

WISE & WONDERFUL

Where Wisdom Meets Recreation

June 2025

Kennedy Seniors Society

Juke Box Diner Dinner Dance
Featuring Flashback
Saturday, June 28, 2025
More details on Page 16



McKee Seniors Society

Langley Ukulele Association Presents:
Music from the Soul and
Some Good ol' Rock & Roll
Saturday, June 14, 2025
More details on page 5



IMPORTANT DATES

Thursday, June 5, 2025
Sunday, June 15, 2025
Sunday, June 15, 2025
Thursday, June 19, 2025
Tuesday, July 1, 2025

BC Seniors Advocate Presentation
Father's Day
World Elder Abuse Awareness Day
DPD Run, Walk & Roll - Summer Solstice
Canada Day - Kennedy & McKee Closed

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,

In thinking about the past fiscal year, I am reminded of the folktale of The Little Engine That Could. This story was used to teach children the value of optimism and hard work. You might remember the signature line in the story “I think I can, I think I can.”

Early May of 2024, your board looked at the mountain of goals that we wished to achieve, and collectively we said: “we think we can, we think we can.” Please read the 2024 annual reports as these highlight many of the achievements that optimism and hard work made possible. The annual report is on the McKee website, or you may find a few copies left at the customer service desk.



We are pleased to welcome Theresa Anderson, Dorothy McLean, and Lynda Hudon to the board. Theresa, Dorothy and Lynda will join Sandy Watson who will remain Treasurer; Denise Foster is continuing as Director Instructional Programs; Geof Kraemer, Director Asset Management; and Lin Jones is our new Vice President. Jackie Lawson and Ben Branscombe will continue as Liaisons—Jackie, Customer Service, Ben, Café. Special Events will continue under the guidance of Fran Schiffner, Mae Forsythe and Eliz Salikin.

While change it is inevitable—sometimes we welcome it and sometimes it is tough. Saying adieu to trusted and hardworking board directors and liaisons is difficult but we are excited to work with our new board members. Saying adieu to a loyal member of the staff team is also difficult and we will miss Billy Mortensen and wish him well in his new position. Another change was the retirement of Russell Pohl of Mr. Mom’s Café at McKee, and the reopening of the Kee Café. We welcome Tahani of Mama’s Bakery and her team.

Elizabeth Salikin was recognized by the board for her contributions to McKee and we were delighted to present Eliz with a Life Membership. Thank you, Eliz, for all you do!

As the senior population in Delta continues to grow, we must embrace change, and continue to create a place where members feel welcome and where they want to be. We know that every day you spend at McKee is a very good day!

Joyce Branscombe
McKee Seniors Society President

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

Information and registration are available in person, or online 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.

McKee Lounge

Fridays

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!

**I think my neighbour is putting glue
on my firearms.**

**He denies it,
but I'm sticking to my guns.**



Thank you for everyone who participated in the Art Show 2025 and attended the Art Show Tea, it was great fun! Congratulations to the winners!



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, Director 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-3pm

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
<i>All memberships and passes expire after 365 days.</i>	

Instructional Programs

Let's Play Guitar

Wed, May 14–Jun 25

11am-12pm

Event ID: 67715

\$35 / 7 sessions

This course covers the quickest way to play scales and make chords, strumming and playing in the right musical key. Register today at the front desk or online.

Watercolour Intermediate

Mon, May 26-Jun 23

10:30am-12:30pm

Event ID: 65848

\$60/6 sessions

This is a follow-up from the Beginner Introduction and Basic class. You will learn step by step how to paint with this wonderful medium including how to add pen to enhance some of your painting. You will be painting landscapes, flowers, animals and other concepts using watercolours. Please note that you must bring your own supplies. A supply list is available at the front desk of McKee.

Class Reminders

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. If you can no longer attend a drop in class, remember to withdraw yourself by calling the front desk or go online to let us know. All no shows will result in punch taken off account.

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

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

Thank you for your cooperation.

~McKee Seniors Society

Clubs

Garden Gloves Club

Mon-Sat, Jun 2-7

Fresh herbs and greens will be available throughout Seniors Week



As I suspected, someone has been adding soil to my garden.

The plot thickens.

Philosophers Club: Discussion Group

Fri, Jun 6

11:30am-12:30pm

Event ID: 65778

Topic: Acceptance in BC and Canada
Registration in advance is recommended.

Diners Club: Taverna Gorgona Restaurant

Tue, Jun 17

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.



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

Special Events & Activities

Seniors Week High Tea

Fri, Jun 6

2-4pm

Event ID: 74248

FREE to McKee members 90+ years young.

Members: \$ 22 / Non Members: \$ 26

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 now on sale, till June 2, 2025. Purchase yours at the front desk or online.

Langley Ukulele Association Presents:

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

Sat, Jun 14

1-3pm

Event ID: 71876

Members \$15

Non-members \$18

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



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 on sale 9am, Monday, June 23, 2025 at McKee front desk or online. Sales end 4pm Wednesday, July 23, 2025.

DPD Summer Solstice Run, Walk & Roll

Fri, Jun 19

5:30-8:30pm

Event ID: 78390

Come out to celebrate the summer solstice while supporting the Delta Police Foundation and their efforts to make our community better! Participate in a 5K run, walk & roll, followed by food and entertainment for the whole family.

DPD are on hand to provide support for participants. Everyone is welcome! The registration fee will be waived for McKee members.

Meet at DPD Headquarters

4455 Clarence Taylor Crescent, Delta

Kee Café/Mama's Bakery



The café had an incredible start, and we're so grateful to everyone who stopped by. We've been blown away by the support, the kind feedback, the smiling faces, and the amazing volunteers who helped make it all happen. It's been a joy serving this community, and we're just getting started!

~ Tahani, owner of Mama's Bakery

Save the Date

Sat, Sep 13

Spinney Brothers Concert

Sat, Sep 20

Shred-a-Thon

Sat, Nov 22

Christmas Craft Fair

Early bird tickets on sale August 5, 2025

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

Get holiday ready!

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

Seniors Week at McKee ~ June 2-7, 2025

Mon, Jun 2	<p>Mama's Bakery Feature:</p> <p>9am-12pm</p> <p>10am-1pm</p> <p>12-3pm</p> <p>1-3:30pm</p> <p>3:30-4pm</p>	<p>Spinach Feta Croissants, Soup of the Day & Cheesecake</p> <p>Come Try Pickleball ~ <i>Memorial Park</i></p> <p>Fortis BC Info Table</p> <p>Probus Info Table</p> <p>Pop-up Park Games</p> <p>Musical Performance</p>
Tue, Jun 3	<p>Mama's Bakery Feature:</p> <p>9:30am-12:30pm</p> <p>10:30am-1:30pm</p> <p>12-2pm</p> <p>1-2pm</p> <p>2-3pm</p> <p>2-4pm</p> <p>2:30-3:30pm</p>	<p>Meatball Sandwich, Soup of the Day</p> <p>Mah Jong Open Viewing</p> <p>ICBC Info Table</p> <p>Come Try Pickleball ~ <i>Memorial Park</i></p> <p>*Garden Tea Party</p> <p>*Planter Box Workshop</p> <p>Community Health Info Table</p> <p>*DJ Dance Party</p>
Wed, Jun 4	<p>Mama's Bakery Feature:</p> <p>9am-4pm</p> <p>9am-12pm</p> <p>10-11am</p> <p>10am-12pm</p> <p>10:30am-1:30pm</p> <p>1-4pm</p> <p>2:30-3:30pm</p>	<p>Avocado Poached Egg, Soup of the Day & Pear Almond Danish</p> <p>Seniors Support Coordinator Info Table</p> <p>Come Try Pickleball ~ <i>Memorial Park</i></p> <p>Skincare/Makeup for Mature Skin Presentation*</p> <p>*Variety Show</p> <p>Physiotherapy Info Table</p> <p>Mah Jong Open Viewing</p> <p>*Physiotherapy: Pelvic Floor 101 Presentation</p>
Thu, Jun 5	<p>Mama's Bakery Feature:</p> <p>9:15am-12:15pm</p> <p>10:30am-1:30pm</p> <p>10:30am-1:30pm</p> <p>10:30am-1:30pm</p> <p>12-2pm</p> <p>1:30-2:30pm</p> <p>1:45-2:45pm</p> <p>2:30-3:30pm</p>	<p>French Toast, Soup of the Day</p> <p>Mah Jong Open Viewing</p> <p>Heart to Home Meals Info Table</p> <p>Hearing Health Info Table</p> <p>Fraser Health Falls Clinic Info Table</p> <p>Come Try Pickleball ~ <i>Memorial Park</i></p> <p>*BC Seniors Advocate, Dan Levitt Presentation</p> <p>Hearing Health Mobile Unit Tours</p> <p>Men's Shed Information</p>
Fri, Jun 6	<p>Mama's Bakery Feature:</p> <p>9am-12pm</p> <p>10am-1pm</p> <p>11am-1pm</p> <p>1-2pm</p> <p>2-4pm</p>	<p>Soup of the Day & Double Baked Almond Croissant</p> <p>Come Try Pickleball ~ <i>Memorial Park</i></p> <p>Deltassist Info Table</p> <p>Self-Management Info Table</p> <p>*Self-Management Workshop</p> <p>*Seniors Week High Tea</p>
Sat, June 7	12:30-3:30pm	Big BINGO!

Garden Gloves Club: Fresh herbs and greens will be available throughout Seniors Week, June 2-7, 2025.

*Pre-registration is requested online at delta.ca/registration or visit the customer service desk.

Workshops & Presentations

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 now available on line. Non-members welcome. Call McKee for more information.

Coffee with a Cop

Wed, Jun 11

10-10:45am

Event ID: 71797

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

Circle of Friends

Wed, Jun 11

11:15am-12:15pm

Event ID: 67739

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

DPD Facility Dog Puma Visit

Fri, Jun 13

10-11am

Event ID: 77534

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

Audio Session for Adults with Low Vision

Tue, Jun 17

1:30-3pm

Event ID: 78290

Audio session and discussion of current and relevant podcast by Canadian media icon. Structured for the enjoyment and participation of those with low vision, however all are welcome.

Tea & Tales

Wed, Jun 18

11am-12pm

Event ID: 67738

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

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 13.

Ladner Community Centre

4:30-7:30pm

Wed, Jun 4 Event ID: 71813

Wed, Jun 18 Event ID: 71815

Harris Barn

4:30-7:30pm

Wed, Jul 2 Event ID: 71816

Cultivating Happiness Webinar with Deepak Chopra

Wed, Jun 11

10-11:30am

Event ID: 76728

Hosted by Delta's Senior Support Coordinator. More details on page 13.

Coffee with a Nurse

Fri, Jun 20

10-11am

Event ID: 77488

Join us in the lounge to speak with our coffee with a nurse and your burning questions. This month we are talking about hypertension.

Myths of Dementia Workshop

Wed, Jun 25

10-11:30am

Event ID: 70440

This workshop will expose myths related to dementia and explore strategies to help support individuals and families as they go through this part of their lives. Non members welcome.

Foot Care

\$40

Fri, Jun 27

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.

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
	*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
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
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	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
Jammers (<i>June 10 & 24</i>)	3-5:15pm

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
Friendship Club	2-4pm
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
Philosophers Club (<i>June 6</i>)	11:30am-12:30pm
Card Seep	12:30-3pm
Scrabble	1-4pm
Book Club (<i>June 27</i>)	2:30-4:30pm

SATURDAY

Table Tennis	9am-3pm
Snooker	9:30am-3:30pm
Knitting Sisters (<i>June 7 & 21</i>)	10am-12pm
Tap Dance	10am-12pm
Card Seep	11am-3pm
Dealers Choice	12:30-3pm
Bingo	12:30-3:30pm
Contract Bridge	6:15-9:30pm

McKee Society Facebook

Club & Program updates are posted online.

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

[Delta.ca/Registration](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

Reluctant Retiree

By Hilda Reed
A McKee Member & Volunteer.

I discovered McKee quite by accident, and long before I was ready. Long before I was ready to leave my career behind and long before I was ready to be a retiree. This all changed for me in one historic day in August of 2020.

August 26, 2020 is a day that will forever be etched in my memory. I had taken a very hard fall one day while out for a walk with friends. A couple of weeks later, I had another serious fall, this resulted in crushed vertebrae in my back, causing a great deal of pain. I had the profound sense that my life would be different going forward.

As I settled into our new life in Ladner, it was difficult for me to assess what this new community was about. I had mobility issues and experienced a lot of pain in getting around. I reluctantly researched what McKee had to offer, and learned that the best exercise program for me would be Get up and Go. I also took a couple of art classes, I was making new friends. Eventually, I was signed on as the volunteer convenor for a new program at McKee called Art Connections.

With all of my injuries, and subsequent hydrocephalus diagnosis, I ended up on long-term disability, which then morphed into early retirement for me. While this was initially very disappointing for me, I came to the conclusion that the time *finally* has come for *me* to give art the attention it deserves! I am so thankful for the role McKee has played in the pursuit of my long-deferred dream and for the vibrant community I've come to know as a result.

**We make a living by what we get, but we
make a life by what we give.**

~ Winston Churchill ~

Café Volunteers Needed

Kee Café	Cashier
	Server
	Dishwasher

Stop at the front desk to sign up and complete a Volunteer Application Form.

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.

Volunteer of the Month

Meet the Volunteer(s) of the Month – the New McKee Board of Directors. Looking forward to working with the board and welcome to the newest board members – Lynda, Theresa and Dorothy!

Thank you for the endless hours you continue to provide to make McKee a thriving and welcoming environment for all members to enjoy, feel connected and stay active and social.



Pictured L-R: Denise, Lynda, Lin, Joyce, Theresa, Dorothy (missing Sandy and Geof).

City of Delta

Hello Wise and Wonderful Readers,

Another fantastic year of Senior's Week offerings are just around the corner. Both of our Senior Centres have worked hard to provide an amazing array of offerings. Workshops, performances, presentations and so much more, please stop by the front desks to pick up a trifold brochure and be sure to mark your calendars for all the excitement coming June 2-7, 2025.

Due to the continuous popularity of our Senior's buses we are adding a couple new staff to help support the bus program and keep our ridership going strong. No member left behind!

I may be partial here, but I can't miss an opportunity to thank all the wonderful and dedicated volunteers that support McKee and Kennedy tirelessly. Both centres continue to flourish because of all the volunteer hours spent on supporting our ever-growing membership.

"The strength of the team is each individual member. The strength of each member is the team" ~ Phil Jackson

Keep being wonderful!

Sara Sochting,
A/ Volunteer & Customer Service Coordinator

Last month, 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. To date we have had 25 people access this unique program.

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

Ladner Market

Sundays 10am-4pm
Jun 8 & 22, Jul 6 & 20, Aug 10 & 24, Sep 7 & 21

The Ladner Village Market follows the Make It, Bake, Grow It philosophy. The Ladner Village Market allows you to meet local individuals who create their products and sample vendors from around British Columbia.



North Delta Farmers Market

Saturdays 10am-2pm
Jun 14 & 28, Jul 12 & 26, Aug 9 & 23, Sep 6 & 20, Oct 4

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.

Street Mural Painting Party

Sat, Jun 22 10am-4pm

Get ready to make your mark! Join City staff for an exciting and colourful Street Mural Painting Party, where the community will come together to transform the Bridge Street Pop-Up Park in Ladner Village into a vibrant work of art! This family-friendly event invites people of all ages and skill levels to grab a paintbrush and help bring a large-scale mural to life right on Bridge Street. Don't miss your chance to leave a lasting impression on the streets of Delta!

Pre-register now at delta.ca to guarantee your spot on the mural. Limited walk-up spots will be available on the day of the event!

Cultural Services

Douglas J. Husband Discovery Centre
4450 Clarence Taylor Crescent

Digging Roots in Delta: a Farming Presentation

Thu, Jun 5 6:30-7:30pm
Event ID: 66519 Ages 13+ Free
Registration is required.

Pride Month Craft Celebration

Sun, Jun 8 2-4pm
Event ID: 66515 All Ages Free

Father's Day Dinosaur Planter Making

Sun, Jun 15 2-3pm
Event ID: 61354 Ages 3+ \$55
Registration is required.

Pollinator Week Craft

Sun, Jun 22 2-4pm
Event ID: 66517 All Ages Free
Registration recommended.



FREE ADMISSION

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

Boundary Bay Airport,
7800 Alpha Way, Delta



delta.ca/Airshow



City of Delta

Delta Supper Club

4:30-7:30pm

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

Wed, Jun 4 & 18 Event ID: 71813 & 71815

Kennedy Seniors Centre

Wed, Jun 11 & 25 Event ID: 71807 & 71808

Harris Barn

Wed, Jul 2 Event ID: 71816

Cultivating Happiness Webinar with Deepak Chopra

This webinar is hosted by Delta's Seniors Support Coordinator. Renowned author and teacher Deepak Chopra will explore how to cultivate a deep and lasting sense of happiness in our lives. He'll explain how happiness comes from within and can in turn help us to achieve other goals, like good health and positive relationships. You'll learn about Deepak's 7 keys to happiness and how to focus more on the factors that are within your control, through mindful self-awareness and everyday choices. He'll also explain how our own happiness can contribute to a more peaceful, just, and joyful world for everyone. Non-members welcome.

Kennedy

Tue, Jun 10 10-11:30am Event ID: 75479

McKee

Wed, Jun 11 10-11am Event ID: 76728

The Guru Nanak Food Bank Kennedy Seniors Recreation Centre June 2025

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.

The Guru Nanak Food Bank plans to open at the Kennedy Seniors Recreation Centre in June 2025.



City of Delta: Wellness

June is ALS Awareness Month



Receiving a diagnosis of ALS can be overwhelming. You may experience many different emotions, and you may feel the need to learn more about how this complex disease will affect you. Some people want to know as much as possible, often right after diagnosis. Others prefer to take a gradual approach as changes occur and as the need for specific information develops. Take the approach that works best for you. Family members and close friends may also wish to learn more about ALS.

What is ALS? Amyotrophic Lateral Sclerosis (also known as ALS, Lou Gehrig's disease, or motor neuron disease) is a disease that progressively paralyzes people. This occurs because the brain is no longer able to communicate with the muscles of the body that we are typically able to move at will. Over time, as the muscles of the body break down, someone living with ALS will lose the ability to walk, talk, eat, swallow, and eventually breathe.

Early symptoms: Tripping, dropping things, difficulty with simple tasks such as buttoning a shirt or turning a key, slurred or "thick" speech, muscle cramping, weakening and twitching. Some people with one or more early symptoms may simply think they are experiencing normal signs of aging. However, as the disease progresses, muscles will continue to weaken. As it spreads throughout the body, it will become more apparent that the cause is ALS through a process of elimination.

Diagnosis: The onset of ALS can be subtle, and the symptoms are often overlooked until weakness is obvious enough to cause a doctor to suspect ALS. ALS is often diagnosed by ruling out other diseases and conditions first. This is because so far, there is no test specifically to diagnose ALS. Usually, the diagnosis is made by a neurologist. In addition to a physical examination, the usual process of diagnosing ALS includes an electromyography (EMG) test, blood tests, magnetic resonance imaging (MRI), and other tests to search for the possible presence of other diseases that exhibit symptoms similar to those of ALS.

Treatments: Although there is no cure for ALS, there are treatments available that can help manage ALS-related symptoms, as well as ongoing clinical trials across Canada. Complementary and alternative healthcare refers to practices that complement conventional medicine if used in combination. These treatments and therapies include massage, meditation, and reflexology.

Get Support: Whether you're living with ALS or caring for someone with ALS, there are challenges and changes to consider. ALS Canada and its provincial partners are there to assist you.

Adapted from the ALS Foundation of Canada website <https://als.ca/research/cals/> For more information, please contact Eva, Seniors Support Coordinator, City of Delta. Contact info 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.

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:

At the beginning of April, I became the Director at Large. I had so much time on my hands and didn't know what to do. This was my opportunity to increase my knowledge and hopefully become an asset to a great society. Now I had a valuable use for my time.

The Director at Large gets to plan some of the events that take place at Kennedy Seniors Centre. My first event will be the 90+ tea. I have really enjoyed learning the step-by-step process. Special thanks goes to all those who have helped me in this process. There were fellow board members, the City of Delta staff, and many others. These special seniors will be celebrated and be able to enjoy a day in their honour.

I attend a meeting once a month where we discuss events and issues at hand, requiring being attentive to what is said and offering help when needed.

It has been a real pleasure meeting members and getting to know them. I love the discussions and hearing their concerns. I hope that I can make a difference in my role as Director at Large.

On behalf of the Board of Directors,

Corrine Roy,
Director at Large



Kennedy Bus Trips

Grouse Mountain Bus Trip

Thu Jun 26 **9:30am-3pm**
Event ID: 74169 **\$75**

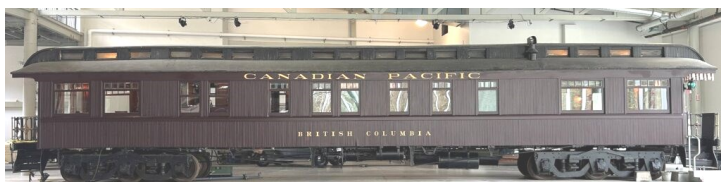
Grouse Mountain stands as a beacon for outdoor and nature lovers alike. The Eye of the Wind turbine boasts an observation deck with the perfect spot for breathtaking views and photos.

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 now available. Maximum two tickets per person. A Kennedy Membership is required.

Squamish Railway Museum Bus Trip

Fri, Jul 25 **9am-5pm**
Event ID: 76711 **\$60**



Nestled within the picturesque town of Squamish, British Columbia, 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 go on sale 9:30am, June 25. Tickets include entry fees. Max two tickets per person. Kennedy Membership is required.

Save the Date **Thu, Aug 28**

The August bus trip will be to the Richmond Sunflower Festival. Watch for more information in the July newsletter.

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

Juke Box Diner Dinner Dance

Sat, Jun 28 **Event ID: 74189**
Doors open 4:45pm / Dinner 5:30pm
Entertainment 7pm

Come on, all you cool cats! Let's shake, rattle and roll to the music of the band Flashback. Dig out your 50s style fashions, if you chose.

Roxanne is preparing a diner-style menu of burgers, potato salad and coleslaw, topped off with one of our favourite desserts – bumbleberry cheesecake. A vegetarian burger option may be chosen at the time of ticket purchase.

Tickets go on sale 9:30am, Thursday, May 29, 2025. Maximum 4 tickets per person.

We are taking a break from Dinner Dances for July and August. Please watch for details of the September Dinner Dance in the August newsletter. Circle September 27 on your calendars and have a wonderful summer 2025!



Seniors Week at Kennedy ~ June 2-7



CeleBRate



Mon, Jun 2	10:30am-1:30pm 10:30am-1:30pm 10:30am-1:30pm 1-3pm 2-3:30pm	Meal Services Information Table Crafty Ladies Information Booth ICBC Information Booth Planter Workshop 90+ Celebration Tea (by invitation only)
Tue, Jun 3	10-11:30am 10:30am-1:30pm 10:30am-1:30pm 11am-1pm	Guitar Hootenanny ND Lawn Bowling Club Information Table Hearing Health Information Booth Fraser Health Information Table
Wed, Jun 4	9am-2:30pm 10:30am-1:30pm 10:30am-1:30pm 1-3pm 1-2:30pm 4:30-4:45pm 5:15-6:15pm	*Mobile Hearing Truck Self-Management BC Information Table Local Pharmacist Information Booth Intro to Lawn Bowling with ND Lawn Bowling Club *Coffee with a Cop Mini Line Dancing Lesson *Introduction to Pickleball
Thu, June 5	10:30am-12:30pm 10:30am-12:30pm 12:45-3pm	Deltassist Information Booth Earthwise Society Information Table BC Seniors Advocate Presentation Bus Trip
Fri, June 6	9am-4pm 10am-12pm 11am/11:30am/12pm 1-2:30pm	Delta's Senior Support Coordinator Information Table Card Makers Card Sale *Café BBQ *Makeup and Skin Care for Mature Skin Presentation
Sat, June 7	2-3:30pm	*Ice Cream Sundae Dessert Theatre

*Pre-registration is requested online at delta.ca/registration or visit the customer service desk.

Seniors Week ~ June 2-7

Planter Workshop

Mon, Jun 2 1-3pm

Event ID: 76449

Learn about the different varieties of seeds that can be grown in planters of all sizes including vegetables, herbs and flowers. You will be planting some seeds and have a little something to take home with you at the end of this interactive presentation. Non-members welcome! Please pre-register to save your spot.

Seniors Advocate Presentation

Tickets available now!

Thu, Jun 5 12:45-3:15pm



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.

If you need a ride, we have transportation available. The bus will depart Kennedy at 12:45pm, and return at approximately 3:15pm.

Event ID WITH Bus: 74176

Event ID WITHOUT Bus: 74195

Make-up & Skin Care for Mature Skin

Fri Jun 6 1-2:30pm

Event ID: 77147

This mini-master class will help you understand the changing needs of our skin as we age, and how, the art of make-up changes as well. Beauty specialists will share pro tips on how to apply make up on mature skin, from flawless day make-up to evening make-up. Topics including hydration, prevention and other concerns you may have.

Spots are limited, please pre-register.

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 and 12pm. Ticket sales start 9:30am, Monday, June 2, 2025.

Ice Cream Dessert Theatre

Sat Jun 7 2-3:30pm

Event ID: 77173

We are excited to have a special vignette performance from the students at EJS School of Fine Arts. Enjoy the performance followed by an ice cream sundae afterwards! Please pre-register!

Special Events

Attention 90+ Gold Card Members!

Mon, Jun 2

2-3:30pm

Invitations have been sent out inviting our members who are 90+ years, along with one special guest, to attend this event. We hope you will join us. Please RSVP at the front desk.

Canadian Dental Plan Renewal

Fri, Jun 20

1:30-4pm

Suki will be on site to help you with the Canadian Dental Plan renewal process. Your name, date of birth, Social Insurance Number and 2024 notice of assessment are required for the renewal. Book your 15-minute appointment at the front desk today!

DPD Summer Solstice Run, Walk & Roll

Thu, Jun 19 5-8:30pm

Event ID: 78392

Celebrate the Summer Solstice while supporting the Delta Police Foundation and their efforts to make our community better! Participate in a 5k run, walk and roll, followed by food and entertainment for the whole family

DPD will be on hand to provide support for participants. Everyone is welcome!

The bus will depart Kennedy at 5pm and return at approximately 8:30pm. The registration fee will be waived for those arriving from Kennedy and McKee.

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 on 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 on July 11 or August 8, 2025.

Guitar Lessons **NEW!**

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

Join 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.

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.

Spanish Intermediate Level II

Thu, Jun 2-Jul 3 **11am-12:30pm**
Event ID: 74823 **\$30**

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

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, one can improve their health and mobility, all while enjoying the beauty of synchronized movements.

Kennedy Workshops & Presentations

Delta Supper Club at Kennedy

Wed 4:30-7:30pm

Jun 11 Event ID: 71807

Jun 25 Event ID: 71808

Jul 9 Event ID: 71821

Please see page 13 for more information.



Cultivating Happiness Webinar with Deepak Chopra (hosted by Delta's Senior Support Coordinator)

Kennedy

Tue, Jun 10 10-11:30am Event ID: 75479

More details on page 13.

Footcare Clinic

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

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.

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.



Kennedy 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.

Trivia Night with Judy **NEW!**

Wed, Jun 11 & 25 7-8:30pm

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

Ceramics

NEW!

Tue 10am-12pm

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

Kennedy Appreciates Volunteers!



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.

MONDAY Woodshop Snooker Bingo Canasta Ceramics Pickleball	9am-3:45pm 9am-4pm 12:15-3:30pm 1:15pm-4pm 1-3pm 1:15-4pm	THURSDAY Woodshop Snooker Acrylic & Watercolour Samba (Card Game) Table Tennis Pickleball	9am-3:45pm 9am-4pm 1-3pm 1:15-4pm 1:45-4:15pm 1:45-4:15pm
TUESDAY 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	FRIDAY 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
WEDNESDAY Carpet Bowling Woodshop Snooker Card Making Dealer's Choice Contract Bridge Table Tennis Drop-in Art Tile Games Cribbage Pickleball Photography Interest Group (Jun 4 & 18) Trivia Night with Judy NEW (Jun 11 & 25)	9am-11:45am 9am-8pm 9am-9pm 9:30am-12pm 12-3:30pm 1:15-4:15pm 1:30-3:30pm 4-8pm 6:30-8:30pm 6:30-8:30pm 6:30-8:30pm 7-9pm 7-8:30pm	SATURDAY Woodshop Snooker Table Tennis (cancelled Jun 14) Ceramics Rummoli Acrylic & Watercolor Scrabble Pickleball (cancelled Jun 7 & 28)	9am-3:45pm 9am-4pm 9:30-11:30am 10am-12pm 11am-3pm 1-3pm 1-3pm 1:30-3:45pm

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 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
Monday	**Fit & Active	Mar 31-Jun 23	9:15-10:15am	62332
	*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
	*Watercolour Painting	May 13-Jun 17 Jun 24-Aug 19	1-3pm	67299 74877
Wednesday	*Hawaiian Dance	Apr 9-Jun 25	10am-12pm	67424
	*Chair Yoga (Blended)	May 29-Jun 25	12-1pm	60925
	**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
	**Fit & Functional	Apr 3-Jun 26	10:30-11:15am	62337
	*Spanish Intermediate Level II	Jun 12-Jul 3	11am-12:30pm	74823
	*Minds in Motion	May 22-Jun 26	11:30-1:30pm	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)	May 23-Jun 27	10-11am	67449
Saturday	**Yoga	Apr 5-Jun 28	9:45-10:45am	62339
	**Fit & Functional	Apr 5-Jun 28	11-11:45am	62340
	**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.**

Kennedy Volunteers

Volunteer of the Month ~ Connie ~



Hi, I'm Connie! I volunteer at the Kennedy café cash register and help out at social events; I especially love the music!

I'm originally from Ontario, where I lived until I was 18. My dad was an electrician in the mines, so we moved where the work was, including spending a few years on Texada Island during my childhood. My parents loved the West Coast, so when the mine in our Ontario town shut down, we packed up and moved to Delta and I've been here pretty much ever since.

I have two adult children: a daughter (and a wonderful grandson!) in Ontario, and a son living in Alberta. I spent 26 years working as a care aide in a nursing home and most recently completed an office administration course.

Lately, I've been enjoying playing Euchre again at the centre after years away from the game. I'm also trying line dancing - verdict is still out on that one. I've also gotten back into cycling, and I love walking, listening to audiobooks, sailing with my partner and traveling to visit family.

I started volunteering at Kennedy as a way to give back to the community, but I quickly realized how special this place is. The people here are so warm and welcoming—I truly feel like I'm the lucky one!

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.

**If anyone needs a copy of
Chiropractors Digest
I have back issues.**

Volunteer Opportunities

We are looking to fill some volunteer roles for various drop-in programs, Café Eighty-Ate cashier, and volunteers 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 May, Kennedy volunteers generously donated 997 hours of their valuable time.

