

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, 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 a 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.

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.