WISE & WONDERFUL

Where Wisdom Meets Recreation

November 2025

Kennedy Seniors Society

Kennedy Seniors Recreation Centre*

11760 88 Avenue Delta, BC V4C 3C5 604-594-2717

kennedy@delta.ca

Remembrance Day Ceremony North Delta Social Heart Plaza Tuesday, November 11, 2025 10:40am-12pm

Sponsored by Kennedy Seniors Society, the ceremony will be followed by a reception in the North Delta Recreation Centre. Light refreshments will be served by our wonderful Kennedy Volunteers.

McKee Seniors Society

McKee Seniors Recreation Centre*

5155 47 Avenue Delta, BC V4K 0A2 604-946-1411

mckee@delta.ca

20th Anniversary Gala Saturday, November 29, 2025 6-9:30pm

Details on page 16



IMPORTANT UPCOMING DATES

Sunday, November 2 Tuesday, November 11 Monday, November 17 Wednesday, December 10 Daylight Savings-Turn Clocks Back 1 Hour Remembrance Day-Kennedy & McKee Closed Winter Programs Available for Internet Viewing Winter Registration Opens in Person and Online

*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

Linda Christoforou

604-594-2717

KENNEDY SENIORS SOCIETY Board of Directors 2025-2026

Rick Stonehouse President 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 Travel & Marketing Dave Quick

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Sponsored by Kennedy Seniors Society, the ceremony will be followed by a reception in the North Delta Recreation Centre. Light refreshments will be served by our wonderful Kennedy Seniors Society Volunteers.

Café Eighty-Ate

Director of Volunteers

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:

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

A Message from Your Board of Directors

In my capacity as the ticket-master, also known as Director of Travel, I serve as a volunteer member on the Board of Directors. My primary responsibility is to organize enjoyable trips, fondly named **Ticket to Ride,** for our members, giving them opportunities to get out, socialize, and have fun.

This role marks the culmination of a long and fulfilling period of volunteer work. My journey began 60 years ago with St. John Ambulance and has included active participation in youth soccer, rugby, and various City of Delta events over the years. These experiences have shaped my commitment to community service and enriched my life.

One of the main challenges in planning these trips is securing a bus rental for the desired date. It is crucial to confirm the booking at least two months in advance to ensure that the event can be properly advertised in the newsletter and that all logistical arrangements are in place.

I am eager to continue organizing trips in the future, supporting our members and fostering a sense of community through these shared experiences.

Dave Quick Director of Travel

Customer Service Hours

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

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

Kennedy News

IMPORTANT NOTICE:

Everyone who comes in to use the facility must have a free City of Delta 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. It will only take a few of seconds. Walk-ins are not accepted. Thank you for your understanding. **City of Delta Staff**

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.

The opposite of formaldehyde is casualdejekyll.

Snooker League

Kennedy will be hosting the Lower Mainland Snooker league until the spring. 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, Nov 5 & 19
Wed, Dec 3 & 17
Thu, Nov 6, 13 & 20
Thu, Dec 4

Ticket to Ride ~ Bus Trips

Potter's Christmas Store

Event ID: 87238

Mon, Nov 17

9:30am-3pm

\$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 on sale now. Two tickets per person. Kennedy membership is required.

Holiday Lights Tour-Kennedy

Wed, Dec 10 5-7pm Event ID: 91759 \$10

Tickets go on sale Friday, November 14 at 9am.

Two tickets per person.

Wed, Dec 17 5-7pm Event ID: 91761 \$10

Tickets go on sale Friday, November 21 at 9am. Two tickets per person.

Take a tour of holiday lights in Delta and enjoy a post-tour hot chocolate in the café. The bus will leave Kennedy at 5pm and return at 7pm. Kennedy membership is required.



Kennedy Special Events

Flu Shot Clinic

Tue, Nov 4 9am-3pm

The Flu Shot Clinic is now full. A waitlist is available. If you have booked your appointment, please be sure to bring your BC Health Care Card and wear a short-sleeved shirt.

Card Making Card Sale
Tue, Nov 4 10am-1pm

Our talented card making group will be in the lobby selling cards for all occasions!

I spent ages trying to spell inconsequential before I realized it's not that important.

Deck the Halls

Wed, Dec 3 9-11:30am

Event ID: 91083

Help us deck the halls of Kennedy and spread some holiday cheer! All elves are welcome! Please pre-register at the customer service desk. 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.

And the winners are ...



Membership Renewal raffle.



Congratulations Joan H, winner of Kennedy's raffle for New Members.



Congratulations Nancy G, winner Kennedy's raffle for Referring a New Member.

Kennedy Socials

Christmas Luncheon

Wed, Dec 10 11:30am-3pm Thu, Dec 18 11:30am-3pm

Event ID: 91196

Tickets go on sale Wed, Nov 26 at 9:30am Ticket

Members: \$25 / Guests: \$30

Tickets go on sale Wed, Dec 3 at 9:30am

Members: \$25 / Guests: \$30

Event ID: 91198

Join us for a festive Christmas turkey lunch with all the trimmings! Enjoy a mix of old favourites and holiday music performed by Greg Hampton. Doors will open at 11:30am, lunch served at 12pm and entertainment will start at 1pm. These events are very popular, please purchase a ticket for **only one** of the events.

Please note: everyone who wants to purchase a ticket, **must** have Delta account. See page 3 for details.

Kennedy Instructional Programs

Guitar Experience for Intermediate Players

Thu, Oct 16-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. Master triads, chord construction, and clean execution, and gain the tools for richer rhythm and harmonic expression.

Chinese Folk Dance

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

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, Nov 18-Dec 9 1-3pm Event ID: 83137 \$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. A Kennedy Seniors Society membership is required.

iPhone Instruction for Beginners – NEW!

Mon, Nov 10-24 1-3pm Event ID: 91879 \$30

Learn the basics of using your iPhone in this beginner-friendly class. We'll cover essential features like making calls, sending texts, using apps, taking photos, and navigating settings. No prior experience needed! An iPhone and a Kennedy Seniors Society membership are required.

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. A Kennedy Seniors Society membership is required.

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.

Kennedy Workshops & Presentations

Footcare Clinic

Fri, Nov 7, 14, 21 & 28 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

Thu, Nov 6-Dec 11 1-3:30pm Event ID: 78108 FREE

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.

Letting Go, Finding Peace Webinar Tue, Nov 25 10-11:30am

Event ID: 84007

This webinar is hosted by Delta's Senior Support Coordinator. More information on page 12.

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.

Coffee with a Cop

Tue, Dec 9 10:30-11:30am

Event ID: 91195

Enjoy casual, friendly conversations with Delta Police. Non-members welcome.

Delta's Seniors Support Coordinator

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

Drop-in Programs

Scrabble: Saturday Drop-in

Are you interested in playing scrabble? We are looking for players on Saturdays from 1-3pm! Please sign up at the front desk if this interests you.

Volunteers are also needed; we need a few convenors for the program so if you can volunteer or are interested in sharing this role, please let us know.

Darts: Wednesday Drop-in

Interested in throwing some darts? We need players from 3:30-5:30pm on Wednesdays. Let the front desk know if you're interested.

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.

Kennedy Volunteers

Volunteer of the Month ~ Margaret A. ~

I have been coming to Kennedy for 11 years. I was very excited to become a member after being denied at 48! I told them I wasn't rowdy! LOL!



I was born in Calgary, but my

family never stayed in one place for more than a year and a half if I was lucky. Being in Delta and actually in Canada is the longest I've been in one place, so Kennedy has brought me lifelong friends and some I consider my family.

My joy is art. Anything to do with creativity. It took my mom, who is an artist, 50 years to finally get me to sit and paint. More to do with major back surgery, but I had no choice but to sit.

I love being with everyone here: the social aspect,, the friendship, and the community. Being a volunteer in the art area and going to art group fills my love of creating and bringing that to others.

Meet our Mr. Fixit, Larry Sharpe!



Larry has provided his expertise and experience to repair several of our physical assets at Kennedy: In the Woodshop:

- Overhauled the band saw;
- Repaired a table saw that had no power;
- Replaced the power cord on a router;
- · Adjusted and aligned a belt sander;
- Overhauled the shop compressor which had an air leak;
- Repaired the mitre saw.

Other:

- Replaced casters on a shaky banquet dish cart
- Overhauled 3 worn and torn poker tables Larry has many more projects in mind so, the next time you see him, say hello and thank you to our very own Mr.Fixit!

Kennedy Volunteer Stats: During the month of October, Kennedy volunteers generously donated 917 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.

Crafting Workshop: Volunteers are needed to help at a crafting workshop November 29. Painting experience is recommended.

Please contact Linda C. or Katie, 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.

Did you volunteer between November 2024 and November 2025? If so, pick up your invitations at the front desk starting October 31.

Please RSVP and register through the customer service desk by November 12 to confirm your attendance at this very special event.

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	
Woodshop	9am-3:45pm
Snooker	9am-4pm
Bingo	12:15-3:30pm
Canasta	1:15pm-4pm
Ceramics	1-3pm
Pickleball	1:30-4:15pm
TUESDAY	
Closed November 11	
Woodshop	9am-3:45pm
Snooker	9am-4pm
Ceramics	10am-12pm
Guitar (No program Nov 4)	10-11:30am
Crafty Ladies	12:15-3pm
Table Tennis (No program Nov 4)	12:30-2:30pm
Women's Friends Group	12:30-2:30pm
Euchre	1:15-3:15pm
Pickleball (No programNov 18)	1:15-4pm
Mexican Train	2-4pm
WEDNESDAY	
Carpet Bowling (No class Nov 19)	9am-11:45am
Woodshop	9am-8pm
*Snooker	9am-8:30pm
Card Making	9:30am-12pm
Acrylic Art Drop-in (Nov 26)	10:30am-12:30pm
Dealer's Choice	12-3:30pm
Contract Bridge	1:15-4:15pm
Line Dancing Level 2	1:30-3pm
(No class Nov 19)	
Table Tennis	1:30-3:30pm
Line Dancing Level 1	3:15-4:15pm
(Cancelled Nov 19)	
Drop –in Art	4-8pm
Tile Games	6:30-8:30pm
Cribbage	6:30-8:30pm
Pickleball	6:30-8:30pm
Photography Interest Group	
(Nov 5 & 19)	7-9pm

THURSDAY	
Woodshop	9am-3:45pm
*Snooker	9am-4pm
Table Tennis	1:45-4:15pm
Samba (Card Game)	1:15-4pm
Acrylic & Watercolor	1-3pm
Pickleball	1:45-4:15pm
FRIDAY	
Carpet Bowling	9am-11:45am
Woodshop	9am-3:45pm
Snooker	9am-4pm
Crafty Ladies	9am-11:30am
Dealer's Choice	12-3:30pm
Bingo	12:15-3:30pm
Jammers	1-3pm
Mahjong	1:15-3:30pm
SATURDAY	
Woodshop	9am-3:45pm
Snooker	9am-3:45pm
Table Tennis	9:30 -12pm
Ceramics	10am-12pm
Rummoli	11am-3pm
Acrylic & Watercolor	1-3pm
Pickleball (No program Nov 1)	1:30-3:45pm
* Snooker drop-in will be	
League play from 9am-1p	m as follows:
Wednesdays Nov 5, 9 & D	ec 3, 17
Thursdays Nov 6, 13 & Dec	24



Wed, Dec 3 Wed, Dec 10 & Thu, Dec 18 Tue, Dec 16 Tue, Dec 30

Deck the Halls Christmas Luncheon Ticket to Ride-Christmas Lights DPD Community Learning Event Undeck the Halls

Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

Day	Name	Registered Program Dates	Time	Event ID
	**Fit & Active	Sep 8-Dec 29	9:15-10:15am	73244
	*Introduction to Computers	Sep 8-Dec 1	9:30am-12pm	82931
Monday	**Fit & Functional	Sep 8-Dec 29	10:45-11:30am	84469
	**Zumba	Sep 8-Dec 29	12-1pm	73246
	*iPhone for Beginners	Nov 10-24	1-3pm	91879
	**Fit & Active	Sep 2-Dec 30	9:15-10:15am	73297
Turandan	**Fit & Functional	Sep 2-Dec 30	10:30-11:15am	73298
Tuesday	**Simply Stretch	Sep 2-Dec 30	11:45am-12:45pm	73299
	*Watercolour Painting	Nov 18-Dec 9	1-3pm	83137
	*Hawaiian Dance Beginner	Sep 10-Dec 10	9:15-10:15am	85101
	*Hawaiian Dance Int.	Sep 10-Dec 10	10:15-10:13am	82930
Wednesday	*Acrylic Art	Nov 5-19	10:30am-12:30pm	83035
	*Chair Yoga (Blended)	Nov 5-19	12-1pm	83274
	**Gentle Yoga	Sep 3-Dec 31	12:15-1:15pm	73300
	Contro Togu	оср о Всс от	12.10 1.10piii	70000
	**Fit & Active	Sep 4-Jan 1	9:15-10:15am	84470
	*Tai Chi	Sep 4-Nov 20	10-11am	83277
	**Fit & Functional	Sep 4-Jan 1	10:30-11:15am	73302
Thursday Closed	*Spanish for Beginners	Oct 23-Nov 13	11am-12:30pm	82949
November 11	*Diabetes Self Management Program	Nov 6-Dec 11	1-3:30pm	78108
	*Minds in Motion	Sep 11-Nov 27	11:30-1:30pm	83030
	**Simply Stretch	Sep 4-Jan 1	12:30-1:30pm	73303
	*Advanced Computers	Sep 12-Nov 28	9:30am-12pm	82936
Friday	*Chair Yoga (Seated)	Nov 7-Dec 19	10-11am	83276
	**Yoga	Oct 11-Jan 3	9:45-10:45am	89084
Saturday	**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,

October came and went quickly, leaves are starting to turn and the crisp weather is coming in! We have a lot of fun happenings at the centres this month that'll be sure to occupy your time and knowledge!

Kennedy's Board of Directors is hosting their Appreciation Tea on Wednesday, November 19 to recognize our amazing volunteers and their contributions. Invitations are at the front desk now.

The McKee Society is pleased to announce the 20th Anniversary Gala Event happening on Saturday, November 29. Doors will open at 6pm. This is going to be an outstanding event you won't want to miss. Tickets are on sale now at the front desk.

We would proudly like to introduce our theme days! This is something new that will hopefully brighten up the centres and encourage some smiles and laughs together. Our first theme of month is Poppy Day; grab a poppy at the front desk to show your support. Later this month are our Crazy Sock and Flannel days. We're excited to see you all participate!

McKee and Kennedy are such special places to many, if you ever have suggestions for programs and activities to offer please reach out to a board member.

Stay warm everyone! Cheers,

Dani Mageau A/Seniors Centre Coordinator

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,



Bookings can be

9am-4pm.

made up to one week in advance. Medical appointments receive priority booking. All rides are subject to availability and are booked on a firstcome, 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, Nov 4-27 10:45am-12:15pm

Event ID: 74217 \$79.45

Tue/Thu, Dec 2-18 10:45am-12:15pm

Event ID: 74218 \$68.10

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, Nov 4-27 9:30-10:30am

Event ID: 74211 \$63

Tue/Thu, Dec 2-18 9:30-10:30am

Event ID: 74212 \$54

Pilates

North Delta Recreation Centre

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

Mon, Nov 3-Dec 15 10:30-11:30am

Event ID: 84392 \$91



olunteers and staff representing the home team. Go Canucks!

Delta Cultural Events

Beauty Shop Dolls-Discobaby

Sat, Nov 15 2-3pm Event ID: 88932 \$15

Beauty Shop Dolls are a retro girl group that has been entertaining a wide variety of audiences since 2014 with a variety of classics from the roaring 20s to the groovy 70s. Tight harmonies, gorgeous costumes and choreography will win over any crowd.

Tickets must be purchased on Eventbrite: www.eventbrite.ca/e/1716934670819?aff=oddtdtcreator

Matinee Concert-Robert & Johannes Academy Chamber Players

Tue, Nov 25 1-2:30pm

Event ID: 72582 \$25

The Vancouver Chamber Music Society is one of the leading concert presenters in the lower Mainland, featuring world-renowned artists in local communities.

Tickets must be purchased on Eventbrite: www.eventbrite.ca/e/1579237264169?aff=oddtdtcreator

Why couldn't the jalapeño practice archery?

Because it didn't habanero.

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.

The hardest parts about being in my 40s is remembering I'm well into my 60s.

City of Delta

Delta Supper Club

As Delta's supper club has come to an end, we want to thank everyone who participated and made this program so successful.

Letting Go, Finding Peace Webinar Hosted by: Eva

McKee Seniors Recreation Centre

Wed, Nov 5 Event ID: 84064 10-11am

Kennedy Seniors Recreation Centre

Tue, Nov 25 Event ID: 84007 10-11:30am



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—clear paths and warm hearts!

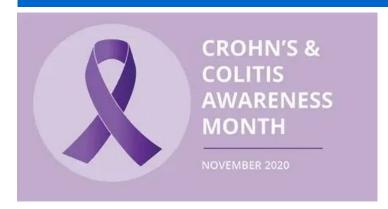


Community Learning Program with Delta Police Recruits

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. 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. Please register in advance.

Kennedy Seniors Recreation Centre		McKee Seniors Recreation Centre	
Tuesday, De	ecember 16 Event ID: 91912	Thursday, Decen	nber 18 Event ID: 91983
12:30-1pm	Welcome Tour	12:30-1:15pm	Welcome & Refreshments
1-1:30pm	Card Making	1-1:30pm	Bingo
1:30-2pm	Table Tennis	1:30-2pm	Reception & Refreshments
2-2:30pm	Women's Friends Group	2-2:30pm	McKee Sisters
2:30-3pm	Reception & Refreshments	2:30-4pm	Table Tennis
3-3:30pm	Mexican Train & Euchre	2:30-4pm	Snooker
3:30-4pm	Pickleball		

City of Delta: Wellness



November is a time to inform Canadians about the realities of these diseases. One of those realities for those living with Crohn's or colitis is a frequent and urgent need for bowel movements – from 5 to 20 times a day. Anxiety about accidents is real. Finding a washroom quickly is a top priority. Many prefer to stay at home, or close to home, if they cannot be certain of finding a washroom outside of home.

Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD also includes indeterminate colitis.

Crohn's disease and ulcerative colitis are diseases that inflame the lining of the GI (gastrointestinal) tract and disrupt your body's ability to digest food, absorb nutrition, and eliminate waste in a healthy manner. These are lifelong diseases and people can experience acute periods of active symptoms (active disease or flare), and other times when their symptoms are absent (remission).

Signs and symptoms can include abdominal pain and cramping; severe diarrhea; rectal bleeding; blood in stool; weight loss and diminished appetite.

Causes and risk factors include genetics, the environment, and microbiome. The exact cause of Crohn's disease and ulcerative colitis remains unknown, and as a result, there is no cure for these diseases.

Crohn's disease inflammation can strike anywhere in the gastrointestinal (GI) tract, from mouth to anus, but is usually located in the lower part of the small bowel and the upper colon. Patches of inflammation are spread out between healthy portions of the gut, and can penetrate the intestinal layers from inner to outer lining.

Crohn's can also affect the mesentery, which is the network of tissue that holds the small bowel to the abdomen and contains the main intestinal blood vessels and lymph glands.

Crohn's disease can be controlled with medication and reduce the chance of a disease relapse. In severe cases, surgery of the small or large intestine may be required to manage the disease.

Ulcerative colitis is more localized in nature than Crohn's disease. Typically, the disease affects the colon (large intestine) including the rectum and anus, and only invades (inflames) the inner lining of bowel tissue. It almost always starts at the rectum, extending upwards in a continuous manner through the colon.

Colitis can be controlled with medication and in severe cases can even be treated through the surgical removal of the entire large intestine.

Adapted from the https://crohnsandcolitis.ca/ website. Please contact Eva, Seniors Support Coordinator, City of Delta for more information: ebusich-veloso@delta.ca, 604-787-1242

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

November Board Report:

Now that summer has gone and we're starting the fall and winter seasons, it's time to start thinking about what will be happening at McKee. I'm hoping that many of you have taken advantage of the Flu/Covid clinic that we provided. I've already heard of a few cases of each illness, so let's be prepared!

Of course, Fright Night was a big success! We get an amazing number of children coming through McKee, so it's a great opportunity to familiarize them (and their parents and grandparents) with everything we have to offer.

Our first big event of the season is our Craft Fair. We've snuck it in a little earlier this year, to try and beat all the other craft fairs in the district. Our vendors produce a large and interesting variety of items for sale, so please come out and show them our support.

Of course, after that we have the Gala. This is to celebrate 20 years of McKee in this building. There will be some very interesting displays relating the history of McKee House. Please, make an effort to join us for the evening.

Lastly, we have the Holiday Luncheon on December 12. This is always a fun and exciting event for us.

I would like to commend all the volunteers who make these events happen. Without them I think that McKee would not have the vitality that it does. So, if you happen to be talking to any of them, please give them a big "Thank You".

Lin Jones, Vice President

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!



A huge thank you to Mike, a local pharmacist, for coming to McKee and providing flu, Covid and pneumonia shots last month!

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 8:15am-4pm
Tuesday 7:45am-4pm
Wednesday 8:45am-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

Calling all Artists!

McKee is looking for interested artists to participate in a Winter Wonderland window painting. If you are interested in joining on the fun to help brighten up the centre for the holidays please let the front desk know or reach out to Dani.

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.

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

Poppy Wall of Honour

In honour of Remembrance Day this year we are planning a special display at McKee called the Poppy Wall of Honour. The display will be created with photos and stories from our members and the community to honour those who served in the military.

We encourage you to bring a photo and include a short write-up to share. Details you may want to include are: name, date of birth, when/where the honouree served, awards received, and any other notable information you would like to share. If the information you have is limited, please don't be discouraged—whatever you can include is fine.

Please bring your photos and write-up to McKee's front desk. We will type the stories up and include images and poppies to create and compile the display. We look forward to learning about our community's military history together.

Theme Days!

Join in on the fun for these special theme days;

Mon, Nov 10 Poppy Day

Pick up a poppy from the front desk to show your gratitude and support.

Tue, Nov 18 Crazy Sock Day

Wear the craziest socks you own!

Tue, Nov 25 Flannel/Plaid Day
Show off your flannel to your fellow members.

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	\$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 Visitor One-time Pass	
Fitness Class	\$10
Club	\$5
All memberships and passes expire after 365 days.	

Clubs

Jammers

Tue, Nov 4 & 25 3pm

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

Philosophers Club

Fri, Nov 7 11:30am-12:30pm

Event ID: 81342

This month's topic is South Delta Seniors presence in society, amplification and implications.

Diners Club

Pat Quinn's Christmas/New Year's Party Tue, Nov 18 5pm

Wrap a small gift (maximum expenditure \$5) and join the fun.

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.

Western Mah Jong Lessons

Thu, Nov 20 & 27 8:45am-12pm

Event ID: 90690

You must be a McKee member to join and you must attend both sessions.

Reminder: On Wednesday evenings, there is no entrance permitted to the facility after 7pm.



How much fun is Scrabble? Come try it out!

Special Events



ANNIVERSARY GALA

Saturday, November 29 6-9:30pm

McKee Seniors Society is pleased to announce the 20th Anniversary Gala Event. Sail with us on the HMS McKee and celebrate 20

years of McKee Seniors House. Meet old friends and reminisce about the times we've had together at McKee. This evening will be semi-formal and feature music, dancing, refreshments and hors d'oeuvres.

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

Members: \$15 / Guests: \$20

Event ID: 90640

Tickets on sale now until Wednesday, November 27. Hope to see you all there.

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.

Holiday Luncheon

Fri, Dec 12 12-2pm

Event ID: 92344

Members: \$35 / Guests: \$42

Join us for our Holiday Luncheon and enjoy a turkey feast with all the fixings, featuring entertainment from Jazzagals.

A City of Delta account is required to purchase tickets. Please see the front desk.

Tickets on sale from 9am, Monday, November 10 to 4pm, Tuesday, December 9.

Day Trippers

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 now until 4pm, Tuesday, November 4. McKee members only.

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 Tea 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 now until 4pm, Wednesday, November 5. McKee members only.

Christmas Holiday Lights Tour-McKee

Wed, Dec 10 5-7pm Event ID: 86548 \$10

Tickets on sale 9am, Wednesday, November 19.

Wed, Dec 17 5-7pm Event ID: 86550 \$10

Tickets on sale 9am, Wednesday, November 26.

Enjoy the holiday light displays of Ladner and Tsawwassen from the comfort of the Delta Seniors Bus. This tour is accessible for those with mobility challenges. Members and non-members welcome.



The October Day Trippers adventure to Krause Berry Farm in Langley was a huge success. A berry good time was had by all!

Instructional Programs



Congratulations to the fall graduates of Choose to Move!

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

African Hand Drumming – NEW! Coming January 2026

Have fun learning to make sounds on the djembe and play collectively with a group of friends. All hand drums provided and no previous musical training required. Registration starts December 10.

Workshops & Presentations

Chronic Conditions Self-Management

Fri, Nov 7-Dec 19 9:30am-12pm

Event ID: 82809

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.

Foot Care

Fri, Nov 7 & 21 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.

Falls Prevention Presentation

Fri, Nov 7 1:30-2:30pm

Event ID: 87067

Join us for this informational workshop on the four pillars of fall prevention, home safety equipment and falls-prevention exercises. Pre-register at the front desk.

What do you call a Medieval Spy?

Sir Veillance.

Tea & Tales

Wed, Nov 19 11am-12pm

Event ID: 79715

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.

Circle of Friends

Wed, Nov 5 11:15am-12:15pm

Event ID: 84060

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

Coffee with a Cop

Wed. Nov 12 9:45-10:45am

Event ID: 84075

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

Chat with a Nurse

Fri, Nov 21 10-11am

Event ID: 82219

Join us for this **FREE** program in the lounge. Share stories and knowledge with a nurse. Bring your questions. This month's topic is immunizations.

Housing Continuum Presentation Wed, Nov 26 10-11am

Event ID: 89992

Join us for an informative housing presentation, where you'll learn about various housing options, including transitions to independent living, supportive living, and the homecare system. It will also cover the latest guidelines and provide valuable insights to help you navigate housing choices and care solutions.

Non-members welcome.

Pre-register at the front desk.

Delta Police Justice Facility Dog Visit Fri, Nov 28 12-1pm

Event ID: 89998

Kim Gramlich, MA, is the Coordinator of the Delta Police Victim Services Program, and the handler of Justice Facility dog, Puma. Kim and Puma will be joining us to tell us all about the supports that Victim Services can provide and to talk about the wonderful work of Justice Facility Dogs. Kim will also tell us about her and Puma's 10-day response to the Invictus Games in Vancouver and Whistler.

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.

Delta's Seniors Support Coordinator

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

McKee Volunteers

Volunteer of the Month ~ Mae~



McKee's past president Mae is still a regular around here. She is an active line dancer kicking up her heels here twice a week. Mae attends our annual Dancing in The Country event each year as well as other special events like Spinney Brothers

and the Summer BBQ. Mae is an avid Mah Jong player, and her laughter can be heard throughout the halls of McKee, especially when she wins. Mae is part of the McKee Anniversary Gala committee and is an active volunteer with special events. She is a wealth of knowledge and doesn't need to be asked to lend a hand. McKee is very grateful for all you contribute Mae, thank you!

Save the Date:

Wed, Dec 10 & 17, 2025

Fri, Dec 12, 2025 Thu, Dec 18, 2025

Sat, Jan 31, 2026

Day Trippers Holiday

Lights

Holiday Luncheon

DPD Recruits

Langley Ukulele

Ensemble



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.

Craft Fair Volunteers Needed: Are you a current McKee volunteer? If you are interested in helping at McKee's Christmas Fair on Saturday, November 15, please leave your name at the front desk.

Convenor Search

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

Introducing McKee's Front Desk Volunteers: Chapter Three

Louise: I attended high school in a small country school outside of Edmonton along with Preston Manning the former leader of the Federal Conservative Party. By the time I reached high school I had attended nine different schools because my father was in the armed forces. I grew up as the eldest of seven children. I have four children, a school teacher, a probation officer, a Surrey school worker and my youngest works as the COO at MCC, a charity working around the world. I have seven grandchildren. I have had my own businesses and have worked for some of the wealthiest people in Canada. I have travelled to 30 different countries including Egypt, Russia and Dubai. My favourite places to visit were Great Britain and various regions of Canada. I have volunteered at McKee since 2019. The tasks that have come my way are appreciated because of the challenges it affords me.

Marcia: I was a roller skating pairs skater for a few years in my teens. In the early years with my husband we spent weekends on our motorcycle and one summer rode up to Whitehorse, Yukon to spend time with his family. We spent time with my parent's scuba diving in Florida and Bimini over a couple of winters.

McKee Instructional/Fitness Programs * Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
	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
Monday	*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
	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
Tuesday	*Acrylic Art & Watercolour Painting	Oct 21-Nov 25	9:30-11:30am	83289
Closed	*Meditation	Oct 21-Dec 2	11am-12pm	83055
November 11	* 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
	Fun & Fitness	Sep 3-Dec 31	9-10am	82513
Wodpoodov	Strengthen & Stretch	Sep 3-Dec 31	10:15-11:15am	82510
Wednesday	*Let's Play Guitar	Oct 15-Nov 19	11am-12pm	83365
	*Minds in Motion	Oct 29-Dec 10	1:30-3:30pm	82875
	Chair Yoga	Sep 4-Dec 18	10:30-11:30am	81407
Thursday	*Gentle Yoga	Oct 16-Nov 20	11:45am-12:45pm	82857
Illuisuay	*Get Up & Go	Oct 23-Nov 27	1-2pm	84739
	Muscle Max	Sep 4-Dec 18	4:30-5:30pm	81408
	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
Eridov	Line Dance Int.	Sep 12-Jan 2	10:30-11:30am	81374
Friday	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
Coturdou	Strengthen & Stretch	Sep 6-Jan 3	9-10am	81311
Saturday -	M.I.I.T.	Sep 6-Jan 3	10:15-11:15am	81315

McKee Club Schedule

40NDAV		THURSDAY	T
MONDAY Creation	0	THURSDAY	0.5 4
Snooker	9am-4pm	Snooker	9am-4pm
Mexican Train	10am-12pm	Canasta	9-11:30am
Tap Dance	10:30am-12pm	Mah Jong	9:15am-12:15pm
Card Seep	12:30-3pm	Carpet Bowling	9:45am-12pm
Canasta	12:30-3pm	Card Seep	12:30-3pm
Contract Bridge	1:15-3:45pm	Bingo	12:30-3:30pm
Table Tennis	1:30-4:30pm	McKee Sisters	12:30-4pm
		Table Tennis	2-5pm
TUESDAY		FRIDAY	
Closed November 11		Walking Club	9-10am
Walking Club	9-10am	Snooker	9am-4pm
Snooker	9am-4pm	Philosophers Club (Nov 7)	11:30am-12:30pm
Mah Jong	9:30am-12:30pm	Card Seep	12:30-3pm
Card Seep	12:30-3pm	Scrabble	1-4pm
Scrabble	1-4pm	Book Club (Nov 28)	2:30-4:30pm
Contract Bridge	1-4pm		
Euchre	1-3pm		
Jammers <i>(Nov 4, 25)</i>	3-5:15pm		
WEDNESDAY – No facility		SATURDAY	
access after 7pm		Table Tennis	9am-3pm
Snooker	9am-9:00pm	Snooker	9:30am-3:30pm
Art Connection	12-1:30pm	Knitting Sisters (Nov 1)	10am-12pm
Card Seep	12:30-3pm	Tap Dance	10am-12pm
Cribbage	12:30-3pm	Card Seep	11am-3pm
Mah Jong	1-4pm	Dealers Choice	12:30-3pm
Ukulele Intermediate	2:30-4pm	Bingo	12:30-3:30pm
Dealers Choice (NEW)	6:30-9pm	Contract Bridge	6:15-9:45pm
•	6-8pm		,
Table Tennis	1		
Table Tennis Mah Jong	6-9pm		

<u>McKee Society Facebook</u> 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.



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

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				33		34	35				36	37	38	39
40			41			42					43			
44					45				46	47		48		
			49	50					51		52			
53	54	55						56						
57				58		59	60				61	62	63	64
65		T	66		67			\dagger		68		\dagger		
69		T			70			T		71		T		
72		T			73			T		74		T		

Jimmy and Evelyn Johnson - www.gets.com

Across

6

- Gravy
- Tel **10** Hook part
- **14** Fable writer
- **15** Traveled by car
- 16 African ruler
- 17 Australian bear
- 18 Rampage
- 19 Not any
- 20 Information
- **21** Tons
- **23** North American nation
- **24** Northwest by west
- **26** Made a menacing noise
- **28** Egyptian paper (pl.)
- 31 Female child
- **32** Possessive pronoun

- 33 Navy cleric
- **36** Winter precipitation
- 40 Quit moving
- 42 Earnings
- **43** Not far
- **44** Where family lives
- 45 Type of star or watch
- **48** Her
- 49 Snow gliders
- **51** Nissan's former name
- **53** Cringe
- 56 Trail
- 57 Time period
- 58 Gleaming
- 61 Imitated
- 65 Opera solo
- **67** Poles
- 68 Saw logs

- **69** Cob vegetable **70** Bulb flower
- **71** Bundle of yarn
- **72** Helen of ___
- **73** Dole out
- 74 Painter Richard



Across

- 1 Rice wine
- 2 Long time
- 3 U.S. Air Force
- 4 New territory dwellers
- **Environmental Protection** Agency (abbr.)
- Bow-fired missile
- 7 Invalidate
- 8 Teen hero
- War returnee
- 10 TV lawyer Matlock
- 11 French love
- 12 Wash
- **13** Bun
- 21 Off Broadway award
- 22 Distress call
- 25 Sarcastic
- 27 Association (abbr.)
- 28 Ritzy
- 29 Motor vehicle
- **30** Cotillion
- **31** "You can't eat just one" brand
- 34 Musical composition
- **35** Bad (prefix)
- **37** Loch monster
- 38 Next to Kauai
- 39 Small bird
- 41 Mexican money
- 45 Early American
- 46 First man
- 47 Rodent
- **50** Killed in action
- **52** What you say after "please"
- 53 Respond
- **54** Mistake
- 55 Egyptian capital
- 56 Old-fashioned
- 59 Traditional knowledge
- 60 Modify
- 62 Bard
- 63 Canal
- 64 Fox holes
- **66** Some
- 68 South southeast

Brain Games & Fun

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

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		7			1		6	9
		8	9		4		2	
	5		2				8	
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Word Search

Ν M S ΑI E Ζ R D O D S Ζ R Ε Ε R R Р Т S R S Ε Μ Ε W D Т D R U В Q E Ε G Н G R Α Τ Т Ε Т Μ P O D F Z S E Т S F F Α W O Χ Т D Ε Ε Z O Н Α N S Z R F R R S S Ρ G D D Μ Κ O Н E P S Ρ S 0 В Α В Μ S S Т G Ν 0 E M O Т R O O S M Ε R E E Т Q Α В D Α S Τ D R G В U G O S P Ε S R O D W В C Ε R В Т F Ε R S Ε В Υ В Α Ν D D Ε C O G 0 Т C O Ρ В Т E Т Α G O R M S В S Ε В Ε S Т Μ O Н F F S Χ Α R Н F

HONOUR MILITARY SACRIFICE **NOVEMBER** FLANDERS FIELD **POPPY WREATH** ARMISTICE SOLDIER **CENOTAPH SILENCE REVEILLE TAPS VETERAN** COMMEMORATION TRIBUTE RESPECT **LEST WE FORGET GRATITUDE**

HISTORY

REMEMBRANCE

Brain Games & Fun

	Desktop Word Scramble											
1	RPETLSA	9	UELRR									
2	EPPRA ISPLC	10	YKAODERB									
3	LCDRNAEA	11	SMEOU									
4	SOARCTE	12	OOTMNIR									
5	CFEOEF PUC	13	PRNIRTE									
6	TOPAPL	14	ALACOCLUTR									
7	NEPOH	15	РЕТА									
8	RAPEP	16	TCKISY STNEO									

Name the movie from the quotes:

- 1. "I'll have what she's having."
- 2. "You're gonna need a bigger boat."
- 3. "Nobody puts baby in a corner."
- 4. "Adrian!"
- 5. "Stella!"
- 6. "A census taker once tried to test me. I ate his liver with some fava beans and a nice Chianti."
- 7. "Here's Johnny!"
- 8. "Take your stinking paws off me, you damned dirty ape."
- 9. "Love means never having to say you're sorry."
- 10. "What we've got here is a failure to communicate."
- 11. "Here's looking at you kid."
- 12. "There's no crying in baseball."
- 13. "I'm gonna make him an offer he can't refuse."

Daily cooking tip:

If you boil a funny bone, it becomes a laughing stock.

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- 5. A Streetcar Named Desire
 6. Silence of the Lambs
 7. The Shining
 8. Planet of the Apes
 9. Love Story
 10. Cool Hand Luke
 11. Casablanca
 - t. Rocky 5 A Streetcar Named D
 - 2. Jaws 3. Dirty Dancing

12. League of Their Own 13. The Godfather

When Harry Met Sally