

WISE & WONDERFUL

Where Wisdom Meets Recreation

May 2025

Kennedy Seniors Society

Café Eighty-Ate

Food Service Hours

Mon, Wed & Fri 9am-1pm

Tue & Thu 9am-1:30pm

McKee Seniors Society

Mama's Bakery at Kee Café

Food Service Hours

Mon-Fri 8am-4pm Sat 8am-1pm

Grand Opening Mon, May 12

Summer Program Registration starts at 9am, Wednesday, May 28, 2025

Please register in person at your centre's front desk

or online at [Delta.ca/mckee](https://delta.ca/mckee)



CeleBRate **Seniors Week**
June 2-7, 2025

IMPORTANT DATES

Saturday, May 3

Sunday, May 11

Monday, May 19

Wednesday, May 28

Thursday, June 5

McKee Annual General Meeting

Mother's Day

Victoria Day-McKee & Kennedy Centres Closed

Summer Program Registration Starts

BC Seniors Advocate Presentation

Kennedy Seniors Recreation Centre*

11760 88 Avenue

Delta, BC V4C 3C5

604-594-2717

kennedy@delta.ca

McKee Seniors Recreation Centre*

5155 47 Avenue

Delta, BC V4K 0A2

604-946-1411

mckee@delta.ca

*Customer Service and Operation hours vary at Kennedy Seniors Centre and McKee Seniors Centre.
Information and registration are available in person, or online delta.ca/registration.

McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC

604-946-1411

Greetings to the Wise & Wonderful,

Spring is in full bloom. April showers did indeed bring May flowers, and, following the Annual General Meeting May 3, a new Board of Directors. Congratulations to all those who have joined this dedicated group of volunteers.

McKee Seniors Society is run by volunteers in partnership with the City of Delta. If you want to see McKee continue as the vibrant and fun place it has become, please consider volunteering. While it may seem like a lot of work, it becomes not so much when shared between many hands. There are numerous opportunities and a variety of roles. If you are interested, you can find more information from the front desk.

Our semi-annual shredding event was once again a resounding success thanks to Geof, Director of Assets, and his band of volunteers. Funds raised helps us maintain the variety of programs and activities offered at McKee as well as contributing to the community. Did you know that McKee sponsors scholarships to both Delta Senior Secondary and South Delta Senior Secondary?

Dancing in the Country April 26 saw a large group of line dancers descend on McKee kicking up their heels and having a good time. Well done! Thank you to the City for hosting a fun-filled event on April 28 where McKee volunteers were acknowledged and fêted.

Welcome to our new Kee Café operator Tahani. We look forward to your delicious offerings at Mama's Bakery.

Our membership is growing and space is at a premium. Many new activities have been added to the Lounge and it less available for members to come in to read a book, do a puzzle or enjoy a quiet time with a friend. Most Fridays the Lounge is free before 1pm. We will try keep that as a dedicated time for members to come in and enjoy the Lounge as it was intended. Also a Games Corner/Table has been created in the café for members.

This will be the last time I write to you as representative from the board. My time as President /Club Liaison has come to an end. You will however, see me around the centre volunteering and participating in its many activities. Can't get rid of me that easily.

Mae Quon-Forsythe

McKEE SENIORS SOCIETY

Board of Directors 2024-2025

President	Joyce Branscombe
Past President	Mae Forsythe
Treasurer	Sandy Watson
Secretary	Vacant
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops & Marketing	Lin Jones

Customer Service Hours of Operation

Monday	8:15am-4:30pm
Tuesday	7:45am-4pm
Wednesday	8:45am-7pm
Thursday	8:30am-4:30pm
Friday	8:30am-4pm
Saturday	9am-3pm

Kee Café / Mama's Bakery Hours

Monday-Friday	8am-4pm
Saturday	8am-1pm

McKee 2025 Fees

12-Month Golden 90+ Membership	FREE
12-Month Annual Membership	\$30
12-Month Snooker Membership	\$35
12-Month Table Tennis Membership	\$20
12-Month Pickleball Membership	\$20
Daily-Fitness Single Admission	\$5
Fitness 5-Class Pass	\$25
Fitness 10-Class Pass	\$45
Fitness 20-Class Pass	\$85
Fitness 30-Class Pass	\$120
Non-member Visitor One-time Pass	\$10
<i>All memberships and passes expire after 365 days.</i>	

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



Notice:

McKee House Seniors Society

ANNUAL GENERAL MEETING & ELECTIONS

Saturday, May 3, 2025

Held in the Pioneer Hall

Registration begins at 10am

Meeting begins at 10:30am

ELECTIONS (2-year terms)

Vice-President

Secretary

Treasurer

5 Directors

Attendees must be current
McKee Seniors Society Members.

Thank you DSS!

A big thank you to the Delta Secondary School Theatre Company for kindly donating 20 reserved seats for McKee Members to attend a special matinee performance of *Mamma Mia*!

A draw was held at McKee and the lucky winners were very excited to attend Genesis Theatre and enjoy the fantastic show last month.

McKee Games Nest

Daily 9am-1pm

Introducing the McKee Games Nest, located in the café by the fireplace! Enjoy this fun space to play games, socialize, have some independent time, or learn something at your own convenience with games provided by McKee Society.

IMPORTANT!

Did you know you can ask front desk volunteers, the City of Delta cashier, or go [online](#) to your account to check your membership expiration date?

To register for activities, your McKee Seniors Society membership must be valid for the duration of your desired activities. If your membership is up for renewal, please renew prior to registration date. This will allow you to be able to register for your activity without delay. Membership sales are done onsite at McKee Seniors Recreation Centre.

Denise

Volunteer Instructional Programs

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.

Cultural Connections at McKee

The Cultural Connections team is pleased that McKee members have offered positive comments and that the displays mounted in the front cabinet have provided new insight into world cultures.

Since January, the team has researched and found colourful items that highlight the 2025 Lunar New Year and Ramadan, the ninth month of the Islamic calendar, which is marked by fasting, communal prayer, reflection and community.

Passover (Apr 12-25, 2025) is a major Jewish holiday celebrating the exodus of the Israelites from slavery in Egypt. We were fortunate to have guidance from and display items loaned to us by a McKee member.

Other cultural celebrations we are working on include Resta Della Republic, Italy's National Day, International Yoga Day, and Oktoberfest.

The Cultural Connections team works in partnership with the Special Events committee, sharing space in the provided seasonal and informative displays. We invite your comments and suggestions and would welcome you to join the team. If you are interested, please leave your name with a front desk volunteer.

Joyce

President

McKee Workshops & Presentations

Coffee with a Cop

Wed, May 14

10-10:45am

Event ID: 72097

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

Coffee with a Nurse

Wed, May 7

10:30-11:30am

Event ID: 74750

Join us in the lounge, have a coffee, and meet our new nurse! Introducing Karen, registered nurse, who specializes in geriatric nursing and currently works at KinVillage long-term care facility. She is excited to share her wealth of knowledge in the field and answer any burning health questions you may have. This month's topic: symptoms of diabetes and how to recognize them.

**In Britain they use a lift.
We use an elevator.**

I guess we were just raised differently.

Foot Care

Fri, May 2 & 30

9am-5pm

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

Delta Stroke Recovery Workshop

Fri, May 30

10am-11:30am

Event ID: 75367

Join us for a special presentation focusing on both stroke and aphasia signs and symptoms awareness. Register online or at the McKee front desk.

Workshops in the Works

Stay tuned for more details on these upcoming programs:

Myths of Dementia Workshop

Wed, Jun 25

Fraser Health Housing Workshop

Wed, May 28

10-11:30am

Event ID: 71788

Fraser Health Senior Housing Continuum and Home Care Services will touch on the process of accessing and receiving home support services and housing continuum from independent living, affordable housing/subsidized housing to long-term care (assisted living and residential care). Non-members welcome. Registration now open.

Tea & Tales

Wed, May 21

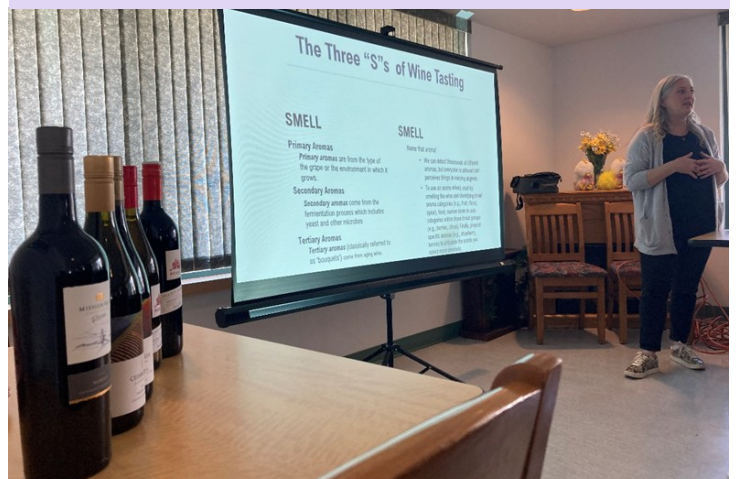
11am-12pm

Event ID: 67736

Join FVRL staff member in the McKee Lounge for a short story and a discussion about the authors and stories read. Non-members welcome.



McKee Wine and Cheese Tasting was an absolute blast! So many flavour notes, aromas and fun to be had!



McKee Clubs

Dealer's Choice

Sat 12:30-3pm



Dealer's Choice first day was a great turnout! Interested in playing a hand? Join us Saturdays!

Diners Club: Niagara Restaurant

Tue, May 20 5pm

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

Golden Gloves Gardening Club

Fri, May 2 11am

Spring is beautiful, but our thoughts turn to summer and planting our gardens. We are looking for new gardeners who can commit to half an hour once every other week.

Planting will begin early May. All members welcome. Please sign up at the front desk.

McKee Lounge 9am-1pm

The McKee Lounge is a wonderful space to kick back and unwind with an engaging book, enjoy some quiet time or quality time with friends. Enjoy the lounge Friday mornings at McKee!

Philosophers Club: Discussion Group

Fri, May 9 11:30am-12:30pm

Event ID: 65778

Topic: Population growth in BC, Canada and the world.

Western Mah Jong Lessons

Tue, May 13 & 20 9am-12pm

Event ID: 74727

Are you a McKee member who is interested in learning to play Mah Jong? Check in starts at 8:45am; you must attend both. Please pre-register at the front desk; space is limited.

Special Events

McKee Art Show Tea and Awards

Sun, May 4 1:30-3pm

Event ID: 68104

We are excited to see you all!

Members \$15 / Guests \$18

Langley Ukulele Association Presents:

Music from the Soul and Some Good ol' Rock & Roll

Sat, Jun 14 1-3pm

Event ID: 71876

Listen to the music with Langley's Senior A Ukulele Ensemble. Tickets now available at McKee front desk, online, or purchase on the day of the event.

Members \$15 / Guests \$18



The April Shredding Event tipped the scales this year, with beautiful weather and a great turnout. Thanks to all who volunteered their time to help.



Save the Date

Saturday, July 26

Summer BBQ

Featuring

Brian Zalo Mix

Seniors Week



Celebrate Seniors Week Activities: June 2-7

- ◆ Spin the Wheel!
- ◆ Special Presentation from BC Seniors Advocate Dan Levitt
- ◆ Mah Jong Open Viewing
- ◆ Try Pickle Ball
- ◆ Bingo Jackpot Prize
- ◆ Pop-up Park Games
- ◆ Variety Show
- ◆ Garden Tea Party
- ◆ Ladner Physio
- ◆ Falls Clinic
- ◆ Ears to You Mobile Clinic
- ◆ Self Management
- ◆ Fortis BC
- ◆ Shoppers Skin Care Presentation
- ◆ And more!

Join us for a week of programs, workshops, entertainment and prizes!

BC Seniors Advocate Presentation

Thu, Jun 5

1:30-2:30pm

Event ID: 74195

FREE!

We are excited to have BC Seniors Advocate, Dan Levitt visit us during Senior's Week. He will be hosting a presentation on current issues for BC seniors. Mr. Levitt has championed the rights of seniors for 30 years at the provincial, national, and international levels.

Registration starts Monday, May 5 at 9am at the front desk. Non-members welcome. Call McKee for more information at 604-946-1411.

Seniors Week High Tea

Fri, Jun 6

2-4pm

Event ID: 74248

Indulge in an afternoon of elegance and appreciation as we honour the invaluable contributions of our beloved McKee members who are 90+ years young. Entertainment by the West Coast Harmonies.

Tickets go on sale Monday, May 5. Purchase yours at the front desk or online.

Members \$22 / Guests \$26

FREE to McKee members 90+ years young.

Instructional Programs

For the respect and safety of all fitness program participants, please make sure to arrive at your class on time; late arrivals will not be allowed to participate in all McKee fitness classes. Please remember to scan in for all drop-in and registered McKee programs before the start of the class. Thank you for your cooperation.

Please note: the following Registered Programs will not be running in the summer July-Aug:

- ◆ Active Age & Choose to Move
- ◆ Acrylic Art & Water Colour Painting
- ◆ Tai Chi Beginner and Intermediate
- ◆ Let's Play Guitar
- ◆ Meditation Wednesday evening

McKee Seniors Society

A sweater I bought was picking up too much static, so I returned it.

They gave me another one free of charge.

Tai Chi Intermediate

Tue, May 13-Jun 17

1:45-2:45pm

Event ID: 67654

\$25/5 sessions

The intermediate class will continue refining the principles of Tai Chi and complete the Tai Chi form. Anyone who has practiced almost any form of Tai Chi before should be able to fit into the intermediate class, but everyone is welcome to start in the beginner class if they wish.

A very special thank you to all the staff for another Choose to Move session this winter.

Introducing the 2025 Grads!



McKee Instructional/Fitness Programs

* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Apr 7-Jun 23	8:30-9:30am	65881
	Strengthen & Stretch	Apr 7-Jun 23	8:45-9:45am	65857
	M.I.I.T.	Apr 7-Jun 23	10-11am	65860
	*Watercolour Intermediate	May 26-Jun 23	10:30am-12:30pm	65848
	Line Dance Intermediate	Apr 7-Jun 23	11:30am-12:30pm	65884
	*Watercolour Intro & Basics	May 26-Jun 23	1:30-3:30pm	65855
	Muscle Max	Apr 7-Jun 23	4:30-5:30pm	65887
Tuesday	Core, Balance & Strength	Apr 8-Jun 24	8-9am	65994
	Yoga Flow	Apr 1-Jun 24	9:30-10:30am	65997
	*Acrylic Art & Water Colour	May 6-27	9:30-11:30am	67673
	*Meditation	May 13-Jun 24	11am-12pm	67599
	* Gentle Yoga	May 13-Jun 24	11am-12pm	67586
	*Get up and Go	May 13 -Jun 24	1-2pm	67640
	*Tai Chi Beginner	May 13-Jun 13	12:30-1:30pm	67652
	*Tai Chi Intermediate	May 13-Jun 13	1:45-2:45pm	67654
Wednesday	Fun & Fitness	Apr 2-Jun 25	9-10am	66003
	Strengthen & Stretch	Apr 2-Jun 25	10:15-11:15am	66002
	*Let's Play Guitar	May 14-Jun 25	11am-12pm	67715
	*Minds in Motion	May 21-Jun 18	1:30-3:30pm	66780
	*Core Conditioning Healthy Back	Apr 9-May 14	4:30-5:15pm	67574
Thursday	Chair Yoga	Apr 3-Jun 26	10:30-11:30am	66005
	*Gentle Yoga	May 15-Jun 26	11:45am-12:45pm	67589
	*Get Up & Go	May 15-Jun 26	1-2pm	67647
	Muscle Max	Apr 3-Jun 26	4:30-5:30pm	66006
Friday	Easy Yoga Flow	Apr 4-Jun 27	8:45-9:45am	66016
	Fun & Fitness	Apr 4-Jun 27	9-10am	66317
	Custom Fit	Apr 4-Jun 27	10:15-11:15am	66021
	Line Dance Int.	Apr 4-Jun 27	10:30-11:30am	66318
	Line Dancing 3	Apr 4-Jun 27	11:45am-12:45pm	66319
	Line Dancing 2	Apr 4-Jun 27	1-2pm	66320
	Line Dancing 1	Apr 4-Jun 27	2:15-3:15pm	66321
	*ActivAge	May 2-Jun 27	12-1pm	67233
	*Choose to Move	Apr 25-Jun 27	1-2pm	67232
Saturday	Strengthen & Stretch	Apr 5-Jun 28	9-10am	66007
	M.I.I.T.	Apr 5-Jun 28	10:15-11:15am	66010

McKee Club Schedule

MONDAY Snooker Pickleball Mexican Train Tap Dance Card Seep Canasta Contract Bridge Table Tennis	9am-4pm 9am-12pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 1:30-4:30pm	THURSDAY Snooker Canasta Mah Jong Carpet Bowling Pickleball Card Seep Bingo McKee Sisters Table Tennis	9am-4pm 9-11:30am 9:15am-12:15pm 9:45am-12pm 12-2pm 12:30-3pm 12:30-3:30pm 12:30-4pm 2-5pm
TUESDAY Walking Club Snooker Mah Jong Card Seep Pickleball Scrabble Contract Bridge Euchre Jammers (May 13 & 27)	9-10am 9am-4pm 9:30am-12:30pm 12:30-3pm 12-2pm 1-4pm 1-4pm 1:30-3:30pm 3-5:15pm	FRIDAY Walking Club Snooker Pickleball Philosophers Club (May 9) Card Seep Scrabble Book Club (May 30)	9-10am 9am-12pm 9am-12pm 11:30am-12:30pm 12:30-3pm 1-4pm 2:30-4:30pm
WEDNESDAY Snooker Pickleball Art Connection Card Seep Cribbage Mah Jong Friendship Club Ukulele Intermediate Table Tennis Mah Jong Duplicate Bridge	9am-9:00pm 9am-12pm 12-1:30pm 12:30-3pm 12:30-3pm 1-4pm 2-4pm 2:30-4pm 6-8pm 6-9pm 6:15-9:45pm	SATURDAY Table Tennis Snooker Knitting Sisters (May 3 & 17) 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
<div> McKee Society Facebook Club & Program updates are posted online. </div>			

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

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

**PLEASE
NOTE...**

**Your annual membership must be active for the date
of any McKee Senior Society activity or event.**

McKee Volunteers

Volunteer of the Month ~ Patricia ~



Meet Patricia—a smiling face that can be spotted at just about every event McKee hosts.

As a volunteer with Special Events, Patricia gives so much of her time and support and always lends a hand. She recently registered for the Tai Chi beginner classes, but Patricia's real passion is for line dancing; as a weekly participant in this lady can do-si-do with the best of them.

Thank you for all your volunteer hours Patricia!

Thank you everyone for making two years race by. Thank you all for the well wishes, flowers, martinis, kind words and amazing cards. Early mornings I won't miss, but the people I will miss for sure. Laughter is living and goodness knows I laughed! I hope I gave you reason to laugh as well. Thank you to the city employees, and the city management for recognizing growth is change. Thank you to the facility staff for keeping it going, heat up heat down... if you know you know. Lastly, thank you to the AMAZING cafe volunteers and the friends I've made.

Russell Pohl
Mr. Mom's World Catering



Kee Café

We are pleased to introduce our new café operator, **Tahani of Mama's Bakery!**



Mama's Bakery is a warm, family-run gem founded by the loving trio of Tahani, Basel and Lara. They are proud residents of Ladner with a deep love for their community and a passion for sharing sweet moments. Tahani, the talented mom and pastry chef, studied Bakery and Pastry Arts at Vancouver Community College. She also brings her skills to the Vancouver Convention Centre as a Junior Sous Chef, crafting bread and pastries with both precision and passion. Her son Basel is the business manager, a Delta Secondary graduate currently studying commerce and real estate at UBC, with a keen eye for growing the bakery's presence. Lara, the youngest, is the bright and friendly face you'll often see at the front counter. She also runs the bakery's social media and coordinates their farmers' market appearances. A senior at Delta Secondary this fall, she brings youthful energy and creativity to the team. You'll find the family at community events like the UBC and Ambleside Farmers Markets, where they serve up fresh-baked treats with a side of heart, heritage, and hometown pride.

Doors will open Monday, May 5; Grand Opening Celebration Monday, May 12. Come by to try her delicious menu!

City of Delta

Hello Wise and Wonderful Members,

How fortunate are we? I've just been looking through this May newsletter and what a treasure trove of opportunities exist for those of us 50 and better here in Delta! Our two seniors centres do a phenomenal job of coming up with new activities, social events, and trips to tickle your fancy. Our volunteers are dedicated to planning each day with a wide variety of interesting programs and our centres are so lucky to have these hard working and dedicated members. Please take some time to browse these pages to see the variety of happenings in your community.

We are all very excited to host the upcoming Seniors Week in Delta, June 2-7, and we hope to see you participate.

We have an exciting new initiative afoot: thanks to the generous financial support of the Age-Friendly Communities Program and the Province of BC, we have designed the Delta Supper Club. This unique program is running on Wednesday evenings and combines cooking classes with a shared meal. Meet some new friends!

Lastly, we want to encourage you to take care of you, by helping someone else. As Jane Goodall summed it up: *"You cannot get through a single day without having an impact on the world around you."* Let's make these days count!

Forever young!
Jan Talaber,
Seniors Centre Coordinator

Delta Seniors Bus: 604-597-4876

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

Delta Seniors Bus Staff

Barry, Bev, Dwight, Gary, George, Janet, Jim, Julie, Kelsey, Karen, Lynn, Pam & Surinder.

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

We Love Your Smile

From time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the centre in our newsletters or online. If you don't want your image published, please let staff know.

City of Delta Staff

A/Seniors Community Services Supervisor
Facility Maintenance Supervisor
Facility Maintenance Supervisor

Lisa Porter
Mike Robinson (South Delta)
Chris Waugh (North Delta)

Kennedy Seniors Recreation Centre

Senior Centre Coordinator	Jan Talaber
Volunteer/Cust Ser Coordinator	Katie Green
Recreation Programmer	Kourtney Nishi
Recreation Programmer	Julie Stevens

McKee Seniors Recreation Centre

A/Senior Centre Coordinator	Dani Mageau
A/Volunteer & Cust Ser Coordinator	Sara Sochting
Recreation Programmer	Billy Mortensen

City of Delta

CULTURAL SERVICES

Delta Birds and MOTUS Tracking

Thu, May 15 6-6:45pm Event ID: 61687

If Birds are more your thing join us for a presentation hosted by Birds Canada on Migratory Birds Day! Learn all about ongoing efforts to monitor the international movement of birds like the Dunlin, American Robin, and Swinson's Thrush. Motus stations in Delta help bird conservation on a global scale.

Mother's Day Beeswax Candle Making

Sun, May 11 2-3pm (sold out) Event ID: 61353
3:15-4:15pm Event ID: 74282

This Mother's Day spend time with your loved one by learning the art of beeswax candle making. Every participant will bring home two variations of beeswax candles. Children ages 10-5 must have adult help/supervision. All materials provided.

SPECIAL EVENTS

North Delta Farmers Market

Sat, May 31 10am-2pm

The North Delta Farmers Market is making its much-anticipated return to the North Delta Recreation Centre this spring! This season will feature an incredible lineup of local farmers, artisans and food vendors, along with family-friendly activities and live entertainment. Markets will continue until the fall on the following dates: Jun 14 and 28, Jul 12 and 26, Aug 9 and 23, Sep 6 and 20, and Oct 4.

Ladner May Days

Fri-Sun, May 23-25

Catch all the fun-filled events and activities during the weekend at Ladner May Days. Events are held in Memorial Park.



NORTH DELTA
MATINÉE
CONCERT
2024 | 2025 SEASON

CO-PRESENTER



NORTH DELTA CENTRE FOR THE ARTS

Tuesday, May 6, 2025

1-2:30pm

Tickets \$25 available through [Eventbrite](https://www.eventbrite.com)

North Delta Centre for the Arts

The City of Delta is proud to present the Matinee Series, alongside the Vancouver Chamber Music Society. Enjoy an afternoon of beautiful music by the Vancouver Cello Quartet.

Delta Supper Club

The Delta Supper Club is a **FREE** program for older adults that will provide you with the skills to prepare food, cook a selection of meals, and have time to share the meal with others in the program. You will gain skills to enhance your ability to prepare healthy meals, leading to a better overall health and greater independence at home. Each class will include all the ingredients to make main dish, vegetable side dish or salad and either an appetizer, soup or dessert. Please note that you may only register for one course per month.

Ladner Community Centre	4:30-7:30pm
Wed, May 7	Event ID: 71811
Wed, May 21	Event ID: 71812
Kennedy Seniors Centre	4:30-7:30pm
Wed, May 14	Event ID: 71805
Wed, May 28	Event ID: 71806

Earthwise Bus Trip
Thu May 8 11:00am-1:30pm
Event ID: 71811 FREE!

This trip is full, but there is a waitlist available.

19th Annual Ladner Bandfest Sat-Sun, Jun 7-8

The Ladner Bandfest brings 700-800 amateur adult musicians playing in 20 community concert bands to Memorial Park in Ladner for continuous **FREE**

40-minute concerts on two stages all day, both days. Bring your lawn chairs and enjoy an old-fashioned weekend of concert band music in lovely Ladner. Food services on site by service club, TOOB. The event will proceed rain or shine.

The 15th Field Artillery Band performs Sunday, June 8 at 5:20pm.

<https://www.ladnerbandfest.org/>



The Guru Nanak Food Bank is Coming to Kennedy Seniors Recreation Centre

The City of Delta, in partnership with the Guru Nanak Food Bank, is pleased to announce a pilot project that will see the Guru Nanak Food Bank in Kennedy's back parking lot. The Kennedy Senior's Society Board of Directors unanimously supports the Food Bank and is excited for the partnership.

Kennedy was chosen for this pilot project because it is centrally located, accessible to public transit, and is within a densely populated neighbourhood. An office trailer will be set up to provide a site to assist clients by appointment only, ensuring confidentiality and ease of access.

Did you know that the food bank currently serves 4,700 Delta residents in North Delta alone? There are a number of benefits to having a food bank located at Kennedy Seniors Recreation Centre:

- ◆ Ensures access to nutritious food;
- ◆ Reduces social isolation;
- ◆ Promotes financial independence;
- ◆ Addresses mobility and transportation barriers;
- ◆ Improves mental health;
- ◆ Promotes dignity;
- ◆ Encourages healthy aging.

Stay tuned for more information regarding opening dates!



City of Delta: Wellness

May is Vision Health Awareness Month

Did you know the eye is one of the most complex organs in the human body? Two million parts all work together to help you see the world around you. The 5 most common serious eye conditions you should know about:

1. **Age-related Macular Degeneration:** is one of the most common causes of poor vision after age 60. In fact, it accounts for 90% of new cases of legal blindness in Canada. The visual symptoms of AMD involve loss of central vision. While peripheral (side) vision is unaffected, with AMD, one loses the sharp, straight-ahead vision necessary for driving, reading, recognizing faces, and looking at detail.
2. **Cataracts:** Your eye works a lot like a camera. Over time, the lens of your eye can become cloudy when normal proteins in the lens begin to break down. Cataracts can cause cloudy vision.



3. **Glaucoma:** Glaucoma is a disease of the optic nerve. The optic nerve transmits the images you see from the eye to the brain and is made up of many nerve fibres (like an electric cable with its numerous wires). Glaucoma damages nerve fibres, which can cause blind spots and vision loss. Glaucoma is usually related to the pressure inside the eye, known as the intraocular pressure (IOP).
4. **Diabetic Retinopathy:** If you have diabetes mellitus, your body does not use and store glucose properly. Over time, diabetes can damage blood vessels in the retina (the inner layer of tissue that lines the back of the eye). The retina is composed of a network of nerves that sense light and help to send images to the brain.

5. **Eye Injury:** Eye injuries are common and can cause anything from minor scratches to the cornea to vision loss or even blindness. Even if you think an injury is minor or are unsure you have an eye injury, it's best to get checked out by your eye doctor. In general, anything other than small scratches or grit in the eye may be potentially serious.

The 3 Os of eye care specialists:

1. **The Optician** is specially trained to design, fit, and dispense eyeglasses, contact lenses, low-vision aids, and prosthetic ocular devices.
2. **The Ophthalmologist**, also called an eye MD, is a medical doctor who has had specialized training in the management of eye diseases.
3. **The Optometrist** is a licensed healthcare professional who can perform eye exams, write prescriptions for glasses, contact lenses and some medications, and diagnose and treat some eye diseases.

Adapted from [See The Possibilities](#) website. For more information, please contact Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, 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.

Office Hours: Tuesday-Thursday, 8:30am-4pm
To book an appointment call 604-787-1242
or email ebusich-veloso@delta.ca.

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

KENNEDY SENIORS SOCIETY

Board of Directors 2025-2026

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

Customer Service Hours

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

Café Eighty-Ate

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

Café Food Service Hours:

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

Program Hours:

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

Kennedy Fees 2025

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

A Message from your Board of Directors:

To all of our fellow members of the Kennedy Senior Centre, I would like to bid you hello! As you know we recently had our annual general meeting, when we swore in two new members to your Board of Directors. We wish them well and very much appreciate their willingness to serve.

I would like, to remind you if I may, of just how important the efforts of these board members are to the centre so that we can all enjoy the time we spend here. These board members are responsible for the day trip outings, you enjoy, the dinner dances, which are sold out very rapidly, the classes you can partake of, as well as the drop-in activities everyone enjoys. I can't ignore our executive, which look after the business end of things, our Secretary, our Treasurer, and of course our Vice-President and President.

Behind the scenes, there is a great deal of time put in by all the board members, arranging these activities, recruiting and training our many volunteers to help in our efforts. Incidentally, without these volunteers we would have very little to offer, so our hats are off to them. These are the people who greet you at the door, the ones who decorate the tables and hall for the many socials, the ones who serve you your meals at the dinner dances, and the conveners who are in charge of the various drop-in activities.

Without all these people volunteering, willing to help out, being part of our family, we wouldn't, have the great centre that we all enjoy. I just thought you might like to know!

Lastly, I feel we need to recognize the wonderful ladies Delta has given us to support our efforts. That is Jan Talaber, Kourtney Nishi, and Katie Green, and the many others, who work together to make our time at Kennedy, the lovely experience it is. Thank you all!!

Bob Gestrin,
Director of Instructional Programs

Kennedy Bus Trips

River House Restaurant Bus Trip

Thu, May 29

11am-3pm

Event ID: 71918

\$35

Since 1997, River House Restaurant has been building a rich history and relationship with the community of Delta. River House offers a unique dining experience that combines exquisite cuisine with breathtaking views. Enjoy a delicious fish and chip lunch, included with the cost of your ticket.

The bus will depart Kennedy at 11am, and return at approximately 3pm. Tickets go on sale at 9am, Friday, May 9. Limit two tickets per person. Kennedy Membership is required.



Grouse Mountain Bus Trip

Thu Jun 26

9:30am-3pm

Event ID: 74169

\$75

Grouse Mountain stands as a beacon for outdoor and nature lovers alike. The Eye of the Wind turbine boasts an observation deck with the perfect spot for breathtaking views and photos.

Please dress for the weather, with sturdy footwear and appropriate outerwear. Your ticket includes the gondola ride and all activities at the top on the mountain. Bring a lunch from home or purchase one on site.

The bus will depart Kennedy at 9:30am, and return at approximately 3pm. Tickets go on sale at 9:30am Monday, May 26. Maximum two tickets per person. Kennedy Membership is required.

Kennedy News

Crafty Ladies Comfort Bags

The Crafty Ladies are once again planning to donate comfort bags to unhoused persons in Delta and Surrey. Last year with the help of the membership, we were able to donate approximately 260 comfort bags—not all the bags had every item in them. This year we are planning to donate 300 bags that will contain warm mitts, a toque, scarf or neck warmer, socks, toothbrush, toothpaste, soap, handwipes, and a comb.

We are asking for your help again. The donation box is in the alcove by the stairs. Crafty Ladies will be in the lobby a couple of weeks a month. Stop by and have a chat. Please help us make someone less fortunate a little more comfortable this fall and winter.

Lil and Colleen

Kennedy Socials

Mexican Fiesta Dinner Dance

Sat, May 31

4:45-9pm

Event ID: 71923

Hola! Come to our fiesta! You're purchasing tickets for other people, please bring their complete contact information, including full name and a phone number. There is a limit of 4 tickets per person.

Members \$25 / Guests \$30

Save the Date

June Dinner Dance

Sat, Jun 28

Event ID: 74189

For June's Dinner Dance we are excited to introduce the band Flash Back, with music spanning decades of hits. Roxanne will serve a hot meal and a scrumptious dessert. Tickets go on sale at 9:30am, Thursday, May 29.

Kennedy Instructional Programs

Acrylic Art

Wed, May 7-21 **10:30am-12:30pm**
Event ID: 67412 **\$30**

Learn how to create beautiful landscapes using acrylic paints, with a step-by-step process over the course of three weeks. Acrylic paints are liked by artists for their ease of use, quick drying and forgiving nature. All levels are welcome. Please pick up your supply list at the customer service desk. Small starter supply kits are also available to purchase from the instructor for \$20.

Spanish Advanced Level 1

Tue, May 13-Jun 3 **10:30am -12pm**
Event ID: 67264 **\$30**

This course is designed for those who already have a solid foundation in Spanish and wish to deepen their language skills. Whether you're looking to refine your grammar, expand your vocabulary, or enhance your conversational abilities, this class will help you achieve fluency in a comfortable and engaging environment.

Spanish Intermediate Level II

Thu, Jun 5-Jun 26
Event ID: 74823 **\$30**

Building on Spanish Intermediate Level I, this course expands vocabulary and grammar to help students communicate more confidently.

Minds in Motion

Thu, May 22-Jun 26 **11:30am-1:15pm**
Event ID: 67447 **\$30**

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. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

Registered participants must be members of Kennedy. Please note that registration information will be shared with the ASBC and participants will be contacted prior to the start of the class.

Watercolour Painting

Tue, May 13-Jun 17 **1-3pm**
Event ID: 67269 **\$60**

Looking to learn or build on your watercolour painting skills? This is the class for you! You will enjoy exploring 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.

Wood Working Safety & Project Planning

Sat, May 10-31 **NEW DAY** **10am-12pm**
Event ID: 74405 **\$30**

Interested in working in the workshop? Join our experienced instructor for an immersive learning experience! You will focus on safety with tools, ensuring you're well-prepared and safe. Guidance will be provided through the planning process for your project, helping to outline your ideas. Finally, you will bring your plan to life as you build your project. Beginners are welcome. Sign up and unlock your creative potential!



A perfect example of members helping members! What a great team!

Kennedy Workshops & Presentations

Diabetes Self Management in Punjabi

Thu, May 1-Jun 5 1:30-4pm
Event ID: 71790

The Diabetes Self-Management Program is a free six-session workshop, brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health.

Please note that this program is being offered in Punjabi only.

ਯੂਨੀਵਰਸਟੀ ਆਫ਼ ਵਿਕਟੋਰੀਆ ਡਾਇਬੀਟੀਜ਼ ਸਵੈ-ਪ੍ਰਬੰਧਨ ਪ੍ਰੋਗਰਾਮ
ਵੀਰਵਾਰ, 1 ਮਈ ਤੋਂ 5 ਜੂਨ, 2025, 1:30 ਵਜੇ-ਸ਼ਾਮ 4:00 ਵਜੇ ਤੱਕ;
ਸਥਾਨ: ਕੈਨੇਡੀ ਸੀਨੀਅਰਜ਼ ਸੈਂਟਰ, ਡੈਲਟਾ

ਸ਼ੁਗਰ ਰੋਗ ਵਾਲੇ ਵਿਅਕਤੀਆਂ ਲਈ ਮੁਫਤ ਫੇ-ਸੈਸ਼ਨ ਵਰਕਸ਼ਾਪ
ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ ਅਤੇ ਦੋਸਤਾਂ ਦਾ ਸੁਆਗਤ ਹੈ।
ਜਾਣਕਾਰੀ + ਹੁਨਰ + ਭਰੋਸਾ ਸਿੱਖੋ

ਇਹ ਪ੍ਰੋਗਰਾਮ ਡਾਇਬੀਟੀਜ਼ ਵਾਲੇ ਬਾਲਗਾਂ ਅਤੇ ਉਹਨਾਂ ਦੀ ਦੇਖਭਾਲ
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ਭੀ ਸੀ ਸੁਭੇ ਤੋਂ ਸਹਾਇਤਾ ਪ੍ਰਾਪਤ ਹਨ। ਸਿਖਲਾਈ ਪ੍ਰਾਪਤ ਪੰਜਾਬੀ ਲੀਡਰ
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ਸੀਮਤ ਸੀਟਾਂ; ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਦੀ ਲੋੜ ਹੈ
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ਕੈਨੇਡੀ ਗਾਹਕ ਸੇਵਾ ਡੈਸਕ: 604-594-2717
ਜਾਂ

ਗੁਣਦੀਪ ਸਿੱਧੂ: 236-858-9636
(ਸੇਮਵਾਰ-ਸ਼ੁੱਕਰਵਾਰ ਸਵੇਰੇ 9:00 ਤੋਂ ਸ਼ਾਮ 4 ਵਜੇ
ਤੱਕ)



Justice Facility Dog Presentation & Visit

Tue, May 27 10-11am
Event ID: 74524

The DPD Justice Facility Dog, Puma is a lovely purebred golden retriever. She was bred, raised, and trained by the Pacific Assistance Dogs Society. Puma was trained for 2.5 years for her role as the Justice Facility Dog. Puma and her handler Kim will be on site to share the roles and responsibilities of the Justice Facility Dog, and the benefits that Puma offers those who she supports.

Space is limited, please register to save your spot. Non-members welcome.

Mapping the Journey:

Stages and Progression of Dementia

Tue, Jun 24 10-11:30am
Event ID: 66567

While each dementia journey is unique, there are some signposts to the stages of dementia. This presentation from the Alzheimer's Society of BC will teach you what to expect as the disease progresses and how you can manage changes as they happen. Please pre-register. Non-members welcome.

A photon goes to the airport. The ticket agent asks if there's any luggage to check. The photon replies, "no, I'm travelling light."

Kennedy Drop-in Programs

Rummoli

Sat 11:30-3pm

Rummoli is a card game that combines elements of poker and rummy, where players compete in a poker phase and then a rummy phase, aiming to empty their hands and win the central pot.

Mexican Train

Tue 2-4pm

Mexican Train is a fun domino game that combines tile-matching, strategy, and a touch of competition.

Trivia Night with Judy **NEW!**

Wed 7-8:30pm

Join Judy for an exciting and entertaining evening of Trivia! Whether you play solo or team up with friends (up to 4 people per team), it's sure to be a fun time. What will your team name be? Light refreshments will be provided. Regular drop-in fees apply.

Knowledge is knowing a tomato is a fruit.

Wisdom is not putting it in a fruit salad.

Kennedy Drop-in Programs

The Woodshop is now open longer hours:

Mon/Tue/Thu/Fri	9am-3:30pm
Wed	9am-8:30pm

Woodshop

The woodshop will be open for drop-in from 12-3:45pm on Saturday, May 10, 17, 24 and 31.

I tried to come up with a carpentry pun, but I couldn't find one that woodwork.

Card Players Wanted

Dealers Choice plays variants of many poker styles with the rotating dealer choosing the game. Our group is seeking fresh players to supplement our numbers. We invite all Kennedy members to drop by the Lounge on Wednesday and Friday afternoons to take a look.

Ceramics

NEW!

Tue

10am-12pm

Join us for Ceramics on additional drop in date and time of Tuesdays from 10am -12pm!

Seniors Week



Seniors Week Activities: June 2-7

Free admissions to all drop-in programs

- ◆ Spin the Wheel!
- ◆ Deltassist Info Table
- ◆ Heart to Home meals
- ◆ West Coast Seeds Workshop
- ◆ Guitar Hootenanny
- ◆ North Delta Lawn Bowling Club
- ◆ Mobile Hearing Clinic
- ◆ Crafty Ladies
- ◆ Earthwise Society Information Booth
- ◆ Mini Line Dancing Lesson
- ◆ Introduction to Pickleball
- ◆ Coffee with a Cop
- ◆ Seniors Support Coordinator Info Table
- ◆ Card Making Card Sale
- ◆ Fortis BC
- ◆ Café Hot Lunch Specials & BBQ
- ◆ Make-up & Skin Care for Mature Skin Presentation
- ◆ Ice Cream Sundae Dessert Theatre



Join us for a week of programs, workshops, entertainment and prizes!

Café Eighty-Ate BBQ

Fri, Jun 6

11am/11:30am/12pm

Roxanne will be serving juicy beef burgers with potato salad and a drink, for only \$5. There will be three different seatings: 11am, 11:30am & 12pm. Tickets will go on sale at 9:30am, Monday, Jun 2.

Seniors Advocate Presentation Bus Trip

Thu Jun 5

12:45-3:15pm

Event ID: 74176

FREE

We are excited to have BC Seniors Advocate, Dan Levitt visit us at McKee Seniors Centre during Seniors Week. He will be hosting a presentation on current issues for BC Seniors. Mr. Levitt has championed the rights of seniors for 30 years at the provincial, national and international levels.

The bus will depart Kennedy at 12:45pm, and return at approximately 3:15pm. Tickets will be available at 9am, Wednesday, May 14. Non-members welcome.

Attention 90+ Gold Card Members!

Mon, Jun 2

2-3:30pm



Invitations to our annual 90+ Celebration and Tea will be mailed out soon, inviting you and one guest to attend this special day. We hope you will join us.

Kennedy Volunteers

Volunteer of the Month

~ Kata K. ~



My name is Kata K. and I am a proud volunteer at the Kennedy Seniors Society Centre, where I help with the canasta program. I was born in Croatia in 1948 and attended an electrical

technician school in Zagreb. In September 1966, I married my husband, Mikan, and a year later, we welcomed our first son. In 1971, we made the life-changing decision to move to Canada, settling first in Hamilton, Ontario. The following year, our second son was born. I worked at Cambridge Traditional Fine Clothing until 1979. In 1980, our family relocated to Vancouver, where we built our life over the next 23 years.

We are now blessed with five wonderful grandchildren. To be closer to them, we eventually moved to Delta, where we currently reside. I enjoy spending my time walking, traveling, and giving back to the community through volunteer work. Being able to contribute and connect with others continue to bring me great joy and fulfillment.

Volunteer Opportunities

We are looking to fill some volunteer roles for various drop-in programs, Café Eighty-Ate, cashier and to assist in various roles in Socials and Special Events.

For more information on volunteer opportunities please contact Volunteer Coordinator Katie or Director of Volunteers Linda C.

Kennedy Volunteer Stats: During the month of April, Kennedy volunteers generously donated 983 hours of their valuable time.

Kennedy's Volunteer Appreciation Event

Thu, May 1, 2025

1:30-3:30pm

To all the incredible Kennedy volunteers who gave their time and talents during 2024, we invite you to attend our annual Volunteer Appreciation Event. There will be inspiring entertainment and delicious, light refreshments, all to celebrate YOU!

Calling All Reading Buffs:

We are planning a junior reading program for the fall, wherein members of Kennedy will be welcomed to Hellings School twice a month. The school visit is an opportunity for our members to sit down with students in grade 1 and 2, to read with them. We expect to use the Seniors Bus to transport you to and from the school. If this is something that interests you, please leave your name and phone number at our customer service desk.



The antics of John the Easter Bunny!



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

<u>MONDAY *</u> Woodshop Snooker Bingo Canasta Ceramics Pickleball	9am-3:45pm 9am-4pm 12:15-3:30pm 1:15pm-4pm 1-3pm 1:15-4pm	<u>THURSDAY</u> 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
<u>TUESDAY</u> Woodshop Snooker Ceramics NEW! Guitar Crafty Ladies Table Tennis Women's Friends Group Euchre Pickleball Mexican Train NEW!	9am-3:45pm 9am-4pm 10am-12pm 10-11:30am 12-3pm 12:30-2:30pm 12:30-2:30pm 1:15-3:15pm 1:15-4pm 2-4pm	<u>FRIDAY</u> 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
<u>WEDNESDAY</u> Carpet Bowling Woodshop Snooker Card Making Drop-in Acrylic Art (May 28) Dealer's Choice Contract Bridge Table Tennis Drop - In Art Tile Games (cancelled May 21) Cribbage Photography Interest Group (May 7 & 21) Trivia Night with Judy NEW! Pickleball	9am-11:45am 9am-9pm 9am-9pm 9:30am-12pm 10:30am-12pm 12-3:30pm 1:15-4:15pm 1:30-3:30pm 4-8pm 6:30-8:30pm 6:30-8:30pm 7-9pm 7-8:30pm 6:30-8:30pm	<u>SATURDAY</u> Woodshop Snooker Ceramics Table Tennis Pickleball (cancelled May 31) Acrylic & Watercolor Scrabble Rummoli NEW! Centre closed Monday, May 19. All programs cancelled.	9am-3:45pm 9am-4pm 10am-12pm 9:30 -12pm 1:30-3:45pm 1-3pm 1-3pm 11:30am-3pm

Instructional Drop-in Programs

Pick and Choose your dates! To accommodate your spring plans, we have brought back Instructional drop-ins. Continue your favourite programs without conflicting with your schedules! Register for all classes or just the ones you know you can attend. Pre-registration is encouraged as spaces are limited.

Line Dancing Level 1

Wed 3:15-4:15pm Apr 2-Jun 25 Event ID: 67423

Introduction and learning the basics, no experience or partner necessary. The focus is on fun and two left feet are always welcome. **\$5/class**

Line Dancing Level 2

Wed 1:30-3pm Apr 2-Jun 25 Event ID: 67415

For anyone who has already learned the basics. Practice and learn more fun dance routines in a relaxed atmosphere. **\$5/class**

Kennedy Instructional & Fitness Programs

All Attendees must have a current Kennedy membership card.

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

Day	Name	Registered Program Dates	Time	Event ID
Monday	**Fit & Active	Mar 31-Jun 23	9:15-10:15am	73985
	*Introduction to Computers	Apr 7-Jun 23	9:30am -12pm	67261
	**Zumba	Mar 31-Jun 23	10:30-11:30am	62331
Tuesday	**Fit & Active	Apr 1-Jun 24	9:15-10:15am	69636
	**Fit & Functional	Apr 1-Jun 24	10:30-11:15am	58285
	**Simply Stretch	Apr 1-Jun 24	11:45am-12:45pm	62335
	* Advanced Spanish Level 1	May 13-Jun 3	10:30am-12pm	67264
	*Watercolour Painting	May 13-Jun 17	1-3pm	67269
Wednesday	*Hawaiian Dance	Apr 9-Jun 25	10-11:30am	67424
	*Acrylic Art	May 7-May 21	10:30am-12:30pm	67412
	*Chair Yoga (Blended)	Apr 2-May 21	12-1pm	60924
	**Gentle Yoga	Apr 2-Jun 25	12:15-1:15pm	62336
	*Line Dancing Level 2	Apr 2-Jun 25	1:30-3pm	67415
	*Line Dancing Level 1	Apr 2-Jun 25	3:15-4:15pm	67423
Thursday	*Tai Chi	Apr 3-Jun 5	10-11am	67443
	*Mindfulness & Meditation	Apr 10-May 22	10:30-1:30am	69036
	**Fit & Functional	Apr 3-Jun 26	10:30-11:15am	62337
	*Spanish Intermediate Level I	May 8-May 29	11am-12:30pm	60519
	*Minds in Motion	Apr 10-May 15 May 22-Jun 26	11:30am-1:15pm	67446 67447
	**Simply Stretch	Apr 3-Jun 26	12:30-1:30pm	62338
Friday	*Advanced Computers	Apr 11-Jun 20	9:30am-12pm	67448
	*Chair Yoga (Seated)	Apr 4-May 16	10-11am	60531
Saturday	**Yoga	Apr 5-Jun 28	9:45-10:45am	62339
	**Fit & Functional	Apr 5-Jun 28	11-11:45am	62340
	*Wood Working Safety & Project Planning	May 10-May 31	10am-12pm	74405
	** Chair Dance Fitness	Apr 5-Jun 28	12-1pm	63626

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 at [Delta.ca/Registration](https://delta.ca/Registration), or by calling 604-952-3000.

Brain Games & Fun

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#3273

Easy

www.sudoku.name

SUDOKU
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#1701

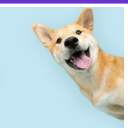
Medium

www.sudoku.name

Victoria Day Wordsearch

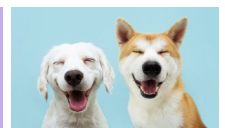
D N E K E E W W R W P H Q F P Y C Z F D
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 P U O I X B R I T I S H V R I N Y Z E E
 H T L A E W N O M M O C O F S B I W R L
 R E P C Q U X Z W K N W C L A W H C E O
 F J N E E U Q P Z K N O D A P W A Q V Q
 E U B A L S L D R P D T A J R J Z U O J
 M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

EMPIRE
 ROYAL
 SOVEREIGN
 CANADA
 WEEKEND
 CROWN
 BRITISH
 REGINA
 PICNIC
 MONDAY
 CONFEDERATION
 QUEEN
 CELEBRATE
 EDWARD VII
 BIRTHDAY
 MAY
 PRINCE ALBERT
 COMMONWEALTH
 MONARCH



My dog ate a whole bag of Scrabble tiles, so I took him to the vet.

No word yet.

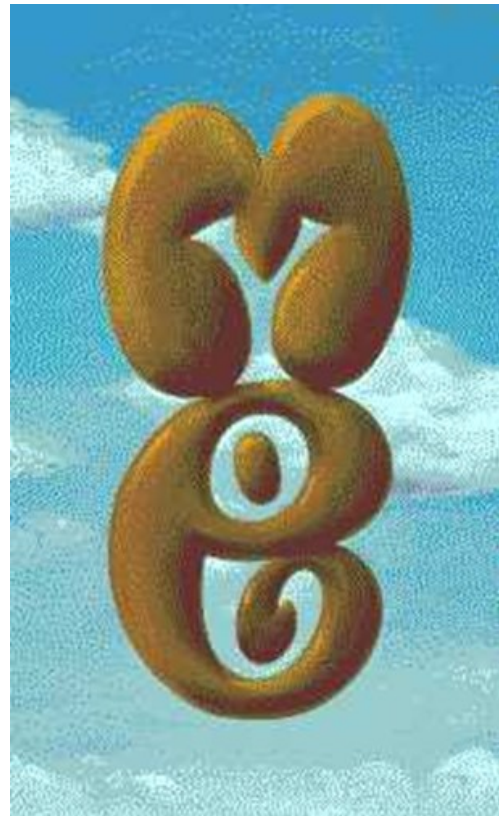
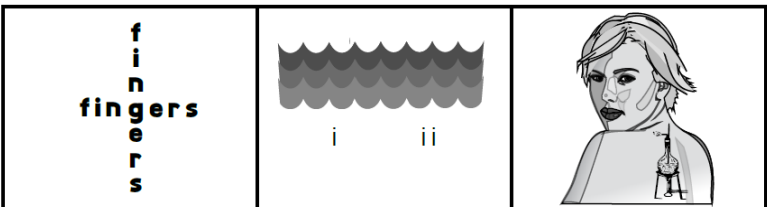
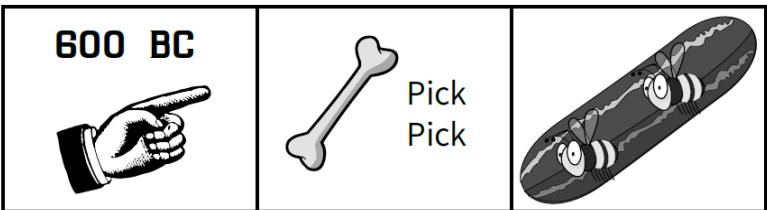
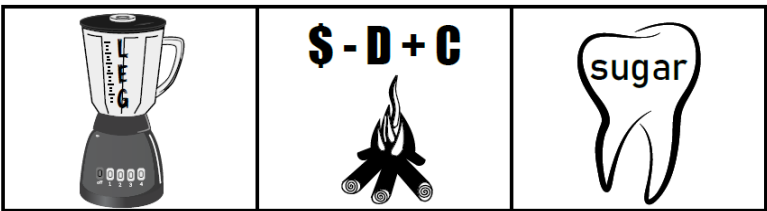


Brain Games & Fun

Mother's Day Word Scramble

1		GVNOIL	9		GNTOSR
2		OTADP	10		NKDI
3		ERDNICLH	11		AETLNRAM
4		INEEGTGR DCAR	12		TEAPRN
5		QTBOUEU	13		YSNAUD
6		AGDRUHTE	14		SSROE
7		OEDAHNMRGRT	15		WDOSMI
8		FMYALI	16		TRRNEUU

REBUS PUZZLES



What do you see?

**You
probably
read the
word ME
in
brown,
but
when
you look
through
ME you
will see
YOU!**

www.sudoku.name #1701									www.sudoku.name #3273									www.sudoku.name								
7	2	8	5	1	4	6	9	3	6	1	4	3	9	5	8	2	7									
4	9	3	2	7	6	8	1	5	3	7	2	8	1	4	9	5	6									
6	5	1	3	9	8	7	2	4	9	5	8	6	2	7	1	3	4									
9	8	4	1	3	2	5	7	6	4	3	1	2	7	8	5	6	9									
5	7	2	6	8	9	4	3	1	7	6	5	1	4	9	2	8	3									
1	3	6	7	4	5	9	8	2	8	2	9	5	6	3	7	4	1									
3	6	9	4	2	7	1	5	8	5	9	3	4	8	1	6	7	2									
2	4	7	8	5	1	3	6	9	2	8	7	9	3	6	4	1	5									
8	1	5	9	6	3	2	4	7	1	4	6	7	5	2	3	9	8									

Rebus Answers

Shake a leg / Hot under the collar / Sweet tooth
An old hand / A bone to pick / In a pickle
Crossed fingers / See eye to eye / Backburrner

Word Scramble Answers

1. Loving 2. Adopt 3. Children 4. Greeting Card
5. Bouquet 6. Daughter 7. Grandmother
8. Family 9. Strong 10. Kind 11. Maternal
12. Parent 13. Sunday 14. Roses 15. Wisdom
16. Nurture

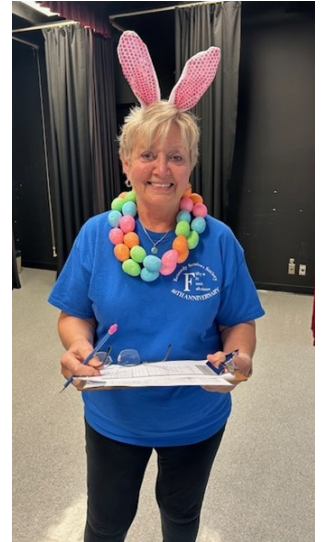
Fun Times!



Kennedy's Winter Choose to Move and Active Age Group



An Easter Pickleball Tournament at Kennedy was a great success. Thanks to Ellen for organizing!



Euchre
←
Mexican Train
→
The game is always afoot at Kennedy!



McKee Moves!



McKee Easter Bunnies

Did you know ...?

Your brain is constantly eating itself? This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps develop your grey matter!

