

WISE & WONDERFUL

Where Wisdom Meets Recreation

October 2025

HAPPY
Halloween



IMPORTANT UPCOMING DATES

Wednesday, October 1, 2025

Monday, October 13, 2025

Monday, October 20, 2025

Friday, October 31, 2025

Sunday, November 2, 2025

International Day of the Older Adult

Thanksgiving – Kennedy & McKee Closed

Diwali

Halloween

Daylight savings - Clocks back 1 hour

Kennedy Seniors Society

Kennedy Seniors Recreation Centre*

11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717
kennedy@delta.ca

McKee Seniors Society

McKee Seniors Recreation Centre*

5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411
mckee@delta.ca

*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.

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

KENNEDY SENIORS SOCIETY

Board of Directors 2025-2026

President	Rick Stonehouse
Vice-President	Shirley Gust
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Dir. of Instructional Programs	Bob Gestrin
Dir. of Drop-in Programs	Peter Williams
Director of Socials	Share Forde
Director at Large	Corrine Roy
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

Café Eighty-Ate

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

Café Hours:

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

Café Program Hours:

Mon	Canasta	1:15pm
Tue	Euchre	1:15pm
	Crafty Ladies	1:15pm
	Mexican Train	2:00 pm
Wed	Bridge	1:15pm
Thu	Samba	1:15pm
Fri	Mah Jong	1:15pm

A Message From Your President

We now have fall programs and activities up and running. Check the newsletter (online at delta.ca) and the onsite bulletin boards to discover program times and additions as well as 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 is Open!

Please visit us and enjoy lunch or a casual snack and coffee with friends. Say hello to Roxanne and her enthusiastic volunteer helpers in the kitchen! The café also takes debit cards and credit cards so no need to bring cash!

On behalf of the Board of Directors,

Rick Stonehouse

President

Kennedy Fees 2025

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

Game Day Fun!

Fri, Oct 3, Oct 9, Sat, Oct 25 & Tue, Oct 28



Hockey Night in Canada is upon us once again! What better way to support our Vancouver Canucks than to the sport their team colours or jerseys? Join us and let's represent the Canucks loud and proud! Let's turn Kennedy into a sea of blue, green, and white. Go Canucks Go!



Halloween Costume Day!

Join us on Friday, October 31, 2025 and wear your best, funny creative costume at Kennedy! It's Halloween, let's have some fun creating memories together!

Kennedy News

IMPORTANT NOTICE:

Everyone who comes in to use the facility must have an account created, especially for special events and socials. If you are buying tickets for your friends who are not Kennedy members for the next Social dinner dance, they will be required to have an account. To create an account, please come in person to Kennedy, or visit any Delta facility. Be sure to come in advance with your contact details to have an account created before the ticket sale. Walk-ins are not accepted. Thank you for your understanding.

City of Delta Staff

Carpet Bowling

Our talented Carpet Bowling team is hosting a Lower Mainland Carpet Bowling tournament on Friday, October 3, from 9am-4pm. Spectators are welcome!



Kennedy played at the 55+ BC Games in Nanaimo and won silver! Left to right: Rick P, Carol C, Claudia K, Pusha G, Sada G

Snooker League

Kennedy will be hosting the Lower Mainland Snooker league for another season. Games will be held in the Snooker Room from 9am-1pm. Drop-in Snooker will not be offered during the game dates. Come and cheer Kennedy on!

Snooker B League

Wed, Oct 8 & 22

Wed Nov 5 & 19

Snooker A League

Thu, Oct 2, 9 & 23

Thu, Nov 6, 13 & 20

I needed something therapeutic to do, so I took up gardening. After six months, 42 trips to Home Depot, 38 blisters, 2 swollen knees, and throwing my back out, today I was able to eat my \$632 salad.

Ticket to Ride ~ Bus Trips

Vanier Park

Thu, Oct 30 9:30am-3:30pm

Event ID: 86366 \$64

Vanier Park is a waterfront park with views of downtown Vancouver and Stanley Park, with a boat-launch ramp, a marina, and a bike park. Bring your lunch from home or pre-order lunch from Roxanne at Kennedy's Café Eighty-Ate before October 27.

The bus will depart Kennedy at 9:30am, and return at approximately 3:30pm.

Tickets include admission to the Maritime Museum and the Planetarium. Tickets go on sale at 9:30am, Thursday, October 2. Two tickets per person. Kennedy membership is required.



Potter's Christmas Store

Mon, Nov 17 9:30am-3pm

Event ID: 87238 \$25

At Potter's Christmas Store, buyers search the globe to curate a selection of tasteful and unique décor. An impressive collection of over 50,000 ornaments make wonderful, personalized gifts, available in a variety of themes, such as pets, travel, food and more.

The bus will depart Kennedy at 9:30am, leave Potters at 2pm, and return at approximately 3pm. Bring your lunch from home or pre-order lunch from Roxanne at Café Eighty-Ate (pre-orders for lunch are due by November 10).

Tickets go on sale at 9:30am, Friday, October 24, 2025. Two tickets per person. Kennedy membership is required.

Kennedy Socials

Line Dancing Jamboree

Sat, Oct 4

2-5pm

Event ID: 86217

Members \$10 / Guests \$12

Calling All Line Dancers: join us for an afternoon of fun, hosted by Dorothy and Ember. This event is open to all line dancers from around the Lower Mainland, and is a great opportunity to socialize with people from other centres. There will be a short walk-through before each song. Bring your own water bottle. Soda and snacks are included in the price of the ticket.

Please note: you must have a Delta account in order to purchase tickets. Tickets on sale now!

Ghouls Just Wanna Have Fun

Dinner Dance

Sat, Nov 1

4:45-9pm

Event ID: 81598

Members: \$25 / Guests: \$30

Roxanne will prepare one of her special dinners: Salisbury steak, mashed potatoes and California vegetables with a surprise dessert. Live entertainment will be from Draft Pickers, whose motto is "have fun and keep people dancing." It will be an enjoyable evening. Costumes are encouraged to celebrate Halloween tradition.

Tickets go on sale Friday, October 3 at 9:30am. Maximum four tickets per person.

Kennedy Special Events

Thanksgiving Lunch

Fri, Oct 10

11am

\$12

Roxanne will be offering a delicious Thanksgiving lunch of ham, scalloped potatoes and veggies with an apple crumble tart for dessert. Purchase your meal directly on the day from the café. First come, first served, while quantities last.

Flu Shot Clinic

Tue, Nov 4

9am-3pm

Registration opens October 2, 2025

Registration closes October 27, 2025

Flu & COVID-19 vaccines are available to anyone 65 years or older; is living with someone 65 years or older; is a caregiver; or is living with a chronic medical condition (e.g. diabetes, high blood pressure).

Pneumonia Conjugate Vaccine (PCV) is available to those 65 years of age and older.

Please be sure to bring your BC Health Care Card and wear a short-sleeved shirt.

Advanced, pre-registration is required in person, by phone (604-594-2717) or online at Delta.ca/registration.

Kennedy Photography Interest Group Presents:

Dennis Ducklow: Travel Photography

Wed, Nov 5

7-9pm

Event ID: 87416

Members \$3 / Guests \$5

Why do we love to travel? One reason is it's an amazing way to see how different cultures live and interact. Join Dennis, a true 'people person', as he takes you on a journey through some of our planet's beautiful places. He'll share stories and experiences and introduce you to the people he meets along the way. Light refreshments included.

Open House

Well done! Many Kennedy members participated in new activities, and much fun was had by many! Prizes were won and 42 members were added. Take some time to get to know those new members and make them feel welcome. Remember, we are still counting new members until September 30 for a chance at winning the beautiful basket.



Kennedy Instructional Programs

Guitar Experience for Intermediate Players

Thu, Oct 9-Dec 4 **9-10:30am** 
Event ID: 87065 **\$5/class**

Guitar Experience focuses on expanding chord knowledge and triads, enabling players to navigate the fretboard more freely. By mastering triads, chord construction, and clean execution, guitarists gain the tools for richer rhythm and harmonic expression.

Chinese Folk Dance

Sat, Oct 4-Dec 20 **1-4pm**
Event ID: 84812 **\$5/class**

Everyone is welcome to join us for an introduction to the diverse world of Chinese Folk Dance. No experience needed. No class November 29.

Watercolour Painting

Tue, Oct 14-Nov 4 **1-3pm**
Event ID: 83136 **\$40**

This is the class to either learn or build on your watercolour painting skills in a fun and relaxed atmosphere. You must bring your own supplies; a list is available at the customer service desk.

Spanish for Beginners

Thu, Oct 23-Nov 13 **11am-12:30pm**
Event ID: 82949 **\$25**

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

Acrylic Art

Wed, Nov 5-19 **10:30am-12:30pm**
Event ID: 83035 **\$30**

Using a step-by-step process over the course of three weeks, learn to create beautiful landscapes using acrylic paints. Acrylic paints are liked by artists for their ease of use, quick drying and forgiving nature. All levels are welcome.

Please pick up your supply list at the customer service desk. Small starter supply kits are also available to purchase from the instructor for \$20.

Chair Yoga (Blended)

Wed, Nov 5-Dec 17 **12-1pm**
Event ID: 83274 **\$35**

Carol will be presenting a blended yoga class combining standing poses and chair-based movements with a focus on flexibility, breathing and relaxation. Enjoy a fun, nurturing practice that leaves you feeling refreshed and centered.

Chair Yoga (Seated)

Fri, Nov 7-Dec 19 **10-11am**
Event ID: 83276 **\$35**

Join Carol for a calming seated yoga class, where you'll focus on flexibility, deepening your breath, and promoting relaxation. This gentle practice is designed to be fun while helping you unwind.

Argentina is surprisingly cold.

In fact, it's bordering on Chile.

Kennedy Workshops & Presentations

Delta Supper Club

The Delta Supper Club is a **FREE** program for older adults that will provide you with the skills to prepare food, cook a selection of meals, and have time to share the meal with others in the program. More details on page 12.

How to Find Meaning Webinar

Tue, Oct 21 **10-11:30am**
Event ID: 83998

This webinar is hosted by Delta's Senior Support Coordinator. Please register at the front desk. More information on page 12.

Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations on page 12.

Kennedy Workshops & Presentations

Footcare Clinic

Fri, Oct 3, 10, 17, 24 & 31 10am-1:45pm \$60

Your feet carry you through life—don't ignore them! Common footcare problems include corns, calluses and cracked heels; thick, fungal or ingrown nails; diabetic nerve damage (neuropathy); and poor circulation or infections. Book an appointment with our Footcare Nurse. Care can include nail trimming and filing, reduction of thick nails, management of ingrown nails, corn and callus, removal and moisturizing.

Diabetes Self-Management Program

FULL: Waitlist Available FREE

Thu, Nov 6-Dec 11 1-3:30pm

Event ID: 78108

This course is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. The workshop was designed specifically for those with Type 2 diabetes, but people with Type 1 diabetes have also found the program beneficial. Caregivers are welcome. Participants receive the *Living a Healthy Life with Chronic Conditions* companion book. Participants should attend all six sessions to get the maximum benefit. Non-members welcome.

ICBC Enhanced Road Assessment

Tue, Nov 18 10-11:30am

Event ID: 81381

Join us for a presentation from ICBC on the Enhanced Road Assessment program and safe driving this winter. Discuss what happens if you are required to attend a driver's licensing office to be assessed on your driving skills and how to prepare for the road test. Learn tips to help you to navigate our roads safely this winter as both a driver and a pedestrian. Please pre-register to save your spot.

Crafting Around the Christmas Tree

Sat, Nov 29 11am-4 pm \$15

Event ID: 86879

We are pleased to welcome Debbie back for another fabulous Christmas craft workshop. The focus will be Christmas container arrangements. All supplies will be provided. If you have a container you would like to repurpose, bring it along. Coffee, tea and goodies will be provided; bring your own brown bag lunch. **IF** you have it, please bring scissors, wire cutters, glue gun, glue, and an extension cord. Space is limited so register early. Kennedy membership is required. Registration opens Friday, October 3 at 9am.

Drop-in Programs

Trivia Social

Wed, Starting Oct 8 6:30-8pm

Join Judy for an exciting and entertaining evening of trivia! For those who think trivia questions are beyond them and are worried about not finding an answer, your convenor feels the same way! To make things a little easier, there are three multiple choice answers for each question. Join the fun conversations and debates that come from some of the questions and answers!

Bring refreshment and a snack from home or purchase one from Judy. Trivia Social will run on the second and fourth Wednesday of the month. Kennedy Membership is required; regular drop-in fees apply.

Card Players Wanted

Dealers 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.

Crafty Ladies

The Crafty Ladies are in the final days of collecting for the unhoused. We still are in need of warm adult gloves and socks. The last day of collection is October 17 with bagging and donating October 25.

On August 29, the Options Health Baby Program director picked up 30 layette bags and 2 bags of extra clothes for toddlers, for vulnerable families in Delta and Surrey. Year-to-date we have donated 112 layette bags. Thanks to everyone for helping us with our many projects.

Kennedy Volunteers

Volunteer of the Month

~ Jaspal ~



I was born in Panjab, India. I was married in England in 1970 and have 3 sons. We moved to Quesnel in November, 1973 and moved to Surrey in 1979. In 46 years, we have moved many times between

Delta and Surrey, but have been living in Delta the last 23 years.

I became a member of Kennedy in 2009. I went door to door collecting donations for the Square Footer board and added lots of names to the plaque. Neighbours were surprised to see me doing it. I invited them to see their names on the plaque and encouraged them to become members. (The square footer boards are located in the main hallway across from the café. Donors to the centre received a square in recognition of donations.)

The Women's friendship group was started February, 2010. A Touch of India celebration happened in 2011. Indy P, RN, started checking blood pressure. Santosh N. started helping in the kitchen. Very soon our Women's Friendship Group became popular.

Thank you to Laura S, Jan T, and Liz G who gave us the opportunity to become part of Kennedy Seniors Centre. It is now our second home to enjoy every Tuesday.



Kennedy Volunteers Are All Heart

Kennedy volunteers are highly motivated by their compassion, kindness, and selfless desire to help others and improve our community. Please take a moment to thank our volunteers

Kennedy Volunteer Stats: During the month of September, Kennedy volunteers generously donated 1079 hours of their valuable time.

Volunteer Opportunities

Cashier Café Eighty-Ate: Can you deal with handling money? Training provided for back-up positions.

Kitchen Support: Do you have Food Safe certification? Would you like to be back-up for café and/or special events?

Greeters: Afternoon shifts are available. We are looking for greeters to warmly welcome customers as they enter, to provide centre tours, and to create a positive and inviting atmosphere.

Volunteers are needed to help at a crafting workshop in November. Painting experience is recommended.

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

Kennedy Volunteers

Volunteer Appreciation Tea

Wed, Nov 19 1-3pm

Event ID: 86909



Your board of directors recognizes that Kennedy could NOT be

operational and functional without the enthusiastic, capable abilities and personal time donations of our valued volunteers in all of our programs, functions and drop-in activities. In appreciation, your board is hosting a Volunteer Appreciation event to recognize your contributions.

For more information please check the November Newsletter.

We look forward to seeing you there!
Kennedy Board of Directors

Kennedy Drop-in Programs

All Attendees must have a current Kennedy membership card.

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

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

MONDAY No classes Oct 13 Woodshop Snooker Bingo Canasta Ceramics Pickleball	9am-3:45pm 9am-4pm 12:15-3:30pm 1:15pm-4pm 1-3pm 1:30-4:15pm	THURSDAY Woodshop *Snooker Acrylic & Watercolor Samba (Card Game) Pickleball Table Tennis	9am-3:45pm 9am-4pm 1-3pm 1:15-4pm 1:45-4:15pm 1:45-4:15pm
TUESDAY Woodshop Snooker Ceramics Guitar Crafty Ladies Table Tennis Women's Friends Group Euchre Pickleball Mexican Train	9am-3:45pm 9am-4pm 10am-12pm 10-11:30am 1:15-3pm 12:30-2:30pm 12:30-2:30pm 1:15-3:15pm 1:15-4pm 2-4pm	FRIDAY Crafty Ladies Carpet Bowling (Cancelled Oct 3) Woodshop Snooker Dealer's Choice Bingo Jammers (Cancelled Oct 3) Mahjong	9-11:30am 9-11:45am 9am-3:45pm 9am-4pm 12-3:30pm 12:15-3:30pm 1-3pm 1:15-3:30pm
WEDNESDAY Carpet Bowling Woodshop *Snooker Card Making Acrylic Art Drop-in (Oct 8-29) Dealer's Choice Contract Bridge Table Tennis Drop -in Art Tile Games Cribbage Pickleball Trivia Social (starts Oct 8) Photography Interest Group (Oct 1&15)	9-11:45am 9am-8pm 9am-8:30pm 9:30am-12pm 10:30am-12:30pm 12-3:30pm 1:15-4:15pm 1:30-3:30pm 4-8pm 6:30-8:30pm 6:30-8:30pm 6:30-8:30pm 6:30-8pm 7-9pm	SATURDAY Woodshop Snooker Table Tennis Ceramics Rummoli Acrylic & Watercolor Pickleball (Cancelled Oct 4 & 18)	9am-3:45pm 9am-4pm 9:30-12pm 10am-12pm 11am-3pm 1-3pm 1:30-3:45pm

*** Snooker drop-in will be closed for Snooker League play from 9am-1pm as follows:**
Wednesdays Oct 8, 22 & Nov 5, 9
Thursdays Oct 2, 9, 23 & Nov 6, 13 & 20

Save the Date

Sun, Nov 2, 2025
Thu, Nov 17, 2025
Wed, Nov 19, 2025
Sat, Nov 29, 2025
Wed, Dec 3, 2025

Daylight savings
Ticket to Ride-Potter's
Volunteer Appreciation Tea
Crafting around the Christmas Tree
Deck the Halls

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	Registered Program Dates	Time	Event ID
Monday	**Fit & Active	Sep 8-Dec 29	9:15-10:15am	73244
	*Introduction to Computers	Sep 8-Dec 1	9:30am-12pm	82931
	**Fit & Functional	Sep 8-Dec 29	10:45-11:30am	84469
	**Zumba	Sep 8-Dec 29	12-1pm	73246
Tuesday	**Fit & Active	Sep 2-Dec 30	9:15-10:15am	73297
	**Fit & Functional	Sep 2-Dec 30	10:30-11:15am	73298
	**Simply Stretch	Sep 2-Dec 30	11:45am-12:45pm	73299
	*Watercolour Painting	Sep 9-Oct 7 Oct 14-Nov 4	1-3pm	83119 83136
Wednesday	*Hawaiian Dance Beginner	Sep 10-Dec 10	9:15-10:15am	85101
	*Hawaiian Dance Int.	Sep 10-Dec 10	10:15-11:30am	82930
	*Acrylic Art	Nov 5-19	10:30am-12:30pm	83035
	*Chair Yoga (Blended)	Sep 10-Oct 22	12 -1pm	83272
	**Gentle Yoga	Sep 3-Dec 31	12:15 -1:15pm	73300
	*Line Dancing Level 2	Sep 3-Oct 29	1:30 -3pm	86354
	*Line Dancing Level 1	Sep 3-Oct 29	3:15 -4:15pm	86353
Thursday	**Fit & Active	Sep 11-Jan 1	9:15-10:15am	84470
	*Tai Chi	Sep 4-Nov 20	10 -11am	83277
	*Meditation Level 1	Sep 11-Oct 23	10-11:30am	78558
	**Fit & Functional	Sep 4-Jan 1	10:30 -11:15am	73302
	*Spanish for Beginners	Sep 11-Oct 2 Oct 23-Nov 13	11am-12:30pm	82948 82949
	*Minds in Motion	Sep 11-Nov 27	11:30-1:15pm	83030
	**Meditation Level 2	Sep 11-Oct 23	11:45am-1:15pm	78560
	**Simply Stretch	Sep 4-Jan 1	12:30 -1:30pm	73303
Friday	*Advanced Computers	Sep 12-Nov 28	9:30am-12pm	82936
	*Chair Yoga (Seated)	Sep 12-Oct 31	10 -11am	83275
Saturday	**Yoga	Oct 11-Jan 3	9:45-10:45am	89084
	**Fit & Functional	Sep 6-Jan 3	11 -11:45am	73305
	** Chair Dance Fitness	Sep 6-Jan 3	12 -1pm	73306
	*Chinese Folk Dance	Oct 4-Dec 20	1-4pm	84812

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.**

Delta Fitness programs can be reserved up to 72 hours in advance in person or Delta.ca/Registration

City of Delta

Hello, Wise and Wonderful Readers,

I'm Julie Stevens, the "new kid" at McKee! I'm the Recreation Programmer for McKee, and the Bus Programmer for both McKee and Kennedy. I've been with the City of Delta for a year now, but have settled into a steady role at McKee, where I feel I've quickly been welcomed by both members and staff alike.

I was born and raised in Delta and now am busy raising my own family in this lovely community. I've been a coach with the Delta Deas Rowing Club for over 35 years, and I've been fortunate to coach Paralympians and Invictus Games athletes, along with recreational master (adult) rowers. If the sun is shining and the weather is warm, you'll find me outside doing *something*!

I'm looking forward to meeting and working with you all!

Julie Stevens, Recreation Programmer

Seniors Healthy Living Fair

Thank you to the board members of both Kennedy and McKee Seniors Recreation Centres who joined us at the Seniors Healthy Living Fair this in September. It was great to share the amazing offerings of McKee and Kennedy with the community. Great collaboration!



Delta Seniors Bus: 604-597-4876

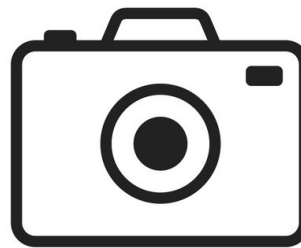
The Delta Seniors Bus service is a free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am-4pm.



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.

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.

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.

City of Delta Staff

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

Kate Steel
Lisa Porter
Eva Busich-Veloso
Jan Talaber (Kennedy)
Katie Green (Kennedy)
Kourtney Nishi (Kennedy)

Dani Mageau (McKee)
Sara Sochting (McKee)
Julie Stevens (McKee)

City of Delta

Delta Fitness

Heart Wise—North Delta Rec Centre

This low-impact, moderate intensity, core conditioning class will help improve balance, postural alignment and flexibility.

Tue/Thu, Oct 2-30 10:45am-12:15pm
Event ID: 74216 \$102.15

Osteo For Life—North Delta Rec Centre

Safely improve strength, balance and coordination, functional mobility, independence and quality of life. For those with osteoporosis/low bone density.

Tue/Thu, Oct 2-30 9:30-10:30am
Event ID: 74203 \$81

Pilates

Work to strengthen your back and abdominal muscles in this low-impact class. Improve your balance, postural alignment and flexibility.

Sungod Recreation Centre

Tue, Oct 21-Dec 2 10:30-11:30am
Event ID: 74133 \$91

Thu, Oct 30-Dec 18 6:45-7:45pm
Event ID: 74141 \$104

North Delta Rec Centre

Wed, Oct 22-Dec 3 6-7pm
Event ID: 74226 \$91

Wed, Oct 22-Dec 3 7:15-8:15pm
Event ID: 74236 \$91

Restorative Yoga-Sungod Recreation Centre

Props such as bolsters and blocks are used to fully support the body, allowing it to open slowly.

Wed, Oct 22-Dec 17 8-9:15pm
Event Code: 74168 \$117

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.



DOUGLAS J. HUSBAND DISCOVERY CENTRE PRESENTS
FALL MOVIE SERIES
FREE

Movie Title	Date	Time
WAKA WAKA	Thu, Sept 11	6:30 pm
earth to mouth	Thu, Oct 9	6:30 pm
Wapos Bay	Thu, Oct 30	4:30 pm
MARGARET ATWOOD Clara August	Thu, Nov 13	6:30 pm
VALOUR AND THE HORROR	Thu, Dec 11	6:15 pm

Book your spot by visiting Delta.ca/CulturalServices

Delta



Fright Fest

North Delta Recreation Centre

Tue, Oct 21 4-8pm

Additional Haunted House Oct 20 & 22, 6-8pm

Ladner Community Centre

Tue, Oct 28 4-8pm

Additional Haunted House Oct 27 & 29, 6-8pm

Activities include a Haunted House, photo booth, facepainting, Halloween crafts, story time provided by Fraser Valley Regional Library, a sensory room, flashmob-style dance performances, firetruck, bouncy castle, gym activities, skating, food services, including a BBQ from the North Delta Lions and Mama's Bakery in Ladner, and hot chocolate.

Fun for the whole family!

Delta Supper Club

Kennedy Seniors Recreation Centre

Wed, Oct 8 Event ID: 87424 4:30-7:30pm

Wed, Oct 22 Event ID: 87426 4:30-7:30pm

Harris Barn

Wed, Oct 1 Event ID: 75252 4:30-7:30pm

Wed, Oct 15 Event ID: 87613 4:30-7:30pm

In May 2025, the City of Delta launched, funded by the Age-Friendly Communities Grant. We are proud to be able to offer older adults the skills to prepare and cook a selection of meals and time to socialize and make new friends.

This **FREE** program provides the skills to prepare food, cook a selection of meals, with time to share the meal with others in the program. Each class will include all the ingredients to make a main dish, vegetable side dish or salad, and either an appetizer, soup or dessert. Please note that you may only register for one course per month.

How to find Meaning Webinar

Kennedy Seniors Recreation Centre

Tue, Oct 21 Event ID: 83998 10-11:30am

McKee Seniors Recreation Centre

Wed, Oct 22 Event ID: 84065 10-11am

At a time when life feels faster, harsher and more chaotic than ever, many of us are left asking: what really matters?

Renowned psychologist and researcher Professor Michael Steger will explore how we can reclaim meaning and purpose in life, even in the midst of modern chaos. Drawing on decades of research, compelling stories and moments of humour and humanity, Michael will help us understand the "purpose crisis" so many are feeling today. He'll unpack why we're burning out, what really brings our lives direction, and how purpose can guide us from where we are to where we truly want to be.

A shopkeeper fought off a robber with his labelling gun.

Police are looking for a man with a price on his head.

Letting Go, Finding Peace Webinar

McKee Seniors Recreation Centre

Wed, Nov 12 Event ID: 84064 10-11am

Kennedy Seniors Recreation Centre

Tue, Nov 25 Event ID: 84007 10-11am

Renowned forgiveness researcher and author Dr. Fred Luskin will guide us through the transformative power of letting go. Drawing on decades of research and practical experience, Fred will show how holding on to anger, resentment and blame can trap us in cycles of suffering – and how learning to let go can free us to live with greater joy, compassion and connection. Fred's approach to forgiveness is grounded, realistic, and deeply human. He'll share powerful insights and practical tools to help us release the burdens of the past, transform relationships and cultivate inner peace.

Do you need a Snow Angel?

Applications accepted:

October 6 - November 14, 2025

604-952-3000



The service is available to Delta residents 65+ who have physical limitations and do not have others in their household or nearby who are able to assist with shoveling

their walkway or sidewalk; residents 70+ with physical limitations will receive first priority. Snow Angel availability is limited as it is volunteer dependent. Snow Angels are assigned on a priority basis. Call 604-952-3000 for more info and/or to apply for the program.

Call for Snow Angel Volunteers

This winter, let's come together to make a difference in the lives of our senior neighbours. We are looking for dedicated volunteers to help shovel snow and provide pathways for our seniors. Clear paths for seniors will make daily routines safer and easier. To learn more about becoming a Snow Angel volunteer and the requirements, please call 604-946-3288 or visit Delta.ca/snowangels.

Together, we can make a significant difference this winter.

City of Delta: Wellness

“On this International Day of Older Persons, let’s commit to strengthen care and support systems that honour the dignity of older persons and caregivers”.

~ UN Secretary-General António Guterres ~

The United Nations General Assembly designated October 1 as the International Day of Older Persons on December 14, 1990.

2025 Theme: *Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being, Our Rights.* This theme emphasizes the significant and vital role that older individuals play in influencing their communities and shaping global policy, with a focus on their aspirations, well-being, and fundamental rights in the pursuit of a sustainable and inclusive future.

This is an occasion for all Canadians to join in celebrating older adults across Canada. The Government of Canada is proud to acknowledge the contributions that older adults in Canada have made and continue to make to our families, as part of the workforce, communities and society. They represent a large and growing proportion of our population. As of July 1, 2024, there were 7,820,121 Canadians aged 65 and older, making up approximately 18.9% of the total population. In 2021, approximately 16,000 to 19,000 seniors aged 65+ lived in Delta, BC, representing about 20.5% to 21%.

Celebrate Seniors: We can all think of a senior who has made a difference in our lives. They are our mentors, teachers, grandparents and loved ones. They are volunteers and role models. They have contributed generously, building our families,

It is easy to show your respect and gratitude for the older adults in your life. There are many ways to thank seniors for their contributions and to show them just how much they are appreciated. Here are just a few:

- Visit your local seniors centre
- Say “thank you”
- Visit, call or connect via video-messaging, and take some time to say “hi”
- Run errands for a senior
- Help with some outdoor chores
- Take a walk together
- Post a message on the [Seniors in Canada](#) Facebook page

Adapted from the United Nations and Government of Canada websites.

www.un.org/en/observances/older-persons-day

www.canada.ca/en/employment-social-development/campaigns/national-seniors-day/nsd-guide.html

Please connect with Eva Busich-Veloso (info below) if you require more information.

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 and caregiver support, government services and benefits.

Office Hours: Tuesday-Thursday, 9am-4pm
To book an appointment call 604-787-1242 or email ebusich-veloso@delta.ca.



McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC

604-946-1411

Good Afternoon Fellow Society Members,

As the member of the board of directors who holds the portfolio for workshops, I am taking this opportunity to share some information with regards to workshops:

Please note: workshops are not only available and free for McKee House Senior Society members, they are also open and free to the general public. So, if you have family or friends who are interested in attending any workshops presented, please feel free to invite them.

We also ask that you and your guest register ahead of any workshop so we can provide the required space. Some of the workshops do provide refreshments, such as tea and/or coffee.

If you have any ideas for workshops that you may be interested in, please let the front desk know. Workshops are generally a one-time event, but there are some workshops provided that happen monthly and bi-monthly, such as, *Coffee with a Cop*, *Coffee with a Nurse*, and *Tea and Tales* to name a few.

Workshops are not lessons provided over a period of time and do not require an instructor. They are not to be mistaken as special events, which would include bringing in entertainers, setting up special lunches, wine tasting, BBQs etc. They're not to be mistaken for Daytrippers bus trips either.

I look forward to working with you in bringing in workshops that interest you, your family and friends. So please bring your ideas in to our front desk.

Remember to take good care of yourself,

Dorothy McLean
Director of Workshops

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.

Early Membership Renewal Contest

Renew your McKee membership early and enter your name into a draw to win a gift basket. The contest runs from September 15-December 12, 2025.



REMINDER: Mobile scooters are required to be parked outside the front doors in the designated scooter parking. Thank you for your understanding.

Join the Fun – 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. It only takes a minute, and it helps us serve you better. Just stop by the front desk to set up your account. We look forward to seeing you soon!

Member Testimonial

My heartfelt congratulations to the City staff who planned and implemented the construction of the new front reception desk area.

It looks very professional and attractive with the lower front facing area and the open work space. It is a very fitting welcome point for our members, guests and our face with the public.

Please pass along our gratitude to the City and the Parks, Recreation and Culture staff.

Sincerely,
R.A. (Sandy) Watson

Information and registration are available in person, or online delta.ca/registration.

McKee News

Please note: your annual membership must be active for the date of any McKee Senior Society activity or event. A valid membership is required to participate in all society activities.

Customer Service

Customer service transactions are available during these hours:

Monday	8:30am-4pm
Tuesday	7:45am-4pm
Wednesday	8:30am-7pm
Thursday	8:30am-4pm
Friday	8:30am-4pm
Saturday	9am-12:30pm

Mama's Bakery at Kee Café

Monday-Friday	9am-4pm
Saturday	9am-1pm

Fright Fest Tue, Oct 28

The café will be open until 8:30pm, serving food and refreshments.

I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Maya Angelou ~

GAME DAY FUN! : Hockey Night in Canada is upon us once again! What better way to support our Vancouver Canucks than to sport their team colours or jerseys? Join us and let's represent the Canucks loud and proud! Let's turn McKee into a sea of blue, green, and white. Go Canucks Go!



Fri, Oct 3

Thu, Oct 9

Sat, Oct 25

Tue, Oct 28



Halloween Costume Day: Join us on Friday, October 31 and wear your best, funny creative costume at McKee! It's Halloween, why not have some fun creating memories together?



McKEE SENIORS SOCIETY Board of Directors 2025-2026

President	Joyce Branscombe
Past President	Mae Forsythe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Lynda Hudon
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Dorothy McLean
Dir. of Clubs	Theresa Anderson

McKee 2025 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	\$20
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 Visitor One-time Pass	
Fitness Class	\$10
Club	\$5

All memberships and passes expire after 365 days.

Clubs

Pickleball

Effective September 1, 2025, Pickleball membership fees have been raised to \$25.

New days of play: Mon/Wed/Fri only

Philosophy Discussion Club

Fri, Oct 3, Nov 7, Dec 5 11:30am-12:30pm
Event ID: 81342

The Philosophy Discussion Group (Phil Group) has been meeting monthly since last September and has covered a variety of topics. The initial interest for such a group was strong, and we have had 15-18 regular attendees with several more on our circulation email list.

Commencing with our new season (September 5 meeting), and with the trial period completed, we are moving forward (in name only) from a "Group" to a "Club". We are reaching out to welcome new members and different points of view.

Registration as a Club allows for increased visibility at McKee. It also provides the ability to contact members on future topics etc.

In our recent meeting, we decided on our topic for October: *Finding Common Ground: Issues & Consideration*. We are open to other suggestions.

Diners Club: Four Winds Tsawwassen

Tue, Oct 14 5pm

Each member will order from the menu and be responsible for their own bill and transportation. Sign up in advance at McKee's front desk.

Jammers

Tue, Oct 14 & 28 3pm

The Jammers are back! Come meet our new members! \$1 admission, coffee by donation.

Dealer's Choice - New Day & Time

Wed, starting Oct 15 6:30-9pm

Be part of the action and give us a hand; we'd love to see you there!

Day Trippers

Krause Berry Farms / Fort Langley

Fri, Oct 10 9am-3pm
Event ID: 85041 Cost: \$40



Enjoy the fall colours at Krause Berry Farms; pick a pumpkin, choose from a variety of frozen goodies, and get a taste of their signature waffle. Get back on the bus and ride to Fort Langley for more browsing and shopping before returning to McKee in the afternoon.

Waitlist available.

Potters Christmas Store

Fri, Nov 14 9am-3pm
Event ID: 86544 Cost: \$30

Step into a winter wonderland at Western Canada's largest Christmas store! With 50 000 tree ornaments, there's something for everyone on your list. You'll be amazed at the unique gifts found around every corner, and delighted at the sparkle surrounding you.

Tickets on sale: Wednesday, October 15, 9am
 Ticket sales end: Tuesday, November 4, 4pm
 McKee members only, this trip is accessible.

O'Christmas Tea

Sat, Nov 15 2-6pm
Event ID: 90002 Cost: \$64

Combining British propriety with an unabashed love for the unexpected, London's 3-time Impresario award-winning duo of Aaron Malkin and Alastair Knowles present an outrageously funny, inventive show reminiscent of classic British pantos. O Christmas Tree is rich in wordplay, comic physicality, and cleverly crafted interactive elements. Fans of Monty Python, Mr. Bean and Dr. Seuss ... grab your teacups!



Tickets on sale: Wednesday, October 8 at 9am
 Ticket sales end: Wednesday, November 5, 4pm
 McKee members only.

Information and registration are available in person, or online delta.ca/registration.

Special Events & Activities



ANNIVERSARY GALA

Saturday, November 29

6-9:30pm

McKee Seniors Society is pleased to announce the 20th Anniversary Gala Event. Come sail with us in celebrating 20 years of the McKee Seniors House opening in a lavish gala featuring entertainment from Brian Zalo Mix, a variety of wonderful hors d'oeuvres, wine, beer and photo opportunities to capture the moments.

Tickets go on sale at McKee's front desk at 9am on Monday, October 20, 2025.

This event is open to all McKee Seniors Society Members and up to one guest per member.

Members: \$15 / Guest: \$20

Event ID: 90640

Hope to see you all there.



15-2, 15-4, and the rest don't score!!



September's Ferry Bus Trip was a great success!



On Sep 13 the Spinney Brothers played to a full house and ended the evening with two standing ovations!! Thank you to everyone who came out and danced the night away!



Christmas Craft Fair

Sat, Nov 15

10am-4pm

Discover the talents in your community and get some early Christmas shopping done! Discover unique and handmade treasures while supporting local artisans at our upcoming craft fair!



Don't miss this fantastic event - we can't wait to see you! Donations to the food bank will be collected throughout the duration of the event.

Save the Date

Sun, Nov 2, 2025

Thu, Nov 20 & 27, 2025

Fri, Dec 12, 2025

Wed, Jan 31, 2026

Daylight savings

Mah Jong Lessons

Holiday Luncheon

Langley Ukulele

Ensemble

McKee Seniors Society is looking for donations of candy and funds to support the trick-or-treaters at Frightfest on Tuesday, October 28, 2025. Please drop your donations off at the front desk.

Information and registration are available in person, or online delta.ca/registration.

Workshops & Presentations

Delta Supper Club

The Delta Supper Club is a **FREE** program for older adults that will provide you with the skills to prepare food, cook a selection of meals, and have time to share the meal with others in the program. More details on page 12.

Coffee with a Cop

Wed, Oct 15 **9:45-10:45am**
Event ID: 84074

Enjoy a coffee and a visit with a member of the DPD to discuss your community.

Tea & Tales

Wed, Oct 15 **11am-12pm**
Event ID: 79711

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

Coffee with a Nurse

Fri, Oct 17 **10-11am**
Event ID: 82215

Join us in the lounge to share a cup of coffee with a nurse. Bring your questions. This month's topic is atherosclerosis and arteriosclerosis.

Finding Your Family History Workshop

Tue, Oct 21 **10-11am**
Event ID: 88125

Take an exciting journey exploring your family's past and take your genealogy research to the next step. Perfect for both beginners and enthusiasts, you'll learn where to start, how to record information, and where to find valuable documents in local archives and online resources.

Circle of Friends

Wed, Oct 22 **11:15am-12:15pm**
Event ID: 84058

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

Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations on page 12.

Flu Shot Clinic

Thu, Oct 23 **9am -4pm**

- 10-minute appointment time slots
- By registration only

Register in advance to receive your Covid 19 vaccine and/or influenza shot by your local professional pharmacist at McKee Seniors Recreation Centre. **Pre-registration required. Sign up now to reserve your spot!**

Foot Care

Fri, Oct 24 **9am-5pm**

Book an appointment with the Foot Care Nurse for all your foot care needs. No polish. Registration is now open for appointments. McKee members only.

Hearing Health Presentation

Thu, Oct 30 **2-3pm**
Event ID: 86574

Clinicians will host a presentation on how the ear works, the effects of untreated hearing loss, and social and interpersonal effects on everyday living. Pre-registration required.

We want your input!

McKee is dedicated to offering members and the public fun, educational and interactive workshops year round. We would love to hear from you! If you have any suggestions on workshops or presentations that McKee could offer, please leave your ideas and contact information with a front desk volunteer and our Director of Workshops will get in touch with you. Thank you.

Instructional Programs

Meditation

Tue, Oct 21-Dec 2 **11am-12pm** **Event ID: 83055**
\$30/6 sessions

Let's Play Guitar

Wed, Oct 15-Nov 19 **11am-12pm** **Event ID: 83365**
Wed, Nov 26-Dec 31 **11am-12pm** **Event ID: 83366**
\$30/6 sessions

McKee Volunteers

Volunteer of the Month

~ Louise ~



That smile says it all! What a welcome when you walk in the front doors of McKee!

Meet Louise, a front desk volunteer who brings it all. Louise is a staple who volunteers her time helping the members and visitors of McKee as well as bringing her wealth of knowledge and experience assisting our treasurer. Louise loves a good social and always supports the events and workshops here at McKee. She has participated in our Digital Literacy classes, High Tea and Spring Fling and most recently the Supper Club. It's a true pleasure when a day at McKee includes Louise. McKee can't thank you enough for all your volunteer hours. A big thanks for all you do!



How do you get nine McKee members to swear?
Make the 10th one shout Bingo!



Café Volunteers Needed: Do you have some free time to spare? Kee Café needs volunteers for 3-hour shifts, once a week, Monday-Friday from 10:30am-1:30pm. Please visit the front desk to get an application.

Front Desk Volunteers Needed: The front desk customer service team is looking for one person to fill the Friday afternoon shift from 12:30-4pm. We also need someone to fill the Saturday morning shift from 9am-12:30pm. You will require experience with Word and Excel. Once a criminal record check has been approved training will be provided. Please visit the front desk for a volunteer application.

Convenor Search

McKee is looking for a **Golf Club** convenor! What better than to golf with your fellow members?

McKee is looking for a **Mexican Train Club** convenor as well as members!

McKee is also seeking a **Chess Club Convenor**.

If you are interested in stepping into any of these roles, please see the front desk.

McKee's Volunteer Give Back Ice Cream Social was a great afternoon spent chatting and laughing, and of course eating ice cream. I wanted to give a huge thank you to all the volunteers that support and make McKee such a fantastic place to be. Thank you as well to the McKee Board of Directors for supporting and attending this fun event.

Sara,
A/Volunteer and Customer Service Coordinator



McKee Instructional/Fitness Programs

* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Sep 8-Dec 29	8:30-9:30am	83060
	Strengthen & Stretch	Sep 8-Dec 29	8:45-9:45am	82484
	M.I.I.T.	Sep 8-Dec 29	10-11am	82501
	*Watercolour Advanced	Oct 20-Nov 24	10:30am-12:30pm	83268
	Line Dance Intermediate	Sep 8-Dec 29	11:30am-12:30pm	82503
	*Watercolour Beginner Plus	Oct 20-Nov 24	1:30-3:30pm	83026
	Muscle Max	Sep 8-Dec 29	4:30-5:30pm	82504
Tuesday	Core, Balance & Strength	Sep 2-Dec 30	8-9am	82506
	Yoga Flow	Sep 2-Dec 30	9:30-10:30am	82508
	*Osteofit	Sep 9-Oct 14	9:30-10:30am	83257
	*Acrylic Art & Watercolour Painting	Oct 21-Nov 25	9:30-11:30am	83289
	*Meditation	Oct 21-Dec 2	11am-12pm	83055
	* Gentle Yoga	Oct 14-Nov 18	11am-12pm	84129
	*Tai Chi Beginner	Oct 2- Dec 2	12:30-1:30pm	83251
	*Get up and Go	Oct 21-Nov 25	1-2pm	83241
	*Tai Chi Intermediate	Oct 21-Dec 2	1:45-2:45pm	83253
Wednesday	Fun & Fitness	Sep 3-Dec 31	9-10am	82513
	Strengthen & Stretch	Sep 3-Dec 31	10:15-11:15am	82510
	*Let's Play Guitar	Oct 15-Nov 19	11am-12pm	83365
	*Minds in Motion	Oct 29-Dec 10	1:30-3:30pm	82875
Thursday	Chair Yoga	Sep 4-Dec 18	10:30-11:30am	81407
	*Gentle Yoga	Oct 16-Nov 20	11:45am-12:45pm	82857
	*Get Up & Go	Oct 23-Nov 27	1-2pm	84739
	Muscle Max	Sep 4-Dec 18	4:30-5:30pm	81408
Friday	Easy Yoga Flow	Sep 5-Jan 2	8:45-9:45am	81371
	Fun & Fitness	Sep 5-Jan 2	9-10am	81373
	Custom Fit	Sep 5-Jan 2	10:15-11:15am	81372
	Line Dance Int.	Sep 12-Jan 2	10:30-11:30am	81374
	Line Dancing 3	Sep 5-Dec 5	11:45am-12:45pm	81375
	*Active Age	Sep 19-Dec 5	12-1pm	82850
	*Choose to Move	Sep 19-Dec 5	1-2pm	82852
	Line Dancing 2	Sep 5-Dec 5	1-2pm	81376
	Line Dancing 1	Sep 5-Dec 5	2:15-3:15pm	81377
Saturday	Strengthen & Stretch	Sep 6-Jan 3	9-10am	81311
	M.I.I.T.	Sep 6-Jan 3	10:15-11:15am	81315

McKee Club Schedule

MONDAY No classes Oct 13 Pickleball (<i>last day Oct 27</i>) Snooker Mexican Train Tap Dance Card Seep Canasta Contract Bridge Table Tennis	9am-12pm 9am-4pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 1:30-4:30pm	THURSDAY Canasta Snooker Mah Jong Carpet Bowling Card Seep Bingo McKee Sisters Table Tennis	9-11:30am 9am-4pm 9:15am-12:15pm 9:45am-12pm 12:30-3pm 12:30-3:30pm 12:30-4pm 2-5pm
TUESDAY Walking Club Snooker Mah Jong Card Seep Scrabble Contract Bridge Euchre	9-10am 9am-4pm 9:30am-12:30pm 12:30-3pm 1-4pm 1-4pm 1:30-3:30pm	FRIDAY Walking Club Pickleball (<i>last day Oct 31</i>) Snooker Philosophers Club (Oct 3) Card Seep Scrabble Book Club (Oct 24)	9-10am 9am-12pm 9am-4pm 11:30am-12:30pm 12:30-3pm 1-4pm 2:30-4:30pm
WEDNESDAY No facility access after 7pm Pickleball (<i>last day Oct 29</i>) Snooker Art Connection Card Seep Cribbage Mah Jong Ukulele Intermediate Table Tennis Dealers Choice(NEW) Mah Jong Duplicate Bridge	9am-12pm 9am-9pm 12-1:30pm 12:30-3pm 12:30-3pm 1-4pm 2:30-4pm 6-8pm 6:30-9pm 6-9pm 6:15-9:45pm	SATURDAY Table Tennis Snooker Knitting Sisters (Oct 4 & 18) 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



McKee Society Facebook

Club & Program updates are posted online.

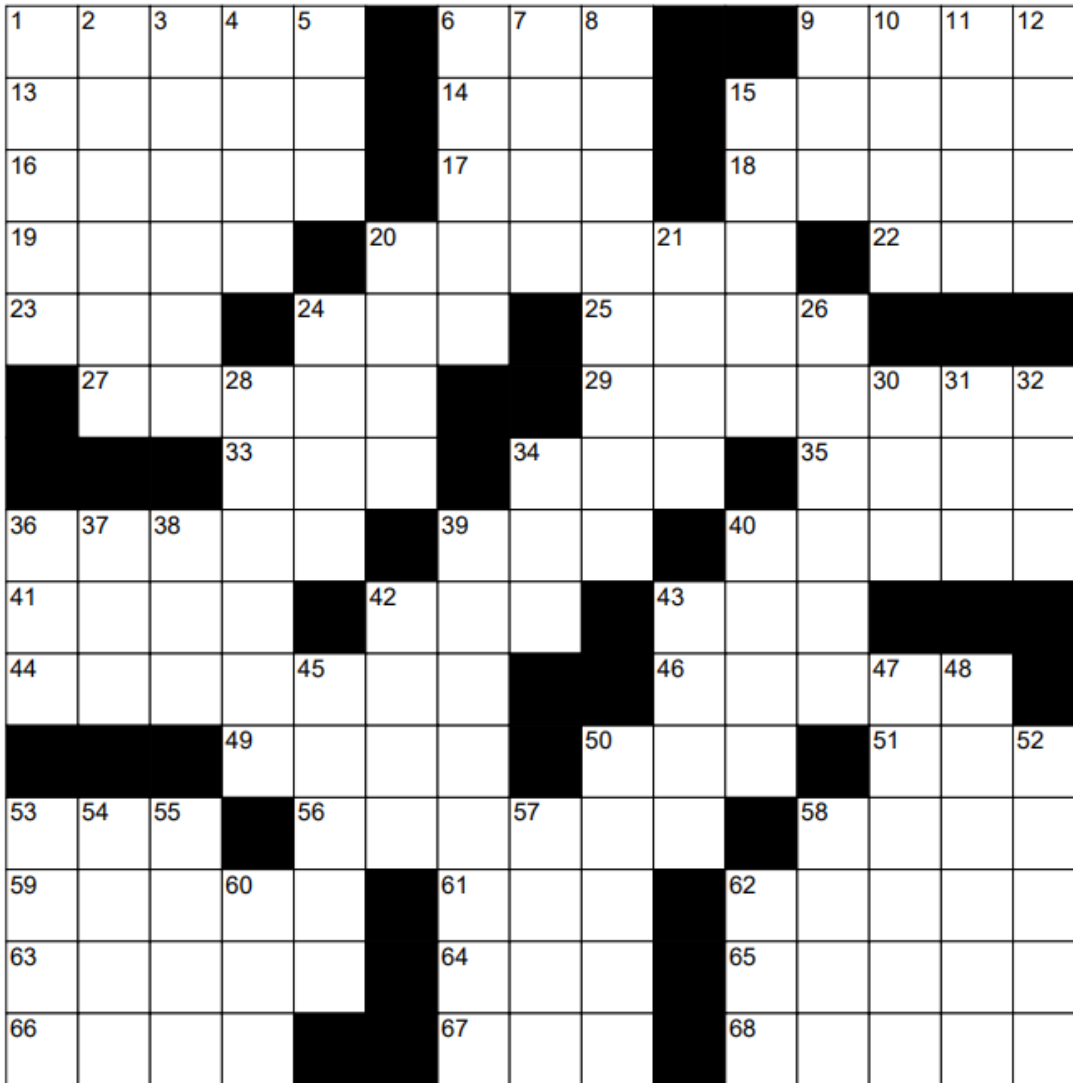
Club activities can be reserved up to 72 hours in advance, in person or online
Delta.ca/Registration.

Please note, that due to unforeseen circumstances activities may be changed or cancelled without notice.

**PLEASE
NOTE...**

Waitlists for programs are only held for 24 hours. If you are on the waitlist for a program and get a phone call for an open spot, you have 24 hours to accept or decline. Thank you.

Crossword Puzzle



By Jimmy and Evelyn Johnson - www.qets.com

Across

- | | |
|----------------------|-------------------------|
| 1 Small drum | 27 Jagged |
| 6 Avenue | 29 Distributing |
| 9 Indonesian island | 33 impair |
| 13 Playing field | 34 Winged mammal |
| 14 Fruit | 35 Den or boudoir |
| 15 Midwest state | 36 Operate |
| 16 Flower stalk leaf | 39 Hotdog holder |
| 17 Wall plant | 40 Hinder normal growth |
| 18 Averages | 41 Recount |
| 19 Reside | 42 Actor |
| 20 Recovered | 43 Buddy |
| 22 Still | 44 Upset (2wds) |
| 23 First woman | 46 Avoid |
| 24 Ball holder | 49 Drudge |
| 25 Firm | 50 Vane direction |
| | 51 Summer mo. |

- | |
|----------------------|
| 53 Bill |
| 56 Affray |
| 58 Syrian bishop |
| 59 Water retention |
| 61 Annoy |
| 62 Picture book |
| 63 Tyrants |
| 64 10 litres (abbr.) |
| 65 Beam |
| 66 Not his |
| 67 Visualize |
| 68 Dislikes |

Down

- | |
|---------------------------|
| 1 Delay |
| 2 Get to destination |
| 3 Dam builder |
| 4 ____ upon a time |
| 5 Rodent |
| 6 On fire |
| 7 ____ Zapata (1952 film) |
| 8 Cairo citizen |
| 9 Hiss |
| 10 Askew |
| 11 Crippled |
| 12 Institution (abbr.) |
| 15 Ancient river valley |
| 20 Bambi |
| 21 Asia |
| 24 Tyrant |
| 26 Shell dweller |
| 28 Breakfast eggs |
| 30 Promissory note |
| 31 Not (prefix) |
| 32 Greenwich time |
| 34 Lazy person |
| 36 Short-term memory |
| 37 Thirst quencher |
| 38 Large deer |
| 39 Barren lands |
| 40 Lay aside money |
| 42 Ponytail stuff |
| 43 Cooking utensils |
| 45 Couches |
| 47 Hare |
| 48 Small tube |
| 50 Bird of prey |
| 52 Sports |
| 53 High ____ |
| 54 Cutting tool |
| 55 Grizzly |
| 57 Gingerbread |
| 58 ____ mater |
| 60 Married woman |
| 62 Tree |



Brain Games & Fun

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

SUDOKU
数独

#18438

Easy

www.sudoku.name

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

#14002

Medium

www.sudoku.name

Halloween Candy Word Search

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

CANDY CORN
MOLASSES KISS
CARAMEL
ROCKETS
DUBBLE BUBBLE
FUNDIP
GOBSTOPPERS
LICORICE
POP ROCKS
SWEETARTS
SNICKERS
LIFESAVERS
CHIPS
JUBUBES
CHICLETS
JELLY TOTS
JAWBREAKERS
TOOTSIE ROLLS
RED HOTS
STARBURST
O'HENRY
PIXY STIX

Brain Games & Fun

Thanksgiving Word Scramble

1	AGVYR		9	PNA	
2	PEPAL EIP		10	ALLOTBOF	
3	IYAMFL		11	SSBELRUS ORUSTSP	
4	MLIPIRG		12	AMYS	
5	FTGALEUR		13	ABRINCRSREE	
6	UKTRYE		14	TEARVHS	
7	NCIPOCRAUO		15	ANUUTM	
8	AHRTGE		16	GIFUNTFS	

Would you rather ...

- ♦ Cook everything or clean everything?
- ♦ Be stuck in a romantic comedy with your worst enemy or in a horror movie with your best friend?
- ♦ Be able to speak every language in the world or be able to talk to animals?
- ♦ Have the ability to be invisible or to read people's minds?
- ♦ Visit the past or travel to the future?
- ♦ Live in a world without music or one without colours?
- ♦ Be left behind during a hike in the jungle or in the water while scuba diving?
- ♦ Dress fancy or in sweats for the rest of your life?

Remove a letter from

SLOWING

to make a valid English word. Repeat, removing one letter at a time until you are left with only one letter, ensuring every step is an English word. (Answer below)

I've just invented a telepathically controlled air freshener.

Makes scents when you think about it.

A jury found me guilty of being egotistical.

I am appealing.

1. Gravy 2. Apple Pie 3. Family 4. Pilgrim 5. Grateful 6. Turkey
7. Cornucopia 8. Gather 9. Nap 10. Football
11. Brussels Sprouts 12. Yams 13. Cranberries 14. Harvest
15. Autumn 16. Stuffing

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

#18438

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

#14002

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I
IN
WIN
WING
SWING
SOSWING
SLOWING

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
T	A	B	O	R	A	V	E																								
A	R	E	N	A		F	I	G																							
N	O	W	A	N																											
R	O	M	S																												
T																															
E	T																														
S																															
L	I	V	E																												
B	R	A	C	T																											
A																															
E	D	E	M	A																											
C	Z	A	R	S																											
H	E	R	S																												