

Delta

# March

# 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

*Note: These 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](mailto:kennedy@delta.ca)

## KENNEDY SENIORS RECREATION CENTRE

Recreation for 50+



**Members of  
Kennedy Seniors Society  
are invited to attend the**

**Annual General Meeting**  
Doors open 12:15pm; Meeting 1pm  
**Wednesday, March 29, 2023**

Main Hall  
11760—88 Avenue, Delta, BC V4C 3C5

**All activities will be suspended for the  
duration of the meeting.**

# Centre News

## KENNEDY SENIORS SOCIETY NOTICE OF ANNUAL GENERAL MEETING

**NOTICE IS HEREBY GIVEN** that the Annual General Meeting of Kennedy Seniors Society (the "Society") will be held at:

**Kennedy Seniors Recreation Centre  
11760 88 Avenue, Delta, BC  
Doors open 12:15pm  
Meeting 1:00pm  
Wednesday March 29, 2023  
Main Hall**

with registration beginning at 12:15pm for the following purposes:

1. To receive the annual report of the Directors to Members since the last Annual General Meeting.
2. To receive the financial statements of the Society for the fiscal year ended February 28, 2022.
3. To elect Directors of the Society for the ensuing year.
4. To transact other business as may properly come before the meeting.

Dated at Delta, BC, January 25, 2023.

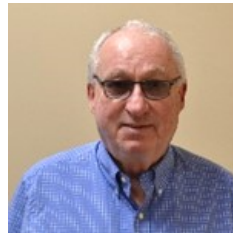
BY ORDER OF THE BOARD

Vacancies on the Kennedy Board of Directors for the 2023-2024 are:

- 1) Instructional Programs
- 2) Socials
- 3) Director at Large
- 4) Volunteers & Customer Service
- 5) Travel

## KENNEDY SENIORS SOCIETY Board of Directors 2022-2023

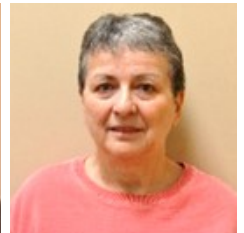
President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Instructional Programs	Bob Gestrin
Drop-in Programs	Peter Williams
Socials	Judy Smith
Director at Large	Peter Williams
Volunteers & Customer Service	Linda Christoforou
Travel	Dave Quick



Rick Stonehouse



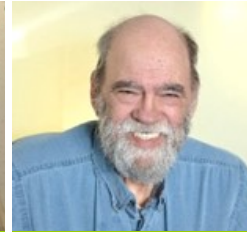
John Kennedy



Linda Remedios



Rita Chaplinsky



Peter Williams



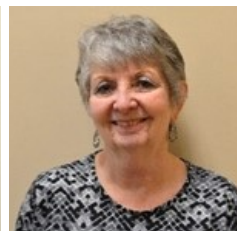
Dave Quick



Linda Christoforou



Bob Gestrin



Judy Smith

**The Nominating Committee** has been meeting to organize the Annual General Meeting, to be held on March 29, 2023. Thank you to those who have put their names forward. The cut-off date for nominations is March 8. You must be a member for one year. If you have questions about the various positions, you are welcome to contact a member of the Nominating Committee – Linda Remedios, Bob Gestrin and Ronnie Sharpe – by leaving a message at the Customer Service Desk.

The AGM doors will open at 12:15pm. You must sign in at the Customer Service Desk before entering the Main Hall. Inside the hall, three tables (with names divided alphabetically) will be set up at the back of the room to sign in and pick up your ballots.

# Centre News

Dear Members,

Buckle up! It's going to be a busy month!

I want to start by reminding everyone that Kennedy's Annual General Meeting is on Wednesday, March 29. To be a vital and growing recreational community, we need your participation and input. Please come.

Over this past year, your Board of Directors has worked steadily to bring new energy to Kennedy. There have been challenges and changes, and they've done an admirable job of maneuvering and persevering. Our centre relies on such dedicated volunteers—I wish to thank each one of them for their service to our members.

It's time to turn our clocks ahead, and then to usher in Spring. Judy has a fabulous dinner dance planned for March 25. Be sure to get your tickets early. There are some very convenient tax clinics scheduled, so do sign up for some help. And, did you know we now have more than 40 activities and programs running EVERY WEEK? There's something for everyone.

Our Kennedy library has recently received donations of numerous paperback books. With all the "fresh reads," you might want to check it out. Our library works on the honour system: you pick books, take them home to enjoy, and bring them back whenever you are done. We also welcome donations of books, but paperbacks only, please, no hard covers. A big thank you to our librarian volunteers, Ronnie and Karen, for keeping things in order!

And finally, I would be remiss if I did not wish you a Happy St Patrick's Day. My grandmother was born in Dublin, and always had wonderful blessings for her grandchildren. I'd like to pass along my favourite one to you: *May your home always be too small to hold all your friends.*

**Top o' the mornin to ya!  
Jan**



## City of Delta Staff



Seniors Community Services  
Supervisor  
Senior Centre Coordinator

Lisa Porter  
Katie Green/  
Jan Talaber

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

Jenna Suzuki  
Sara Sochting  
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:** Bev, Cal, Chris, Dwight,  
Gary, George and Karen



## KENNEDY FEES 2023

12-month Annual Membership	\$20.00
12-month Gold Membership (age 90+)	<b>FREE</b>
20-Activity Punch Passes	\$7.00
50-Activity Punch Passes	\$17.50
Activity Single Admission	\$0.35
Guest Pass	<b>FREE</b>

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!



**Meet Patti!** Patti was born in Alberta and was raised on a farm with no electricity or running water. She has now been a Delta resident for over 55 years! Patti was married and has two children and four grandchildren. In her career, she managed the Arts Council for 25 years and has worked in the entertainment industry for 35 years.

She started her days at Kennedy playing the piano while her father played the fiddle. She was a member before any of the Kennedy expansions took place! Patti became a volunteer in 2009 with Pickleball and continues to be a friendly face around our centre as our tile games convener. She is so thankful for the opportunity to meet so many fabulous people at the Kennedy Seniors Centre and hopes to pay it forward and share our centre's offerings with others.

## Calling all Volunteers!

**Save the Date:** Wednesday, April 26, 1-3pm

The City of Delta invites all of Kennedy's rock star volunteers to attend our annual volunteer appreciation event. There will be fun entertainment and light refreshments provided.

Invitations will be available for pick up at the customer service desk beginning March 6. Please RSVP by April 12 by calling the Customer Service Desk at 604-594-2717. We look forward to seeing you there!

# Centre News



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.

## 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](http://Delta.ca/Registration) and create it yourself.



## Daylight Saving Time!

Don't forget to turn your clocks forward one hour. Daylight savings begins on Sunday, March 12. Check your smoke alarm batteries too!



## A GUIDE TO PUTTING YOUR CLOCKS BACK



**SMARTPHONE**  
Leave it alone,  
it does its magic



**SUNDIAL**  
Move one house  
to the left



**OVEN**  
You'll need a  
Masters in  
Electronic  
Engineering  
or a hammer



**CAR RADIO**  
Not worth it,  
wait six months

# Centre News

## St Patrick's Day Fri, Mar 17

Come dressed in green and in your best St. Patrick's day attire.

Count the gold coins in the newsletter! Put your guess in the jar at the Customer Service Desk—the first correct guess drawn wins a prize!



**Sláinte! (Cheers!)**

## Movie Matinee Thu, March 16

**1:30pm**

Please sign up at the Customer Service Desk in advance. It's viewers' choice and we have romance, action and comedy to choose from. Bring a friend!

## Free Bread Program Mon, Mar 13 & 27



**Lobby**

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

## 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.

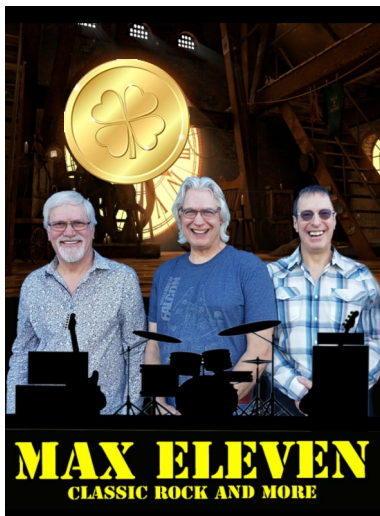
All suggestions are presented in the following Board meeting. If you wish a personal response to your suggestion, please sign your name and phone number / email address.

# Socials

## Spring Fling Dinner Dance

Sat, Mar 25

Doors 5pm; Dinner 5:30pm; Entertainment: 7-9pm



The dinner will be catered by Coast Country Caterers, with the menu featuring roasted lemon herb chicken.

Entertainment will be provided by the Max Eleven Band. Be sure to bring your cash for the 50-50 tickets and the cash bar.

**Cost:** Members: \$28/Guests \$33

**Event Code:** Members 529258 / Guests 529267  
Tickets on sale now until Tue, Mar 22.

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

# Workshops

## Tax Talk

Thu, Mar 2

1:30-2:30pm

Suki from MP Carla Qualtrough's office will be at Kennedy for a one-hour presentation to discuss how to prepare your taxes properly, the process, benefits to seniors, questions and more.

## Tax Clinics

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

**Fridays:** Mar 10, 17, 24 & 31, Apr 14 & 21

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

# Travel

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



## Granville Island & Bloedel Conservatory

Thu, Mar 23

10am-3pm

Granville Island's famous Public Market is home to over 50 independent food purveyors, and the Net Loft Shops and Railspur District are home to some of Canada's best artists and designers.

Not too far away, discover 100 exotic birds, koi fish and over 500 kinds of tropical plants at the Bloedel Conservatory.

The bus will leave Kennedy at 10am and arrive at Granville Island at approximately 10:45am. Enjoy the island and have lunch. The bus will leave the island at 12:45pm and arrive at the conservatory at approximately 1:15pm. The bus will leave the conservatory at 2:15pm and return to Kennedy at approximately 3pm.

**Cost: \$30** (Includes \$5 entrance to conservatory)

Tickets will go on sale at 10am, March 3, 2023.

Limit 4 tickets per person.

**Event Code:** 529266

## Chocolate Brunch

Thu, Apr 6

12pm

For this event, the fun will travel to you! Join us in the Café Eighty-Ate for sandwiches, coffee and a delightful selection of locally handcrafted chocolates from Ladner's Artisan Chocolates.



**Cost:** \$22

Tickets go on sale Fri, Mar 17.

**Event Code:** 529298

# Workshops

## Coffee with a Cop

Tue, Mar 21 10-11am

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

Refreshments will be provided.

Event code: 529237



## Circle of Friends

Tue, Mar 21 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: 529142

**Am I getting older or is the supermarket finally playing great music?**

## Action for Happiness

FREE Pre-recorded Webinars at Kennedy

**Self-Compassion:** Dr. Chris Irons discusses how we can be kinder to ourselves and cope better with difficult emotions.

Tue, Mar 14 10-11am Event Code: 529260

**Re-Thinking Stress:** The discussion focuses on how we can rethink stress and develop a positive "stress mindset."

Tue, Mar 28 10-11am Event Code: 529263

If you have any workshops or programs you would like to see at Kennedy, please email [Kennedy@delta.ca](mailto:Kennedy@delta.ca).



Institute on Aging & Lifelong Health

## Diabetes Self-Management

Thu, Mar 2-Apr 6 9-11:30am

This FREE course is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. The program is a six-session workshop designed specifically for persons experiencing Type 2 diabetes, although people with Type 1 diabetes have also found the program beneficial, promoting better management of symptoms and regular daily activities.

Caregivers are welcome. Participants receive the *Living a Healthy Life with Chronic Conditions* companion book. Participants should attend all six sessions for maximum benefit.

Please sign up at Kennedy's Customer Service Desk or call 604-594-2717.

Event code: 529272

## 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.

# Delta Parks & Recreation Drop-in Fitness @ Kennedy

	Monday	Tuesday	Wednesday	Thursday
9:15am		Fit & Active		
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 Sheridan

## 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	12:15-3:30pm
*Pickleball	Mon/Thu *Tue Wed	1:15-4pm *11:45am-1:45pm <u>or</u> 2-4pm 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
<b>NEW</b> Contract Bridge	Wed	1:30-4:30pm
Card Making	Wed	9:30am-12pm
Acrylic Painting	Wed,	10:30am-12:30pm
Learn to Play Snooker	Wed, Mar 1 & 15	1-2pm
Tile Games	Wed	6:30-8:30pm
Cribbage	Wed	6:30-8:30pm
<b>NEW</b> Drop-in Practice Guitar	Wed	7-8:30-pm
Photography Interest Group	Wed Mar 1, & 15	6:30-8:45pm
Carpet Bowling	Wed/Fri	9-11:45am
Dealer's Choice	Wed/Fri	11:45am-3:15pm (12:15pm start Mar 8)
Movie Matinee	Thu, Mar 16	1:30-3:30pm
Samba	Thu	12:30-4pm
Drop-in art	Thu	1-3pm
Jammers	Fri	1-3pm
Mahjong	Fri	1:15-3:30pm

\* **Tuesday Pickleball** is now being offered in two time slots. Please pick only one time slot to play on Tuesdays.

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!



Cardmaking

Photo Credit:  
Bob Sheridan



# Instructional Programs

Program	Event code	Day	Time	Cost	Dates
Guitar for Beginners	529233	Mon	10-11:30am	\$25	Feb 27- Mar 27
iPhone Instruction		Mon	10am-12pm	\$50	Apr 17-May 15
Watercolour for Beginners	529154	Tue	1-3pm	\$60	Feb 28-Apr 4
Hawaiian Dance	529303	Wed	10-11:30am	\$50	Mar 22-May 24
Line Dancing <b>NEW!</b>	529417	Wed	1:30-3pm	\$60	Apr 5-Jun 21
Acrylic Painting	529166	Wed	10:30am-12:30pm	\$30	Mar 1-15
Watercolour for Intermediates	529155	Wed	1-3pm	\$60	Mar 1-Apr 5
Tai Chi	529157	Thu	9-10am	\$40	Apr 6-May 25
Music Wellness Choir <b>NEW!</b>		Thu	10am-12pm	\$60	Apr 13-Jun 29
Chair Yoga	529274	Fri	10-11am	\$30	Feb 24-Mar 31
Chair Yoga	5298299	Fri	10-11am	\$25	Apr 14-May 12

**Acrylic Painting:** Everyone can paint! These fun and social classes will develop your abilities in acrylic medium. Two instructor-led classes will be followed by a third, loosely structured class for extra practice, tips and tricks. All levels are welcome. Drop-in options are available.

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

**Guitar for Beginners:** Learn some basic chords and how to strum some new tunes! We're a friendly group. Please bring your own guitar.

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

**iPhone Instruction:** Learn what your iPhone can do for you.

**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!

**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.

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



Meet Rita, our very talented acrylic painting instructor!

# Wellness

## March is Brain Health Awareness Month

### WHAT IS BRAIN INJURY?



**Brain injury** refers to a sudden change in brain function, which prevents the brain from performing the way it normally does. Many people are surprised to

learn that concussions, for example, are brain injuries.

There are two main types of acquired brain injury (brain injury after birth):

**Traumatic:** caused by a blow or other type of external impact to the head. Injuries in this category can be caused by hard falls, car accidents, sports injuries, and other collisions. From slipping on a patch of ice to falling off a bike, there are numerous ways a person can sustain a brain injury. Hard falls are the greatest risk for brain injury worldwide, and are a severe health risk, especially for children and older adults.

**Non-traumatic:** acquired as a result of a health issue within the body, such as a stroke, tumor, infection, or anoxia (when the body is deprived of oxygen).

However, we as a community can do our best to prevent brain injuries.

The stigma attached to brain injury can interfere with the ability of survivors to improve their quality of life. People find it difficult to recognize an “invisible disability” like brain injury – some survivors are mistakenly perceived as drunk or are treated like they are children because people do not understand the effects of brain injury. Regrettably, too many survivors also notice that people now feel uncomfortable around them.

When people sustain brain injuries, their lives are permanently altered.

**COGNITIVE EFFECTS:** Memory loss, reading difficulties, issues with writing, difficulty with arithmetic, trouble with concentrating.

**PHYSICAL EFFECTS:** Reduced mobility, trouble with coordination, sensory impairment, fatigue and/or insomnia, chronic seizures.

**SOCIAL EFFECTS:** More dependent on others, difficulties returning to work/school, trouble adapting to changes, stigma attached with the diagnosis, social isolation.

The list of effects above is not exhaustive, but it should give you a good idea of some of the challenges survivors face. While some symptoms are more common than others, no two brain injuries are alike. One survivor’s symptoms can differ greatly from another’s, which could be down to the nature of the injury, differences in the individuals’ brains pre-injury, or simply the individuals’ unique personalities.

Adapted from [www.BrainLove.ca](http://www.BrainLove.ca). For more information please contact Eva, Seniors Support Coordinator (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](mailto: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](https://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



DE2022.26.21. Courtesy of the Delta Heritage Society.

This miniature Daruma doll is a hollow, round, traditional Japanese doll modeled after Bodhidharma, the founder of the Zen tradition of Buddhism. It is seen as a symbol of perseverance and good luck. The left eye is painted when a goal or wish is set and the right eye is painted if the goal is achieved. Visit the Douglas J. Husband Discovery Centre to learn more about Delta's storied history. Open daily; free admission.

Douglas J. Husband Discovery Centre  
[delta.ca/DiscoveryCentre](https://delta.ca/DiscoveryCentre)



## North Delta Centre for the Arts

11425 84 Avenue, Delta

### Ukulele Circle

**Sat, Mar 4 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. The doors will open at 2pm.

**Cost: \$5**

Tickets available at the door.

### Open Stage

**Fri, Mar 31 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. The doors will open at 7pm.

**Cost: \$5 Performer or Audience member**

Tickets available at the door.



VANCOUVER  
CHAMBER MUSIC  
SOCIETY



**FRI. APRIL 21, 2023 / 7:30PM**

**NORTH DELTA CENTRE FOR THE ARTS**

Delta

604.952.3620

TICKET: \$ 35

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Café Eighty-Ate is open</b> <b>Monday to Friday 9-1pm</b> Serving hot meals Wednesdays and Fridays while supplies last.			1 1-2pm Learn to Play Snooker	2 1:30pm Tax Talk	3	4
5	6	7	8 11am Book Club Deadline for Board nominations	9	10 Tax Clinics	11
12 Daylight Savings Time Turn your clock ahead!	13 10am Self-compassion Webinar 2pm Free Bread	14 10am Self-compassion Webinar	15 1-2pm Learn to Play Snooker	16 1:30pm Movie Matinée	17 <b>St Patrick's Day</b> Tax Clinics	18
19	20 <b>First Day of Spring!</b>	21 10am Coffee with a Cop 11am Circle of Friends	22	23 10am Bus Trip	24 Tax Clinics	25 5pm Spring Fling Dance
26	27 2pm Free Bread	28 10am Rethinking Stress Webinar	29 <b>1pm ANNUAL GENERAL MEETING</b>	30	31 Tax Clinics	

## 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 on the following Wednesdays:

**March 8 & 22**      **9am-12pm**  
 Let's cheer our Kennedy team on!



## Learn to Play Snooker

**Wed, Mar 1 & 15**      **1-2pm**

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



Photo Credit: Rob Hebden

## Go Kennedy Go!

