

# WISE & WONDERFUL

*Where Wisdom Meets Recreation*

## January 2026

### Kennedy Seniors Society

**Kennedy Seniors Recreation Centre\***

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



**Rockin' into 2026 Dinner Dance**  
**Saturday, January 10, 2026 4:45-9pm**

Find the details on page 15

### McKee Seniors Society

**McKee Seniors Recreation Centre\***

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



**Langley Ukulele Ensemble**  
**Saturday, January 31, 2026 1-3pm**

Find the details on page 4

# HAPPY NEW YEAR!

### IMPORTANT UPCOMING DATES

**Thursday, January 1**  
**Monday, January 5**

**McKee & Kennedy Closed**  
**Winter Programs Start**

\*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,

C.S. Lewis says, “you are never too old to set another goal or to dream a new dream.” McKee can be a perfect place to dream a new dream. As we welcome 2026, we have many opportunities to set a goal and realize a dream. A goal of the Board of Directors was realized when Lynda Hudon took on the Day Trippers program. Lynda has used her creative energy to find a variety of destinations and experiences for members to enjoy. Along with Lynda’s hard work in planning the day trips, we are also grateful to the City of Delta’s Seniors Bus program. With the kindness of the drivers and Lynda’s sense of fun the Day Trippers program will continue to offer exciting places to explore.



A January goal of the Director of Instructional Programs, the intrepid Denise, is to offer new fitness programs. LEAP (Low-Impact Easy Aerobic Program), Muscle Max and Stiffness Solutions in the late afternoon beginning in January.

While spring is a far way off and shovels will not hit the ground for awhile, the board is working on yet another goal; with the help of the City of Delta and a community organization our goal is to improve the garden space and increase the healthy fresh produce for McKee members.

I know that the Board of Directors joins me in wishing you a healthy, happy Hogmanay!

**Joyce Branscombe,  
McKee Seniors Society President**



**Food Bank donation from McKee’s  
Christmas Craft Fair**

## 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, or visit any Delta recreation facility. It only takes a minute, and it helps us serve you better. A profile is required to participate. Just stop by the front desk to set up your account. We look forward to seeing you soon!



**Thank you to  
Kim and her  
trustworthy pal Puma,  
the Delta Police  
Department’s  
Justice Dog, for  
spending an  
afternoon at  
McKee. There  
were lots of tail  
wags and pets!**

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



# McKee News

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

## 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.

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

## 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 book fell on my head.  
I have only my shelf to blame.**

## Winter Programs start January 5, 2026

If you haven't already registered for your favourite program, you can do so online or at the front desk.

### McKee SENIORS SOCIETY Board of Directors 2025-2026

President	Joyce Branscombe
Past President	Mae Forsythe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Vacant
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

## Customer Service

Customer service transactions are available during these hours:

Monday	8:15am-4:30pm
Tuesday	7:45am-4pm
Wednesday	8:45am-7pm
Thursday	8:30am-4:30pm
Friday	8:30am-4pm
Saturday	9am-12:30pm

### Mama's Bakery at Kee Café

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

Mama's Bakery will be closed on Thursday, January 1 and will reopen on Friday, January 2.

## Take-One-Leave-One Library

Presently, the shelves in the little library tucked away in the lounge hold two sections: mystery/thriller and romance, with a smattering of other fiction genres. The shelving unit is generally plum full, thus only soft-covered (pocket) books are accepted. Please do not bring hard-covered books; instead take them to the Ladner Thrift store. Please do not leave any damaged books (i.e. split spines or those with a musty, mouldy smell from water damage or old age. Thank you for your cooperation.

### McKee 2026 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 Pass	
Fitness Class	\$10
Club	\$5
Observation Only Pass	FREE

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

# Clubs

## Jammers

Tue, Jan 13 & 27

3pm

\$1 admission, coffee by donation.



The McKee Carpet Bowlers enjoyed a festive celebration.

## Philosophers Club

Fri, Jan 9

11:30am

This month's top is: *Patience is a Virtue—does it exist in our society today?* Are we born with or do we acquire this trait/behaviour? What influences or undermines this behaviour? Are there positive measures to augment patience? What other issues/considerations are relevant? Join us for a lively discussion.

## Diners Club

Tue, Jan 13

11:30am

The Diners Club is branching out and doing a luncheon! Come and enjoy a taste of Mexico at Sonora Mex. The set plate includes refried beans, rice and three tacos for \$15. Beverages are extra. Please sign up at the front desk.

## Save the Date:

Wed, Feb 25, 2025

Balance Presentation

# Special Events

## Langley Ukulele Ensemble

Sat, Jan 31

1-3pm

Event ID: 93285

Members \$15 / Non-members \$18

Don't miss this extraordinary performance from a local ukulele group that travels the world showing their talents! Tickets are on sale now online or at the McKee front desk. Get yours today! You won't want to miss this!

Our 20th Anniversary Gala was the highlight of McKee's year. From start to finish, everyone was well entertained.

In keeping with our cruise theme, guests were greeted by Captain Kelly, presented with a passport, then passed through a balloon archway for a complimentary photo. Guests enjoyed a piano player in the lounge, snacks, and all the memorabilia in the Hawthorne room, followed by appetizers served by our Kyndred friends, and the music of Brian Zalo Mix. For the quieter scene, guests relaxed in the lounge. City Council offered a prosecco toast to McKee after the first half of the band's set.



## Day Trippers

**Please note:** Before departing on all McKee Society bus trips riders will be required to complete and sign a Liability Waiver and Indemnity Agreement. This form is available at the front desk ahead of time.

### Road to Riches

**Fri, Jan 16** **10am-2:30pm**  
**Event ID: 92353** **FREE**

Join us on a fun outing to the Cascades Casino! We'll enjoy lunch at the Match Eatery, at your own cost, then try our luck in the casino! Members and non-members welcome.

Register now at the front desk and online until 4pm, Monday, January 5, 2026.



**Holiday Light Tour gang!**

### Anthropology Enrichment Tour

**Fri, Feb 13** **9am-3pm**  
**Event ID: 95477** **Cost: \$55**

This museum showcases the rich art, cultures and history of the indigenous peoples, the first nations of the Pacific Northwest. After the museum we will enjoy a lunch at Browns Social House, at your own cost.

Tickets will be on sale on line and at the front desk from 9am, Wednesday, January 14, 2026 until 3pm, Friday, January 30, 2026.

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

## Instructional Programs

### Meditation

**Tue, Jan 13-Feb 10** **11am-12pm** **\$25/5 sessions**  
**Event ID: 92415**

**Tue, Feb 17-Mar 24** **11am-12pm** **\$30/6 sessions**  
**Event ID: 92416**

Increase awareness of your breath, producing quietness of the mind. Registration now available online and at the front desk.

### Guitar Lessons

**Wed, Jan 7-Feb 11** **11am-12pm** **\$30/6 sessions**  
**Event ID: 92475**

**Wed, Feb 18-Mar 25** **11am-12pm** **\$30/6 sessions**  
**Event ID: 92476**

Designed for beginners with at least one year of guitar experience, this class will cover playing scales, make chords, Nashville number system, strumming and much more. Registration now open online and at the front desk.

### Winter Programs **NEW**

**LEAP** (Low-impact Easy Aerobics Program)

**Mon, Jan 12-Mar 23** **4:30-5:30pm**  
**Event ID: 96375**

**Wed, Jan 14-Mar 25** **11am-12pm**  
**Event ID: 96381**

This drop-in, medium-intensity program blends 90s low-impact aerobic choreography with a modern approach to core strength. You must be able to safely move to and from the floor unassisted.

### Muscle Max

**Tue, Jan 13-Mar 24** **3:30-4:30pm**  
**Event ID: 96376**

This energetic drop-in class will work all your muscle groups to the max using equipment and including core work. You must be able to kneel and safely move to and from the floor unassisted.

### Stiffness Solutions

**Thu, Jan 15-Mar 26** **4:30-5:30pm**  
**Event ID: 96386**

Improve your range of motion, joint health and active movement control in this drop-in class. Correct movement imbalances, reduce stiffness and pain and significantly lower your risk of injury. Expect floor work on mats.

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



# Workshops & Presentations

## Coffee with a Cop

Wed, Jan 7

9:45-10:45am

Event ID: 92204

Enjoy a coffee and a visit with a member of the DPD to discuss your community. Join us for a new year of conversations and laughter.



## How to Beat Anxiety Webinar

Wed, Jan 14

9:45-10:45am

Event ID: 92228

See page 13 for details.

## Circle of Friends

Wed, Jan 14

11:15am-12:15pm

Event ID: 91980

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

## Foot Care

Fri, Jan 16

9:30am-5pm

A foot care nurse provides specialized care to maintain the health of the feet by performing medical tasks such as trimming and shaping nails, reducing corns and calluses, treating ingrown toenails, and managing minor foot conditions. They also assess overall foot health, provide education on proper hygiene and footwear, and teach clients how to care for their feet at home to prevent future problems and improve comfort and mobility.

## Chat with a Nurse

Fri, Jan 16

10-11am

Event ID: 92207

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

## Tea & Tales

Wed, Jan 21

11am-12pm

Event ID: 91448

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

## Better at Home Presentation

Wed, Jan 28

10-11am

Event ID: 92246

The Better at Home program is managed by United Way and funded by the Government of British Columbia through the Ministry of Health. This presentation will provide an introduction to the senior support services offered by Deltassist through the Better at Home program. We'll highlight a variety of services designed to help seniors live independently in their own homes, including housekeeping, yard work, transportation to medical appointments, handyman services, and a grocery delivery program.

Please pre-register as space is limited.  
Non-members welcome.



Holiday centre piece workshop.  
Thanks for hosting Joyce!

**We want your input!** McKee is dedicated to offering members and the public fun, educational and interactive workshops year round. If you have any suggestions on workshops or presentations, please leave your ideas and contact information at the front desk and our Director of Workshops will get in touch with you. Thank you.

**Delta's Seniors Support Coordinator**  
Find Eva's webinars, workshops and presentations on page 11.

# McKee Volunteers

## Volunteer of the Month

~ Jackie ~



There aren't really enough words to explain what Jackie means to McKee. Her absolute dedication in all areas she touches is truly impressive. Jackie is one of McKee's front desk liaisons and can handle just about everything handed to her. Jackie always

offers a warm wave and hello and has such compassion and empathy that really rubs off on those around her. Jackie is a Ladner resident and an avid lover of classic cars, with a few in her personal collection as well. Jackie is an active Mah Jong player and loves to attend our special events and workshops. Next time you are at McKee stop by the front desk and see if Jackie is there; I promise it will make your day better. Thank you Jackie for all your time and volunteer hours. McKee is a better place because of volunteers like you.

**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.

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

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

## Volunteer Photo Week January 12-16

Start off the New Year with a big smile. We want to highlight and thank all of our amazing Volunteers. If you are a current McKee volunteer, please stop by the front desk between January 12-16 so we can take your picture! Say cheese!



Rhona and Larry

**Start where you are.**

**Use what you have.**

**Do what you can.**

~ Arthur Ashe ~



Our Holiday Luncheon was a grand success on December 12. A BIG thank you to all our McKee special event volunteers.



Front desk volunteers Christmas social



# McKee Instructional/Fitness Programs

\* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
<b>Monday</b> <b>No Classes</b> <b>Feb 16</b>	Fun & Fitness	Jan 5-Mar 23	8:30-9:30am	90051
	Strengthen & Stretch	Jan 5-Mar 23	8:45-9:45am	90003
	M.I.I.T.	Jan 5-Mar 23	10-11am	90057
	*Watercolour Advanced	Jan 5-Feb 9	10:30am-12:30pm	92471
	Line Dance Beginner	Jan 5-Mar 23	11:30am-12:30pm	90066
	*Watercolour Beginner Plus	Jan 5-Feb 9	1:30-3:30pm	92473
	Muscle Max	Jan 5-Mar 23	4:30-5:30pm	92405
	Low Impact Easy Aerobic Program <b>NEW</b>	Jan 12-Mar 23	4:30-5:30pm	96375
<b>Tuesday</b>	Core, Balance & Strength	Jan 6-Mar 24	8-9am	90361
	Yoga Flow	Jan 6-Mar 24	9:30-10:30am	90364
	*Osteofit	Jan 6-Feb 10	9:30-10:30am	92463
	*Acrylic Art & Watercolour Painting	Jan 6-Feb 10	9:30-11:30am	92374
	*Meditation	Jan 13-Feb 10	11am-12pm	92415
	* Gentle Yoga	Jan 6-Feb 10	11am-12pm	92406
	*Tai Chi Beginner	Jan 6-Feb 10	12:30-1:30pm	92466
	*Get up and Go	Jan 13-Feb 10	1-2pm	92454
	*Tai Chi Intermediate	Jan 6-Feb 10	1:45-2:45pm	92468
	Muscle Max <b>NEW</b>	Jan 13-Mar 24	3:30-4:30pm	96376
<b>Wednesday</b>	Fun & Fitness	Jan 7-Mar 25	9-10am	90510
	Strengthen & Stretch	Jan 7-Mar 25	10:15-11:15am	90509
	*Let's Play Guitar	Jan 7-Feb 11	11am-12pm	92475
	Low Impact Easy Aerobic Program <b>NEW</b>	Jan 14-Mar 25	11am-12pm	96381
	*Minds in Motion	Jan 7-Feb 11	1:30-3:30pm	91482
<b>Thursday</b>	Chair Yoga	Jan 8-Mar 26	10:30-11:30am	90615
	*Gentle Yoga	Jan 8-Feb 12	11:45am-12:45pm	92412
	*Get Up & Go	Jan 15-Feb 12	1-2pm	92458
	Muscle Max	Jan 8-Mar 26	4:30-5:30pm	90616
	Stiffness Solutions <b>NEW</b>	Jan 15-Mar 26	4:30-5:30pm	96386
<b>Friday</b>	Easy Yoga Flow	Jan 9-Mar 27	8:45-9:45am	91699
	Fun & Fitness	Jan 9-Mar 27	9-10am	91709
	Custom Fit	Jan 9-Mar 27	10:15-11:15am	91707
	Line Dance Int.	Jan 9-Mar 27	10:30-11:30am	91722
	Line Dancing 3	Jan 9-Mar 27	11:45am-12:45pm	91723
	*Active Age	Jan 16-Mar 27	12-1pm	91396
	*Choose to Move	Jan 16-Mar 27	1-2pm	91383
	Line Dancing 2	Jan 9-Mar 27	1-2pm	91724
	Line Dancing 1	Jan 9-Mar 27	2:15-3:15pm	91725
<b>Saturday</b>	Strengthen & Stretch	Jan 10-Mar 28	9-10am	90507
	M.I.I.T.	Jan 10-Mar 28	10:15-11:15am	90508

**McKee Winter Instructional Guide is now available.**

Check it out online or pick up a copy at the front desk.



# McKee Club Schedule

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

**McKee Society Facebook** Club & Program updates are posted online.

Club activities can be reserved up to 72 hours in advance, in person or online **Delta.ca/Registration**. Please note, that due to unforeseen circumstances activities may be changed or cancelled without notice.

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.

I got a new pair of gloves for Christmas, but they're both "lefts."

On the one hand, it's great, but on the other, it's just not right.



# City of Delta

## Hello, Wise and Wonderful Readers,

Happy 2026! Wishing everyone a joyful and prosperous New Year! As we step into 2026, we're excited to continue offering a variety of engaging activities to help you stay active, social, and healthy. Whether you enjoy fitness classes, creative workshops, or simply gathering with friends, there's something for everyone here at the centre.

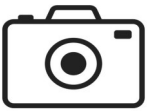
This year, we encourage you to try something new, whether it's joining a new fitness class, participating in an art class, or attending a social event. I strongly encourage you to check out the Rockin' into 2026 Dinner Dance at Kennedy Seniors Recreation Centre on Saturday, January 10, 2026, and the Langley Ukulele Ensemble Performance at McKee Seniors Recreation Centre on Saturday, January 31, 2026. They're both great ways to get out, stay connected and create new memories.

We are thrilled to share another year of fun, friendship, and wellness with all of you. Here's to staying active, strong and connected in 2026. Let's make this year a memorable one, full of laughter, health, and happiness!

Cheers to a healthy New Year!

**Katie Green**

**Volunteer & Customer Service Coordinator**



### 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.

## Delta Seniors Bus: 604-597-4876

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

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



## North Delta Cemetery Master Plan Community Engagement

The City wants your feedback on the future of cemetery services in Delta. To help the City shape the plans for the Boundary Bay and North Delta cemeteries and to guide investments in interment and memorial services for the next 25 years, your input is requested. Please review the Cemetery Master Plan fact sheet and provide your comments to [Cemetery Master Plan | Let's Talk Delta](#).

In addition, watch for more information to be posted on your community bulletin board about a potential onsite engagement session to be held at:

**Kennedy Seniors Recreation Centre**  
**Tuesday, January 20, 2026**  
**9:30-11:30am**

Additional details to follow.

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

# City of Delta Staff

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

Kate Steel  
Lisa Porter  
Eva Busich-Veloso  
Jan Talaber  
Katie Green  
Kourtney Nishi  
Dani Mageau  
Sara Sochting  
Julie Stevens



# Wellness

## HOW TO BEAT ANXIETY

Dr Lee David



### ACTION FOR HAPPINESS

#### How to Beat Anxiety Webinar

Anxiety can be overwhelming, but there are simple and effective ways to manage it. Mental health expert Dr. Lee David shares powerful tools drawn from cognitive behavioural therapy, mindfulness and compassion-focused approaches to help you better understand and reduce your anxiety. You'll learn why anxiety happens, how it affects your thoughts and behaviours, and what you can do to break the cycle.

Lee offers a compassionate, practical approach, helping you recognize unhelpful patterns, respond more effectively and regain a sense of calm and control. Whether you struggle with anxiety yourself or support others who do, this session will equip you with strategies you can start using straight away—even when time is short and life feels overwhelming.

Please pre-register as space is limited.  
Non-members welcome.

#### Kennedy Seniors Recreation Centre

**Tue, Jan 13 10-11:30am Event ID:92318**

#### McKee Seniors Recreation Centre

**Wed, Jan 14 9:45-10:45am Event ID:92228**

# 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.

# Cultural Programs

#### North Delta Matinee Series:

##### Nexus Chamber Music

Immerse yourself in classical music in a cozy setting with the Academy Chamber Players.

Tue, Jan 27 1-2pm

North Delta Centre for the Arts \$25

Tickets available through Eventbrite.

<https://www.eventbrite.ca>

#### Adult Paint Night

Enjoy a little art therapy with a side of socializing and leave with a finished painting.

##### Winter Solstice Watercolour

Fri, Jan 16 7-9pm \$35

Tsawwassen Art Centre Event ID: 91712

##### Snowy Trees & Mountains Landscape

Fri, Jan 30 7-9pm \$35

North Delta Centre for the Arts Event ID: 93572

#### Players Circle

Learn a new tune, share your talents, and be a part of creating rhythmic alchemy. Beginners to experienced player's welcome: Grab your guitar, ukulele, bass or other instrument and join in.

Fri, Jan 30 7-9pm \$5

North Delta Centre for the Arts

#### Adult Pencil Drawing for Beginners

Learn to see the world through an artist's eye and build confidence as you develop essential drawing skills in a supportive, encouraging environment.

Wed, Jan 14-Mar 4 7-8:30pm \$180

Tsawwassen Art Centre Event ID: 88795

#### Northlore Movie

Weaving animation and live action, Northlore explores mystical stories and connections between the people and wildlife in the north of Canada.

Thu, Jan 8 6:30-7:30pm FREE

Douglas J. Husband Discovery Centre Event ID: 94654

#### Mindfulness in the Museum

Enjoy a guided mindfulness and movement session led by a yoga instructor. All levels welcome.

Fri, Jan 16-Mar 13 12-1pm FREE

Douglas J. Husband Discovery Centre Event ID: 94158

# City of Delta: Wellness

## January is Social Connections Awareness Month: Conquering Loneliness and Isolation as You Age

As we get older, our social lives inevitably change. Major milestones like retirement, the loss of loved ones, or even new physical limitations can often lead to feelings of loneliness or social isolation. While these feelings are completely common, it is vital to understand that they don't have to be permanent. By taking small, actionable steps to build and maintain meaningful connections, you can significantly enrich your life and improve your overall well-being.

### **Loneliness vs. Social Isolation: Knowing the difference**

While they often occur together, loneliness and social isolation are two distinct experiences:

- **Loneliness** is an emotional state—a feeling of sadness or emptiness that arises when your social needs are not being met. It is possible to feel lonely even when you are surrounded by people.
- **Social Isolation** is a physical state—the actual lack of social contact or interaction with others. You can experience social isolation while still maintaining a close-knit circle (if those interactions are fulfilling).
- Both conditions can significantly impact your mental and physical health. They are linked to increased risks of depression, anxiety, and even cognitive decline.

### **The power of connection**

For older adults, staying socially connected can improve overall health:

- Boost mood and enhance longevity.
- Help maintain brain function and reduce stress.
- Research consistently shows that engaging with others can substantially improve quality of life.

**Strategies to Build Connection** It's never too late to rediscover a sense of belonging. Start by trying one of these simple steps:

**Reach out to a loved one:** Regular phone calls, video chats, or even old-fashioned letters are fantastic ways to stay connected with those you care about. Don't be afraid to make the first move—many people are eager to reconnect but may not know how to start the conversation.

**Join community groups:** Look for opportunities right in your neighborhood, such as local clubs, volunteer organizations, or religious groups. These groups are excellent places to meet new people and form lasting friendships.

**Engage in new hobbies or interests:** Taking up a new activity—whether it's gardening, knitting, painting, or learning a new language—can provide both a sense of purpose and built-in opportunities to meet others who share your passion.

**Consider technology:** In today's world, technology is a powerful tool for connection. If you are unfamiliar with video calls or other apps, there are plenty of simple tutorials and support services available to help you get started.

**Reach out for professional support:** If you are persistently struggling with feelings of loneliness or isolation, consider talking to a therapist or counselor, many professionals specialize in helping older adults navigate these exact challenges.

Loneliness and social isolation are challenges that many older adults face, but they are absolutely not insurmountable. By taking these small, deliberate steps, you can find joy in meaningful relationships and enrich your life at any age.

Adapted from McMaster University Optimal Aging website. If you require more info, please contact Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca)

**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. 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

## KENNEDY SENIORS SOCIETY

### Board of Directors 2025-2026

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

## A Message from Your Board of Directors

As we begin 2026, I would like to wish all of our members a healthy and happy New Year. The start of a new year is also a time for reflection and renewed purpose, and it is exciting to look ahead at what's to come. In 2026, we are looking forward to expanding our programs, exploring additional program times, strengthening community connections, and creating even more opportunities for the 50+ population. None of this would be possible without the continued commitment, care, and generosity of our volunteers. One of the greatest joys of my role is seeing the meaningful connections that form—between volunteers and members, and among volunteers themselves—and the positive impact this has on our centre each day.

Our volunteers make an incredible difference every day. From welcoming members with a friendly smile, to assisting with programs and special events, to offering companionship and support, their presence is felt throughout the centre. Because of their dedication and care, our centre remains a warm, inclusive, and vibrant place where members feel connected, supported, and truly valued.

If you have ever considered volunteering, the new year is a wonderful time to get involved. Whether you can help regularly or occasionally, there is a place for you here. I also encourage you to spread the word to friends, family members, or neighbours in the 50+ community who may be interested in participating or volunteering with us.

There's even more to look forward to—**darts will be coming soon!** We are excited to introduce this new activity and to continue building a welcoming, active, and connected community together.

Let's show our Volunteers how much we appreciate them—a simple “thank you for volunteering.”

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

## 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

## Kennedy Fees 2026

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. Thank you for your understanding. **City of Delta Staff**

## Winter Registration

**Register in person for Winter Programs  
or online at [delta/reg.ca](https://delta/reg.ca)**

**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 cheer Kennedy on!

### Snooker B League

Wed, Jan 14 & 28

Wed, Feb 11

### Snooker A League

Thu, Jan 8, 15 & 26

Thu, Feb 12, 19 & 26

## **Café Eighty-Ate**

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

Café 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 1:15pm

Mexican Train 2pm

Wed Bridge 1:15pm

Thu Samba 1:15pm

Fri Mah Jong 1:15pm

## Crafty Ladies

The Crafty Ladies had a fantastic year. On October 25, 2025 we sent off 5,000 plus items!

On November 28, 2025 a women's shelter received over 740 items cosmetics, lotions, etc. A youth group that had aged out of foster care got items for their Christmas party—enough for 30 teens.

Option's Healthy Baby Program picked up 30 layettes, which makes a total of 142 year to date. That also is part of 517 layettes donated since 2016 when we started keeping statistics. The layettes contain a crib-sized afghan, a fleece towel, receiving blanket, sweater and hats, clothing (sleepers, onesies), face cloth, soap, and toy. They also picked up extra toys and toddler clothing.

We are planning to continue donating in 2026 with a change of format. We will be sending the first lot of items out March-April. The need is great all year. The most requested items are socks, toques, mitts and scarves. With your help I know we can make a difference to a vulnerable person.

We are still accepting yarn; 4-ply knitting worsted is the one used for all our items.

Thanks to you the membership for all you support.

## Lil and Colleen

## Save the Date:

Tue, Feb 10 Aging Well Webinar

Mon, Feb 23 Mobile Hearing Health Clinic

Tue, Feb 24 DPD Fraud and Cyber Awareness  
Presentation

Mon, Mar 23 Crime Stoppers Seniors Safety  
Presentation

Wed, Mar 18 Photography Interest Group  
presents: Rick Hulbert



# Kennedy Socials

## Rockin' into 2026 Dinner Dance

Sat, Jan 10

4:45-9pm

Event ID: 81603

Members \$25 / Guests \$30

Rock into 2026 at our January Dinner Dance. Roxanne will be preparing one of her delicious dinners that includes ham, scalloped potatoes, veggies and a surprise dessert. A vegetarian option is available. Two of a Kind is returning with our entertainment for the evening with a variety of rock 'n roll tunes.

Tickets on sale now. Limit of 4 tickets per person. If you are purchasing tickets for non-members, they must have an account created.

## Valentines Day Dinner Dance

Sat, Feb 14

4:45-9pm

Event ID: 81606

Members \$25 / Guests \$30

Join us for a Valentine's Day Dinner Dance. Roxanne will be preparing chicken with brie and cranberry stuffing, mashed potatoes, gravy and vegetables, followed by a surprise dessert. Brian Zalo Max is returning to entertain us with a variety of rock 'n roll tunes.

Tickets go on sale Monday, January 19, 2026 at 9:30am. Four tickets per person. If you are purchasing tickets for non-members, they must have an account created.



## Ticket to Ride ~ Bus Trips

**Delta Casino Bus Trip**

Event ID: 97325

**Thu, Feb 26**

**10:30am-4pm**



The bus will leave Kennedy at 10:30am and return at approximately 4pm. Watch the bulletin boards for more information. Tickets available at 9am, Wednesday, February 4, 2025.



A huge thank you to our very own artistic Kennedy volunteers, Rita C. and Lynne M. for their time and talents spent painting the beautiful winter theme on the lounge windows!



Lynn N. achieved the magical 29 hand in cribbage on Dec 3!



Christmas Luncheon



Mele Kalikimaka from the Hawaiian Dancers!

# Kennedy Special Events

## The Photography Interest Group Presents: John Gordon: Red Dirt, Blue Sky and Birds 40 days in Australia

Wed, Jan 21 7-9p Event ID: 92952  
Members \$3 / Non-members \$5

Join John Gordon as he travels around Australia photographing nature's beauty, birds and wildlife. Based in Cloverdale, his articles and photography have been featured in Photo Life and Birders World as well as numerous Parks Canada campaigns. He received a Craftsman of Photographic Arts in 2000 and in 2005 a Master of Photographic Arts from the Professional Photographers of Canada. Register now to save your spot! Light refreshments served.



## Jazz Concert

Wed, Mar 18 7:15-9pm Event ID: 95665 Members \$10 / Guests \$15  
Doors: 7:15pm Entertainment: 7:30pm

Full House Jazz is a group of dedicated and talented musicians with a passion for big jazz. Their director challenges the band with exciting big band orchestrations in swing, blues, Latin jazz, funk, bebop, fusion, and contemporary music styles.

Tickets for **members only** will go on sale at 9:30am on Monday, January 26, 2026.

Tickets for **non-members** will go on sale at 9:30am on Monday, March 2, 2026.

# Kennedy Drop-in Programs

## Scrabble: Saturday Drop-in

Are you interested in playing Scrabble? We are looking for players on Saturdays from 1-3pm!

Volunteers are also required; 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 **NEW!**

We need players from 3:30-5:30pm on Wednesdays, starting January 7. Drop in for a fun and friendly game.

## 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.

## Meditation & Mindfulness Self Awareness

Wed starting Jan 7 12:30-2pm **NEW!**

Have you completed the Mindfulness and Meditation Level 2? Are you wondering what's next? These NEW sessions will take place every other Wednesday as an ongoing Meditation/ Mindfulness/Self-Awareness Group. Continue your personal journey and explore where your practice is at and what more you can do to incorporate your meditation/mindfulness practice into your everyday life. Participate in open discussions and meditation, review current practices including breathing, relaxation and meditation, and journey further to maintain and enhance the process.

Participants must complete Level 1 & 2 prior to registration (see page 17 for details on those programs). Kennedy membership is required. Regular \$0.35 drop-in fee is applied per session.



# Kennedy Workshops & Presentations

## Choose to Move Information Session

**Wed, Jan 7**

**10:30-11:30am**

**Event ID: 91808**

Looking to get more active and feel your best? Choose to Move is a free, supportive program designed to help older adults incorporate physical activity into their daily lives. With guidance from a trained activity coach, learn how the program works and how it can help you build healthy habits at your own pace, connect with others, make new friends and stay motivated. Non-members welcome! Participant contact information will be shared with the program instructor on registration.

## ActivAge Program Series

**Wed, Jan 14-Mar 25**

**9:30-10:30am**

**Event ID: 91810**

ActivAge Canada's primary focus is on the promotion of physical activity, while recognizing the critical links of physical health with social, mental, emotional and spiritual well-being. Learn the benefits of active living as you age, and find examples of exercises and activities perfect for maintaining and improving health. Non-members welcome.

Participants are expected to attend all 11 sessions and the January 7 information session (see above) prior to registering. Participant contact details will be shared with the instructor.

## Choose to Move Program Series

**Wed, Jan 14-Mar 25**

**10:30-11:30am**

**Event ID: 91811**

Build lasting physical activity habits that fit your life. With support from a trained activity coach and a group of peers, you'll create a personalized plan, stay motivated, and enjoy activities that work for you. Together, you'll find the encouragement and accountability to reach your goals. Non-members welcome. Participants are expected to attend all 8 sessions and the January 7 information session (see above) prior to registering. Participant contact details will be shared with the instructor.

## Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations on page 11.

## Foot Care Clinic

**Fri, Jan 9 & 23**

**10am-1:45pm \$60**

Your feet carry you through life—don't ignore them! Common foot problems include corns, calluses and cracked heels; thick, fungal, or ingrown nails; diabetic nerve damage (neuropathy); and poor circulation or infections. Care can include toenail trimming and filing; reduction of thick/fungal nails; management of ingrown nails; corn and callus removal; and moisturizing. Book your appointment with the Foot Care Nurse. No polish. Kennedy membership required.

## How to Beat Anxiety Webinar

**Tue, Jan 13**

**10-11:30am**

**Event ID: 92318**

See page 11 for details.

Hosted by Delta's Senior Support Coordinator.

## Better at Home Presentation

**Tue, Jan 27**

**10:30-11:30am**

**Event ID: 91755**

The Better at Home program is managed by United Way and funded by the Government of British Columbia through the Ministry of Health. This presentation will provide an introduction to the senior support services offered by Deltassist through the Better at Home program. We'll highlight a variety of services designed to help seniors live independently in their own homes, including housekeeping, yard work, transportation to medical appointments, handyman services, and a grocery delivery program.

Please pre-register as space is limited.

Non-members welcome.

## Hearing Health Presentation

**Mon, Feb 9**

**10-11am**

**Event ID: 96338**

Curious about hearing loss? A local audiologist will be on site to give a presentation on hearing health. Topics that will be discussed include: how the ear works, effects on untreated hearing loss, the social impacts of hearing loss and hearing technology advancements through history. Space is limited, please pre-register. Non-members welcome.



# Kennedy Instructional Programs

## Hawaiian Dance Beginner

**Wed, Jan 7-Mar 25 9:15-10:15am**

**Event ID: 92033 \$60**

Interested in learning Hawaiian Dance? Join our fun and welcoming beginner class. You'll learn gentle hula movements, improve balance and flexibility.

---

## Guitar for Intermediate Players

**Thu, Jan 8-Mar 26 9:30-10:30am**

**Event ID: 93371 \$5**

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

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## Mindfulness & Meditation Level 1

**Thu, Jan 8-Feb 12 10-11:30am**

**Event ID: 92201 \$5**

Explore the benefits of meditation, gain insights into how our minds and thoughts operate, and mind. Each session will include a blend of learning, seated meditation, and open discussion, giving you the tools to incorporate mindfulness and meditation into your daily life for greater peace and balance. No class February 5.

---

## Mindfulness & Meditation Level 2

**Thu, Jan 8-Feb 12 11:45am-1:15pm**

**Event ID: 92202 \$5**

Continue your journey of self-awareness and learn how to create a daily routine and meditation practice. Review practices used during Level 1 and build upon daily routine and practice, including breathing, relaxation movement and meditation. Participants must complete Level 1 prior to registering. No class February 5.

---

## Chinese Folk Dance

**Sat, Jan 10-Mar 28 1-4pm**

**Event ID: 92892 \$5**

Join us for an introduction to the diverse world of Chinese Folk Dance. Everyone is welcome, no experience needed.

## Introduction to Computers

**Mon, Jan 12-Mar 30 9:30am-12pm**

**Event ID: 92027 \$55**

Get more comfortable with computers. Learn basic skills such as navigating the internet and sending emails, and explore common applications. No experience needed. Microsoft users only. Bring your own laptops. No class February 16.

---

## Advanced Computers

**Fri, Jan 16-Mar 27 9:30am-12pm**

**Event ID: 92031 \$55**

Take your basic knowledge and skills to the next level. Focus on practical skills to enhance everyday computer use. Topics include, filing documents, backing up data, saving photos, and useful programs like Word. Microsoft users only. Bring your own laptop. Kennedy membership required.

---

## Tap Dance **NEW!**

**Mon, Jan 19-Mar 23 9-10:30am**

**Event ID: 95491 \$5/class**

Build coordination, balance, musicality and memory! Tap dance is a fun, social and energizing activity that supports both physical and cognitive wellness. This program is for all levels. Participants should wear pants with close-fitting legs and must bring their own tap dance board/tile and tap shoes.

---

## Spanish Intermediate Level 1

**Thu, Jan 15-Feb 5 11am-12:30pm**

**Event ID: 92198 \$30**

This continuation of Beginner Spanish is perfect if you have existing knowledge of common Spanish words, phrases and grammar.

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## Minds in Motion

**Thu, Jan 15-Mar 26 11:30am-1:15pm**

**Event ID: 92891 \$55**

Minds in Motion, brought to you by the Alzheimer Society of BC, is a fitness and social program for people living with any form of early-stage dementia to attend with a family member, friend or other care partner. Care partners must attend. Participants must be members of Kennedy. Registration information will be shared with the ASBC and participants will be contacted prior to the start of the class.

# Kennedy Volunteers

## Volunteer of the Month ~ Gabi H. ~



I immigrated to Canada from Italy with my family in 1954. After getting married, I lived in many cities across Canada, gaining a wide range of life experiences along the way.

Before having children, I worked in the school system, primarily as a library tech. I then became a stay-at-home mom for 17 years, a role where I truly did it all, while raising my two daughters. I am now also the proud grandmother of two granddaughters.

Coming to Canada gave me a wonderful life filled with opportunities and experiences I might never have had otherwise. I later joined Kennedy as a member and started out by playing ping pong. Over time I made many meaningful friendships while participating in fitness activities and programs.

After COVID, I decided to volunteer, as I had the time and wanted to give back. Volunteering has been a joy—I have just as much fun as the members I serve. It is very rewarding to know that the membership truly appreciates the service and dedication that volunteers provide.

## Kennedy Volunteer Stats:

During the month of December, Kennedy volunteers generously donated 974 hours of their valuable time.

## Volunteer Opportunities:

**Scrabble Convener:** Volunteer needed for Saturdays 1-3pm.

**Back-up Dart convener:** Back-up volunteer for Darts Wednesdays 330-530pm.

**Pickleball Back-up Convener:** back-up convener for various sessions or even a single time slot (Mondays, Tuesdays, Wednesday evenings, Thursdays or Saturdays).

**Cashier 88:** Do you feel that you can deal with handling money? If so, training is provided for back-up positions.

**Kitchen Support:** Do you have Food Safe? Would you like to be back up for Café Eight-Ate and/or special events?

**Greeters:** Afternoon shifts are available. We are looking for volunteers to warmly greet customers as they enter the facility, give centre tours, and create a positive and inviting atmosphere.

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



**Pinky, Manpreet and Shirley  
bringing the joy to Kennedy!**

# 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.

<b><u>MONDAY</u></b> Woodshop Snooker Bingo Canasta Ceramics Pickleball	9am-3:45pm 9am-4pm 12:15-3:30pm 1:15pm-4pm 1-3pm 1:15-4pm	<b><u>THURSDAY</u></b> Woodshop *Snooker Table Tennis Samba (Card Game) Acrylic & Watercolor Pickleball	9am-3:45pm 9am-4pm 1:45-4:15pm 1:15-4pm 1-3pm 1:45-4:15pm
<b><u>TUESDAY</u></b> Woodshop Snooker Ceramics Guitar Crafty Ladies Table Tennis Women's Friends Group Euchre Pickleball Mexican Train	9am-3:45pm 9am-4pm 10am-12pm 10-11:30am 12:15-3pm 12:30-2:30pm 12:30-2:30pm 1:15-3:15pm 1:15-4pm 2-4pm	<b><u>FRIDAY</u></b> Carpet Bowling Woodshop Snooker Crafty Ladies Dealer's Choice Bingo Jammers Mahjong	9am-11:45am 9am-3:45pm 9am-4pm 9am-11:30am 12-3:30pm 12:15-3:30pm 1-3pm 1:15-3:30pm
<b><u>WEDNESDAY</u></b> Carpet Bowling Woodshop *Snooker Card Making Acrylic Art Drop-in (Jan 28) Dealer's Choice Contract Bridge Line Dancing Level 2 Table Tennis Line Dancing Level 1 Darts (starts Jan 7)-NEW! Art Drop-in Tile Games Cribbage Pickleball Photography Interest Group (Jan 7 & 21)	9am-11:45am 9am-8pm 9am-8:30pm 9:30am-12pm 10:30am-12:30pm 12-3:30pm 1:15-4:15pm 1:30-3pm 1:30-3:30pm 3:15-4:15pm 3:30-5:30pm 4-8pm 6:30-8:30pm 6:30-8:30pm 6:30-8:30pm 7-9pm	<b><u>SATURDAY</u></b> Woodshop Snooker Table Tennis Ceramics Rummoli Acrylic & Watercolor Scrabble Pickleball	9am-3:45pm 9am-3:45pm 9:30-12pm 10am-12pm 11am-3pm 1-3pm 1-3pm 1:30-3:45pm

Snooker Drop-in will be closed for Snooker League play from 9am-1pm as follows:

Wed, Jan 14, 28 & Feb 11

Thu, Jan 8, 15, 26 & Feb 12, 19, 26



# Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

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

Day	Name	Program Dates	Time	Event ID
<b>Monday</b>	**Zumba	Jan 5-Mar 23	9:15-10:15am	83160
	*Tap Dance—NEW!	Jan 19-Mar 23	9-10:30am	95491
	*Introduction to Computers	Jan 12-Mar 30	9:30am-12pm	92027
	**Fit & Active	Jan 5-Mar 23	10:30-11:30am	83114
<b>Tuesday</b>	**Fit & Active	Jan 6-Mar 24	9:15-10:15am	83162
	**Fit & Functional	Jan 6-Mar 24	10:30-11:15am	83163
	**Simply Stretch	Jan 6-Mar 24	11:45am-12:45pm	83164
	*Watercolour Painting	Jan 6-Feb 3	1-3pm	92039
<b>Wednesday</b>	*Hawaiian Dance Beginner	Jan 7-Mar 25	9:15-10:15am	92033
	*ActivAge Program	Jan 14-Mar 25	9:30-10:30am	91810
	*Hawaiian Dance Int.	Jan 7-Mar 25	10:15-11:30am	92034
	*Choose to Move Program	Jan 14-Mar 25	10:30-11:30am	91811
	*Acrylic Art	Jan 7-21	10:30am-12:30pm	92064
	*Chair Yoga (Blended)	Jan 7-Mar 25	12-1pm	92068
	**Gentle Yoga	Jan 7-Mar 25	12:15-1:15pm	83165
<b>Thursday</b>	**Fit & Active	Jan 8-Mar 26	9:15-10:15am	84917
	*Guitar for Int. Players	Jan 8-Mar 26	9:30-10:30am	93371
	*Meditation Level 1	Jan 8-Feb 12	10-11:30am	92201
	*Tai Chi	Jan 22-Mar 26	10-11am	92024
	**Fit & Functional	Jan 8-Mar 26	10:30-11:15am	83166
	*Spanish for Int. Level 1	Jan 15-Feb 5	11am-12:30pm	92198
	*Minds in Motion	Jan 15-Mar 26	11:30am-1:15pm	92891
	*Meditation Level 2	Jan 8-Feb 12	11:45am-1:15pm	92957
	**Simply Stretch	Jan 8-Mar 26	12:30-1:30pm	83167
<b>Friday</b>	*Advanced Computers	Jan 16-Mar 27	9:30am-12pm	92031
	*Chair Yoga (Seated)	Jan 9-Mar 27	10-11am	92203
<b>Saturday</b>	**Yoga	Jan 10-Mar 28	9:45-10:45am	93437
	**Fit & Functional	Jan 10-Mar 28	11-11:45am	83169
	**Chair Dance Fitness	Jan 10-Mar 28	12-1pm	83170
	*Chinese Folk Dance	Jan 10-Mar 28	1-4pm	92892

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

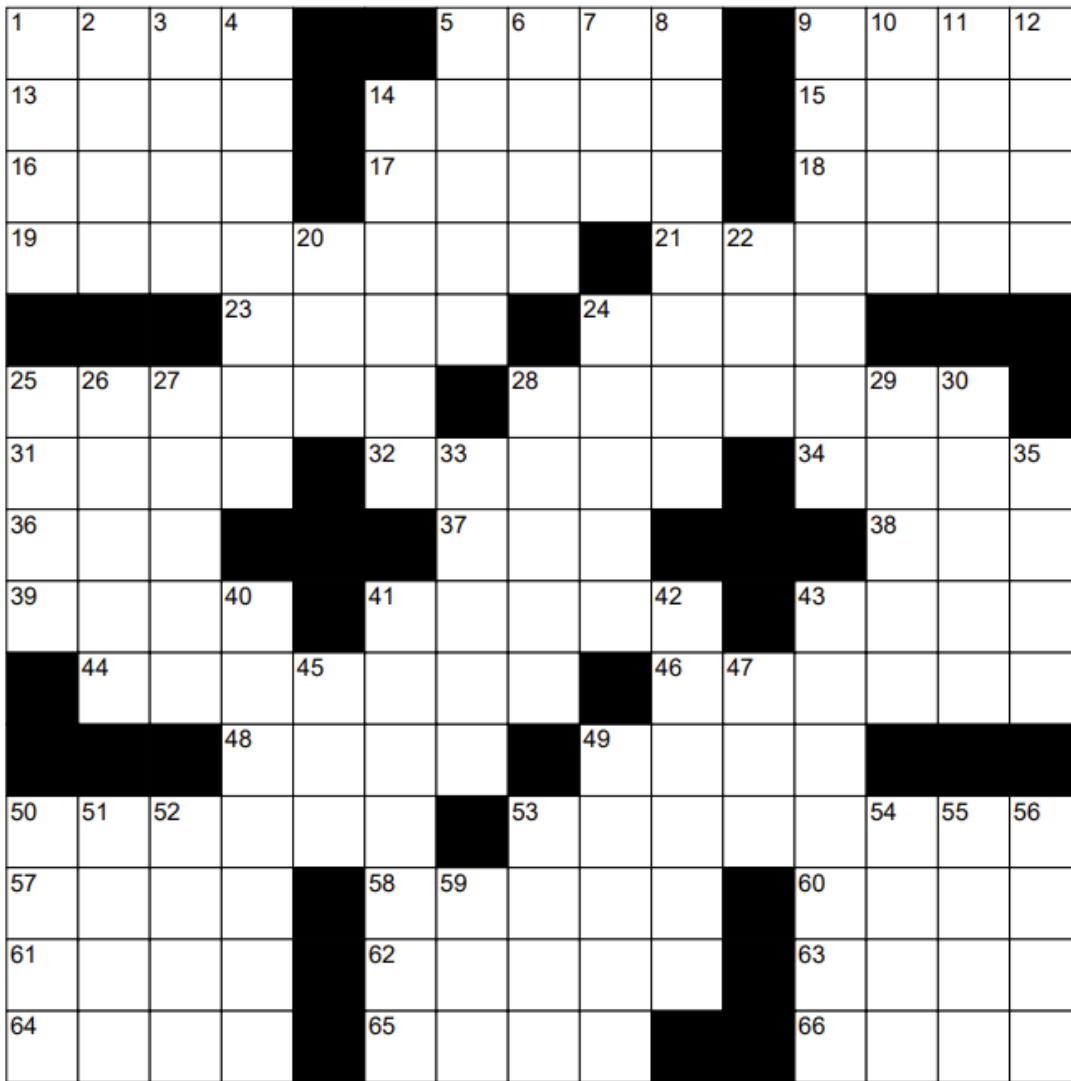
Please preregister in person at Kennedy Seniors Recreation Centre.

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

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

**To see all Winter Instructional Programs offered at Kennedy,  
pick up a copy of the Winter Program Guide.**

# Brain Games & Fun



By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

## Across

- 1 Carbonated Drink
- 5 Wire projection
- 9 Small ground plot
- 13 Among
- 14 Keyed
- 15 Air (prefix)
- 16 Seed
- 17 Japanese car
- 18 Shallow area
- 19 Cure
- 21 Capital of Bahamas
- 23 Pro football team
- 24 Similar
- 25 Tropical fruit
- 28 Person from Flanders
- 31 Not a fake

- 32 Shoot clay pigeons
- 34 Popular desserts
- 36 Make a mistake
- 37 Neither's partner
- 38 Spiritedness
- 39 Freshwater fish
- 41 After fourth
- 43 Recess
- 44 Ear protectors
- 46 Minded
- 48 Not well cooked
- 49 Box
- 50 Bach's first name
- 53 Protestants
- 57 Iraq's neighbor
- 58 Lessen
- 60 Billions of years

- 61 Allow to borrow
- 62 Chest wood
- 63 Comedian Jay
- 64 Duds
- 65 Paradise
- 66 Alter

## Down

- 1 Soap Opera
- 2 Bode
- 3 Mud
- 4 Navy Rank
- 5 Footwear
- 6 Green Gables dweller
- 7 Radiation dose
- 8 Quilt
- 9 Edible white root
- 10 Dregs
- 11 Region
- 12 Meat alternative
- 14 Doubting \_\_\_\_\_
- 20 New Year's \_\_\_\_\_
- 22 Place
- 24 Warn
- 25 Secondary
- 26 Eagle's nest
- 27 Warm coat
- 28 Give away a fief
- 29 Sharp cold
- 30 Gaggle birds
- 33 Sharp weapon
- 35 Rushed
- 40 Missions
- 41 Heating apparatus
- 42 Receptacle
- 43 In the air (pl.)
- 45 Gent
- 47 Cave dweller
- 49 Devil
- 50 Break up
- 51 Dunking cookies
- 52 Execute
- 53 Ordered
- 54 Look for
- 55 Firm up muscles
- 56 Frozen precipitation
- 59 Pillow place



# Brain Games & Fun

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

#15379

Medium

www.sudoku.name

**SUDOKU**  
数独

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

#7795

Medium

www.sudoku.name

## Crayola Crayons Wordsearch

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

NEON CARROT  
SUNGLOW  
TUMBLEWEED  
ORCHID  
MAIZE  
DANDELION  
CRAYELLOW  
ASPARAGUS  
MAGIC MINT  
SKY BLUE  
CORNFLOWER  
DENIM  
BLUETIFUL  
WISTERIA  
THISTLE  
JAZZBERRY JAM  
CERISE  
PIGGY PINK  
TIMBERWOLF  
OATMEAL



# Brain Games & Fun

## FIFA Word Scramble

1	AMTNUTNERO		8	ETLCAK	
2	NEBHC		9	CDEFEEEN	
3	URNFIMO		10	OCHAC	
4	SAFN		11	ATME	
5	SAECTL		12	RNERCO KKC	
6	ISNH PDA		13	RDE ACRD	
7	ESJYER		14	HEEDRA	

**Not done celebrating? Here are some lesser known holidays for you to observe (or ignore) as you see fit!**

Jan 2	World Introvert Day
Jan 3	Festival of Sleep Day
Jan 4	National Spaghetti Day
Jan 9	Clean Your Desk Day
Jan 12	National Hot Toddy Day
Jan 14	National Dress Up Your Pet Day
Jan 16	Blue Monday
Jan 18	Winnie the Pooh Day
Jan 22	National Hot Sauce Day
Jan 24	Global Belly Laugh Day
Jan 30	Bubble Wrap Appreciation Day

**Did you know ...** The word “NEWS” was coined from the fact that early daily papers carried images of globes on their mastheads and boasted that their report came from all directions—**N**orth, **E**ast, **W**est and **S**outh.

## Word of the Day

### Nefelibata

/ne.fe.li'ba.ta/

(n.) Cloud walker; one who lives in the clouds of their own imagination; one who does not obey the conventions of society, literature or art.

**Why does it feel so much colder when you're shovelling snow than when you're building a snowfort?**

**When it snows, you have two choices:  
shovel or make snow angels.**

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

1	8	1	6	4	3	7	2	9	5	8	4	3	7	2	9	5	8
2	9	3	8	1	5	7	6	4	3	8	1	5	7	6	4	3	8
3	5	4	7	9	6	2	1	8	3	5	4	7	9	6	2	1	8
4	2	9	1	8	3	6	5	7	4	2	9	1	8	3	6	5	7
5	6	5	1	3	7	9	8	4	2	5	6	5	1	3	7	9	8
6	3	8	6	4	5	2	1	3	7	6	3	8	6	4	5	2	1
7	9	8	4	5	2	1	3	7	6	9	8	4	5	2	1	3	7
8	3	6	8	7	5	4	9	2	1	3	6	8	7	5	4	9	2
9	4	2	9	1	8	3	6	5	7	4	2	9	1	8	3	6	5
10	5	6	8	7	5	4	9	2	1	3	6	8	7	5	4	9	2
11	6	5	1	3	7	9	8	4	2	5	6	5	1	3	7	9	8
12	7	3	2	6	4	5	1	8	3	6	5	7	4	2	9	1	8
13	8	1	6	4	3	7	2	9	5	8	4	3	7	2	9	5	8
14	9	3	8	1	5	7	6	4	3	8	1	5	7	6	4	3	8

1. TOURNAMENT
2. BENCH
3. UNIFORM
4. FANS
5. CLEATS
6. SHIN PAD
7. JERSEY
8. TACKLE
9. DEFENCE
10. COACH
11. TEAM
12. CORNER KICK
13. RED CARD
14. HEADER