

# WISE & WONDERFUL

*Where Wisdom Meets Recreation*

## May 2026

**Community Learning Program with Delta Police Recruits**

**Kennedy Seniors Society**

**Tuesday, May 5, 2026**

**McKee Seniors Society**

**Thursday, May 7, 2026**



We are honoured to have been chosen by the Delta Police Department to host new Police Recruits at Kennedy and McKee Seniors Recreation Centres. Join us for a free afternoon of community connections. Details on page 12.

**CeleBRate Seniors Week**  
**June 1-6, 2026**

**Kennedy Seniors Recreation Centre\***

11760 88 Avenue  
Delta, BC V4C 3C5  
604-594-2717  
[kennedy@delta.ca](mailto:kennedy@delta.ca)

**McKee Seniors Recreation Centre\***

5155 47 Avenue  
Delta, BC V4K 0A2  
604-946-1411  
[mckee@delta.ca](mailto:mckee@delta.ca)

Memberships: City of Delta seniors centres are dedicated to providing programs and activities for people the age of 50+. For more information, please visit the customer service desk.

**Kennedy: Annual Membership for 50+ \$25**   **McKee: Annual Membership for 50+ \$30**

### IMPORTANT MAY 2026 DATES

Mon, May 4	Summer programs available for online viewing
Sun, May 10	Mother's Day
Mon, May 18	Closed for Victoria Day - Kennedy & McKee
Wed, May 27	Summer program registration starts. Register in person at your centre's front desk or online at <a href="https://Delta.ca/rec50">Delta.ca/rec50</a> .

\*Customer Service and Operation hours vary at Kennedy Seniors Centre and McKee Seniors Centre. Information and registration are available in person, or online [delta.ca/registration](https://delta.ca/registration).

# Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

## Did you know ... ?

Our Kennedy Seniors Centre (yours and mine), is home to over 1,000 members. Imagine that! More than 1,000 members come through our doors to enjoy the warmth and benefits of our centre. Do you want to know why? Well ...

When members walk through our front doors they are met by the smiles of our volunteers who are there to greet to them. Members then move on to the front desk to sign in and meet our Delta support staff, who are always welcoming, smiling and helpful.

After members sign in at the front desk, they can then go on to enjoy one of the many activities available to all. There are exercise classes to keep you fit, some gentle, others more rigorous. Other members wish to improve their skills and talents, and take advantage of classes in acrylic/water colour painting, computers, Spanish, line dancing and Hawaiian dance, to mention a few.

For those members who wish to simply enjoy coming for the opportunity to meet new people, there are social activities such as carpet bowling, pickle ball, table tennis, snooker and bingo, and even bus trips. Others enjoy playing various card games and or board games. One of the most popular social scenes at our centre has to be our often-held dinner dances. These dinner dances are very popular and always sell out early.

If, however, you're the sort of person who just wants to enjoy some conversation around a cup of coffee and maybe a sandwich, then we have our Café Eighty Eight for that. Café Eighty Eight offers our members excellent lunchtime meals and/or light snacks, all due to the talents of our chef Roxanne. Why not drop in and say hello?

So now you know why people love being a part of our family at Kennedy Seniors Centre!

**Bob Gestrin**  
**Kennedy Seniors Society**  
**Director of Instructional Programs**

## KENNEDY SENIORS SOCIETY *Board of Directors 2026-2027*

President	Shirley Gust
Vice-President	Peter Williams
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Dir. of Instructional Programs	Bob Gestrin
Dir. of Drop-in Programs	Corrine Roy
Director of Socials	Share Forde
Director at Large	Vacant
Director of Volunteers	Linda Christoforou
Director of Travel & Marketing	Dave Quick

## Customer Service Hours

Monday	9am-4pm
Tuesday	9am-4pm
Wednesday	9am-8:15pm
Thursday	9am-4pm
Friday	9am-4pm
Saturday	9am-1:30pm

## Annual Membership Renewal Reminders

Annual Membership reminder emails are sent out when your membership renewal is coming due. If you receive an email but recently renewed your annual membership, then please disregard.

## Kennedy Fees 2026

12-Month Gold Membership (age 90+)	FREE
12-Month Annual Membership	\$25.00
20-Activity Passes	\$7.00
50-Activity Passes	\$17.50
Drop In Single Admission	\$0.35
Guest Pass-One Week	\$5.00

## Kennedy Society Information:

All donations must be approved by Kennedy Senior's Society Board of Directors before being brought into the centre. We are not collecting hardcover books, magazines, or dishes, etc.

If you are purchasing tickets to a Kennedy event for a guest who does not have a Delta account, you may now purchase the tickets under your own account.

# Kennedy News

## Café Eighty-Ate

Our Café Eighty-Ate is a multi-functional space. In the mornings, Roxanne serves hot coffee, freshly baked goods, soups, sandwiches, and hot menu items. The restaurant service then closes (see schedule below), so our members can enjoy various drop-in activities in the afternoon. Please respect the *Reserved Table* signs for smoother operations.

Café Eight-Ate offers gift certificates valued at \$5 and \$10. Please visit the café cashier.

### Café Hours:

Mon, Wed & Fri	9am-1pm
Tue & Thu	9am-1:30pm

### Café Program Hours:

Mon	Canasta	1:15pm
Tue	Euchre	1:30pm
Wed	Bridge	1:15pm
Thu	Samba	1:30pm
Fri	Mah Jong	1:15pm

## Open House Silent Auction

During the Open House scheduled for September 2026, there will be a Silent Auction. If anyone has any NEW items to donate, please talk to Corrine to see if we can accept it for the auction. Acceptable items might include gift baskets, gift cards, or other things that seniors can use.

We look forward to hearing from you! Let's make the Silent Auction a success!

## Save the Date

Jun 1-6	Seniors Week, 2026
Mon, Jun 1	BC Seniors Advocate Dan Levitt
Tue, Jun 2	Free Pancake Breakfast
Tue, Jun 9	90+ Mad Hatters Tea
Tue, Jun 9	Stop Overthinking Webinar
Tue, Jun 23	DPD Fraud Presentation
Sat, Jun 27	Elvis is Back!
Tue, Jul 7	Heat & Wildfire Smoke Safety



## Crafty Ladies

What an incredible March we had!

On March 13 Options Healthiest Baby Program picked up 30 layettes, each containing a large afghan, hooded towel, receiving blanket, sweater and hats, sleeper or onesie, face cloth, soap, and a toy. They also picked up two large bags of toddler clothing and a bag of extra baby bottles, little mitts, socks etc.

On March 31 we delivered:

- 108 toques
- 444 prs. of socks
- 48 neck warmers/scarves
- 35 head bands
- 121 toothpastes
- 101 toothbrushes
- 125 soaps
- 39 razors
- 110 wipes
- 17 large pks of personal hygiene products
- 8 combs

Thanks for your continuing support. Special thanks to Sunstone Dental Clinic and Envision for their support. We made some people a little more comfortable.

Everything was delivered to Lookout Housing Solutions and Surrey Urban Mission, which service the communities.

**I don't think I need a spine.  
It's holding me back.**

## Kennedy Society Library

**Reminder:** The library is accepting softcover books only, no hardcover books please.

# Special Events

## 60s Good Vibrations Dinner Dance

Sat, May 30

4:45-9pm

Event ID: 110602

Members \$25/Guests \$30

Get your groove on with us at our 60s Good Vibrations Dinner Dance. Roxanne will be serving up deluxe burgers (beef or veggie) and a side of potato salad. Dessert will be a delicious surprise. Enjoy entertainment by East Carolina Band. Come dressed in your 60s attire and you may win a prize!

Tickets go on sale, Thu, May 7 at 9:30am. Max four tickets per person. Kennedy doors open at 8:30am; with tickets sold on a first-come first-serve basis.

## 90+ Mad Hatters Tea

Tue, Jun 9

1-3pm

It's almost that time again to celebrate our special members who are 90 years old or better as of December 31, 2026. Please mark your calendars! Invitations will be available at the front desk as of May 1. Let us know if you are bringing a guest. Hope to see you there. Let's have some fun.

# Drop-in Programs

## Scrabble

Sat

1-3pm

Join the fun with this classic word board game!

## Card Players Wanted

Dealer's Choice uses variants of many poker styles with the rotating dealer choosing the game. We are seeking fresh players! Drop by the lounge on Wednesday and Friday afternoons to take a look.

## Darts **NEW!**

Sat

10am-12:30pm

Mon, Tue, Wed

12:30-4pm

## Mindfulness & Meditation Self-Awareness

Wed, May 13 & 22

12:30-2pm

Join us every other Wednesday. Through open discussions and meditation, we will review current practices, including breathing and relaxation, and journey further to maintain and enhance the process. **Participants must complete Levels 1 & 2 prior to registration.**

# Socials

## Elvis is Back!

Sat, June 27

*Save the Date*

This 50s party will have you rockin' & rollin' to some of your favourite tunes. Menu includes pizza, Caesar salad, and an ice cream dessert.

Let's rock the night away with Steve Elliott, a top-notch Elvis impersonator who has won numerous titles for his incredible performances.

Watch for more details in our June newsletter. Tickets will go on sale Mon, Jun 8, 2026.

# Ticket to Ride

## Seniors Day at the Red Barn

Sat, Jun 6

9:30am-2pm

Event ID: 110592

\$20

This event is designed to bring seniors, families, neighbours, and local community partners together for an enjoyable day of sharing information about the great services offered at the Red Barn.

The day will also include a Farmer's Market and live music outside, and delicious bite-sized dishes prepared by Red Seal, Bria Community Executive Chefs, showcasing meals from daily menus.

The bus will depart Kennedy at 9:30am and return at approximately 2pm.

Tickets go on sale, Thu, May 14 at 9:30am.

Two tickets per person. Kennedy membership required.



**Never discuss infinity with a mathematician.  
They can go on about it forever.**

# Instructional Programs



## Seniors Week Activities June 1-6

### Spanish for Beginners

Thu, May 7-28                      11am-12:30pm  
Event ID: 98614                      \$20

Whether you're completely new to Spanish or looking to refresh your skills, this class is perfect for learners of all backgrounds and abilities. Throughout the course, you'll learn essential vocabulary, useful phrases, basic grammar, and pronunciation tips to help you communicate confidently in everyday situations. Join us and explore the beauty of Spanish together and make

### Spanish for Beginners II

Thu, Jun 4-25                      11am-12:30pm  
Event ID: 98616                      \$20

This class is the perfect next step after Beginners I. You'll expand your vocabulary, strengthen your grasp of useful phrases, and delve deeper into essential grammar and pronunciation techniques. Join us as we continue exploring the beauty of the Spanish language.

**A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."**

### Watercolour Painting

Tue, Jun 2-30                      1-3pm  
Event ID: 98391                      \$40

Looking to learn or build on your watercolour painting skills? This is the class for you! Explore watercolour painting in a fun and relaxed atmosphere. Please note: you must bring your own supplies. A supply list is available at the customer service desk.

Find more information and a detailed list of all the Summer Programs offered at Kennedy Seniors Recreation Centre in the 2026 Spring Program Guide. Pick up a copy of the guide at the customer service desk or find it online at [Delta.ca](http://Delta.ca).



Sample Sunset Painting

### BC Senior Advocate: Dan Levitt

Mon, Jun 1                              11:30am-1:30pm  
Event ID: 11820

BC Seniors Advocate Dan Levitt will help kick off Seniors Week at the **North Delta Centre of the Arts**. He will be hosting a presentation on current issues for BC Seniors. Make sure to bring your questions! Doors open at 11:30am. Presentation starts at 12:30pm.

**Join us for a week of programs, entertainment, prizes and free admissions to all Society drop-in programs.**

- BC Seniors Advocate: Dan Levitt
- Spin the Wheel!
- Deltassist Info Table
- Guitar Hootenanny
- Heart to Home meals
- North Delta Lawn Bowling Club
- Mobile Hearing Clinic
- Tap Dance Performance
- Coffee with a Cop
- Seniors Support Coordinator Info Table
- ICBC Info Booth
- Paint with Rita
- Earthwise Society Information Table
- Self-Management BC Information Table
- Heron Hospice Info Table
- Card Makers Card Sale
- Fortis BC
- Café Hot Lunch Specials
- Concert performed by Delview Theatre Group
- Crafty Ladies
- Local Pharmacist Info Table
- Chinese Folk Dance Performance

### Paint with Rita

Mon, Jun 1                              10:30am-12:30pm  
Event ID: 110657                      Members \$10 /Guests \$12

Rita will guide you step by step in creating your own beautiful sunset painting using acrylic paints. You'll leave with a completed piece ready to display! All materials are included.

### Pancake Breakfast

Tue, Jun 2                              9-11:30am

Enjoy a **FREE** delicious breakfast of pancakes and sausages, served by the ND Lions! Three seatings: 9am, 10am & 11am. **Pick up your free tickets on May 27 at 9:30am.** Sign up early, space is limited!

# Kennedy Workshops & Presentations

## Rightsizing Your Life:

### Making Your Next Move Simple

Tue, May 5 10:30-11:30am

Event ID: 107576 Free

Join a local real estate agent and a downsizing expert for an informative presentation on the tips and strategies for successfully downsizing. Learn when to start, how to prepare, and steps to make the transition smoother. Please pre-register.

**Somebody stole all my lamps.**

**I couldn't be more delighted.**

## Hellings Literacy Program

Wed, May 6, Jun 3 9:15-10:25am

Event ID: 104353

Calling all reading buffs! We are looking for members to go to Hellings Elementary School to read to the students. There are nine classes that would love to have a member sit down and read to them. Volunteers will be placed with the same class for the duration of the program so you can get to know each other. The program will run the first Wednesday of the month. All volunteers must have a completed Criminal Record Check.

**Always trust glue salesmen.**

**They tend to stick to their word.**

## Foot Care Clinic

Fri, May 8 & 22 10am-1:45pm

Book your appointment with the Foot Care Nurse for your foot care needs. Appointments are 45 minutes. No Polish. \$60

## Raising Happiness Webinar

Tue, May 12 10-11:30am

Event ID: 97003

Hosted by Delta's Seniors Support Coordinator, for more information see page 13.

## Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations on page 13.

## Chronic Conditions Workshop

Thu May 21-Jun 25 1-3:30pm

Event ID: 96979 Free

This University of Victoria workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. The workshop is also open to caregivers and family members.

These workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active, fulfilling lives.

Participants receive a companion book and should attend all six sessions to get the maximum benefit. Non-members welcome.

## Pharmacist Presentation: Blood Pressure

Tue, May 26 10:30-11:30am

Event ID: 96998

Provided by a local pharmacist, this presentation will cover the basics of blood pressure, what the numbers mean, what counts as high blood pressure and why it matters for healthy aging.

Drawing on the latest Hypertension Canada guidelines, we will discuss recommended blood pressure targets, holistic heart-brain screening and how lifestyle choices can affect your blood pressure. There will be a Q&A session at the end. Non-members welcome. Please pre-register as space is limited.

## Grief Support Group

Mon, Jun 22-Jul 20 10am-12pm

Event ID: 110347 FREE

This free group is led by a specialized counselor from Heron Hospice Society. The focus will be on various themes, exploring the physical, mental, emotional and spiritual aspects of grief. This will be a safe space for individuals who have experienced similar relational losses to discuss strategies and access valuable resources.

Please note that registrant information will be shared with Heron Hospice Society, and you will be contacted by them before the group begins. Non-members welcome.

# Kennedy Volunteers

## Volunteer of the Month

~ Claudia K. ~



This summer, I am approaching the milestone of having spent half of my life in Canada. Born and raised in former East Germany (GDR), I dreamed of one day visiting this country, even when reaching that goal seemed all but impossible from behind the “iron

curtain”. Times change. Shortly after walking through a Berlin checkpoint towards “the West” in October 1989, I hitchhiked to England and spontaneously signed a contract with an Au-pair agency. I finally met all the criteria for the Canadian Caregiver Program, and arrived in Vancouver in 1996. I never imagined I would stay for good, here I am, now married, and the mother of a grown son.

Professionally, I hold two degrees, one in agriculture (animal production), and one in office administration. I spent most of my Canadian years volunteering and working as a coordinator for a non-profit social services agency. After meeting my husband Radek in 1998, I settled with him in North Delta. Radek and I share a love for the outdoors. In fact, we met while backpacking in Whistler.

But due to living with complex chronic diseases, my physical abilities no longer allow me to pursue strenuous activities. Becoming a member of Kennedy has been a true blessing. For a little over two years now, I have enjoyed participating in board and card games, as well as in carpet bowling. Members and staff are always friendly, the vibe at the center feels happy and safe.

I am volunteering for the “Samba” card game group on Thursday afternoons. It’s a popular game, and new participants are always welcome. Feel free to check it out!

Total volunteer hours for April is 1,013.  
Thank you to all our helpful volunteers!

## Volunteer Opportunities:

### Seniors Week: June 1-6

Greeter shifts morning and afternoons

### Back up Convener Ceramics:

Tuesdays 10am-12pm, Saturdays 10am-12pm

### Back-up Darts Convener:

Mondays 12:30-4pm, Tuesdays 12-4pm,  
Wednesdays 12-5:30pm, Saturday 10-12:30pm

Please contact Linda Christoforou or Katie Green our Volunteer Coordinator for any other volunteer opportunities.

## Volunteer Appreciation Event April 23, 2026



# Kennedy Drop-in Programs

All attendees must have a current Kennedy membership.

Please note: due to unforeseen circumstances programs may be cancelled without notice.

Kennedy Program Guide is available [online](#) or at Kennedy Seniors Recreation Centre.

<p><b>MONDAY</b> <b>CLOSED MAY 18</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Bingo 12:15-3pm            Darts <b>NEW TIME!</b> 12:30-4pm            Canasta 1:15pm-4pm            Ceramics 1-3pm            Pickleball 1:15-4pm</p>		<p><b>THURSDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Table Tennis 1:45-4:15pm            Samba (Card Game) 1:30-4:15pm            Acrylic &amp; Watercolor 1-3pm            Pickleball 1:45-4:15pm</p>	
<p><b>TUESDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Ceramics 10am-12pm            Guitar 10-11:30am            Crafty Ladies 12:15-3pm            Women's Friends Group 12:30-2:30pm            Darts <b>NEW TIME!</b> 12:30-4pm            Pickleball 1:15-4pm            Euchre 1:30-3:15pm            Mexican Train <b>NEW!</b> 1:15-4pm            Table Tennis 3:30-5:30pm</p>		<p><b>FRIDAY</b></p> <p>Carpet Bowling 9am-11:45am            Woodshop 9am-3:45pm            Snooker 9am-4pm            Crafty Ladies 9am-11:30am            Dealer's Choice 12-3:30pm            Bingo 12:15-3pm            Jammers 1-3pm            Mahjong 1:15-3:30pm</p>	
<p><b>WEDNESDAY</b></p> <p>Carpet Bowling 9am-11:45am            Woodshop 9am-8pm            Snooker 9am-8:30pm            Card Making 9:30am-12pm            Acrylic Art Drop-in 10:30am-12:30pm            Dealer's Choice 12-3:30pm            Darts <b>NEW TIME!</b> 12:30-4pm            Contract Bridge 1:15-4:15pm            Line Dancing Level 3 1:30-2:30pm            Table Tennis 1:30-3:30pm            Line Dancing Level 2 2:35-3:35pm            Line Dancing Level 1 3:40-4:40pm            Art 4-8pm            Tile Games 6:30-8:30pm            Cribbage 6:30-8:30pm            Pickleball 6:30-8:30pm            Photography Interest Group (May 6 &amp; 20) 7-9pm</p>		<p><b>SATURDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-3:45pm            Table Tennis 9:30-11:30am            (Cancelled May 23)            Ceramics 10am-12pm            Darts 10am-12:30pm            Acrylic &amp; Watercolor 1-3pm            Scrabble 1-3pm            Pickleball 1:30-3:45pm            (Cancelled May 30)</p>	<div data-bbox="867 1717 1500 1969" style="background-color: #76b82a; color: white; padding: 10px;"> <p><b>Expression of Interest: Rummoli</b></p> <p>We are looking for Rummoli players! If you are interested in playing Monday afternoons from 1-3pm please sign up at the customer service desk.</p> </div>

# Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

Please note: Due to unforeseen circumstances classes may be cancelled without notice.

Day	Name	Program Dates	Time	Event ID
<b>Monday</b>	**Zumba	Mar 30-Jun 22	9:15-10:15am	93862
	*Tap Dance	Apr 13-Jun 22	9-10:30am	98841
	*Introduction to Computers	Apr 13-Jun 22	9:30am-12pm	98595
	**Fit & Active	Mar 30-Jun 22	10:30-11:30am	93884
	**Gentle Yoga	Mar 30-Jun 22	11:45am-12:45pm	99379
<b>Tuesday</b>	**Fit & Active	Mar 31-Jun 23	9:15-10:15am	93865
	**Fit & Functional	Mar 31-Jun 23	10:30-11:15am	93867
	**Simply Stretch	Mar 31-Jun 23	11:45am-12:45pm	93869
	*Watercolour Painting	May 5-26	1-3pm	98389
<b>Wednesday</b>	*Hawaiian Dance Beginner	Apr 8-Jun 24	9:15-10:15am	98386
	*Hawaiian Dance Int.	Apr 8-Jun 24	10:15-11:30am	98355
	*Chair Yoga (Blended)	May 20-Jun 24	12-1pm	98362
	**Gentle Yoga	Apr 1-Jun 24	12:15-1:15pm	93870
	*Line Dance Level 3	Apr 1-Jun 24	1:30-2:30pm	98407
	*Line Dance Level 2	Apr 1-Jun 24	2:35-3:34pm	98409
	*Line Dance Level 1	Apr 1-Jun 24	3:40-4:40pm	98411
	*Chinese Folk Dance	Apr 1-Jun 24	4-6pm	98839
<b>Thursday</b>	**Fit & Active	Apr 2-Jun 25	9:15-10:15am	93875
	*Guitar for Int. Players	Apr 16-Jun 2	9-10:30am	98592
	*Meditation Level 1	May 21-Jun 25	10-11:30am	98854
	*Tai Chi –Beginners - NEW!	Apr 9-Jun 25	9-10am	106109
	*Tai Chi –Intermediate	Apr 9-Jun 25	10:10am-11:10am	98358
	**Fit & Functional	Apr 2-Jun 25	10:30-11:15am	93877
	*Spanish for Beginners	May 7-28	11am-12:30pm	98614
	*Minds in Motion	Apr 2-Jun 25	11:30am-1:15pm	100445
	**Meditation Level 2	May 21-Jun 25	11:45am-1:15pm	98861
	**Simply Stretch	Apr 2-Jun 25	12:30-1:30pm	93878
<b>Friday</b>	*Advanced Computers	Apr 17-Jun 26	9:30am-12pm	98598
	*Chair Yoga (Seated)	May 22-Jun 26	10-11am	98364
<b>Saturday</b>	**Gentle Yoga	Apr 4-Jun 20	9:45-10:45am	93880
	**Fit & Functional	Apr 4-Jun 20	11-11:45am	93883
	** Chair Dance Fitness	Apr 4-Jun 20	12-1pm	93882

Courses with (\*) are Kennedy Seniors Society Instructional Programs for a series of dates.

Please preregister in person at Kennedy Seniors Recreation Centre.

Courses with (\*\*) are Delta Fitness Programs.

Reserve Delta Fitness programs up to 72 hours in advance in person or at [Delta.ca/Registration](http://Delta.ca/Registration).

Visit [Delta.ca](http://Delta.ca) to see all Spring Instructional Programs offered at Kennedy Seniors Recreation Centre.

# City of Delta

## Dear Friends,

I'm approaching the end of April with trepidation and it's definitely bitter sweet. I've been a fly on the wall here at Kennedy Seniors Centre for decades, literally. I've often joked that I'm part of the wallpaper. Kennedy has been my home away from home, but more than that, it's where my second family is. Not many people can truthfully say that they love going to work... but I can.

It is said that one measures their wealth not in money or riches, but in how many friends one has. By those standards I am very rich indeed! As a nod to my Irish heritage, I wish you a blessing: May your home be too small to hold all your friends.

Kennedy and McKee are places to come together, to have coffee together, to exercise together, to laugh together, and yes, to grieve together. We carry each other through the days and the seasons with a smile, a pat on the back or a knowing look of understanding. Take the time to review these pages. The activities and the opportunities are fantastic. What a rich community and how lucky are we to be a part of it?

So, I want to share with you that I'm ready. It is time to graduate. I want to thank you for the comradery, for letting me be a part of your lives and for teaching me. I've learned something from every single member. My last day of work was April 30. My first day of membership was April 16, and my volunteer application went in the same day. I'm just waiting for my interview and CRC. And I'll be seeing you soon!

**Jan Talaber**  
**Retired Seniors Centre Coordinator,**  
**and New Member**

## Delta Seniors Bus: 604-597-4876

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-2pm.

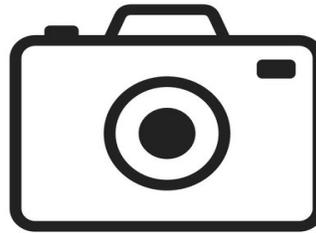
**Bookings can be made up to one week in advance.**

Medical appointments receive priority

booking. All rides are subject to availability and are booked on a first-come, first-served basis. For more information or to book a ride, please call the central booking line.



## We Love Your Smile



From time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our

members. We may use these photos to promote the activities of the centre in our newsletters or online. If you don't want your image published, please let staff know.

Do you attend more than one Delta Fitness class on the same day? During check in, please let the Customer Service staff know this is your second visit of the day, so that you avoid being charged for the second class.

# City of Delta Staff

Community Services Manager  
Seniors Community Services Supervisor  
Seniors Support Coordinator  
Senior Centre Coordinator  
Volunteer & Customer Service Coordinator  
Recreation Programmer

Kate Steel  
Lisa Porter  
Eva Busich-Veloso  
Dani Mageau  
Katie Green, Sara Sochting  
Kourtney Nishi

## DELTA PARKS RECREATION CULTURE'S ONLINE REGISTRATION SYSTEM

Accounts for Delta's online registration system can be created or updated in-person or by phone with City of Delta staff. Once your account has been created, login using the one-time password sent to your email and follow the prompts to update your password.

To register for McKee or Kennedy drop-in activities and instructional programs register online or **contact the centres directly**. Pre-registration for drop-in activities, is recommended and can be requested 72 hours in advance of the activity.

Follow these instructions to pre-register for your drop-in activity:

1. Login to your account at [delta.ca/Registration](https://delta.ca/Registration).
2. Select the genre of drop-in program you would like to register for.
3. Locate your desired drop-in activity by using the filters or scrolling.
4. Click "Register."
5. Follow the prompts to choose the attendee name and applicable fee.
6. Review the details of the drop-in activity, then click "Checkout."
7. Click "Place My Order" to complete your transaction.

### City of Delta Programs

604-952-3000

### Kennedy Seniors Recreation Centre

604-594-2717

### McKee Seniors Recreation Centre

604-946-1411

Visit [delta.ca/Registration](https://delta.ca/Registration) for helpful videos, FAQs, and more.

## Scent-Free Zone

Please be reminded: Delta Facilities are SCENT-FREE.

This includes cigarette smoke and body odours. Help us keep the air we share healthy. Chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions.

## Delta Police: Run, Walk, Roll & Law Enforcement Torch Run

Tue, Jun 9 \$55

DPD HQ 4455 Clarence Taylor Cr

Event starts 5:30pm / Run starts 6:30pm

The RWR is combined with the Law Enforcement Torch Run (LETR) in support of Special Olympics BC. Participants who would like the full runner's package/swag bag must register in advance through the Race Roster website and pay a \$55 fee. Participants who wish to take part in the 5km or 1km without a runner's package do not need to register through the Race Roster website and can attend at no cost; they will still receive a medal. All participants will be entered into prize draws and will receive a runner number.

The Delta Seniors Bus will be available for North Delta participants, leaving Kennedy Seniors Recreation Centre at 5pm and returning at approximately 8:30pm.

More details here: [deltapolice.ca](https://deltapolice.ca)

## Ladner Village Market

A gathering place for friends and family for 30 years, the Ladner Village Market is a destination outing for visitors from the Lower Mainland and beyond. With over 180 artisan vendors, the market is one of western Canada's largest open-air markets. Join us on the following Sundays from 10am-4pm throughout the summer:

Jun 7 & 21

Jul 5 & 19

Aug 9 & 23

Sep 6 & 20

We are pleased to announce that the City of Delta has entered into a servicing agreement with For the Love of Local Foundation, a not-for-profit in partnership with The Collective Markets. Find more details at [delta.ca/community-culture](https://delta.ca/community-culture).

## Ladner Bandfest: Concerts in the Park

Sat & Sun, Jun 6 & 7

11am-6pm

Take in 700 musician and 17 bands over two days. Hosted by the Delta Music Makers, this event features special guests Sunday and the band of the 15th Field Artillery Regiment, RCA. Bring your lawn chairs and picnic baskets or take advantage of the TOOB food and beverages on site. The event is free, but donations are welcome.

# Wellness

## Raising Happiness Webinar

**Kennedy**

**Tue, May 12 10-11:30am Event ID: 97003**

**McKee**

**Wed, May 13 10-11am Event ID: 97150**

Join Eva for a webinar about coping with the challenges in our personal lives, alongside major global crises, brings huge challenges for our health, mental wellbeing and overall happiness. Renowned author, educator, historian and commentator Sir Anthony Seldon will explore what it means to raise happiness and why mental wellbeing is so profoundly important. He will reflect on some of the major challenges we face and the actions we can take, both personally and collectively, to improve our wellbeing and raise happiness levels, even in tough times. Please pre-register as space is limited. Non-members

# Cultural Programs

## Open Stage

**Fri, May 1 7-9pm**

**Event ID: 100876 \$5**

### North Delta Centre for the Arts

Entertain and be entertained. 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! Doors open at 6:30pm. Show starts at 7pm. Light refreshments served.

## International Migratory Bird Day

**Sat, May 9 2-4pm**

**Event ID: 101867 Free**

### Douglas J. Husband Discovery Centre

Join us for a variety of family-friendly activities. Learn about which migratory birds are important to Delta's ecosystems. All materials will be provided. Registration recommended.

## Museum Movie Club

### Sleeping Tigers: The Asahi Baseball Story

**Thu, May 14 6-7:30pm**

**Event ID: 97660 Free 13yrs+**

### Douglas J. Husband Discovery Centre

This feature-length documentary tells the story of the Asahi baseball team. In pre-World War II Vancouver, the team was unbeatable, winning the Pacific Northwest Championship for five straight years. The movie runs 6-7pm with the option to stay on for a short discussion between 7-7.30pm. Registration recommended.

## Adult Paint Night

**Fri, May 22 7-9pm**

**Event ID: 96994 \$35**

### Tsawwassen Art Centre

**Fri, May 28 7:30-9:30pm**

**Event ID: 95623 \$35**

### North Delta Centre for the Arts

Enjoy a little art therapy with a side of socializing, and leave with a finished painting. This month's theme is *Spring Blooms*. All supplies included. You'll be lead by one of our Visual Arts instructors step by step, and we promise no one will be left behind.

## HERITAGE HIGHLIGHTS



DE2020.2.2. Courtesy of the Delta Heritage Society.

When scouting first became popular in England, girls were not invited to participate. They showed up to the first Scout rally at the Crystal Palace in London anyway. Lord Baden Powell, the founder of the scouting movement, enlisted his sister Agnes to lead the Girl guides as president--a role she held from 1910-1920. This hat was owned by Victoria Knox, a resident of Tsawwassen and Girl Guide member from 1992-1998. Visit us to learn more about Delta's storied history. Open daily; free admission.

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

Register for Cultural Programs by calling  
604-952-3000 or visiting [delta.ca](http://delta.ca).

# City of Delta: Wellness



## May is Hypertension Awareness Month

Hypertension is a complex condition with many causes including lifestyle factors, such as physical inactivity, a salt-rich diet with high processed and fatty foods, and alcohol and tobacco use.

Adequate treatment of high blood pressure lowers this cardiovascular risk towards normal levels. However, the biggest problem for controlling hypertension is compliance with treatment.

**What do the numbers mean:** A common blood pressure might be 120/80 (said as '120 over 80'). These values are quoted in units known as millimetres of mercury (mmHg).

There are 2 numbers because the blood pressure varies with the heartbeat. The higher pressure called systolic, (120) represents the pressure in the arteries when the heart beats, pumping blood into the arteries. The lower pressure, called diastolic (80) represents the pressure in the arteries when the heart is relaxed between beats.

**What is high blood pressure?:** There are various definitions of high blood pressure, but most doctors consider blood pressures of 140/90 and greater to be high.

Blood pressure is important because it is the driving force for blood to travel around the body to deliver fresh blood with oxygen and nutrients to the organs of the body and it leads to increased risk of serious cardiovascular disease, with complications such as heart attack, heart failure, stroke, kidney failure and blindness.

**Causes:** For most people with high blood pressure no precise explanation is ever found. For this reason, such cases are said to have 'essential' hypertension. These cases are likely to result from a range of factors that could be broadly grouped into genetic and environmental (lifestyle) factors that work together to raise blood pressure.

Because genes and environmental are shared within families, it is not uncommon for people with high blood pressure to know of relatives with the same condition.

**Lowering your risks:** A healthy lifestyle and a sensible diet are important. One of the most important things is to keep weight under control. Less weight means lower blood pressure, and it also means less diabetes, less stress on muscles and joints and less stress on the heart.



**Treatment:** Although it can't be cured, modern therapeutic approaches to blood pressure are very effective and generally very safe. However, if treatment is stopped the high blood pressure usually returns reasonably quickly. Left unchecked, high blood pressure will over the years cause damage to the blood vessels of the heart and brain that leads to heart attacks and strokes.

Adapted from the International Society of Hypertension <https://ish-world.com/faq>.

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

### **Delta's Seniors Support Coordinator:**

Eva Busich-Veloso, Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including: wellness, healthcare, housing options, family and caregiver support, government services and benefits.

To book an appointment call 604-787-1242 or email [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca).

Office Hours: Tuesday-Thursday, 9am-4pm

# Community Learning Program with Delta Police Recruits

**Delta**  
**POLICE**



Excellence in Policing

We are honoured to have been chosen by the  
Delta Police Department to host new Police Recruits at  
Kennedy and McKee Seniors Recreation Centres.

Join us for a free afternoon of community connections.

**Kennedy Seniors Recreation Centre**  
**Tuesday, May 5, 2026**  
**Event ID: 110341**

1-1:30pm	Welcome Tour
1:30-2pm	Card Making
2-2:30pm	Refreshments
2:30-3pm	Crafty Ladies
3-3:30pm	Pickleball

**McKee Seniors Recreation Centre**  
**Thursday, May 7, 2026**  
**Event ID: 111490**

12:30-1pm	Welcome Tour
1-1:30pm	Bingo
1:30-2pm	Refreshments
2-2:30pm	McKee Sisters
2:30-4pm	Table Tennis
2:30-4pm	Snooker

This is a unique opportunity to interact with Delta Police Recruits, ask questions, and support their community engagement.

This event is open to the community. Invite a friend!

We hope to see you there!  
Pre-registration is appreciated.  
Please visit [delta.ca/registration](https://delta.ca/registration).

**FREE**

# McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC

604-946-1411

## Dear Members,

Greetings to all McKee House members and the McKee House community.

The first day of spring has arrived and with it many spring flowers providing a welcome splash of colour.

I volunteer as a director with the McKee House Board of Directors overseeing the many diverse and vibrant instructional programs. In 2026 we welcomed new programs such L.E.A.P., Stiffness Solutions (mobility exercise class) African Hand Drumming and Senior Beginner Ukulele Lessons to list a few. See the Spring Program Guide for more details.

The McKee House Society is a unique community which is member supported and operated by volunteers in conjunction with the much-appreciated daily support of the Delta administration staff and building service workers. Many events, programs and clubs are possible through countless hours of dedication and commitment from the McKee volunteer community which is always happy to welcome new members.

The McKee House Annual General meeting is happening Saturday, May 2, 2026. This is a great opportunity for McKee members to meet the current Board of Directors, participate in the election of two Volunteer Board of Director members (one of which is the position of President) and hear about the 2025 year. Member registration opens at 10am at McKee House with the Annual General Meeting commencing at 10:30am.

Looking forward to the 2026 year and thank you all for your time and energy.

**Denise Foster**  
**Volunteer Director**  
**McKee House Seniors Society**



## McKee House Seniors Society ANNUAL GENERAL MEETING and ELECTIONS

**Saturday, May 2, 2026**

To be held in the Pioneer Hall  
Registration begins at 10am

Meeting begins at 10:30am

No Late Entries

End time 12pm

ELECTIONS (2-year terms)

President and Directors at Large

The 2025 AGM Report is available at  
McKee's Customer Service Desk.

Nominations now being accepted for  
board positions.

<b>McKee SENIORS SOCIETY</b> <b>Board of Directors 2025-2026</b>	
President	Joyce Branscombe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Carol Page
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Dorothy McLean
Dir. of Clubs	Theresa Anderson
Dir. of Day Trips	Lynda Hudon

**\*Please note:** your annual membership must be active for the date of any McKee Senior Society activity or event.

Information and registration are available in person, or online [delta.ca/registration](https://delta.ca/registration).

# McKee News

## Customer Service

Customer service transactions are available during these hours:

Monday	8:15am-6:30pm <b>NEW!</b>
Tuesday	7:45am-4pm
Wednesday	8:45am-7pm
Thursday	8:30am-4:30pm
Friday	8:30am-4pm
Saturday	9am-12:30pm

## 2026 McKee Senior Society Fees

12-Month Golden 90+ Membership	FREE
12-Month Annual Membership	\$30
12-Month Snooker Club Membership	\$35
12-Month Table Tennis Club Membership	\$20
12-Month Pickleball Club Membership	\$25
Daily-Fitness Single Admission	\$5
Fitness 5-Class Pass	\$25
Fitness 10-Class Pass	\$45
Fitness 20-Class Pass	\$85
Fitness 30-Class Pass	\$120
Non-member One-time Participation Pass	
Fitness Class	\$10
Club	\$5
Observation Only Pass	FREE

**All memberships and passes expire after 365 days.**

## Annual Membership Renewal Reminders

Annual Membership reminder emails are sent out when your membership renewal is coming due. If you receive an email but recently renewed your annual membership, then please disregard.

## Have You Scanned In?

All McKee members are required to scan in at the front desk prior to attending any club activity, drop-in class or registered instructional class.

We thank you for your cooperation.

**As a friendly reminder, no outside food or beverages are permitted in the Kee Café. Thank you for your understanding.**

## Kee Café Update

The McKee Society Board of Directors have decided to take the Kee Café in a new direction. We hope to have a soft opening in May, 2026; keep your eyes open for an official announcement for a future opening date. If you have suggestions for the café space, please place them in the a suggestion box at the front desk.

**Access through the café doors is currently not available.**

## Monday Clubs

Starting Monday, May 4, 2026, McKee will be open in the evening for club activity. We will start with snooker, mah jong and cribbage. If you are interested in other activities, please contact the front desk. There will be no access after 6:45pm.

## Join the Fun and Create Your Free Profile!

Are you interested in attending one of our events or activities? If you're a guest or non-member we'd love to have you join us!

To participate, simply create a free profile in person at McKee, or visit any Delta recreation facility. It only takes a minute, and it helps us serve you better. Stop by the front desk to set up your account. We look forward to seeing you soon!

## Day Trippers



Day Trips will resume in June, 2026

## Save the Date

Jun 1-6	Seniors Week 2026
Mon, Jun 1	BC Seniors Advocate Dan Levitt
Sat, Jun 5	Very Merry Berry Tea
Aug 3-Aug 9	Annual Maintenance facility closed
Sat, Aug 22	Summer Sizzler BBQ

# Clubs

## Walking Club

**Tue & Fri** **9am**

Join the Walking Club! Meet us outside McKee and go for a stroll! There are three groups of walkers: the fast, the medium and those who just want to go for a stroll. No one is left behind and walks are generally followed by a nice cup of coffee!

## Philosophy Group

**Fri, May 1** **11:30am-12:30pm**

**NEW! Second session** **1-2pm**

Join us this month for a friendly discussion.

## Diners Club

**Tue, May 12** **5pm**

Join us this month at Sharkey's Restaurant. Transportation and dinner are at your own cost.

## Jammers

**Tue, May 12 & 26** **3-5:15pm**

\$1 admission, coffee by donation.

## Carpet Bowling

**Thu** **9:30am-12pm**

Carpet bowling is gentle exercise that helps strengthen muscles that support everyday mobility. Regular play can improve balance, a key component of fall prevention. Many McKee players have participated for years. McKee carpet bowlers enjoy meeting and making friends, and giving high fives to each other when celebrating wins. Enid S. is a 90+ member who has mentored and supported others to learn the game. Enid oversees equipment upkeep and helps organize luncheons. A high five to this club for welcoming new players.



**McKee Ukulele Club played a special performance at the Ellen Sinclair Kenneth Lodge. Malama means giving back!**

# Special Events

## McKee Art Show & Tea



### Art Show Viewing

Apr 17-May 10

Thank you to all who participated.

### Artists Afternoon Tea & Awards

**Sun, May 3** **1:30-3:30pm**



**Our first sock hop was an overwhelming success with lots of good music and great dancing! Thanks to all who came out and danced their skirts off! Mae and her crew organized the music from the 50s and 60s, bringing us all back to our youth. Watch for news about our next dance!**

## Very Merry Berry Tea

**Fri, Jun 5** **2-4pm**

**90+ Members Free / Members \$15 / Guests \$20**

The McKee Special Event Volunteers are once again hosting an afternoon tea to honour our 90+ young members.

We will have berries and cake, entertainment by Steve and Liz, a 50/50 draw and special gifts for our honorary members.

Tickets will go on sale online and at McKee's front desk at 9:30am, Friday, May 1, 2026 and will close at 4pm, Wednesday, June 3, 2026.

# Instructional Programs

Summer Instructional Programs will be available for viewing online at [delta.ca/registration](http://delta.ca/registration) on Monday, May 4. Registration will begin at 9am, Wednesday, May 27.

## Beginner Ukulele **NEW**

**Wed, May 13-Jun 17**      **11am-12pm**  
**Event ID: 99043**      **\$30**

This friendly, low-pressure program introduces seniors to the joy of playing the ukulele, even with no prior musical experience.

Learn the basics over six weeks: how to hold the instrument comfortably, strum simple patterns, play easy chords, and follow along with familiar songs. Each session builds confidence at a relaxed pace, with plenty of encouragement, repetition, and group play.

By the end of the course, everyone will be able to play a handful of well-loved tunes and enjoy the fun and connection that making music together brings.

Bring a notebook, pen or pencil, ukulele and a tuner for the ukulele. There will be handouts for each class.



**Congratulations to Floradena, the winner of March's Count-the-Coins newsletter contest!**

**Woo Hoo!**

**Reminder:** Please arrive early on Monday and Wednesday evenings. No entrance is permitted to the facility after 6:45pm on Mondays and 7pm on Wednesdays.

Late entry is not permitted to any program. Please arrive on time for your scheduled class or you risk not being able to attend. Thank you for your attention to this matter.



## Seniors Week Activities June 1-6

### BC Senior Advocate: Dan Levitt

**Mon, Jun 1**

**11:30am-1:30pm**

**Event ID: 11820**

BC Seniors Advocate Dan Levitt will help kick off Seniors Week at the North Delta Centre of the Arts. He will be hosting a presentation on current issues for BC Seniors. The Delta Seniors Bus will be available for transportation, leaving McKee at 11am and returning at 2pm. Please pre-register to ensure your seat.

### Free admission to all McKee Drop-in Programs!

- BC Seniors Advocate Dan Levitt
- Diners Club Info Booth
- Garden Gloves Info Booth
- Line Dance Beginner - COME TRY IT!
- Nutritionist Info Booth
- Delta Assist Info Booth
- Hot Dog Party!
- Jammers Pop Up Concert
- Seniors Bus Info, Show & Tell
- Ladner Physiotherapy Info Booth
- ICBC Info Booth
- Show Case Performance!
- Dizziness and Balance Presentation
- Heart to Home Meals
- Table Tennis - COME TRY IT!
- Elder Dog Info Booth and Presentation
- Presentation, "Move It, Don't Loose It"
- Very Merry Berry Tea Honouring 90+
- Blackout Bingo!



**McKee was all abuzz at the BeeWell Workshop!**

Information and registration are available in person, or online at [delta.ca/registration](http://delta.ca/registration).

# Workshops & Presentations

## Chronic Conditions Self Management

Fri, May 8-Jun 26 9:30am-12pm

Event ID: 110296

This FREE workshop is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. The course provides information and teaches practical skills to give people the confidence and motivation to manage the challenges of living with pain. Pre-registration required online or at McKee front desk as space limited. No class May 22 or June 19.

## Foot Care Clinic

Fri, May 8 & 29 9:30am-4:30pm

Book your appointment now for all your foot care needs. No polish. McKee members only. Starting in June, appointments will be approximately 20 minutes. \$40

## Optimists and Gossipers: The Social History of Staying Connected in Delta

Tue, May 12 10-11am

Event ID: 101893

Join us for a fascinating history presentation by the Delta Museum & Archives staff. Dive into how early Deltans stayed connected with each other and the world around them, including through the Delta Optimist newspaper and early telephone systems. Members and non-members welcome.

## Circle of Friends

Wed, May 13 11:15am-12:15pm

Event ID: 99814

Join Eva, Delta's Seniors Support Coordinator for lighthearted conversation and social connections.



Celebrating McKee Volunteers!

## Fire Safety: Be Prepared, Stay Safe

Wed, May 20 10-11am

Event ID: 101618

This interactive fire safety class, hosted by the Delta Fire Department, will help participants recognize common fire hazards, prevent house fires and know what to do in an emergency. Review smoke alarms, fire extinguishers, safe cooking and calm responses.

Prepare yourself and your loved ones. Members and non-members welcome.

## Tea & Tales

Wed, May 20 11am-12pm

Event ID: 99761

Join staff from the Fraser Valley Regional Library for a short story and discussion about the authors and stories read. Non-members welcome.

## Bee Well Project: The Power of Pollinators

Fri, May 22 10-11:30am

Event ID: 100940

The Bee Well Project aims to connect Seniors to the land which they live and support. Each session blends education, storytelling, sensory experiences, reflection to discover how the life of the honeybee mirrors that of human community. Pre-registration is recommended.



## Chat with a Nurse

Fri, May 22 10-11am

Event ID: 99782

Join us in the lounge for coffee and a chat with our nurse. Bring your questions.

## Chat with a Pharmacist

Wed, May 27 10-11am

Event ID: 104379

Come and chat with your local pharmacist. We'll be able to do blood pressure checks if interested.

**We want your input!** If you have any suggestions on workshops or presentations, please leave your ideas and contact information at the front desk and our Director of Workshops will be in touch.

# McKee Volunteers

## Volunteer of the Month

~ Fran ~



Fran has worn many hats at McKee and if you have ever attended one of the amazing special events here, she is part of the magic behind it all. Not only does Fran work full time, she gives and gives to McKee and with all the events organized for McKee, she essentially works full time here as well! Fran has been active on the board and a previous front desk volunteer. She was the lead on the Anniversary hosted here at McKee this past November. Fran has been a huge part of many notable events such as the Jazz Concert, Langley Ukulele Ensemble, Spinney Brothers Concert, Spring Fling Luncheon, Robbie Burns Celebration and the list goes on and on. Fran is a regular attendee at our Philosophers Discussion Group and attends our workshops and presentations.

Thank you Fran for all you give to McKee!



### Front Desk Volunteer Needed

**Saturday Mornings**      **9am-12:30pm**

**Monday Evenings**      **4-7pm**

Please stop at the front desk and pick up a volunteer application. All volunteers must receive a cleared criminal check which is completed in office at McKee prior to training.



**Arla's seedy exchange!**



**McKee Gardens are growing! Thank you to the wonderful Delta crews who are transforming the outdoor garden space, it looks fantastic. A big thank you to the Garden Glove volunteers for hosting the Spring Seed Exchange in the lobby at McKee.**



**A huge thanks to the McKee Art Show Committee and Volunteers for prepping and hanging all the fantastic artwork submitted this year!**

# McKee Instructional/Fitness Programs

\* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
<b>Monday</b> (No classes May 18)	Fun & Fitness	Mar 30-Jun 22	8:30-9:30am	99280
	Strengthen & Stretch	Mar 30-Jun 22	8:45-9:45am	99262
	M.I.I.T.	Mar 30-Jun 22	10-11am	99285
	*Watercolour Advanced	May 11-Jun 22	10:30am-12:30pm	98936
	Line Dance Beginner	Mar 30-Jun 22	11:30am-12:30pm	99321
	*Watercolour Beginner Plus	May 11-Jun 22	1:30-3:30pm	98943
	Muscle Max	Mar 30-Jun 22	4:30-5:30pm	99272
	Low Impact Easy Aerobic Program	Mar 30-Jun 22	4:30-5:30pm	99293
<b>Tuesday</b>	Core, Balance & Strength	Mar 31-Jun 23	8-9am	99260
	Yoga Flow	Mar 31-Jun 23	9:30-10:30am	99263
	*Osteofit	May 19-Jun 23	9:30-10:30am	98957
	*Acrylic Art & Watercolour Painting	Apr 28-May 26	9:30-11:30am	98948
	*Meditation	May 12-Jun 23	11am-12pm	98999
	* Gentle Yoga	May 12-Jun 23	11am-12pm	98959
	*Tai Chi Beginner	May 19-Jun 23	12:30-1:30pm	98975
	*Get up and Go	May 12-Jun 23	1-2pm	99021
	*Tai Chi Intermediate	May 19-Jun 23	1:45-2:45pm	99039
	Muscle Max	Mar 31-Jun 23	3:30-4:30pm	99270
<b>Wednesday</b>	Fun & Fitness	Apr 1-Jun 24	9-10am	99283
	Strengthen & Stretch	Apr 1-Jun 24	10:15-11:15am	99268
	*Beginner Ukulele	May 13-Jun 17	11am-12pm	99043
	Low Impact Easy Aerobic Program	Apr 1-Jun 24	11am-12pm	99297
	*Minds in Motion	May 20-Jun 24	1:30-3:30pm	99070
	*African Hand Drumming	Jun 3-24	4:30-5:30pm	99053
<b>Thursday</b>	Chair Yoga	Apr 2-Jun 25	10:30-11:30am	99292
	*Gentle Yoga	May 14-Jun 25	11:45am-12:45pm	98981
	*Get Up & Go	May 14-Jun 25	1-2pm	99024
	Muscle Max	Apr 2-Jun 25	4:30-5:30pm	99279
	Stiffness Solutions	Apr 2-Jun 25	4:30-5:30pm	99361
<b>Friday</b>	Easy Yoga Flow	Apr 10-Jun 26	8:45-9:45am	99368
	Fun & Fitness	Apr 10-Jun 26	9-10am	99286
	Custom Fit	Apr 10-Jun 26	10:15-11:15am	99369
	Line Dance Int.	Apr 10-Jun 26	10:30-11:30am	99375
	Line Dancing 3	Apr 10-Jun 26	11:45am-12:45pm	99380
	Line Dancing 2	Apr 10-Jun 26	1-2pm	99378
	Line Dancing 1	Apr 10-Jun 26	2:15-3:15pm	99324
<b>Saturday</b>	Strengthen & Stretch	Apr 4-Jun 27	9-10am	99276
	M.I.I.T.	Apr 4-Jun 27	10:15-11:15am	99289

**Reminder:** Summer Programs will be available for online viewing on Mon, May 4 at 9am.  
Registration for Summer Programs begins Wed, May 27 at 9am.

# McKee Club Schedule

<b>MONDAY</b> (No classes May 18) Snooker Pickleball Mexican Train Tap Dance Card Seep Canasta Contract Bridge Table Tennis Snooker <b>NEW!</b> Mah Jong <b>NEW!</b> Cribbage <b>NEW!</b>	9am-4pm 9am-12pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 1:30-4:30pm 4-9pm 4:45-7:45pm 6:30-9pm	<b>THURSDAY</b> Snooker Canasta Mah Jong Carpet Bowling Pickleball Card Seep Bingo McKee Sisters Table Tennis	9am-4pm 9-11:30am 9:15am-12:15pm 9:30am-12pm 12-2pm 12:30-3pm 12:30-3:30pm 12:30-4pm 2-5pm
<b>TUESDAY</b> Walking Club Snooker Mah Jong Card Seep Scrabble Contract Bridge Euchre Jammers (May 12 & 26) Diners Club (May 12)	9-10am 9am-4pm 9:30am-12:30pm 12:30-3pm 1-4pm 1-4pm 1-3pm 3-5:15pm 5pm	<b>FRIDAY</b> Walking Club Chess Snooker Pickleball Philosophy Club (May 1) Card Seep Scrabble Book Club	9-10am 9-11am 9am-4pm 10am-12pm 11:30am-12:30pm 12:30-3pm 1-4pm 2-4:30pm
<b>WEDNESDAY</b> Snooker Pickleball Art Connection Card Seep Cribbage Mah Jong Ukulele Intermediate Table Tennis Mah Jong Duplicate Bridge	9am-9pm 10am-12pm 12-1:30pm 12:30-3pm 12:30-3pm 1-4pm 2:30-4pm 6-8pm 6-9pm 6:15-9:45pm	<b>SATURDAY</b> Table Tennis Snooker Knitting Sisters (1 <sup>st</sup> & 3 <sup>rd</sup> of month) Tap Dance Card Seep Dealers Choice Bingo Contract Bridge	9am-3pm 9:30am-3:30pm 10am-12pm  10am-12pm 11am-3pm 12:30-3pm 12:30-3:30pm 6:15-9:45pm
<b>No facility access after 6:45pm on Mondays and 7pm on Wednesdays</b>			

## Pickleball Has Returned to McKee

- Play is at Memorial Park Mon/Wed/Fri 9am-12pm & Tue/Thurs 12-2pm.
- Please sign in when you arrive at the court.
- Courts 2 and 3 are reserved and Court 1 can be used if not occupied by an outside party.
- We use a paddle rotation system to determine order of play. Instructions on how this works will be available.
- A weather report will be sent to your email address for each scheduled day as pickleball can not be played if the courts are wet.

~ McKee Seniors Society Convenor, Brian

~ McKee Seniors Society Director, Theresa

# Brain Games & Fun

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

#350 Easy www.sudoku.name

SUDOKU  
数独

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

#9817 Medium www.sudoku.name

## Victoria Day Wordsearch

S B P O D R U L B F Q J H F C I N C I P  
 A V W L B R I T I S H A B F S B L J I A  
 Q T B H W S R L Q K D N K H Z R X N O K  
 Z Z N N J K N T I X N T E P Q B D D N S  
 C S E J A M O D G N I K D E T I N U W F  
 O T P R S O V E R E I G N B P A C H O W  
 L A R J E T E Q S H R O Y A L T Y N R R  
 O T I R V J D Z I F I J F G N J K S C P  
 N U N A D A N A C P K Y N O V V G K J Y  
 I T C K D U J N C U U E I H U G R R L A  
 S O E H U K B T V A F T H C R A N O M D  
 T R A D I T I O N O A E Y U A F L W R I  
 S Y L Z A S C Z N R Q T F E K B D E D L  
 G O B G A D K E B V A J L L B A P R A O  
 L X E L Y E E E H Y P J M J O J N I M H  
 H L R I M U L K N E D A R A P N E F N H  
 K D T P Q E T B G W T U J A I Y D G Y E  
 X O I P C V I C T O R I A A X U D O V Y  
 M R C O M M E M O R A T I O N J X S N Q  
 E P H N E I R V B Y I D L W U R V T D L

COLONISTS  
 MONARCH  
 STATUTORY  
 HOLIDAY  
 VICTORIA  
 PRINCE ALBERT  
 ROYALTY  
 BRITISH  
 SOVEREIGN  
 CELEBRATION  
 QUEEN OF ENGLAND  
 PARADE  
 PICNIC  
 UNITED KINGDOM  
 CROWN  
 LONDON  
 EMPIRE  
 COMMEMORATION  
 CANADA  
 TRADITION  
 FIREWORKS

# Brain Games & Fun

## Volunteering Word Scramble

1	EVIRCES		8	OONTDIAN	
2	IMOMCNUITY		9	PHAYTME	
3	GVIIGN		10	ESFLSSLE	
4	TCSEEPR		11	NUPIAD	
5	OPSRTUP		12	NURESEOG	
6	NDISESKN		13	PLHE	
7	ARCIYTH		14	IETM	

### Did you know ...

- Sheep actually have regional accents and baa differently.
- Wool is naturally fire-resistant and hard to ignite.
- A ram's skull can absorb 800 lbs of force, comparable to a high-speed car crash, without damage.
- Sheep have rectangular pupils that let them see behind themselves.
- They have absolutely no teeth in their upper front jaw.
- Sick sheep know how to self-medicate by eating specific plants.
- One pound of wool can be spun into 20 miles of yarn.
- Dolly the sheep was the first mammal cloned from an adult.
- Sheep don't make great pets. They are only healthy in a flock structure with multiple other sheep, so if you want a pet sheep, you'll need at least six or seven!



### May Scavenger Hunt

Go for a walk and see how many of these things you can see and/or hear.

1. A red door
2. A bird on a wire
3. A bee
4. A barking dog
5. A squirrel
6. Someone washing a car
7. Someone mowing a lawn
8. A bird house
9. Someone pushing a stroller
10. A snail



England doesn't have a kidney bank, but it does have a Liverpool.

Yesterday I accidentally swallowed some food colouring.

The doctor says I'm okay, but I feel like I've dyed a little inside.

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

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



- |     |           |
|-----|-----------|
| 7.  | CHARITY   |
| 6.  | KINDNESS  |
| 5.  | SUPPORT   |
| 4.  | RESPECT   |
| 3.  | GIVING    |
| 2.  | COMMUNITY |
| 1.  | SERVICE   |
| 8.  | DONATION  |
| 9.  | EMPATHY   |
| 10. | SELFLESS  |
| 11. | UNPAID    |
| 12. | GENEROUS  |
| 13. | HELP      |
| 14. | TIME      |