

# WISE & WONDERFUL

*Where Wisdom Meets Recreation*

## June 2026

**Kennedy Seniors Society**

**McKee Seniors Society**

**CeleBRate**

**Seniors Week**

**June 1-6, 2026**



**Kennedy Seniors Recreation Centre\***

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

**McKee Seniors Recreation Centre\***

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

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

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

### IMPORTANT JUNE 2026 DATES

Monday, June 15  
Sunday, June 21  
Wednesday, July 1

Elder Abuse Awareness Day  
Father's Day  
Canada Day—Kennedy & McKee Closed

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

# McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC

604-946-1411

## Dear Members,

Forty-four members attended the May 2 Annual General Meeting. Three new board members were elected: Fran Schiffner, Edward (Ted) Howe and Gwyneth Roodnick. I'm pleased to serve another term as your president and I look forward to continuing the collaborative work with McKee members, the City of Delta and with the creative board of directors.

### Abridged President's AGM remarks:

This past fiscal year McKee members continued to express their ideas in multiple ways through the clubs and workshops that provide rich venues for expression and discussion. We did experience some unexpected events, most of which were positive. A few examples include:

- The unexpected growth in membership and the subsequent increase in registration for programs, clubs, workshops and special events;
- The unexpected changes and challenges to the nature of our volunteers' work; especially the front desk volunteers;
- These unexpected events continue to challenge us to find space to accommodate and expand.

Please read the McKee Annual Report. It's our way of sharing with you how goals were met and members' issues and needs supported. Copies can be found at the Front Desk.

A few new initiatives that are on the drawing board:

- A renovated and renewed McKee Garden;
- An exploration of McKee space and an initiative as to how to better use the existing space and create additional space;
- A Merry Berry Tea honoring our 90+ members 90;
- A re-opening of the Kee Café;
- And, because we had so much fun, another sock hop!

In closing I would like to acknowledge the creative talent of the volunteers who organized and hosted the McKee 20<sup>th</sup> Anniversary Gala. It was an amazing event marking a historic milestone in our current building.

**Joyce Branscombe,  
President**

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

President	Joyce Branscombe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Carol Page
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Dorothy McLean
Dir. of Clubs	Theresa Anderson
Dir. of Day Trips	Lynda Hudon
Dir. of Special Events	Fran Schiffner
Dir. At Large	Ted Howe
Dir. At Large	Gwyneth Roodnick



## Café Update

### Now Open Mon-Fri, 9am-1pm

Good news! We have hired a kitchen manager! We've submitted a safety plan to Fraser Health and had a health inspection, which we passed. We are now waiting for business license approval.

By the time you read this, we hope to have opened the café and to be operating on a limited basis. We will offer soups and sandwiches as well as an assortment of treats, and coffee and tea of course! Over the summer we think salads would be nice, and soon will introduce some hot meals. Our hours of operation will be from 9am to 1pm, with the tables being used for board and card games in the afternoon.

Please come in to say hello and offer your ideas and suggestions.

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

# McKee News

## Customer Service

Customer service transactions are available during these hours:

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

## 2026 McKee Senior Society Fees

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

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

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

## Join the Fun and Create Your Free Profile!

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

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

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

## Annual Membership Renewal Reminders

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

## Have You Scanned In?

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

We thank you for your cooperation.

**A thief stole 10 bars of soap from the supermarket.**

**He made a clean getaway.**



**June 11-July 19** McKee will be streaming all the highlights and games in the lobby. Come watch and cheer on your favourite team in this much anticipated global soccer tournament.

Game Day schedules and scores will be posted and tallied on the Volunteer Board.

**Why can't Cinderella play soccer?**

**She keeps running away from the ball.**

Birthday Greetings from the McKee Seniors Society Board! Do you have a birthday this month? Stop by the front desk on your special day and pick up your card!



**Monday, June 15 is World Elder Abuse Awareness Day. Wear purple to show your support and take a stand against elder abuse.**

# Celebrate Seniors Week

June 1-6, 2026

Monday June 1	9:30am-12:30pm	Diners Club Info Table	
	9:30am-12:30pm	Golden Garden Gloves Info Table	
	11:30am-12:30pm	Beginner Line Dance: Come Try It!	
	11:30am-1:30pm	BC Seniors Advocate Presentation (Kennedy Seniors Rec Centre)	
Tuesday June 2	9:30am-12:30pm	Nutrition Info Booth	
	10am-1pm	Energy Saving Info Table	
	10:30am-2pm	Deltassist Info Table	
	12:30-2:30pm	Hot Dog Party!	
	3-4:30pm	Howard and Carol Concert	
Wednesday June 3	9am-4pm	Delta Seniors Support Coordinator Info Table	
	10am-1pm	Delta Seniors Bus Show & Tell	
	11am-2pm	ICBC Info Table	
	11:15am-12:15pm	Dizziness & Balance Presentation	
	12:30-4pm	Physiotherapy Info Table	
	1:30-3pm	Show Case Performance	
Thursday June 4	9:30am-12:30pm	Earthwise Society Info Table	
	11:30am-2:30pm	Meal Delivery Info Table	
	2-5pm	Table Tennis: Come Try It!	
Friday June 5	9:30am-12:30pm	ElderDog info Table	
	10:30-11:30am	ElderDog Presentation	
	12:30-2pm	Move It, Don't Lose it! Presentation	
	2-4pm	Very Merry Berry Tea	
Saturday June 6	12:30-3:30pm	Blackout Bingo	

## BC Senior Advocate: Dan Levitt

**Mon, Jun 1**

**Doors: 11:30am**

**Presentation: 12:15-1:30pm**

**Event ID: 110820**

BC Seniors Advocate Dan Levitt will help kick off Seniors Week at Kennedy Seniors Recreation Centre. He will be hosting a presentation on current issues for BC Seniors. Doors will open at 11:30am and the presentation will start at 12:15pm. The Delta Seniors Bus will be available for transportation, leaving McKee at 11am and returning at 2pm. Please pre-register to ensure your seat.

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

# Day Trippers

## From Serenity to the Sea

Wed, Jun 10

9am-2:30pm

Event ID: 113090

Members Only: \$35

Start your adventure with a visit to Richmond's beautiful and serene International Buddhist Temple. From there, we'll take a quick trip to explore the fascinating Gulf of Georgia Cannery. Then take a short stroll along Steveston Village's waterfront and chose from a variety of restaurants to enjoy a delicious lunch at your own cost.

Tickets will be on sale until Wednesday, June 10.



The Day Trippers enjoyed a lovely day tiptoeing among the beautiful tulips in Abbotsford in April.

# Instructional Programs



Thank you Delta Fire for hosting a very informative presentation on fire safety in the heat of the summer!

## Tai Chi Intermediate

Tue, May 19-Jun 23

1:45-2:45pm

Event ID: 99039

\$30/6 sessions

This ancient Chinese martial art is a gentle, low-impact exercise and moving meditation. Combining slow, controlled movements, deep breathing and mental focus, Tai Chi promotes physical relaxation, balance and whole-body harmony. It's an effective way to improve balance and stability, and reduce the risk of falls. It can also help lower stress, anxiety and depressive symptoms.

I got carded at the liquor store and my Blockbuster card accidentally slipped out.

The cashier said, "Never mind."

# Clubs

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

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

## Diners Club

**Tue, June 16 5pm**

Join us this month at Taverna Gorgona. Members only. Transportation and dinner are at your own cost.

## Jammers

**Tue, Jun 9 & 23 3-5:15pm**

\$1 admission, coffee by donation.

## Walking Club

**Tue & Fri 9am**

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

## Carpet Bowling

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

Carpet bowling is gentle exercise that helps strengthen muscles that support everyday mobility. Regular play can improve balance, a key component of fall prevention.

## Philosophy Group

**Fri, Jun 5 11:30am-12:30pm**

Join us for a friendly discussion. This month's topic is sustainability. There is no longer a second session.

# Save the Date

- |                    |  |
|--------------------|--|
| <b>Aug 3-9</b>     | <b>Annual Maintenance Shutdown</b><br><i>Facility Closed</i>                           |
| <b>Sat, Aug 22</b> | <b>Summer Sizzler BBQ &amp; Dance</b>  |
| <b>Sat, Sep 12</b> | <b>Shredding Event</b>   |
| <b>TBD</b>         | <b>Christmas Craft Fair Table Sales</b>  |
| <b>Fri, Oct 23</b> | <b>Sock Hop</b><br><i>Our first sock hop was such a success, we're doing it again!</i> |

# Special Events

## Very Merry Berry Tea

**Fri, Jun 5 2-4pm**  
**90+ Members Free / Members \$15 / Guests \$20**

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

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

Tickets will be on sale online and at McKee's front desk until 4pm, Wednesday, June 3, 2026.



**Thank you to the DPD recruits who attended McKee's programs on May 7. It was a pleasure to have you!**



# Workshops & Presentations

## Coffee with a Cop

Wed, Jun 3 9:45-10:45am

Event ID: 99752

Enjoy a coffee and a visit with a member of the Delta Police Department to discuss your community.

## Circle of Friends

Wed, Jun 10 11:15am-12:15pm

Event ID: 99814

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

## Foot Care Clinic

Fri, Jun 12 9:30am-4:30pm

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

## Chat with a Nurse

Fri, Jun 12 10-11am

Event ID: 99784

Join us in the lounge for a chat with our nurse. This month's topic is kidney function and aging. Bring your questions.

## Tea & Tales

Wed, Jun 17 11am-12pm

Event ID: 99763

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



**Keep your eyes peeled for future newsletter updates and extra sessions of our popular Tea & Tales program.**

## Bee Well Project: The Healing Hive

Fri, June 19 10-11:30am

Event ID: 100942

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

**I like waiters.**

**They bring a lot to the table.**



**Congratulations to long-time member and cribbage convenor, Mary Cooper who was presented with very special and memorable McKee gifts.**

## Falls Prevention

Wed, Jun 24 11am-12pm

Event ID: 101626

Fraser Health will present an informational workshop on the four pillars of fall prevention, home safety equipment, and falls prevention exercises. Pre-registration recommended; members and non-members welcome.

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

# McKee Instructional/Fitness Programs

\* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Mar 30-Jun 22	8:30-9:30am	99280
	Strengthen & Stretch	Mar 30-Jun 22	8:45-9:45am	99262
	M.I.I.T.	Mar 30-Jun 22	10-11am	99285
	*Watercolour Advanced	May 11-Jun 22	10:30am-12:30pm	98936
	Line Dance Beginner	Mar 30-Jun 22	11:30am-12:30pm	99321
	*Watercolour Beginner Plus	May 11-Jun 22	1:30-3:30pm	98943
	Muscle Max	Mar 30-Jun 22	4:30-5:30pm	99272
	Low Impact Easy Aerobic Program	Mar 30-Jun 22	4:30-5:30pm	99293
Tuesday	Core, Balance & Strength	Mar 31-Jun 23	8-9am	99260
	Yoga Flow	Mar 31-Jun 23	9:30-10:30am	99263
	*Osteofit	May 19-Jun 23	9:30-10:30am	98957
	*Meditation	May 12-Jun 23	11am-12pm	98999
	* Gentle Yoga	May 12-Jun 23	11am-12pm	98959
	*Tai Chi Beginner	May 19-Jun 23	12:30-1:30pm	98975
	*Get up and Go	May 12-Jun 23	1-2pm	99021
	*Tai Chi Intermediate	May 19-Jun 23	1:45-2:45pm	99039
	Muscle Max	Mar 31-Jun 23	3:30-4:30pm	99270
Wednesday	Fun & Fitness	Apr 1-Jun 24	9-10am	99283
	Strengthen & Stretch	Apr 1-Jun 24	10:15-11:15am	99268
	*Beginner Ukulele	May 13-Jun 17	11am-12pm	99043
	Low Impact Easy Aerobic Program	Apr 1-Jun 24	11am-12pm	99297
	*Minds in Motion	May 20-Jun 24	1:30-3:30pm	99070
	*African Hand Drumming	Jun 3-24	4:30-5:30pm	99053
Thursday	Chair Yoga	Apr 2-Jun 25	10:30-11:30am	99292
	*Gentle Yoga	May 14-Jun 25	11:45am-12:45pm	98981
	*Get Up & Go	May 14-Jun 25	1-2pm	99024
	Muscle Max	Apr 2-Jun 25	4:30-5:30pm	99279
	Stiffness Solutions	Apr 9-Jun 25	4:30-5:30pm	99361
Friday	Easy Yoga Flow	Apr 10-Jun 26	8:45-9:45am	99368
	Fun & Fitness	Apr 10-Jun 26	9-10am	99286
	Custom Fit	Apr 10-Jun 26	10:15-11:15am	99369
	Line Dance Intermediate	Apr 10-Jun 26	10:30-11:30am	99375
	ActivAge	Apr 17-Jun 26	12-1pm	111621
	Choose to Move	Apr 24-Jun 26	1-2pm	108060
	Line Dancing 3	Apr 10-Jun 26	11:45am-12:45pm	99380
	Line Dancing 2	Apr 10-Jun 26	1-2pm	99378
	Line Dancing 1	Apr 10-Jun 26	2:15-3:15pm	99324
Saturday	Strengthen & Stretch	Apr 4-Jun 27	9-10am	99276
	M.I.I.T.	Apr 4-Jun 27	10:15-11:15am	99289

**Register for Summer Programs now!**

# McKee Club Schedule

<p><b>MONDAY</b></p> <p>Snooker 9am-4pm                      Pickleball 9am-12pm                      Mexican Train 10am-12pm                      Tap Dance 10:30am-12pm                      Card Seep 12:30-3pm                      Canasta 12:30-3pm                      Contract Bridge 1:15-3:45pm                      Table Tennis 1:30-4:30pm                      Snooker 4-9pm                      Mah Jong 5-8pm                      Cribbage 6:30-9pm</p> <p><b>NO FACILITY ACCESS AFTER 6:45PM on MONDAYS</b></p>		<p><b>THURSDAY</b></p> <p>Snooker 9am-4pm                      Canasta 9-11:30am                      Mah Jong 9:15am-12:15pm                      Carpet Bowling 9:30am-12pm                      Pickleball 12-2pm                      Card Seep 12:30-3pm                      Bingo 12:30-3:30pm                      McKee Sisters 12:30-4pm                      Table Tennis 2-5pm</p>	
<p><b>TUESDAY</b></p> <p>Walking Club 9-10am                      Snooker 9am-4pm                      Mah Jong 9:30am-12:30pm                      Pickleball 12-2pm                      Card Seep 12:30-3pm                      Scrabble 1-4pm                      Contract Bridge 1-4pm                      Euchre 1-3pm                      Jammers (Jun 9 &amp; 23) 3-5:15pm                      Diners Club (Jun 16) 5pm</p>		<p><b>FRIDAY</b></p> <p>Walking Club 9-10am                      Chess 9-11am                      Snooker 9am-4pm                      Pickleball 9am-12pm                      Philosophy Club (Jun 5) 11:30am-12:30pm                      Card Seep 12:30-3pm                      Scrabble 1-4pm                      Book Club 2-4:30pm</p>	
<p><b>WEDNESDAY</b></p> <p>Snooker 9am-9pm                      Pickleball 9am-12pm                      Art Connection 12-1:30pm                      Card Seep 12:30-3pm                      Cribbage 12:30-3pm                      Mah Jong 1-4pm                      Ukulele Intermediate 2:30-4pm                      Table Tennis 6-8pm                      Mah Jong 6-9pm                      Duplicate Bridge 6:15-9:45pm</p> <p><b>NO FACILITY ACCESS AFTER 7PM on WEDNESDAYS</b></p>		<p><b>SATURDAY</b></p> <p>Table Tennis 9am-3pm                      Snooker 9:30am-3:30pm                      Knitting Sisters 10am-12pm                      (1<sup>st</sup> &amp; 3<sup>rd</sup> of month)                      Tap Dance 10am-12pm                      Card Seep 11am-3pm                      Dealers Choice 12:30-3pm                      Bingo 12:30-3:30pm                      Contract Bridge 6:15-9:45pm</p>	

## New Monday Evening Sessions

Snooker 4-9pm      Mah Jong 5-8pm      Cribbage 6:30-9pm



Dani & Derrick are filled with joy.  
 Word is out ...

# It's a Boy!



# McKee Volunteers

## Volunteer of the Month ~ Arla T. ~



The dedicated Diners Club leader, the head gardener of our Garden Club and the Christmas Craft Fair master, Arla is a staple here at McKee with the hats to show for it!

Arla is a past board member and attends the AGMs each year. A familiar face at Bingo, recently Arla has tried Beginner Watercolour classes. She actively participates each year in our Seniors Week celebration with information booths and tea parties. Arla recently hosted the McKee Seed Exchange and has dabbled in African Hand Drumming. Really, there isn't much Arla can't do.

We appreciate all your years of volunteer service Arla, you are a star!



Some of the McKee Gentlemen volunteers: Randy, Rod and Sandy.

# AGM



# City of Delta

## Dear Wise & Wonderful Readers,

I have been a City of Delta Clerk, working for Delta's seniors for 20+ years. My biggest and favourite challenge has been putting together your newsletters. At first, as a naive young 40-year-old, I thought all the wonderful programs I was inputting seemed very distant and abstract—something nice to look forward to for my eventual retirement.

Now that I find myself physically working at Kennedy's Seniors Centre, and now that I am also over-qualified to be a member, I see the enormous value of the services we offer, and the enjoyment of our participating members is obvious. I am proud to contribute to the lively atmosphere and vibrant seniors who keep life fun and interesting at our centres, and I'm all about the fun!

Whether you're looking to socialize, learn a new skill, practice an old one, or get some exercise, we have you covered. Take a moment to look at all the programs offered during Seniors Week and throughout June and challenge yourself to try something new this month. Your favourite new activity is waiting for you!

**Cheers!**

**Marlene deBoer**  
Clerk, City of Delta

**Did you hear about the restaurant on the moon?**

**The food's great, but there's no atmosphere.**

**I was robbed by six dwarves today.**

**Not happy.**

## Delta Seniors Bus: 604-597-4876

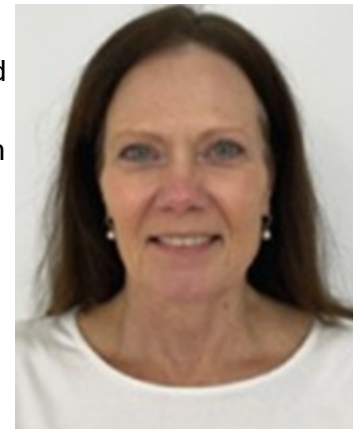
The Delta Seniors Bus service is a free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am-2pm.



**Bookings can be made up to one week in advance.** Medical appointments receive priority booking. All rides are subject to availability and are booked on a first-come, first-served basis. For more information or to book a ride, please call the central booking line.

## Introducing Bev:

Bev is one of our treasured bus drivers! Bev is a true Vancouverite, having been born and raised here on the West Coast. Before joining the Delta team, Bev enjoyed a career at BC Hydro Transmission in the Customer Service Section. Bev has a beautiful family; she's been married for 47 years and has one son and one daughter. But the apples of her eye are her precious grandchildren, she has four grandsons! Bev will be taking the grandchildren camping in August (she says her daughter thinks she is nuts). She is sure to have a great time. Bev drives the Seniors Bus for fun. She likes talking to the riders and enjoys all their stories.



**Thank you Bev!**

# City of Delta Staff

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

Robert Sullivan  
Lisa Porter  
Eva Busich-Veloso  
Dani Mageau  
Katie Green, Sara Sochting  
Kourtney Nishi

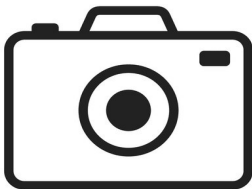
# City of Delta

## Ladner Village Market

A gathering place for friends and family for 30 years, the Ladner Village Market is a destination outing for visitors from the Lower Mainland and beyond. With over 180 artisan vendors, the market is one of western Canada's largest open-air markets. Join us on the following Sundays from 10am-4pm throughout the summer: Jun 7 & 21, Jul 5 & 19, Aug 9 & 23, Sep 6 & 20.

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

## 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.

## Scent-Free Zone

Please be reminded: Delta Facilities are SCENT-FREE.

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

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

**Tue, Jun 9 \$55**

**DPD HQ 4455 Clarence Taylor Crescent  
Event starts 5:30pm / Run starts 6:30pm**

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

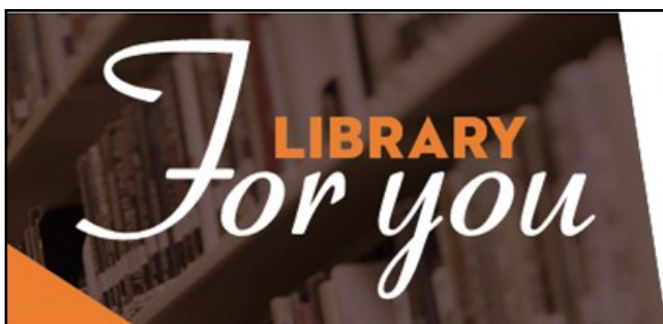
The Delta Seniors Bus will be available for North Delta participants, leaving Kennedy Seniors Recreation Centre at 5pm and returning at approximately 8:30pm. Register with Event ID: 111022 online, or in person at Kennedy. More details here: [deltapolice.ca](http://deltapolice.ca)

## Ladner Bandfest: Concerts in the Park

**Sat & Sun, Jun 6 & 7 11am-6pm**

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

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 to avoid being charged for the second class.



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**Email: [libraryforyou@fvrl.bc.ca](mailto:libraryforyou@fvrl.bc.ca)**

**Web: [www.fvrl.ca/library-you](http://www.fvrl.ca/library-you)**



**CAN'T GET TO THE LIBRARY? WE COME TO YOU! 1-888-668-4141 (EXT. 7076)** Read. Learn. Play. | [www.fvrl.ca](http://www.fvrl.ca)

# Wellness

## How to Stop Overthinking Webinar

**Kennedy**

**Tue, Jun 9 10-11:30am Event ID: 102547**

**McKee**

**Wed, Jun 10 10-11am Event ID: 102542**

Overthinking is something we all do—replaying the past, catastrophizing the future, or getting stuck in loops of doubt and analysis. It feels like problem-solving, but usually just leaves us anxious, overwhelmed and stuck.

Clinical psychologist Dr Jessamy Hibberd will share insights from her new book *The Overthinking Cure*. You'll learn why we overthink—including the role of the 'expectation gap'—and how to break the cycle before it spirals into low mood, anxiety or paralysis. Non-members welcome. Space is limited, please pre-register.

## BEAT THE HEAT EXTREME HEAT CAN KILL.

**BEAT THE HEAT**

Delta.ca/beattheheat  
Hotline: 604-946-3200



For more information, visit  
[climateredycbc.gov.bc.ca](http://climateredycbc.gov.bc.ca).  
In an emergency, call 9-1-1.



**Get Prepared:** Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.

**Hot Cars Kill:** Never leave kids, adults, or pets in hot cars. The temperature inside a parked car can double within minutes.

**Help Others:** Look after those most at risk in the heat—your neighbour living alone, the elderly, the young, people with a medical condition, and don't forget your pets.

**Drink Water:** Even if you don't feel thirsty, drink water. Take a bottle with you always.

**Keep Cool:** Seek out air-conditioned buildings, draw your blinds, take cool showers, and dress in light and loose clothing made from natural fabrics.

# Cultural Programs

## Open Stage

**North Delta Centre for the Arts**

**Fri, Jun 5 7-9pm**

**Event ID: 100878 \$5**

Entertain and be entertained. Share the stage with a variety of singers, musicians, poets, actors and dancers in this intergenerational monthly evening. Performing not your thing? Then sit back and enjoy the show! Doors open at 6:30pm. Show starts at 7pm. Light refreshments served.

## Buzzing in the Garden: Native Bees and Pollinators

**Douglas J. Husband Discovery Centre**

**Sat, Jun 20 10-11:30am**

**Event ID: 97954 Free**

Bring the family and join a Stanley Park Ecology educator to learn about the incredible diversity of native bees and how to support them in your garden. Take a close-up look at real bee specimens.

## Adult Paint Night: Colourful Cactus

**North Delta Centre for the Arts**

**Thu, Jun 25 7:30-9pm**

**Event ID: 95624 \$35**

Enjoy a fun, casual atmosphere surrounded by like-minded adults, as we dive into the world of paint nights! Enjoy a little art therapy with a side of socializing and leave with a finished painting.

## Museum Fest

**Douglas J. Husband Discovery Centre**

**Sat, Jun 6 10am-2pm**

**Event ID: 106810 FREE**

Themed on science and technology in Delta, enjoy free hands-on activities for all the family. Discover the electrical power of our homegrown potatoes. Meet the team from the Transit Museum Society and explore their 35ft 1957 GM Oldlook bus and explore our amazing interactive exhibits and activities.

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

# City of Delta: Wellness

## June is Dysphagia Awareness Month

### What is dysphagia?

Dysphagia is a swallowing disorder, meaning a difficulty swallowing food, liquids, or even saliva. It is not a disease in itself, but a symptom, a condition that can have several causes.

### How dysphagia manifests:

- A sensation that food is “stuck” in the throat.
- Coughing or choking while eating or drinking.
- A wet or gurgly voice after swallowing.
- Weight loss or fatigue related to meals.
- Fear or stress at mealtimes.

### Why it happens:

Swallowing is a complex process involving more than 30 muscles and several nerves.

Dysphagia can be caused by a stroke, a neurological disease (Parkinson’s, multiple sclerosis, ALS), head and neck cancer or its treatments, aging, trauma, structural issues (e.g. a narrowed esophagus).

It’s important to recognize the signs because dysphagia can lead to:

- Malnutrition
- Dehydration
- Aspiration (food entering the airway)
- Aspiration pneumonia, which can sometimes be severe
- Loss of pleasure and dignity at mealtimes

This is why early detection and appropriate support are essential.

### The role of the dietitian:

- Determining the nutritional treatment plan
- Monitoring the nutritional treatment plan

Dietitians are therefore the professionals responsible for determining whether adapted food textures or liquid consistencies are appropriate for a person’s swallowing disorder.

Eating is a fundamental act, vital, but also deeply tied to pleasure, culture, and identity. When a person has dysphagia, eating can become complex, risky, and anxiety provoking.



Speech Language Pathologist and Geriatrician involvement are very important for assessing, diagnosing and monitoring an older person to identify this condition.

For more information, please contact Eva, Seniors Support Coordinator, City of Delta, [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca), 604-787-1242

### Delta’s Seniors Support Coordinator:

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

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



# Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

## Dear Members,

As we reach the halfway point of the year, we can look back on many wonderful programs, activities, workshops, and social events, and there is still much more to come! To kick off Seniors Week on Monday, June 1, we are honoured to host BC Seniors Advocate Dan Levitt. Dan is an acclaimed international speaker, elder care leader, writer, and gerontologist who specializes in helping create better lives for older adults. His presentations inspire audiences with a fresh and positive mindset on aging and thriving in the 21st century. This is a rare opportunity to hear him speak, and we encourage everyone to attend.

Seniors Week, running June 1-6, offers many opportunities to bring guests and introduce them to our wonderful Kennedy community. All drop-in activities during Seniors Week are free, so be sure to invite family and friends to join the fun.

Our popular Choose to Move program has started and is now full. If you are interested in participating in the fall session and building healthy, physical activity habits, please leave your name at the Customer Service Desk.

We are also excited to announce a very special members-only event on Saturday, June 27 featuring Elvis tribute artist Steve Elliott. Steve is a world-class entertainer and we are delighted to welcome him for what promises to be a fantastic evening.

Our 90+ Mad Hatters Tea Party is Tuesday, June 9. If you are unable to pick up your invitation in person, call 604-594-2717 and we'll be happy to mail it to you.

Thank you to our more than 100 dedicated volunteers who, along with our members and participants, make Kennedy a vibrant and welcoming place to connect, learn, and celebrate together. Your time, energy, and community spirit help make all of these wonderful programs and events possible. We look forward to sharing an exciting summer!

**Linda Christoforou**  
**Director of Volunteers**

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

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

## Customer Service Hours

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

## **Annual Membership Renewal Reminders**

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

## Kennedy Fees 2026

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

## **Kennedy Society Information:**

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

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

# Celebrate

# Seniors Week

June 1-6, 2026

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

Mon, Jun 1	9:30-10:30am 10am-12:30pm 10am-12:30pm 10am-12:30pm 10:30am-12:30pm 11:30am-1:30pm	*Tap Dance Performance Earthwise Society Info Table Meal Delivery Info Table Pharmacist Info Table *Paint with Rita *Seniors Advocate Presentation
Tue, Jun 2	9-11:30am 10am-1pm 10-11:30am 10am-1pm 10am-1pm	*North Delta Lions Pancake Breakfast Delta Senior Support Coordinator Info Table Guitar Hootenanny Fortis BC Info Table Crafty Ladies Info Table
Wed, Jun 3	10am-1pm 10am-11:30am 10am-1pm 10am-1pm 3:30-4:30pm 5-6pm	Delta Seniors Bus Info Table / Show & Tell Hawaiian Dance-Try a Class! North Delta Lawn Bowling Club Info Table Self-Management BC Info Table *Concert by Delview Theatre Group *Chinese Folk Dance Performance
Thu, Jun 4	10am-1pm 10am-1pm 10am-12:30pm 11am-12pm	Deltassist Info Table Delta Police Info Table Introduction to Lawn Bowling (on the greens) Coffee with a Cop
Fri, Jun 5	10am-1pm 10am-1pm 10am-1pm	Card Makers Card Sale Heron Hospice Info Table ICBC Info Table



\*Pre-registration is requested. Register online at [Delta.ca/Registration](http://Delta.ca/Registration) or visit the customer service desk.

## Paint with Rita

**Mon, Jun 1**                      **10:30am-12:30pm**  
**Event ID: 110657**            **Members \$10 /Guests \$12**  
 Rita will guide you in creating your own beautiful sunset painting. You'll leave with a completed piece ready to display! All materials are included.

## Pancake Breakfast

**Tue, Jun 2**                      **9-11:30am**  
 Three seatings: 9am, 10am & 11am. Free tickets now available while supplies last.

## Delview Theatre Group Concert

**Wed, Jun 3**                      **3:30-4:30pm**  
**Event ID: 111265**  
 Delview students will showcase music from their latest performance. Non-members welcome.

## Seniors Advocate Presentation

**Mon, Jun 1**  
**Doors 11:30am**                      **Presentation 12:15-1:30pm**  
**Event ID: 110815**

We are excited to have BC Seniors Advocate Dan Levitt helps us to kick off Seniors Week at Kennedy Seniors Recreation Centre. He will be hosting a presentation on current issues for BC Seniors.



Doors open at 11:30am, presentation starts at 12:15pm. Space is limited, pre-registration is requested. Non-members welcome.

# Kennedy News

## Café Eighty-Ate

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

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

### Café Hours:

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

### Café Program Hours:

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

## Open House Silent Auction

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

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

## June 11-July 19

Don't miss the action at the global soccer championship. Games will be streamed live in the lobby and café.



DPD Recruits were schooled in Pickleball in May.



WORLD  
**ELDER ABUSE**  
AWARENESS DAY  
JUN 15

Monday, June 15 is World Elder Abuse Awareness Day. Wear purple to show your support and take a stand against elder abuse.

## Save the Date

Tue, Jul 7	Heat & Wildfire Smoke Safety Presentation
Jul 27-Aug 3	Annual Maintenance Shutdown <i>Facility Closed</i>
Sep 8-12	Kennedy Open House

# Instructional Programs

## Watercolour Painting

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

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

## Spanish for Beginners II

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

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

# Special Events

## 90+ Mad Hatters Tea

**Tue, Jun 9 1-3pm**

It's time to celebrate our special members who are 90 years old or better as of December 31, 2026. Invitations are available for pick up at the front desk. Let us know if you are bringing a guest by Tuesday, June 2, in person or by calling 604-594-2717. Hope to see you there. Let's have some fun!

## Jammers Ice Cream Social

**Fri, Jun 26 1-3pm**

**Event ID: 113186**

Cool off with a free ice cream sundae and enjoy some great tunes. Sweet vibes, good music and a perfect way to kick off the weekend. Drop-in fees still apply.

I kept hearing music coming from the printer.

Turns out the paper was just jamming.

# Drop-in Programs

## Scrabble

**Sat 1-3pm**

Join the fun with this classic word board game!

## Card Players Wanted

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

## Darts **NEW!**

**Sat 10am-12:30pm**

**Mon, Tue, Wed 12:30-4pm**

## Mindfulness & Meditation Self-Awareness

**Wed, Jun 10 & 24 12:30-2pm**

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

# Socials

## Elvis is Back!

**Sat, June 27 5-9pm**

**Event ID: 111309**

**Members \$15**

**Doors 5pm Pizza 5:30pm Live show 7-9pm**

This 50s party will have you rockin' & rollin' to some of your favourite tunes. Let's rock the night away with Steve Elliott, a top-notch Elvis impersonator who has won numerous titles for his incredible performances.

The menu features pizza, Caesar salad, and an ice cream dessert.

Tickets will go on sale at 9:30am, Monday, June 8. Maximum 4 tickets per person. Members only.

# Ticket to Ride

## Seniors Day at the Red Barn

**Sat, Jun 6 10:30am-2pm**

**Event ID: 110792**

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

## Ladner Village Market

**Sun, Jul 5 10am-3pm**

**Event ID: 113372 \$20**

With an emphasis on make it, bake it, grow it, the Ladner Village Market will introduce you to vendors from around the province who create their own products. Walking shoes are essential.

The bus will leave Kennedy at 10am and return at approximately 3pm.

Tickets will go on sale at 9:30am on Thursday, June 4. A Kennedy Membership is required. Maximum 2 tickets per person.



# Kennedy Workshops & Presentations

## Hellings Literacy Program

**Jun 3** **9:15-10:25am**  
**Event ID: 104353**

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

## Foot Care Clinic

**Fri, Jun 5 & 19** **10am-1:45pm**

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

## DPD Run Walk Roll

**Tue, Jun 9** **5-8:30pm**  
**Event ID: 111022**

This event is combined with the Law Enforcement Torch Run in support of Special Olympics BC. Find all the details, including transportation options, on page 11.

## Grief Support Group

**Mon, Jun 22-Jul 20** **10am-12pm**  
**Event ID: 110347** **FREE**

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

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

## Delta's Seniors Support Coordinator

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

## DPD Fraud Prevention Presentation: Online Scams

**Tue, Jun 23** **10-11:30am**  
**Event ID: 111897**

Join Acting Sergeant Dustin Classen and delve into the world of online scams. This session will focus on helping you recognize online scams before it's too late, protecting your personal information online and navigating technology safely.

Non-members welcome. Space is limited, please pre-register.

## Heat and Wildfire Smoke Presentation

**Tue, Jul 7** **10-11am**  
**Event ID: 110071**

Join us for an informative presentation with Fraser Health on Heat and Wildfire Smoke. The presentation will focus on how these can affect your health and how to stay safe under these conditions. Fraser Health will also share resources available to you and your family. Don't miss this opportunity to learn, connect and take proactive steps towards a healthier tomorrow! Please pre-register. Open to members and non-members.

## How to Stop Overthinking Webinar

**Tue, Jun 9** **10-11:30am**  
**Event ID: 102547**

Hosted by Delta's Senior Support Coordinator. For more information see page 12.



**Kennedy Carpet Bowling Triples won a bronze medal at the BC Championship in Cowichan Bay. Congratulations Joan A, Rick P and Kata K!**

# Kennedy Volunteers

## Volunteer of the Month

~ Ronnie S. ~



I have had the privilege of being a member of Kennedy Seniors Centre for the past 16 years. Not only have I enjoyed participating in the wonderful exercise programs offered, I also enjoy attending the Card Making Group.

Since joining Kennedy I have volunteered annually at the Remembrance Day Ceremonies, serving coffee and cookies. I also, assist Karen A. with the library and Linda R. with AGM preparations.

I grew up in New Westminster, graduated from Lester Pearson High School, attended UBC and graduated in nursing. After graduation, I married and we moved to Prince Rupert where I practiced Community Health Nursing, working for the Provincial government for several years.

We returned to the lower mainland in 1975, moving to North Delta where our three children attended school, then university. I continued my nursing career working for VGH, Vancouver and Burnaby Health Departments. I retired from nursing to care for family.

Larry and I have enjoyed an active lifestyle, curling on Friday nights, cycling parts of the Trans Canada Trail network, bicycle camping on the island of Kauai and finally a combined bike and barge tour of Belgium and The Netherlands to highlight a few of our cycling adventures throughout the years.

We continue to attend Kennedy, participating in various programs and activities and enjoy socializing with all whom we meet.

Total volunteer hours for May were 1,036.  
Thank you to all our helpful volunteers!

## Volunteer Opportunities:

### Seniors Week: June 1-6

Greeter shifts morning and afternoons.

### Jammers Ice Cream Social: 1-3pm, Friday, June 26

### Back up Convener Ceramics:

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

### Back-up Darts Convener:

Mon/Tue/Wed 12:30-4pm

Sat 10-12:30pm

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



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

<p><b>MONDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Bingo 12:15-3:30pm            Darts <b>NEW!</b> 12:30-4pm            Ceramics 1-3pm            Canasta 1:15pm-4pm            Pickleball (no class Jun 1) 1:15-4pm</p>		<p><b>THURSDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Acrylic &amp; Watercolor 1-3pm            Samba (Card Game) <b>NEW!</b> 1-4pm            Table Tennis 1:45-4:15pm            Pickleball 1:45-4:15pm</p>	
<p><b>TUESDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-4pm            Guitar 10-11:30am            Ceramics 10am-12pm            Crafty Ladies 12:15-3pm            Women's Friends Group 12:30-2:30pm            Darts <b>NEW!</b> 12:30-4pm            Pickleball 1:15-4pm            Mexican Train 1:15-4pm            Euchre (no class Jun 9) 1:30-3:30pm            Table Tennis 3:30-5:30pm</p>		<p><b>FRIDAY</b></p> <p>Crafty Ladies 9am-11:30am            Carpet Bowling 9am-11:45am            Woodshop 9am-3:45pm            Snooker 9am-4pm            Dealer's Choice 12-3:30pm            Bingo 12:15-3:30pm            Jammers 1-3pm            Mahjong 1:15-3:30pm</p>	
<p><b>WEDNESDAY</b></p> <p>Carpet Bowling 9am-11:45am            Woodshop 9am-8pm            Snooker 9am-8:30pm            Card Making 9:30am-12pm            Acrylic Art Drop-in 10:30am-12:30pm            Dealer's Choice 12-3:30pm            Darts <b>NEW TIME!</b> 12:30-4pm            Contract Bridge 1:15-4:15pm            Line Dancing Level 3 1:30-2:30pm            Table Tennis 1:30-3:30pm            Line Dancing Level 2 2:35-3:35pm            Line Dancing Level 1 3:40-4:40pm            Art 4-8pm            Tile Games 6:30-8:30pm            Cribbage 6:30-8:30pm            Pickleball 6:30-8:30pm            Photography Interest Group (Jun 3 &amp; 17) 7-9pm</p>		<p><b>SATURDAY</b></p> <p>Woodshop 9am-3:45pm            Snooker 9am-3:45pm            Table Tennis (no class Jun 13) 9:30 -11:30pm            Ceramics 10am-12pm            Darts 10am-12:30pm            Acrylic &amp; Watercolor 1-3pm            Scrabble 1-3pm            Pickleball (no class Jun 27) 1:30-3:45pm</p>	

# Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

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

Day	Name	Program Dates	Time	Event ID
Monday	**Zumba	Mar 30-Jun 22	9:15-10:15am	93862
	*Tap Dance	Apr 13-Jun 22 Jun 29-Aug 31	9-10:30am	98841 108557
	*Introduction to Computers	Apr 13-Jun 22	9:30am-12pm	98595
	**Fit & Active	Mar 30-Jun 22	10:30-11:30am	93884
	**Gentle Yoga	Mar 30-Jun 22	11:45am-12:45pm	99379
Tuesday	**Fit & Active	Mar 31-Jun 23	9:15-10:15am	93865
	**Fit & Functional	Mar 31-Jun 23	10:30-11:15am	93867
	**Simply Stretch	Mar 31-Jun 23	11:45am-12:45pm	93869
	*Watercolour Painting	Jun 2-23	1-3pm	98391
Wednesday	*Hawaiian Dance Beginner	Apr 8-Jun 24	9:15-10:15am	98386
	*Hawaiian Dance Int.	Apr 8-Jun 24	10:15-11:30am	98355
	*Chair Yoga (Blended)	May 20-Jun 24	12-1pm	98362
	**Gentle Yoga	Apr 1-Jun 24	12:15-1:15pm	93870
	*Line Dance Level 3	Apr 1-Jun 24	1:30-2:30pm	98407
	*Line Dance Level 2	Apr 1-Jun 24	2:35-3:34pm	98409
	*Line Dance Level 1	Apr 1-Jun 24	3:40-4:40pm	98411
	*Chinese Folk Dance	Apr 1-Jun 24	4-6pm	98839
Thursday	**Fit & Active	Apr 2-Jun 25	9:15-10:15am	93875
	*Guitar for Int. Players	Apr 16-Jun 2	9-10:30am	98592
	*Meditation Level 1	May 21-Jun 25	10-11:30am	98854
	*Tai Chi –Beginners	Apr 9-Jun 25	9-10am	106109
	*Tai Chi –Intermediate	Apr 9-Jun 25	10:10am-11:10am	98358
	**Fit & Functional	Apr 2-Jun 25	10:30-11:15am	93877
	*Spanish for Beginners II	Jun 4-25	11am-12:30pm	98616
	*Minds in Motion	Apr 2-Jun 25	11:30am-1:15pm	100445
	**Simply Stretch	Apr 2-Jun 25	12:30-1:30pm	93878
Friday	*Advanced Computers	Apr 17-Jun 26	9:30am-12pm	98598
	*Chair Yoga (Seated)	May 22-Jun 26	10-11am	98364
Saturday	**Gentle Yoga	Apr 4-Jun 27	9:45-10:45am	93880
	**Fit & Functional	Apr 4-Jun 27	11-11:45am	93883
	** Chair Dance Fitness	Apr 4-Jun 27	12-1pm	93882

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

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

Delta Fitness programs can be reserved up to 72 hours in advance in person or [Delta.ca/Registration](https://Delta.ca/Registration)

# Brain Games & Fun

			7	8		6	3	
9		7						
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#28246

Easy

www.sudoku.name

SUDOKU  
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Medium

www.sudoku.name

## Seniors Week Word Search

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

RESOURCES  
 DELTASSIST  
 HOOTENANNY  
 ADVOCATE  
 INFORMATION  
 PHARMACIST  
 TAP DANCE  
 EARTHWISE  
 PANCAKES  
 CRAFTY LADIES  
 ELDERDOG  
 MEAL DELIVERY  
 LINE DANCE  
 DINERS CLUB  
 PHYSIOTHERAPIST  
 HOWARD AND CAROL  
 SENIORS BUS  
 SHOWCASE  
 MERRY BERRY  
 BINGO

# Brain Games & Fun

## Father's Day Word Scramble

1	ACHOC		8		CSEPRET
2	NYUNF		9		TTSRU
3	NPTIETA		10		TCARHEE
4	UODPR		11		ADDDY
5	ONRGTS		12		HRAIACTPR
6	MSRAT		13		ENTELG
7	NRSTE		14		VINGGI

### Father's Day is Sunday, June 21. Here's a quiz about famous TV fathers.

1. What is the name of the actor who played patriarch Ben Cartwright on Bonanza?
2. Fondly known as Mr. C, what was Richie and Joanie's dad's name on Happy Days?
3. Ward Cleaver was the father on which 50s sitcom?
4. Lamont's dad Fred ran the junk shop on which 70s show?
5. Who was the 70s father of Greg, Marsha, Peter, Jan, Cindy and Bobby?
6. Steven Douglas had three sons. Name the show and/or the actor who played him.
7. Which cartoon character was the father of Bam Bam?
8. Fred Gwynne played Herman, the Frankenstein-like father on which ghoulish 60s show?
9. Opie Taylor and his badge-wearing father Andy starred in this 60s TV show.
10. Which 50s TV dad starred with his real-life wife Lucy and son Ricky?

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1. COACH
2. FUNNY
3. PATIENT
4. PROUD
5. STRONG
6. SMART
7. STERN
8. RESPECT
9. TRUST
10. TEACHER
11. DADDY
12. PATRIARCH
13. GENTLE
14. GIVING

1. Lorne Greene
2. Howard Cunningham
3. Leave it to Beaver
4. Sanford and Son
5. Mike Brady
6. My Three Sons
7. Fred MacMurray
8. Barney Rubble
9. The Munsters
10. Desi Arnaz