

Delta

June
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:** 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+

CeleBRate
Seniors
Week
June 5-9

*see page 5 for full details



Centre News

A Message From Your Board of Directors

June 2023

With summer arriving and a forecast of higher than average temperatures for our region, seniors need to stay rested and well hydrated. Enjoy outdoor outings with your friends and family.

Programs

Check the Newsletter and the onsite bulletin boards to discover programs and 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.

Café Eighty-Ate is Open!

Please visit us and enjoy lunch or a casual snack and coffee with friends.

Say hello to Roxanne and John in the kitchen!

Hot meals are now served on Mondays and Wednesdays.

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

Annual Membership Dues

Note that annual membership dues will increase from \$20 to \$25 effective June 5.

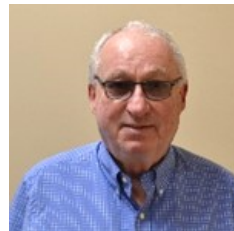
So, if your dues expiration date is approaching soon, save \$5 and buy it before June 5.

On behalf of the Board of Directors,

**Rick Stonehouse
President**

KENNEDY SENIORS SOCIETY Board of Directors 2023-2024

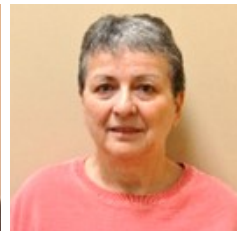
President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Instructional Programs	Bob Gestrin
Drop-in Programs	Peter Williams
Socials	Judy Smith
Director at Large	Share Forde
Volunteers & Customer Service	Linda Christoforou
Director of Travel & Marketing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



Rick Stonehouse



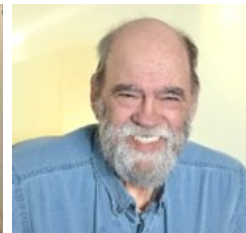
John Kennedy



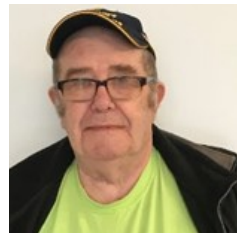
Linda Remedios



Rita Chaplinsky



Peter Williams



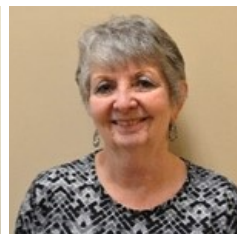
Dave Quick



Linda Christoforou



Bob Gestrin



Judy Smith



Share Forde



Centre News

Dear Members,

Kennedy's programming staff are preparing to launch the new computer software system for program registration at Kennedy on Monday, June 5. In preparation for this switch over, we are asking you to please visit our Customer Service Desk now to set up your Delta account. If you have already done this, we thank you. We will also be asking for your patience during the first week of June at our Customer Service Desk.

Which leads me into the next announcement:
Seniors Week is back!

Seniors Week runs June 5-9, and staff and board members are working hard to bring you the best Seniors Week ever. We've got special guest presentations, cool displays, lots of resources to share, special lunch menus, and prizes galore! Come join in the fun – all Kennedy drop-in programs are free for the week! Check out page 5 in this newsletter for all the details and come celebrate with us!

Finally, to all the dads out there, Happy Father's Day!

Jan Talaber
Seniors Centre Coordinator

City of Delta Staff



Seniors Community Services Supervisor	Lisa Porter
Senior Centre Coordinator	Jan Talaber
Volunteer & Customer Service Coordinator	Katie Green / Jenna Suzuki
Recreation Programmer	Trudy Buzdon-Barber
Custodian Attendant	Alec Lonsdale
Customer Service Office	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, Jim, Karen and Pankaj

KENNEDY FEES 2023

12-month Annual Membership	\$25.00
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- One day	FREE
Guest Pass- One week	\$5.00



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

Online Registration

Starting June 5, we will be moving to a new computer software membership and online registration system. Visit the front desk now to set up your account today.



Our Wellness Music Choir

Thu, Apr 20-Jun 29 10am-11:30am

We're singing for health and happiness in this introductory session. Gail Hall is a BC certified teacher with a Masters Degree from SFU in Music and Education. Teaching music and vocal programs to adults, seniors and children has been her occupation and passion for over 50 years.

Bring your toes for tapping and your love of singing. **You are welcome to join in mid session.**

Event ID: 529449



These two don't look puzzled!

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.

Free Bread Program

Mon, June 5 & 19 2pm Lobby

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



Our resident flicker family!

Photo credit: Dave Quick

Falls & Injury Prevention Clinic

Tue, Jun 13 9am-5pm

The falls prevention mobile clinics are targeted to seniors living in the community. The free clinic involves a personalized assessment session. Get more details about the clinic during Seniors Week at the information table on Friday June 9th from 10am - 11am; or call Fraser Heath 604-374-2273.



CYCLING WORKSHOP

Thu, Jun 15 10:30am

Come join us to learn about cycling in the Delta community. Meet new friends and learn about local cycling routes, safety tips, and cycling options. Please pre-register.

Event ID: 22011



Celebrate Seniors Week ~ June 5-9

- ♦ Open to the public
- ♦ Free Kennedy Seniors Society Drop-In activities
- ♦ Enter your name to win prizes all week long



Advanced Care Planning

Mon, Jun 5 10-11am

Event ID: 19239

Most of us prepare and plan our finances and belongings, but so few of us do the same with our future healthcare. Learn from Fraser Health how to start our own Advance Care Plans. Bring a pen as we go through the five steps together: Think, Learn, Decide, Talk and Record. All ages welcome. **Please pre-register.**

North Delta Lawn Bowling Club

Mon, Tue, Thu, Fri 11am-1pm

Wed 5:30-7pm

Join us and get all the information about the Lawn Bowlers Club.

Coffee with a Cop

Tue, Jun 6 10:30-11:30am

This presentation will be led by North Delta Community Liaison Cst. Da Silva. This session will focus on frauds and scams. Bring your questions. Coffee will be provided.

Smoothies: Real Fruit, Real Power

Tue, Jun 6 11:30am-12:30pm Event ID: 20823

Join certified nutritionist and fitness instructor, Jennifer Rak, for a presentation on how smoothies can fit into your diet. Keep your immune system and energy levels up using healthy ingredients. Enjoy a sample or two. **Please pre-register.**

ICBC Booth

Wed, Jun 7 10am-2pm

Bring your questions and learn more about safe driving and tips to keep you safe on the road.

Kennedy Art Info

Wed, Jun 7 11am-1pm

Get answers to all your questions about watercolour and acrylics and view some beautiful art work.

Delta Fire Department

Thu, Jun 8 11am-12pm

Delta Fire will be here in the parking lot with the fire truck information and answers to your questions.

Delta Life Line

Thu, Jun 8 12-1pm

The Delta Hospital Auxiliary Lifeline Program provides 24-hour emergency response to people at medical risk at home. Come and learn more about this potentially lifesaving service. Bring your questions, sunglasses and beach hat to this beach-themed Ice cream social and learn more about this potentially lifesaving service.

90+ Tea Celebration

Fri, Jun 9 1:30-3pm

This special event will celebrate the members of our 90+ Club, and the newest inductees. This is by invitation only. Those attending are welcomed to bring a guest. Please RSVP to the front desk or call 604-594-2717.

Fall Prevention Presentation

Fri, Jun 9 10-11am

Event ID: 19969

Educate yourself about fall risk factors, prevention and home safety. Presented by Fraser Health. **Please pre-register.**

Café Eighty-Ate

Mon-Fri 9am-1pm

Serving Hot Rib sandwiches Monday, Beef Dip on Wed, and BBQ lunch Fri. While supplies last.

Delta Senior Bus / Delta Senior Support Coordinator / Delta Fire Department / HUB Cycling

Visit the information tables in the lobby all week long.

Kennedy Volunteers & Members

Volunteer of the Month

Meet Jessica!



Jessica grew up in India and in her early twenties moved to England, where she met her husband and had a son.

Moving to Canada in 1975 the family settled in Kitchener, Ontario, where Jessica's second son was born. She now has two grandsons and one great grandson. She retired from the University of Waterloo after more than 25 years of service.

Last year she moved to BC and lives in New Westminister. Looking for volunteer opportunities, her friend Antoinette, who is a member, brought her to Kennedy where she joined and became a volunteer. Café cashier, kitchen helper, bread packing and distribution, and social events, are locations where Jessica volunteers. You can count on her to be wherever help is needed. Jammers entertainment, line dancing, sewing, knitting and mah jong are what keeps her busy. Volunteering at Kennedy has been a fulfilling and rewarding experience for her and she is truly appreciated.

Congratulations to Joan H! Joan came in second place for her quilt in the Fraser Valley Quilters Guild show. The scene was adapted from a cell phone image taken at a rest stop on the way home from her brother's wedding in 2021. To add to the exciting news, there were about 40 quilts in the challenge category and this is the first time she has placed in a show! Way to go Joan!



Emergency Dad Jokes for Father's Day

- ♦ People in Dubai don't like the Flintstones, but people in Abu Dhabi do!
- ♦ What's red and bad for your teeth? A brick.
- ♦ A duck goes into a shop to buy a lipstick. He says to the cashier, "put it on my bill."
- ♦ I want a job cleaning mirrors. I could really see myself doing it.

Socials

Sizzling Summer Dinner & Dance! Sat, Jun 24



Doors open: 5pm **Dinner:** 5:30pm

Dancing: 7-9pm

Sizzle into summer with a Dinner/Dance!

Menu: Sirloin Beef or Veggie Burger with all your favorite fixings (you must select your choice when purchasing your ticket), Potato Salad, Coleslaw, Potato Chips and Dessert.

Entertainment: The popular four piece band Sweet Max will play all your favorite listening and dance tunes. Enjoy Indoor Beach Volley Ball, a Cash Bar, 50/50 Draw and Door Prizes!
(Bring cash for the Bar and 50/50 tickets.)

Dress Code: Casual or classy summer attire. Sorry no Bikini's or Speedo's at this Beach Party!!

Members: \$20 Event ID: 529505

Guests: \$24 Event ID: 529506

Tickets go on Sale: Tue, May 30 at 10am. Ticket sale cut off is Monday June 19 at 12pm.

Travel

Picnic at Burnaby Village Museum Thu, Jun 29

Spend the day at Burnaby Village Museum. Wander the grounds and have a picnic. A bag lunch may be purchased in advance at Kennedy's Café Eight-Ate for \$10, you can buy lunch at the museum, or you can bring your own.

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

Tickets: \$20 On sale Tue, May 23 at 10am
Event ID: 529504



Drop-in Programs

Pickle ball for Beginners

Mon, Jun 12, 19 & 26

3-4pm



Curious about Pickle ball?
Come out and try it! We are not official coaches, but we will help you build your confidence by learning the basics of the game. For your safety, proper athletic footwear is required. If you need to get new shoes, please look for indoor court shoes with non-marking soles.

Please pre-register at the Customer Service Desk.



Drop-in Guitar

Tue, Jun 6, 13, 20, 27

10-11:30am

This friendly group meets weekly to play old favourites. Stop by sometime and sit a spell. You may end up singing along!



Delta Parks & Recreation Drop-in Fitness @ Kennedy

	Monday	Tuesday	Wednesday	Thursday
9:15am		Fit & Active		
10:30am	®Zumba	Fit & Functional* Starts Jun 5		Fit & Functional* Starts Jun 5
11:45am	Fit & Active			Simply Stretch Starts Jun 5
12:15pm			Fit & Active	

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

Drop-in Programs @ Kennedy

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!

Program	Day	Time
Canasta	Mon	12:30-4pm
Snooker	Mon/Tue/Thu/Fri Wed	9am-4pm 9am – 8:45pm
Woodshop	Mon-Fri	9am-2pm
Ceramics	Mon	1-3pm
Bingo	Mon/Fri	12:15-3:30pm
Pickle ball	Mon/Thu Tues Wed	1:15-4pm 1:15-2:35pm/2:40-4pm (Sign up for 1 session) 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/Thu Wed	12:30-2:30pm 1:30—3.30pm
Euchre	Tue	1-3pm
Contract Bridge	Wed	1:30-4:30pm
Card Making	Wed	9:30am-12pm
Acrylic Painting	Wed	10am-12pm
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 June 7 & 21	6:30-8:45pm
Carpet Bowling	Wed/Fri	9-11:45am
Dealer's Choice	Wed/Fri	11:45am-3:15pm (12:15pm start on June 14)
Samba	Thu	12:30-4pm
Drop-in Art	Thu	1-3pm
Jammers	Fri	1-3pm
Mahjong	Fri	1:15-3:30pm

Instructional Programs

Program	Day	Time	Cost	Dates
Guitar for Intermediates	Mon	10-11:30am	\$25	May 15-June 19
Watercolour for Beginners	Tue	1-3pm	\$50	May 16-June 13
Watercolour for Beginners	Tue	1-3pm	\$50	June 20-Jul 18
Salsa Dancing NEW!	Wed	11:45-12:45pm	\$20	Jun 7-28
Hawaiian Dance	Wed	10-11:30am	\$20	Jun 7-28
Line Dancing	Wed	1:30-3pm	\$55	Apr 5-Jun 21
Line Dancing NEW!	Wed	1:30-3pm	\$40	June 28-Aug 16
Music Wellness Choir NEW!	Thu	10am-11:30am	\$40	Apr 20-June 29
Tai Chi	Thu	9-10am	\$25	Jun 8—July 6
Chair Yoga	Fri	10-11am	\$25	June 16-July 14

Please register for new 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.**

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

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 joyful noise with Gail Hall. **You are welcome to join the lesson set in progress.**



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.

Line Dancing or Hawaiian Dancing, or both!



Taxes included in all program costs. Classes are subject to change. You must be a Kennedy Member to register.

Wellness

June is Men's Health Awareness Month

The average man pays less attention to his health than the average woman. Compared to women, men are more likely to: drink alcohol and use tobacco, make risky choices, not see a doctor for regular checkups.

Men are assailed by the diseases that can affect anyone—heart disease, stroke, diabetes, cancer, depression ... but they also have unique issues such as prostate cancer and benign prostate enlargement. Many of the major health risks that men face can be prevented with a healthy lifestyle. So don't be an average man—get on board with protecting your health.

Tips for Good Health in Later Life: For Older Men

See your Doctor regularly. Even if you feel perfectly healthy, you should see your doctor at least once a year for a checkup.

Call or see your healthcare provider when you're feeling sick. Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well.

Take medications, vitamins, and supplements only as directed. When you visit your provider, bring a complete list of these. The longer you live, and the more medicines you take, the more likely you are to experience some side effects, even from medicines bought over-the-counter at the pharmacy.

Get your shots! Check with your healthcare provider to make sure you're getting: a **flu** shot every year, the **shingles** (herpes zoster) vaccine—once when 60 or older, a combination **tetanus/diphtheria** booster shot— every 10 years, **Pneumonia** vaccination—once after age 65.

Use sunscreen. Aging skin is more susceptible to sun damage, which increases risks of skin cancer.

Lower your risk of falls and fractures. Be sure to get plenty of bone-healthy calcium and vitamin D daily .

Don't smoke; quit if you do. Tell your healthcare provider if you smoke; he or she can help you stop. It's never too late to quit.

Exercise your brain. Join a book or discussion club. Make sure you challenge your brain by trying new things, and playing against the clock rather than just repeating the same exercises over and over again.

Exercise your body. Regular exercise is important for good health, no matter how old you are. It tones up your heart, circulation, and muscles; strengthens bones; boosts brain function; lifts your mood; and can help prevent and ease depression. If you exercise with others you also get the fun and benefits of their company.

Drink only in moderation. Check with your healthcare provider to make sure that drinking alcohol is alright for you. If you have a health problem or take certain medications, you may need to drink less or not at all.

Spend time with others. Spending time and doing things with other people, of all ages, can help keep you mentally, physically and emotionally fit.

Get checked out! Screening, or checking, for early signs of certain health problems can help diagnose them early.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

Adapted from the HealthyAging.org

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 at:

Douglas J. Husband Discovery Centre
4450 Clarence Taylor Crescent, Ladner

Ukulele Circle

Sat, Jun 3 2:30-5pm

North Delta Centre for the Arts
11425 84 Avenue

Led by Gary Cyr, the Delta Ukulele Circle is an enthusiastic, welcoming and supportive crowd of music lovers with an appreciation for the ukulele. More information can be found at www.deltaukes.com.

HERITAGE HIGHLIGHTS



1994-018-082. Courtesy of the Delta Heritage Society.

This photo shows Herb Chorlton riding on a horse-drawn seed drill planting crops on a farm field, being pulled by three horses. The Chorlton photos represent one of the largest collections of images in the Archives depicting East Delta's agricultural history. Visit the Archives at the Discovery Centre for more information.

Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

Digital Literacy: Does it Compute?



Digital literacy is recognized as a critical skill set that supports life-long learning.

At Delta's Seniors Recreation Centres, we are aiming to provide instructional and self-directed programs that build digital literacy skills and confidence in using technology.

As there are a variety of digital platforms, applications, and tools available we would like to know what *you* would like to learn! Our objective is to increase the confidence of our 50+ members in navigating websites, commonly used apps, search engines and much more!

We welcome you to the Digital Literacy: Does it Compute program* If you are 50+ and have suggestions of what technology you would like to learn about, please come in to the location below or email us:

Kennedy Seniors Recreation Centre

11760 88 Ave, Delta BC V4C 3C5
Email: kennedy@delta.ca

McKee Seniors Recreation Centre

5155 47 Ave, Delta BC V4K 0A2
Email: mckee@delta.ca

The Digital Literacy: Does it Compute program was created courtesy of a \$25,000 federal grant from the New Horizons for Seniors program.

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Café Eighty-Ate is open Monday to Friday 9am-1pm Serving hot Mondays and Wednesdays while supplies last Please note: The café will be closed June 19-30				1	2	3
4 SENIORS WEEK 	5 Advanced Care Planning Lawn Bowling Club Info Hot Rib Sandwich	6 Coffee with a Cop Lawn Bowling Club Info Smoothies Presentation	7 ICBC Booth Beef Dip Sandwich	8 Delta Fire Department Lawn Bowling Club Info Delta Life Line	9 Lawn Bowling Club Info Fall Prevention Presentation BBQ Burgers	10 SENIORS WEEK 
11	12	13 Falls Prevention Clinic 9-5pm	14	15 Cycling Workshop 10:30am	16	17
18 Happy Father's Day!	19 Café closed	20 Café closed Webinar 10am Optimizing sleep	21 Café closed	22 Café closed	23 Café closed	24  Summer Sizzle Dinner Dance 5-9pm
25 North Delta Family Days parade	26 Café closed	27 Café closed	28 Café closed	29 Café closed Burnaby Village Museum Bus Trip	30 Café closed	

Celebrate Seniors Week June 5-9! Featuring:

Monday June 5	Advanced Care Planning 10-11am: Most of us prepare and plan our finances and belongings, but so few of us do the same with our future healthcare. Learn from Fraser Health how to start our own Advance Care Plans. Bring a pen as we go through the five steps together: Think, Learn, Decide, Talk and Record. All ages welcome.
Tuesday June 6	Coffee with a Cop 10:30-11:30am: This presentation will be led by North Delta Community Liaison Cst. Joe Da Silva. This session will focus on frauds and scams. Bring your questions. Smoothies: Real Fruit, Real Power 11:30am-12:30pm: Join certified nutritionist and fitness instructor, Jennifer Rak, for a presentation on how smoothies can fit into your diet. Keep your immune system and energy levels up using healthy ingredients.
Friday June 9	Fall Prevention Presentation 10-11am: Educate yourself about fall risk factors, prevention and home safety. Presented by Fraser Health.