

# WISE & WONDERFUL

*Where Wisdom Meets Recreation*

## July 2025

### Kennedy Seniors Society

#### **Kennedy Sock Hop**

Enjoy the music of the 50's and 60's with  
Greg Hampton!

Thursday, July 31, 2025



More details on page 17

### McKee Seniors Society

#### **McKee Summer BBQ**

Join us for a fun night featuring  
Brian Zalo Mix.

Saturday, July 26, 2025



More details on page 5

# Happy Canada Day

### IMPORTANT DATES

Tuesday, July 1, 2025

Monday, July 21, 2025

Wednesday, July 30, 2025

August 3 - 10, 2025

Monday, August 4, 2025

August 18 - 24, 2025

Kennedy & McKee Closed- Canada Day

Fall Registration Online Viewing

International Day of Friendship

McKee Closed - Annual Maintenance

Kennedy & McKee Closed - BC Day

Kennedy Closed - Annual Maintenance

#### **Kennedy Seniors Recreation Centre\***

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

#### **McKee Seniors Recreation Centre\***

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

\*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).

# City of Delta

## Community Learning Program with Delta Police Recruits

Thursday, August 14, 2025  
12:30 - 4pm

McKee Seniors Recreation Centre  
5155 47 Ave Delta, BC, V4K 0A2

We are honoured to be chosen by the Delta Police Department to host new Police Recruits at McKee Seniors Recreation Centre. Join us for a free afternoon dedicated to fostering community connections. Invite a friend!

The recruits will join a variety of activities throughout the building. Snooker, Bingo, Table, Tennis, and will connect with many of the members on site. This is a unique opportunity to interact with Delta Police Recruits, ask questions and support their community engagement.

This is a free community event.

We hope to see you there!

Pre-registration is encouraged.

**EVENT ID 82237**



### Join the Fun – Create Your Free Profile!

Are you interested in attending one of our public 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 with our centre. It only takes a minute, and it helps us serve you better. Just stop by the front desk to set up your account or call one of our facilities before the activity. We look forward to seeing you soon!

## McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC  
604-946-1411

### Greetings to the Wise & Wonderful,

### Introducing McKee Seniors Recreation Centre's Front Desk Volunteers:

#### Chapter One

**Cathy:** I grew up in South Vancouver, and in my early 20s lived in Montreal where I met my husband. In 1986, we moved to Tsawwassen where we raised our two daughters. We moved to Ladner in 2014; and sadly, my husband passed away in 2015. I retired in 2021 and keep myself busy with travel, pickleball, mahjong and swimming. I also sit on the board of directors of the Foundation for Kyndred Community Living Society.

I have enjoyed being a front desk volunteer for the past couple of years. I love to travel and spend many days on BC Ferries going between Ladner and Salt Spring Island where my two precious grandchildren live. I like the cruise ships too and most recently cruised through the Panama Canal, ticking off another goal on my bucket list.

**Jackie:** I moved to Ladner from Vancouver in February, 2021. I became a McKee member and front desk volunteer in February, 2022 and in November, 2023 Marcia and I became Customer Service Co-Liaisons, taking over from Carol Page. I was a volunteer for 40 years with Vancouver Youth Soccer, starting out with coaching/managing my son's soccer team and over the years filled many of the executive positions. I'm a life member of Vancouver Youth Soccer and BC Soccer. Our family hobby is re-building 1940-1950s cars and replacing them with modern running gear.



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

# McKee News

## Membership Renewals Over the Phone

Please be advised that active membership renewals can now be completed over the phone by calling the front desk and speaking with the cashier. If your membership has expired, or if you are a new member, you must come to McKee Seniors Recreation centre in person to purchase.



**Please Note:** Currently the McKee Pickleball Club is not able to support the registration of any new Pickleball Memberships until more court space can be secured. If you would like to be contacted when additional playing time becomes available please visit the front desk to be added to our wait list.

## CLOSED

**McKee's Annual Maintenance Shutdown will take place from August 3-10, 2025.**

**McKee Seniors Recreation Centre and café will be closed.**

**We will reopen on Monday, August 11, 2025.**

## McKEE SENIORS SOCIETY *Board of Directors 2025-2026*

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

## 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

### Director of 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.**

## Operating Hours

### Customer Service

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

### Kee Café / Mama's Bakery

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

*All memberships and passes expire after 365 days.*

# Instructional Programs

## Meditation

Tue, Jul 8-29

Event ID: 74921

11am-12pm

\$20/4 sessions

Through this meditation practice you will learn to increase your awareness of your breath, producing quietness of the mind, which will allow the heart to open where love and compassion exist within us all. Reduce stress and increase awareness, relaxation and focus ability; strengthen concentration, quiet the mind, and create peace, harmony and compassion. Chairs and mats are available for this class.

## Expression of Interest:

### Registered Osteofit Class

McKee is looking for those members interested in an Osteofit class to start in the fall. This would be an instructor-led registered class focusing on those with osteoporosis. If you are interested, please visit the front desk to put your name down on our sign-up sheet.

**Please Note:** The instructional, registered **Gentle Yoga** program on Tuesdays from 11am-12pm has been changed to a drop-in program for July & August.

# Clubs

## Diners Club: Il Posto

Tue, Jul 15

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.

## Philosophers Club: Discussion Group

Enjoy the summer! We will resume our regular meetings in the fall.

# Return of the... DAY TRIPPERS!

## Ferry & Friends

Wed, Aug 6

9am-2pm

McKee Members 65+ years

FREE

McKee Members 50-64 years

FREE + Ferry Fee

Non-Members

\$12 + Ferry Fee

Event ID: 82179

Join us for a relaxing day on the ferry to Swartz Bay! We'll kick things off with a fun scavenger hunt in the morning, followed by enjoying the breathtaking views in the afternoon as we cruise the coastal waters. Bus leaves at 9am and returns approximately 2pm. Please note: We will not disembark at Swartz Bay, this trip is wheelchair accessible. Lunch onboard is at your own cost.

Tickets go on sale Monday, July 14, 2025 at 9:00am McKee Seniors Recreation Centre and online.

## VanDusen Gardens Tour

Fri, Aug 15

9am-3pm

Cost:

\$32

Event ID: 82426

The bus leaves at 9am and returns approximately 3pm. Come and explore the stunning VanDusen Botanical Garden with us! Our visit includes a guided tour, then free time to stroll through over 7,500 varieties of plants and flowers. We have a lunch reservation at 12:00pm at the Shaughnessy Restaurant (at your own cost). McKee membership is required for this trip.

Tickets go on sale Monday, July 21, 2025 at 9:00am McKee Seniors Recreation Centre and online.



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



# Special Events & Activities

## Summer BBQ

Sat, Jul 26

5:30-9:30pm

Event ID: 79301

Members \$22 / Non-members \$26

Join us for a fun night of BBQ food and dancing!  
Entertainment by Brian Zalo Mix. Tickets available  
now, until July 23, 2025 at 4pm.



## The Spinney Brothers

Sat, Sep 13

Show 8-10pm

Event ID: 82180

Back by popular demand, The McKee Seniors  
Centre Society and Highway 17 Promotions present  
Canada's international bluegrass band, The  
Spinney Brothers. Doors open at 7pm.  
Tickets will go on sale Tuesday, August 5, 2025 and  
are available for purchase at McKee's front desk,  
by phone at 604-946-1411 and online.

Advance tickets August 5-31

Members \$30 / Non-members \$36

Regular tickets September 1-13:

Members \$35 / Non-members \$42



## Save the Date

Thu, Aug 14 **Delta Police Recruit Event**

Mon, Aug 18 **Frailty Presentation**

Thu, Aug 21 Wine and Chips Tasting. Enjoy a  
glass on the back patio with friends!

Sat, Sep 13 **Spinney Brothers Concert**

Early bird tickets available soon.

Fri, Sep 19 **Delta Stroke Recovery  
Presentation**

Sat, Sep 20 **Shred-a-Thon**

Save your paper! Tax receipts for  
donations over \$25

Sat, Nov 15 **Christmas Craft Fair**

Get holiday ready!

## Kee Café/Mama's Bakery

Join us in the Café for  
freshly made sandwiches  
on homemade bread,  
Italian, Multigrain and  
Raisin. All loaves of bread  
are baked daily and  
available for sale to  
everyone, don't miss out!



**The Mama's Bakery  
Family**

## Food Bank Donations

We would like to extend a huge thank you to  
everyone who donated to the Suth Delta Food Bank  
over Seniors Week.

**Why doesn't the sun go to university?**

**It already has millions of degrees.**

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

# Workshops & Presentations

## Delta Supper Club

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

## Heat & Smoke Response Workshop

**Mon, Jul 7 1-2:30pm**

**Event ID: 77498**

Join us for this special presentation on how to keep cool in this warm weather and what precautions to take in an emergency situation. Please pre-register at the front desk or online as space is limited.

## Coffee with a Cop

**Wed, Jul 16 10-10:45am**

**Event ID: 75152**

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



## Foot Care

**Fri, Jul 11 9am-3pm**

**Fri, Jul 25 9am-5pm**

Book an appointment with the Foot Care Nurse for all your foot care needs. No polish. Pre-registration is available for appointments. McKee members only \$40 per appointment.

## Tea & Tales

**Wed, Jul 9**

**11am-12pm**

**Event ID: 82496**

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

**Please Note:** Our Tea & Tales workshop is taking a break this month however, please enjoy the free space together.

## Coffee with a Nurse

**Fri, Jul 18**

**10-11am**

**Event ID: 82205**

Join us in the lounge for a coffee and to speak with a nurse. Bring your medical questions.

**Webinars with Eva** will be taking a break in July and August, but will be returning in September. Watch for information in the August Newsletter!





# McKee Instructional/Fitness Programs

\* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
<b>Monday</b>	Fun & Fitness	Jun 30-Aug 25	8:30-9:30am	73551
	Strengthen & Stretch	Jun 30-Aug 25	8:45-9:45am	73538
	M.I.I.T.	Jun 30-Aug 25	10-11am	73541
	*Watercolour Intermediate	Jun 30-Jul 21 Jul 28-Aug 25	10:30am-12:30pm	74752 74753
	Line Dance Intermediate	Jun 30-Aug 25	11:30am-12:30pm	73537
	*Watercolour Intro & Basics	Jun 30-Jul 21 Jul 28-Aug 25	1:30-3:30pm	74754 74755
	Muscle Max	Jun 30-Aug 25	4:30-5:30pm	73555
<b>Tuesday</b>	Core, Balance & Strength	Jul 8-Aug 26	8-9am	73553
	Yoga Flow	Jul 8-Aug 26	9:30-10:30am	73554
	*Meditation	Jul 8-Jul 29 Aug 12-Aug 26	11am-12pm	74921 74922
	Gentle Yoga	Jul 8-Aug 26	11am-12pm	78102
	*Get up and Go	Jul 8-Jul 29 Aug 12-Aug 26	1-2pm	74884 74885
<b>Wednesday</b>	Fun & Fitness	Jul 2-Aug 27	9-10am	73552
	Strengthen & Stretch	Jul 2-Aug 27	10:15-11:15am	73539
	*Minds in Motion	Jul 2-Jul 30	1:30-3:30pm	74201
<b>Thursday</b>	Chair Yoga	Jul 3-Aug 28	10:30-11:30am	73557
	*Gentle Yoga	Jul 3-Jul 31 Aug 14-Aug 28	11:45am-12:45pm	74887 74888
	*Get Up & Go	Jul 3-Jul 31 Aug 21-Aug 28	1-2pm	74892 74893
	Muscle Max	Jul 3-Aug 28	4:30-5:30pm	73556
<b>Friday</b>	Easy Yoga Flow	Jul 4-Aug 29	8:45-9:45am	74895
	Fun & Fitness	Jul 4-Aug 29	9-10am	74900
	Custom Fit	Jul 4-Aug 29	10:15-11:15am	74897
	Line Dance Int.	Jul 4-Aug 29	10:30-11:30am	74902
	Line Dancing 3	Jul 4-Aug 29	11:45am-12:45pm	74903
	Line Dancing 2	Jul 4-Aug 29	1-2pm	74904
	Line Dancing 1	Jul 4-Aug 29	2:15-3:15pm	74905
<b>Saturday</b>	Strengthen & Stretch	Jul 5-Aug 30	9-10am	73540
	M.I.I.T.	Jul 5-Aug 30	10:15-11:15am	73542

**REMINDER**  
**MCKEE CLOSED**

**July 1, 2025**  
**August 3 - 10, 2025**

**Canada Day**  
**Annual Maintenance**

# McKee Club Schedule

## **MONDAY**

Snooker	9am-4pm
Pickleball ( <i>Memorial Park</i> )	9am-12pm
Mexican Train	10am-12pm
Tap Dance	10:30am-12pm
Card Seep	12:30-3pm
Canasta	12:30-3pm
Contract Bridge	1:15-3:45pm
Table Tennis	1:30-4:30pm

## **TUESDAY**

Walking Club	9-10am
Snooker	9am-4pm
Mah Jong	9:30am-12:30pm
Card Seep	12:30-3pm
Pickleball ( <i>Memorial Park</i> )	12-2pm
Scrabble	1-4pm
Contract Bridge	1-4pm
Euchre	1:30-3:30pm

## **WEDNESDAY**

Snooker	9am-9:00pm
Pickleball ( <i>Memorial Park</i> )	9am-12pm
Art Connection	12-1:30pm
Card Seep	12:30-3pm
Cribbage	12:30-3pm
Mah Jong	1-4pm
Ukulele Intermediate	2:30-4pm
Table Tennis	6-8pm
Mah Jong	6-9pm
Duplicate Bridge	6:15-9:45pm

## **THURSDAY**

Snooker	9am-4pm
Canasta	9-11:30am
Mah Jong	9:15am-12:15pm
Carpet Bowling	9:45am-12pm
Pickleball ( <i>Memorial Park</i> )	12-2pm
Card Seep	12:30-3pm
Bingo	12:30-3:30pm
McKee Sisters	12:30-4pm
Table Tennis	2-5pm

## **FRIDAY**

Walking Club	9-10am
Snooker	9am-12pm
Pickleball ( <i>Memorial Park</i> )	9am-12pm
Card Seep	12:30-3pm
Scrabble	1-4pm
Book Club ( <i>July 25</i> )	2:30-4:30pm

## **SATURDAY**

Table Tennis	9am-3pm
Snooker	9:30am-3:30pm
Knitting Sisters ( <i>July 5 &amp; 19</i> )	10am-12pm
Tap Dance	10am-12pm
Card Seep	11am-3pm
Dealers Choice	12:30-3pm
Bingo	12:30-3:30pm
Contract Bridge	6:15-9:45pm

## **McKee Society Facebook**

Club & Program updates are posted online.

Club activities can be reserved up to 72 hours in advance, in person or online

**[Delta.ca/Registration](https://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 ~ Dave W. ~

Meet Dave, one of McKee's finest Bridge Convenors. Dave is a staple of our Bridge clubs and can be found participating Mondays, Tuesdays, Wednesdays and Saturdays. Dave is a friendly face in both Duplicate and Contract Bridge so for any game play questions you may have, Dave is your guy! Thank you, Dave, for all your volunteering and for keeping McKee clubs thriving.



## Café Volunteers Needed

Do you have some free time to spare? Kee Café needs volunteers. Please visit the front desk to get an application.

**Act as if what you do makes a difference ... it does.**

## Convenor Search

McKee is looking for a Dealers Choice Convenor! This club runs Saturdays 12:30-3:30pm, with a great group of members!

McKee is looking for a Golf Club Convenor! Weather is getting sunnier, what better than to golf with your fellow members!

McKee is also looking for a Chess Club Convenor.

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

# Seniors Week

Seniors Week was a blast last month and McKee Seniors Recreation Centre was all hustle and bustle. Thanks to our volunteers for another successful event!



# City of Delta

## Hello Wise and Wonderful Readers,

Happy July everyone! Summer is finally here!

What a wonderful week it was at both Kennedy and McKee Seniors Recreation Centres as we celebrated Seniors Week last month. There were terrific activities both for members and the public. Congratulations to everyone who participated in the events, and a special shout out to those who won prizes! It is very rewarding to the staff and volunteers who put hours into the planning of these programs to have them well attended. Looking forward to doing it again next year!

Both McKee and Kennedy centres play a vital role in enhancing the quality of life for seniors, and it's heartening to see the positive impact they have. As summer approaches, I hope everyone enjoys the sunny days and takes advantage of the cool, air conditioned recreation centres. If you have any ideas or feedback, don't hesitate to share them with the staff or board of directors.

In closing I wish everyone a Happy Canada Day! Have a wonderful summer.

**Katie Green**

**Volunteer and Customer Service Coordinator  
Kennedy Seniors Recreation Centre**

**Neil Diamond used to be called Neil Coal.  
Then the pressure got to him.**

## 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, Janice, 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

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

Kate Steel  
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

### **McKee Seniors Recreation Centre**

A/Senior Centre Coordinator	Dani Mageau
A/Volunteer & Cust Ser Coordinator	Sara Sochting
Recreation Programmer	Julie Stevens



# City of Delta



## Canada Day in Delta Tuesday, July 1, 2025

### Kirkland House 12-4pm

4140 Arthur Drive, Ladner

Join us for children's activities and general festivities for people of all ages.

### Chalmers Park 3-10pm

11400 76A Ave, North Delta

Hosted by the City of Delta in partnership with the North Delta Lions Club, enjoy fun activities, food services, roaming entertainers, live music and fireworks.

- ◆ Parade 3pm
- ◆ Festival 3:30-10pm
- ◆ Official Ceremonies 4pm
- ◆ Fireworks (approx. 10pm)

## Delta Fitness

### Osteo For Life—North Delta Rec Centre

Tue/Thu, Jul 3-31	9:30-10:30am
Event ID: 69259	\$81
Tue/Thu, Aug 5-28	9:30-10:30am
Event ID: 69260	\$72

Osteofit is designed to safely improve strength, balance and coordination as well as functional mobility, independence, and quality of life for those with osteoporosis and low bone density.

### Heart Wise

Tue/Thu, Jul 3-31	10:45am-12:15pm
Event ID: 69261	\$102.15
Tue/Thu, Aug 5-28	10:45am-12:15pm
Event ID: 69262	\$90.80

This low-impact core conditioning class works to strengthen back and abdominal muscles, improve balance, postural alignment and flexibility. Level of intensity: moderate

## Cultural Services

Douglas J. Husband Discovery Centre  
4450 Clarence Taylor Crescent

### Concerts In the Park

Wed, Jul 2	Ranj Singh Trio	Memorial Park
Tue, Jul 8	The BlueHawks	Memorial Park
Sat, Jul 12	Carly Reirson	ND Social Heart
Fri, Jul 18	Tea for Two	Elliott Street Wharf
Tue, Jul 22	Delta Concert Band	Sunshine Hills
Tue, Jul 29	Mathew Presidente	ND Social Heart
Fri, Aug	Luc Ferdinands	Elliott Street Wharf
Sun, Aug 10	Magic Kingdom Sing & Dance A-Long	Diefenbaker Park
Wed, Aug 13	Elise Boulanger	Sunstone Park
Sun, Aug 17	Dylan Walker Band	ND Social Heart
Fri, Aug 22	Jana Seale	Elliott Street Wharf
Thu, Aug 28	Tunnel Vision	Diefenbaker Park

All concerts start at 7pm, with the exclusion of Sunday, August 10, 2025 that will begin at 1pm.

### Elliot Street Wharf

#### Friday Night Lights Fridays 7pm

Take part in a series of family friendly live events.

#### Wellness at the Wharf Saturdays 4pm & 5pm

Those 13yrs+ are invited to enjoy activities with a focus on mind-body connection, including Yoga, Pilates and Tai Chi. All abilities welcome

#### Cultural Corner Sundays 2-4pm

Enjoy family-friendly activities led by Cultural Services Staff and the Delta Heritage Society.

### North Delta Farmers Market

#### Saturdays 10am-2pm

Jul 12 & 26, Aug 9 & 23, Sep 6 & 20, Oct 4

Visit artisans and food vendors and enjoy family-friendly activities and live entertainment.

### Ladner Village Market

#### Sundays 10am-4pm

Jul 6 & 20, Aug 10 & 24, Sep 7 & 21

Make It, Bake, Grow It! Meet vendors and sample products from around British Columbia.



# City of Delta

## Delta Supper Club Wednesday Nights!

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 a main dish, vegetable side dish or salad, and either an appetizer, soup or dessert. Please note that you may only register for one course per month.



### Kennedy Seniors Centre

Wed, Jul 9	Event ID: 71821	4:30-7:30pm
Wed, Jul 23	Event ID: 71822	4:30-7:30pm
Wed, Aug 13	Event ID: 71824	4:30-7:30pm
Wed, Aug 27	Event ID: 71825	4:30-7:30pm

### Harris Barn

Wed, Jul 2	Event ID: 71816	4:30-7:30pm
Wed, Jul 16	Event ID: 71817	4:30-7:30pm
Wed, Jul 30	Event ID: 71818	4:30-7:30pm
Wed, Aug 6	Event ID: 71819	4:30-7:30pm
Wed, Aug 20	Event ID: 71820	4:30-7:30pm

### Menu

July 2, 9, 16, 23 - Summer BBQ Burgers  
July 30, Aug 6, 13, 20 - Mexican Fiesta Fajitas

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

## The Guru Nanak Food Bank 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.



Members from Kennedy & McKee Seniors Society came out to celebrate summer while supporting Delta Police Department and their efforts to make our community even better! The 4th annual Summer Solstice Run Walk Roll was a great success.

# City of Delta: Wellness

## July is Extreme Weather Awareness Month

### Be prepared for extreme heat and drought. What is extreme heat?

Extreme heat is when temperatures are already very hot and daytime and nighttime temperatures get hotter every day and are well above seasonal norms.

### Climate Change Connection

B.C. is experiencing higher annual summer temperatures and more extremely hot days due to climate change. Western Canada is already on average one to two degrees warmer than it was in the 1940s. This trend increases the likelihood for extreme heat events like the heat dome experienced in 2021, making it more critical for people to understand the risk, prepare for these conditions, and know where to access support. While everyone can benefit from planning and preparing for extreme heat, the following people are especially at-risk if they do not have access to air conditioning and need to be prepared and supported:

- Seniors aged 65 years or older
- People who live alone
- People with pre-existing health conditions such as diabetes, heart disease or respiratory disease
- People with limited mobility

### Make Plans

If you live alone and need extra help, pick someone to check in on you when temperatures rise. They could take you to a designated cooling centre or space, or help with cooling measures in your residence.

### What are your home's cool zones?

You should prepare to stay in the coolest part of your residence and focus on keeping that one location cool. Start by identifying a room that's typically coolest and consider how you can modify the layout to support sleeping and day-to-day living for the duration of the heat event.

**Webinars with Eva** will be taking a break in July and August, but will be returning in September. Watch for information in the August Newsletter!

### Cooling Spaces and Centres

Identify places in your community you can visit to get cool, such as libraries community/seniors centres, shopping malls, religious centres, parks and other shaded green spaces. In response to extreme heat, First Nations and local governments in affected areas may open emergency cooling centres or general cooling spaces.

### Prepare Your Home

A few modifications to your home can make a big difference during extreme heat: install a window air conditioner in at least one room; install thermal curtains or window coverings; keep easy-to-read thermometers available to accurately measure indoor temperatures (31 degrees or higher is dangerous for vulnerable people); have fans available to help move cooler air indoors during the late evening and early morning hours.

**Tip:** Fans cannot effectively reduce body temperatures or prevent heat-related illness in people at risk. Do not rely on fans as your primary cooling method during extreme heat.

**Tip:** Uncovered windows can increase the internal heat of your home by 2 to 3 degrees.

Adapted from the BC government website <https://www2.gov.bc.ca/gov/content/home>. If you would like more information, please connect with Eva, contact information below.

### Delta's Seniors Support Coordinator

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

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





**BOUNDARY BAY  
AIRSHOW '25**

*Flying, Family & Fun!*



## FREE ADMISSION

Saturday, July 19  
Gates Open: 11 am  
Airshow: 12 - 3:30 pm

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Boundary Bay Airport,  
7800 Alpha Way, Delta

Delta

[delta.ca/Airshow](https://delta.ca/Airshow)

**Alpha**  
AVIATION INC.



# Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

## KENNEDY SENIORS SOCIETY

### Board of Directors 2025-2026

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

## Customer Service Hours

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

## Café Eighty-Ate

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

### Café Hours:

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

### Café Program Hours:

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

**"Summer breeze makes me feel fine."**

**-Seals & Crofts.**

## A Message from your Board of Directors:

### July Message from the Board, Shirley Gust:

I have been a long-time member of Kennedy Senior Society; I am a long-time resident of North Delta (since 1975), raised my four children in this community as a single parent, and truly love our community. Such a wonderful place to live.

Kennedy Centre is such an important part of North Delta. I was encouraged to consider sitting on the Board of Directors in this past year, thus I started this past April. I wanted to 'give back' to my community.

As the Vice President, I have ALOT to learn; my fellow board members are so helpful and good teachers. They always have the membership's interests front and centre.

I also volunteer at social events and it's a pleasure to be a part of the large volunteer component, who with out them, the centre would not run. The other asset to the functioning of Kennedy is the 'city staff'; they are organized, friendly, informative, kind, and I would suggest, love being here. It couldn't happen without them either.

I suggest it's a TEAM that gives our members such a choice of programming and entertainment. I am over all very impressed!

Shirley Gust, Vice President



## Kennedy Fees 2025

12-Month Gold Membership (age 90+)	<b>FREE</b>
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 Bus Trips

## Squamish Railway Museum Bus Trip

**Fri, Jul 25**

**9am-5pm**

**Event ID: 76711**

**\$60**



Nestled within the picturesque town of Squamish, BC, the Squamish Rail Museum is a testament to the rich history and enduring legacy of rail transport in the region.

Be sure to wear proper footwear. Lunch can be purchased on site at the Off the Rails food truck, or you are welcome to bring one with you.

The bus will leave Kennedy at 9am and return at approximately 5pm. Tickets include entry fees. Max two tickets per person. Kennedy Membership is required.

## Richmond Sunflower Festival

**Thu, Aug 28**

**10:30am-3pm**

**Event ID: 78042**

**\$40**

Enjoy a beautiful day amidst the golden fields of sunflowers at the Richmond Sunflower Festival. Immerse yourself in the vibrant blooms at Richmond Country Farm, perfect for photography enthusiasts and nature lovers alike. Explore the farm, participate in family-friendly games, and indulge in delicious local treats from the on-site vendors.

The bus will depart Kennedy at 10:30am, returning at approximately 3pm. Tickets go on sale Thursday, July 31 at 9:30am. Maximum two tickets per person. Kennedy Membership is required.

**My friend fainted onto the baggage carousel at the airport.**

**Thankfully she came around.**

# 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**

## Woodshop News

We very pleased to welcome Avi L. as our Woodshop Convener. Avi is a knowledgeable and talented craftsman and is happy to assist with your projects. He is also involved with safety orientations for the shop. You can connect with Avi by leaving your name and number at the front desk and he will give you a call to set up an orientation and get you started.



Pardon the noise! Contractors are currently on site conducting necessary repairs at the Kennedy Seniors Recreation Centre. We apologize for any inconvenience this may cause and appreciate your patience and understanding during this time.

Thank you for your continued support.



# Kennedy Socials

## Kennedy Sock Hop

Thu, Jul 31

1-3:30pm

Come enjoy the music of the 50's and 60's with Greg Hampton! Dress up in your favorite 50's/60's style. Ice cream will be served. This FREE event is open to Members and Non-Members!

Tickets available now!

**Event ID: 82618**

*\* 4 tickets maximum per person.*



# Seniors Week



**Congratulations Colleen,  
Butterfly clock winner!**



**Happy 100th Birthday  
Pauline!**

# Drop-in Programs

## Woodshop

The Woodshop is now open longer hours:

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

**Wed 9am-8:30pm**



## Card Players Wanted

Dealers Choice uses 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.



# Save the Date

**Tue, Aug 12**

**Tue, Aug 26**

**Tue, Sep 23**

**Sat, Sep 27**

**Fri, Oct 17**

**Sat, Nov 1**

**Frailty Presentation**

**Kennedy Sock Hop**

**Dementia - Friendly**

**Communities Presentation**

**Dinner Dance**

**Carpet Bowling Tournament**

**Dinner Dance**



**Congratulations Diane,  
Heart to Home Meals  
gift basket winner!**





# Kennedy Instructional Programs

## Chair Yoga (Blended)

Wed, Jul 2-Aug 27      12pm-1pm  
Event ID: 74862      \$40

Carol will be presenting a blended yoga class combining standing poses and chair-based movements with a focus on flexibility, breathing and relaxation. No class July 9, 2025.

## Chair Yoga (Seated)

Fri, Jul 4-Aug 29      10am-11am  
Event ID: 74871      \$35

Join Carol for a calming, seated yoga class, where you'll focus on flexibility, deepening your breath, and promoting relaxation. This gentle practice is designed to be fun while also helping you unwind. No class July 11 or August 8, 2025.

## Guitar Lessons **NEW!**

Mon/Fri, Jul 7-21      9:30-10:30am  
Event ID: 74929      \$25

Take guitar lessons with Bob! Whether you're picking up a guitar for the first time or looking to sharpen your skills, you'll receive personalized guidance in a fun and supportive environment.

## Hawaiian Dance Beginner **NEW!**

Wed, Jul 9-Aug 20      9:15-10:15am  
Event ID: 75373      \$40

Interested in learning Hawaiian Dance? Join our fun and welcoming beginner class. In this beginner friendly class you will learn gentle hula movements, improve balance and flexibility.

## Hawaiian Dance

Wed, Jul 9-Aug 20      10:15-11:30am  
Event ID: 74930      \$45

Join us as we dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is necessary for this class.

## Yoga **NEW!**

Thu, Jul 10-31      9:15-10:15am  
Event ID: 79963      \$20

Improve strength, mobility and flexibility with this gentle practice.

**The worst thing about stolen passwords  
is having to rename your dog.**

## Tai Chi

Thu, Jul 10-Aug 28      10-11am  
Event ID: 74857      \$40

Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. By continual practice of Tai Chi, you can improve your health and mobility, all while enjoying the beauty of synchronized movements.

## Mindfulness and Meditation

Thu, Jul 10-Aug 21      10-11:30am  
Event ID: 74932      \$5

Over the course of six sessions, we will explore the benefits of meditation, gain insights into how our minds and thoughts operate, and examine the connection between the heart and mind. We'll also discuss common stress factors and how mindfulness practices can help build resilience in the face of them. No class August 7.

## Minds in Motion

Thu, Jul 10-Aug 14      11:30am-1:15pm  
Event ID: 74931      \$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.

**I'm a fisherman dating a mermaid.**

**I met her online.**

# Kennedy Workshops & Presentations

## Delta Supper Club at Kennedy

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

## Footcare Clinic

A footcare clinic is coming to Kennedy! Keep your eyes out for more information to come in upcoming newsletters.

## Heat & Wildfire Smoke Safety Presentation

Tue Jul 8

10-11:30am

Event ID: 73588

Join us for an informative presentation with Fraser Health on Heat and Wildfire Smoke. Learn about how heat and wildfire can affect your health and how to stay safe during these conditions.

Fraser Health will also share helpful resources available to you and your family. Don't miss this opportunity to learn, connect and take proactive steps towards a healthier tomorrow! Please pre-register.



**Webinars with Eva** will be taking a break in July and August, but will be returning in September.

Watch for information in the next month.

## Learn to Prevent Frailty

Tue, Aug 12

10-11:30am

Event ID: 76409

This presentation from UVIC Institute on Aging and Lifelong Health aims to spread awareness about frailty, share facts and the AVOID strategy from the Canadian Frailty Network. It will introduce the Frailty Health Coach Program that aims to slow down the progression of frailty and help individuals learn strategies to manage overall and live independently for a longer period of time.

**I just finished writing a book on penguins.**

**It would have been easier to write on paper.**

## Fraser Health Falls Prevention Clinic

Thu, Aug 28

8:30-5pm

The Fraser Health Falls Prevention mobile clinics are for at-risk seniors living in our community. The team travels to a different community each week. Clients are able to receive one-on-one sessions with health professionals including:

- Pharmacist
- ♦ Physiotherapist

The client's individual fall-risk status and recommendations will be discussed at three stations:

- Screening / assessment
- Medication and vitamin review
- Exercise and home safety interventions

The total time spent at the clinic is approximately two hours. **Appointments are required!**

A report with detailed recommendations is sent to the client, their primary physician and any referring health professional.

**To schedule an appointment, please call Fraser Health at 604-374-2273.**

# Kennedy Volunteers

## Volunteer of the Month ~ Pinky



I was born and raised in the city of Jamshedpur in India. I graduated from Sacred Heart Convent High School, and earned a post-graduate degree in tourism from Delhi University. I left India with my husband in 1983 for Dubai, where I worked as a school

administrator and teacher. In 2001 I emigrated to Canada with my family. I have two lovely children, a son and a daughter. I love spending time with my children, especially my grandson – we have a lot of fun together. My husband and I are passionate about travel and have visited Hong Kong, Singapore, Muscat, Sri Lanka, Greece, Toronto, New York, Chicago, California and many parts of India.

I joined Kennedy after I retired. Here I am able to volunteer which gives me immense pleasure and satisfaction. I love being part of the Crafty Ladies group who make handcrafted items for the unhoused and new born babies. I also love playing Bingo. I volunteer as a greeter and at some social events. The people at Kennedy are very kind, loving and caring. This is the best way to support and give back to the community where we live.

I also volunteer at the SOS Eco Centre in Richmond where we do weekly meditation seminars and retreats. I enjoy practising mindfulness and meditation daily.



## 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.

## Volunteer Opportunities

We are looking to fill some back up volunteer roles for various drop-in programs in Ceramics, Tile Games and Scrabble, as well as Café Eighty-Ate cashier shifts, for the Open House in September and to assist with 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 June, Kennedy volunteers generously donated 1048 hours of their valuable time.



**"I love how summer just wraps its arms around you like a warm blanket."**

**-Kellie Elmore**



# 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.**

<b>MONDAY</b> Woodshop 9am-3:45pm Snooker 9am-4pm Bingo 12:15-3:30pm Canasta 1:15pm-4pm Ceramics 1-3pm Pickleball 1:15-4pm	<b>THURSDAY</b> Woodshop 9am-3:45pm Snooker 9am-4pm Table Tennis 1:45-4:15pm Samba (Card Game) 1:15-4pm Acrylic & Watercolor 1-3pm Pickleball 1:45-4:15pm
<b>TUESDAY</b> Woodshop 9am-3:45pm Snooker 9am-4pm Ceramics 10am-12pm Guitar 10-11:30am Crafty Ladies 1:15-3pm Table Tennis 12:30-2:30pm Women's Friends Group 12:30-2:30pm Euchre 1:15-3:15pm Pickleball 1:15-4pm Mexican Train 2-4pm	<b>FRIDAY</b> Carpet Bowling 9am-11:45am Woodshop 9am-3:45pm Snooker 9am-4pm Crafty Ladies 9am-11:30am Dealer's Choice 12-3:30pm Bingo 12:15-3:30pm Jammers 1-3pm Mahjong 1:15-3:30pm
<b>WEDNESDAY</b> Carpet Bowling 9am-11:45am Woodshop 9am-8pm Snooker 9am-8:30pm Card Making 9:30am-12pm Dealer's Choice 12-3:30pm Contract Bridge 1:15-4:15pm Table Tennis 1:30-3:30pm Drop-in Art 4-8pm Cribbage 6:30-8:30pm Pickleball 6:30-8:30pm Photography Interest Group (July 3 & 17) 7-9pm	<b>SATURDAY</b> Woodshop 9am-3:45pm Snooker 9am-4pm Ceramics 10am-12pm Table Tennis 9:30-11:30am (cancelled July 5 & 26) Rummoli 11am-3pm Pickleball 1:30-3:45pm Acrylic & Watercolor 1-3pm

## Instructional Drop-in Programs

**Pick and Choose your dates!** To accommodate your summer plans, we have brought back Instructional Drop-in Programs. 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** \$5/class  
**Wed, Jul 2-Aug 27 3:15-4:15pm Event ID: 74876**  
Introduction and learning the basics, no experience or partner necessary.

**Line Dancing Level 2** \$5/class  
**Wed, Jul 2-Aug 27 1:30-3pm Event ID: 74875**  
For anyone who has already learned the basics.

**Watercolour Painting** \$10/class  
**Jun 24-Aug 19 1-3pm Event ID: 74877**  
This is the class to either learn or build on your watercolour painting skills in a fun and relaxed atmosphere. Please note you must bring your own supplies; a supply list is available at the customer service desk.

# 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
<b>Monday</b>	**Fit & Active	Jun 30-Aug 25	9:15-10:15am	73245
	*Guitar Lessons Mon/Fri	Jul 7-Jul 21	9:30-10:30am	74929
	**Zumba	Jun 30-Aug 25	10:30-11:30am	68870
<b>Tuesday</b>	**Fit & Active	Jul 8-Aug 26	9:15-10:15am	73247
	**Fit & Functional	Jul 8-Aug 26	10:30-11:15am	68872
	**Simply Stretch	Jul 8-Aug 26	11:45am-12:45pm	68873
	*Watercolour Painting	Jun 24-Aug 12	1-3pm	74877
<b>Wednesday</b>	*Hawaiian Dance Beginner	Jul 9-Aug 13	9:15-10:15am	75373
	*Hawaiian Dance	Jul 9-Aug 13	10:15-11:30am	74930
	*Chair Yoga (Blended)	Jul 2-Aug 27	12-1pm	74862
	**Gentle Yoga	Jul 2-Aug 27	12:15-1:15pm	68874
	*Line Dancing Level 2	Jul 2-Aug 27	1:30-3pm	74875
	*Line Dancing Level 1	Jul 2-Aug 27	3:15-4:15pm	74876
<b>Thursday</b>	*Yoga	Jul 10-Jul 31	9:15-10:15am	79963
	*Tai Chi	Jul 10-Aug 28	10-11am	74857
	**Fit & Functional	Jul 3-Aug 28	10:30-11:15am	68875
	Mindfulness and Meditation	July 10-Aug 14	10-11:30am	74932
	*Minds in Motion	Jul 10-Aug 14	11:30-1:30pm	74931
	**Simply Stretch	Jul 3-Aug 28	12:30-1:30pm	68876
<b>Friday</b>	*Guitar Lessons Mon/Fri	Jul 7-Jul 21	9:30-10:30am	74929
	*Chair Yoga (Seated)	Jul 4-Aug 29	10-11am	74871
<b>Saturday</b>	**Yoga	Jul 5-Aug 30	9:45-10:45am	68877
	**Fit & Functional	Jul 5-Aug 30	11-11:45am	68878
	**Chair Dance Fitness	Jul 5-Aug 30	12-1pm	68879

**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



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

#17941

Easy

www.sudoku.name

**SUDOKU**  
数独

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

#9970

Medium

www.sudoku.name



**"Everything good, everything  
magical happens between the  
months of June and August."**

**Jenny Han,**

***The Summer I Turned Pretty***

1. Motel 2. Relax 3. Travel 4. Airport 5. Staycation 6. Cottage  
7. Sunshine 8. Suitcase 9. Seaside 10. Camping 11. Fishing  
12. Map 13. Passport 14. Tourist 15. Camera 16. Cruise



**The cashiers  
around here  
are always  
checking me  
out.**

**Lance is an  
uncommon  
name nowadays.  
In medieval  
times people  
were named  
lance a lot.**

**Broken  
barometer for  
sale.  
No pressure.**

**I was robbed by  
six dwarves  
today.  
Not happy.**

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



# Brain Games & Fun

## Vacation Word Scramble

1	ELOTM		9	SSAEIDE	
2	EXRLA		10	ANCGMIP	
3	ARTVEL		11	HIINGFS	
4	RAORPTI		12	AMP	
5	STAACYTINO		13	RPPSASTO	
6	AECTOGT		14	SOIRSUTT	
7	ENHINSSU		15	EMRCAA	
8	ESACISUT		16	UEICSR	

## Canada Day Wordsearch

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

BRITISH COLUMBIA  
 ALBERTA  
 SASKATCHEWAN  
 MANITOBA  
 ONTARIO  
 QUEBEC  
 NEW BRUNSWICK  
 NOVA SCOTIA  
 PEI  
 NORTHWEST  
 YUKON  
 NUNUVUT  
 TRUE  
 NORTH  
 STRONG  
 FREE  
 CONFEDERATION  
 OTTAWA  
 PRIME MINISTER  
 MAPLE SYRUP