and scams. Please bring your questions to the session. Refreshments will be provided.

Event code: 529333



Circle of Friends

Tue, Apr 18 11am

Join Eva, Delta's Seniors Support Coordinator for opportunities to 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.

Event code: 529332



Photo Credit: Rob Hebden

FREE Pre-recorded Webinars at Kennedy

Join Eva, Delta's Seniors Support Coordinator, for these webinars by the Alzheimer Society of BC:

Focus on Behaviour: Targeted Strategies for Denial, Paranoia, Shadowing and Anxiety

Tue, Apr 4 10-11am Event Code: 529316

Learn specific strategies for responding to four commonly experienced behaviours that people ask us about.

Dementia: Responsive Behaviours

Tue, Apr 11 10-11am Event Code: 529324

Explore possible reasons for our own reactivity and learn some coping strategies.

Chronic Pain Self-Management

Thu, Apr 27-Jun 1 1:30-4pm

The Chronic Pain Self-Management Program is a **free** six-session workshop led by two trained facilitators. The workshop, which is both educational and interactive, helps people living with chronic pain from whatever cause and their caregivers to better manage symptoms and activities of daily life, putting life back into life.

Participants receive the *Living a Healthy Life with Chronic Pain* companion book and the *Moving Easy* flexibility program CD. Participants should attend all six sessions to get the maximum benefit.

Event code: 529482

Horticultural Workshop

Thu, May 4 10:30-11:30am

Create your own linen spray with Registered Horticulturist Katie McGillivray. This fun, relaxing, sensory activity will be accompanied by an herb guessing game to test your knowledge. Space is limited, so please register in advance at the Customer Service Desk.

Event code: 529319

Members: \$10

If you have any workshops or programs you would like to see at Kennedy, please email Kennedy@delta.ca.

Delta Parks & Recreation Drop-in Fitness @ Kennedy

	Monday	Tuesday	Wednesday
9:15am		Fit & Active	
10:30am	Zumba Gold		
11:45am	Fit & Active		
12:15pm			Fit & Active



* 45 minute class. All other classes are 60 minutes. Fees subject to Delta rates.

Introducing: **Osteofit One** Tue & Thu Apr 11 – May 25 11:45am – 12:45pm
 Osteofit is an educational falls-prevention program for individuals with osteoporosis and low bone density. Osteofit One provides safe and gentle exercises for individuals with minimal previous exercise experience. This course runs twice a week, for 7 weeks, for a total of 14 classes. **Please pre-register by Tuesday, April 4.**
Course Fee: \$106.40+ tax **Event Code:** 16898

Drop-in Programs @ Kennedy

Program	Day	Time
Canasta	Mon	12:30-4pm
Snooker	Mon/Tue/Thu/Fri Wed	9am-4pm 9am – 8:45pm
Woodshop	Mon-Fri	9am-2pm
Bingo	Mon/Fri	12:15-3:30pm
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
Euchre	Tue	1-3pm
Card Making	Wed	9:30am-12pm
Acrylic Painting	Wed	10:30am-12:30pm
Learn to Play Snooker	Wed, Apr 5 & 19	1-2pm
Contract Bridge	Wed	1:30-4:30pm
Tile Games	Wed	6:30-8:30pm
Cribbage	Wed	6:30-8:30pm
Drop-in Practice Guitar	Wed	7-8:30pm
Photography Interest Group	Wed, Apr 5 & 19	6:30-8:45pm
Carpet Bowling	Wed/Fri	9-11:45am
Dealer's Choice	Wed/Fri	11:45am-3:15pm (12:15pm start Apr 12)
Samba	Thu	12:30-4pm
Drop-in Art	Thu	1-3pm
Jammers	Fri	1-3pm
Mahjong	Fri	1:15-3:30pm

Drop-in Ceramics is coming back! Details for introductory lessons and drop-in times are expected to be available in the May newsletter, so stay tuned. Please leave your name and number at the front desk if you are interested in ceramics.

See an activity that tweaks your interest? Come try it out! All of these activities are drop-in style, and our group conveners will welcome you. A 20-Activity Punch pass for Drop-ins is only \$7. It's a great way to try something new!

Instructional Programs

Program	Event code	Day	Time	Cost	Dates
Computer Class	529335	Mon	9:30am-12pm	\$45	Apr 17-June 19
Watercolour for Beginners	529376	Tue	1-3pm	\$50	Apr 11-May 9
Watercolour for Beginners	529468	Tue	1-3pm	\$50	May 16-June 13
Salsa Dancing NEW!	529448	Wed	10:30-11:30am	\$20	June 7-28
Hawaiian Dance	529303	Wed	10-11:30am	\$50	Mar 22-May 24
Line Dancing NEW!	529417	Wed	1:30-3pm	\$55	Apr 5-June 21
Music Wellness Choir NEW!	529467	Thu	10am-12pm	FREE	April 13
Music Wellness Choir NEW!	529449	Thu	10am-12pm	\$45	April 20-June 29
Tai Chi	529301	Thu	9-10am	\$40	Apr 6-May 25
iPhone for Beginners	529315	Fri	10:30am-12pm	\$50	Apr 28-May 26
Chair Yoga	529299	Fri	10-11am	\$25	Apr 14-May 12

Please register for these programs at the Customer Service Desk at least one week before classes begin.

Chair Yoga: A blended yoga course that includes both standing and sitting (on a chair) yoga. Focus on relaxation, fun and flexibility. You are welcome to join the lesson set in progress.

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.

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

iPhone for Beginners: Familiarize yourself with the wealth of features available on your iPhone to make life easier. iPhone required.

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!

Music Wellness Choir: Do you enjoy singing for health and happiness! This program is for you! Bring your favourite song choices, your playful spirit, your toes for tapping and love of singing. Get healthy making a joyful of noise with Gail Hall.

Salsa Dance: Enjoy the lively music and exercise of Salsa Dance. No experience needed.

Tai Chi: Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. The exercise calls for coordination of body parts, integrating mind, body and Qi (energy). By continual practice of Tai Chi, one can improve their health and mobility, all while enjoying the beauty of synchronized movements. You are welcome to join the lesson set in progress.

Watercolour for Beginners: Learn the wonders of watercolour painting with helpful hints from Susan. No experience necessary. Please pick up a supply list when you register.

Watercolour 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.

Nothing tops
a plain pizza.

I told the carpet layer
not to carpet my steps.

He gave me a blank
stair.

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

Wellness

April is Irritable Bowel Syndrome Awareness Month



Overview: If you suffer from the following ongoing symptoms, you might have IBS: **Abdominal Pain, Bloating, Constipation, Diarrhea.**



IBS is a chronic, often debilitating, functional gastrointestinal (GI) disorder with symptoms that include abdominal pain, bloating, and altered bowel

behaviours, such as constipation and/or diarrhea, or alternating between the two. It is the most common GI condition worldwide and the most frequent disorder presented by individuals consulting a gastrointestinal specialist (gastroenterologist).

Symptoms: Most people have experienced abdominal cramping, bloating, constipation, or diarrhea at some point in their life. However, those who have IBS experience these symptoms more frequently and intensely, to the extent that they interfere with day-to-day living.

Possible Causes: While we do not know for sure what causes IBS, it is a multifactorial disorder that likely involves an interaction between the GI tract, bacteria in the gut, the nervous system, and external factors, such as stress. While irritable bowel syndrome is chronic and painful, there is no evidence for a relationship between this disorder and an increased risk of more serious bowel conditions such as inflammatory bowel disease or colorectal cancer.

Management: The types of food eaten, the frequency and environment of eating, as well as various medications, affect both the secretions and motility of the intestine.

The most important aspect of IBS treatment is to understand the unique nature of your symptoms and any potential aggravating or triggering factors.

Dietary and Lifestyle Modifications: The bowel responds to how and when a person eats, so it is important to eat regular, well-balanced, moderately sized meals rather than erratic, variable meals. One dietary therapy for IBS is the [low FODMAP diet](#). The diet involves avoiding specific foods for six to eight weeks to see if symptoms subside. Be sure to consult a registered dietitian before eliminating any food group long-term. For more information on eating a balanced diet, consult [Canada's Food Guide](#).

Stress: The gut has its own independent nervous system (enteric nervous system). It regulates the processes of digesting foods and eliminating solid waste. This system communicates with the central nervous system, and they affect each other.

Outlook: Over time, with understanding and faithful adherence to an individualized treatment plan, many individuals with irritable bowel syndrome can look forward to a notable improvement in their condition.

Adapted from: GI Society, Canadian Society of Intestinal Research <https://badgut.org/>

For more information please contact Eva, Seniors Support Coordinator. See info 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

Delta Cultural Services

Keep informed and up to date about Cultural Services in the City of Delta. Receive information regarding programs and events at the North Delta Centre for the Arts, Douglas J. Husband Discovery Centre and Tsawwassen Arts Centre. Visit the Customer Service Desk and complete the sign-up form.

You can also visit Delta.ca/CulturalServices and explore some of the drop-in programs and workshops scheduled for winter 2023 at Ladner's Douglas J. Husband Discovery Centre, 4450 Clarence Taylor Cr.

HERITAGE HIGHLIGHTS



Delta Archives, 1970-001-1302. Courtesy of the Delta Heritage Society. Original held by City of Vancouver Archives.

This photograph depicts William Ladner riding among his dairy cattle herd around 1900. In addition to founding the town, William was a farmer and was also involved in what was surely Delta's first act of environmental protection – forcing the fish canneries to dump their offal out to sea rather than pollute the river that his cattle drank from. Visit the Archives at the Discovery Centre for more information.

Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

To measure puns accurately,
use a sighsmograph.

North Delta Centre for the Arts

11425 84 Avenue, Delta

Ukulele Circle

Sat, Apr 1 Doors 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. Doors open at 2pm. Tickets available at the door.

Cost: \$5

Open Stage

Fri, Apr 28 Doors 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. Doors open at 7pm. Tickets available at the door.

Cost: \$5 Performer or Audience member



VANCOUVER
CHAMBER MUSIC
SOCIETY



ZODIAC TRIO

FRI. APRIL 21, 2023 / 7:30PM


NORTH DELTA CENTRE FOR THE ARTS

Delta

604.952.3620

TICKET: \$ 35

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Café Eighty-Ate is open Monday to Friday 9am-1pm Serving hot meals Mondays and Wednesdays while supplies last						1
12	3 Café Eighty-Ate Easter Lunch	4 10am Focus on Behaviour Webinar	5 1pm Learn to Play Snooker 7pm Travel Photography Special	6 12pm Chocolate Brunch	7 CENTRE CLOSED	8
9 	10 CENTRE CLOSED	11 10am Responsive Behaviours Webinar	12 11am Book Club	13 10am FREE Music Wellness Choir	14 Tax Clinic	15
16	17	18 10am Coffee with a Cop 11am Circle of Friends	19 1pm Learn to Play Snooker	20	21 Tax Clinic	22 12pm Watershed Fish Release
23 30	24 2pm Free Bread	25	26 1-3pm Volunteer Appreciation Event	27 1:30-4pm Chronic Pain Management	28	29

Learn to Play Snooker

Wed, Apr 5 & 19 1-2pm

Sign up for a **FREE** lesson and get some tips from some of our more advanced players.

Café Eighty-Ate Easter Special

Mon, Apr 3 11am-12:30pm

Our Café Eighty-Ate will be serving up a delicious Easter lunch of roast turkey complete with all the fixings. Tickets are available at Kennedy's Customer Service Desk. **Tickets are \$10**, and the smiles are free!

Event code: 529365

**You can tune a guitar, but you can't tuna fish.
Unless you play bass.**

If you think of a better fish pun, let minnow.



Delta

Join us on April 22 for the 18th annual

WATERSHED FISH RELEASE

Experience nature with us at North Delta's Watershed Park. Engage with displays, activities, crafts, and help release 25,000 chum salmon fry into the creek!

Location: Watershed Park
11600 Kittson Parkway

Date: Saturday, April 22

Time: 12-2pm

To learn more, visit Delta.ca/FishRelease