

WISE & WONDERFUL

Where Wisdom Meets Recreation

April 2026

Kennedy Seniors Society

McKee Seniors Society

Spring

Into fun

Dinner Dance

Saturday, April 25, 2026

4:45 - 9pm

Details on page 16

AGM

ANNUAL GENERAL MEETING

10:30am

Saturday, May 2, 2026

Details on page 2

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

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

IMPORTANT APRIL 2026 DATES

Friday, April 3

Monday, April 6

April 20-25

Monday, April 27

Good Friday - McKee & Kennedy Closed

Easter Monday - McKee & Kennedy Open

Volunteer Appreciation Week

Draw for the number of eggs found in the Newsletter

*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

Dear Members,

Now that the fiscal year has passed, as Treasurer I am pleased to report on another financially successful year. This achievement is marked by varied helpful and valued contributions from our many volunteers, along with our partner, the City of Delta. Specifically, we have exceeded our fiscal 2025 operating budget plan, while providing designated funding for asset/equipment acquisitions and establishing funds for Future Development.

On a CASH BASIS, the details of our budget and actual results will appear later in our 2025 AGM ANNUAL REPORT. Also, the financial details will appear as background to our Board approved 2026 BUDGET PLAN (see below).

Financial Statement– Dec 31, 2025 (Compilation engagement) The Board agreed to continue the practice of engaging such a report for 2025. Consequently, the Board approved this independent report from the accounting firm. It will appear as an attachment to our ANNUAL REPORT. It reflects our finances on an ACCRUAL BASIS whereby the objective is a matching of revenues and expenses (as opposed to receipts and disbursements). Accordingly, the figures will differ from those shown on a cash basis in the PLAN document.

Operating Budget Plan [Theme – “Members Matter”] This will also be included for information in the ANNUAL REPORT. It includes changes (release) of past designated funds for specific member benefits and activities and for capital renewals. It anticipates a small surplus and a contingency for unknown future operations of the Café after May 1.

In closing, I wish to thank my board colleagues for their support and advice over the past year and I look forward to a successful 2026.

Respectfully submitted,
Sandy Watson

McKee House Seniors Society



ANNUAL GENERAL MEETING and ELECTIONS

Saturday, May 2, 2026

To be held in the Pioneer Hall

Registration begins at 10am

Meeting begins at 10:30am

No Late Entries

End time 12pm

ELECTIONS (2-year terms)

President and Directors at Large

The 2025 AGM Report will be available at McKee’s Customer Service Desk.

Nominations now being accepted for board positions.

McKee SENIORS SOCIETY Board of Directors 2025-2026	
President	Joyce Branscombe
Past President	Mae Forsythe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Carol Page
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Dorothy McLean
Dir. of Clubs	Theresa Anderson
Dir. of Day Trips	Lynda Hudon

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

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

McKee News

Customer Service

Customer service transactions are available during these hours:

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

2026 McKee Senior Society Fees

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

All memberships and passes expire after 365 days.

Annual Membership Renewal Reminders

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

Have You Scanned In? All McKee members are required to scan in at the front desk prior to attending any club activity, drop-in class or registered instructional class. We thank you for your cooperation.

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

Kee Café

McKee's Board of Directors has decided to guide the Kee Café in an exciting new direction. We truly value your thoughts and ideas, and we would love to hear from you. Please feel free to share your suggestions with the front desk; your input is greatly appreciated and will help shape the café's future. More details, including key dates and information about the upcoming changes, will be shared soon.

~ McKee Seniors Society Board of Directors ~



Café Operator Required
MCKEE SENIORS RECREATION CENTRE
5155 47 Ave, Ladner

McKee Seniors Recreation Centre requires an operator for our in-house café who will focus on the needs of our members. The successful candidate must have previous experience running a cafeteria, including menu planning, food costs, ordering supplies, etc.

Please send your resume to:
Vicepresident.mckee@gmail.com

Join the Fun – Create Your Free Profile!

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

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

We look forward to seeing you soon!



Clubs

Walking Club

Tue & Fri 9am

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

Chess Club NEW!

Fri 9-11am

McKee's Chess Club is dedicated to fostering a community of local players who enjoy strategy, mental exercise, and interaction. We want you to enjoy the game! Visit the front desk for more info.



**First day of Chess Club!
Check it out! Rookies welcome!**

Philosophy Group

Fri, Apr 10 11:30am-12:30pm

Our March meeting discussing science and religion (spirituality) was well attended and appreciated. Join us this month to discuss Artificial Intelligence (AI).

Diners Club

Tue, Apr 14 5pm

Join us this month at Il Posto. Transportation and dinner are at your own cost.

Garden Gloves Seed Exchange

Donate a seed pack and take a seed pack.
Available April 13-17 in the front lobby.

Jammers

Tue, Apr 14 & 28 3-5:15pm

\$1 admission, coffee by donation.

Special Events

McKee Art Show & Tea



Registration: Mar 30-Apr 8

Pick up your artist package at the customer service desk. \$5 per painting, maximum 3 paintings.

Art Submissions Accepted: Apr 9-11

Art Show Viewing: Apr 17-May 9

You have the option to sell your paintings.

Artists Afternoon Tea & Awards: Sun, May 3

Tickets on sale now at the front desk until Apr 5. **Members \$15 / Non-members \$18**

Rules: McKee members only; up to 3 paintings per entrant; No 3D art, photography or computer generated entries; description required.

Trivia Mania

Event ID: 108938

Sat, Apr 25

2-4pm



Your Special Events Committee is trying something new! Watch for more information to follow and how to sign up your teams of four! We will have snacks and prizes too!!

McKee Seniors Society Shredding Event Fundraiser!

Saturday, April 18

10am-1:30pm

McKee Seniors Recreation Centre

5155 487 Avenue, Delta

Rear Parking Lot

By Donation

Cash or Cheque Only

Tax Receipts given for \$25 or more



Day Trippers

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



The Day Trippers had a great day in Chinatown visiting the Dr. Sunyat-Sen Garden and the Chinese Canadian Museum.

Brighten Up Your Day

Fri, Apr 24 8am-3:15pm

Event ID: 107147

Our trip will start at Abbotsford's Clay Cottage where you'll pick a piece of clay to design and paint. Climb back on the bus and we'll head to the Tulip Festival! Choose your lunch (at your own cost) from one of five food trucks on site and enjoy it sitting among the fields, bursting with over 100 varieties of tulips. The fields may be wet and uneven, please dress accordingly.

The bus will leave McKee at 8am and return at approximately 3:15pm. Members only.

The \$46 price includes transportation and Tulip Festival admission. The cost of pottery pieces is not included; prices start at \$10. Lunch, approximately \$15, is also not included.

Tickets on sale until 3pm, Tuesday, April 14, 2026.



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

Instructional Programs

Instructional Program Cancellations

Thu, Apr 2 4:30-5:30pm Stiffness Solutions

Mon, Apr 6 4:30-5:30pm L.E.A.P.

Tue, Apr 7 3:30-4:30pm Muscle Max

Beginner Ukulele **NEW**

Wed, Apr 1-May 6 11am-12pm

Event ID: 99042 \$60

Wed, May 13-Jun 17 11am-12pm

Event ID: 99043 \$60

This friendly, low-pressure program introduces seniors to the joy of playing the ukulele, even with no prior musical experience. Learn the basics over six weeks: how to hold the instrument comfortably, strum simple patterns, play easy chords, and follow along with familiar songs. Each session builds confidence at a relaxed pace, with plenty of encouragement, repetition, and group play.

By the end of the course, everyone will be able to play a handful of well-loved tunes and enjoy the fun and connection that making music together brings.

Bring a notebook, pen or pencil, ukulele and a tuner for the ukulele. There will be handouts for each class.

Choose to Move—It's Back!

Info session: Fri, April 10, 1-2pm

Event ID: 108070

Session series: Fri, April 17-Jun 26, 1-2pm

Event ID: 108060

Attendance at the info session required in order to register for the program series.

Reminders:

Please arrive early on Wednesday evenings. No entrance permitted to the facility after 7pm. Late entry is not permitted to any program. Please arrive on time for your scheduled class or you risk not being able to attend. Thank you for your attention to this matter.



Workshops & Presentations

Income Tax Sessions

Tue, Apr 7 & 21 **1-4pm**

Tax paper drop-off is available at McKee **by appointment only**. Pre-registration is required to secure your in-person spot. During your visit, you will meet with a qualified tax preparer who may be able to assist in completing your taxes. Please note that this is a **drop-off service only**; tax filing will not be completed on-site. You will be able to pick up your completed paperwork at McKee on a different date. *You will be required to acknowledge a waiver at the time of booking.

Coffee with a Cop

Wed, Apr 1 **9:45-10:45am**

Event ID: 99747

Enjoy a coffee and a visit with a member of the DPD to discuss your community.

Circle of Friends

Wed, Apr 15 **10-11am**

Event ID: 99814

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

Chat with a Nurse

Fri, Apr 10 **10-11am**

Event ID: 99778

Join us in the lounge for coffee and a chat with our nurse. Bring your questions. This month's topic is respiratory issues.

Foot Care Clinic

Fri, Apr 10 & 24 **9:30am-4:30pm**

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

Rivers, Roads, and Railways: A History of Transportation in Delta

Tue, Apr 14 **10-11am**

Event ID: 101609

Dive into the evolution of Delta's transportation system through the decades. Learn about Delta's sloughs, early roads, river ferries, trains and bridges in this fascinating presentation by staff of the Delta's Museum and Archives. Pre-registration required online or at McKee front desk.

Bee Well Project – More than Honey

Fri, Apr 17 **10-11:30am**

Event ID: 100937

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

Tea & Tales

Wed, Apr 15 **11am-12pm**

Event ID: 99759

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

An Introduction to Brain Health

Wed, Apr 22 **10:30am-12pm**

Event ID: 101611

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging, dementia, risk reduction, memory, brain training and more. Members and non-members welcome.

Chat with a Pharmacist

Wed, Apr 29 **10-11am**

Event ID: 104377

This month's talk will be on hypertension. We'll be able to do blood pressure checks if interested.

FVRL Death Café

Tue, Apr 21 **6-7:30pm**

Event ID: 108795

A shared discussion for all ages around grief, loss and living ones best life.

Facilitated by Death Dhoula, Teresa Reid.

We want your input! McKee is dedicated to offering members and the public fun, educational and interactive workshops year round.

If you have any suggestions on workshops or presentations, please leave your ideas and contact information at the front desk and our Director of Workshops will get in touch with you. Thank you.

McKee Volunteers

Volunteer of the Month ~ Jan T. ~



There is not a chance that you have visited McKee over the years and not seen this lovely volunteer!

Jan has given endless hours in the Kee Café and that is a smile you wouldn't forget. Jan attends everything at McKee and some would say she has a reserved seat. Whether it is the Ukulele Ensemble, Holiday Luncheon, High Tea Social, Spring Fling Lunch or Robbie Burns one thing is for sure, Jan will be dressed to the nines and making all those around her enjoy themselves.

As a McKee Golden Member we look forward to many more years having Jan grace us here at McKee.

Thank you Jan for your kindness, compassion and all your hours of volunteering.

The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

~ Helen Keller



Volunteer Appreciation Celebration Monday, April 20, 2026 1:30pm Pioneer Hall Doors open at 1:15pm

To all the incredible McKee volunteers who gave of their time and talents during 2025, we invite you to attend our annual Volunteer Appreciation Celebration. There will be some inspiring entertainment and delicious, light refreshments. All to celebrate YOU!

If you have not picked up your invitation, please do so at the front desk. You must be a volunteer with a cleared CRC to attend.

RSVP using Event ID: 101866 no later than Monday, April 13, 2026.



Front Desk Volunteer Required

Saturday Mornings 9am-12:30pm

Please stop at the front desk and pick up a volunteer application. All volunteers must receive a cleared criminal check which is completed in office at McKee prior to training.

Volunteer First Aid Refresher

Wed, Apr 15 9:30am-1:30pm

Event ID: 102444

Harris Barn, 4140 Arthur Dr

There are still open spots! This course is for current volunteers who are seeking to update and certify themselves in First Aid training.

If you are a volunteer with a valid CRC and are interested in joining, please register at the front desk.

**Please note the McKee Annual
Maintenance Shutdown dates:
August 3-9, 2026**

McKee Instructional/Fitness Programs

* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Mar 30-Jun 22	8:30-9:30am	99280
	Strengthen & Stretch	Mar 30-Jun 22	8:45-9:45am	99262
	M.I.I.T.	Mar 30-Jun 22	10-11am	99285
	*Watercolour Advanced	Mar 30-May 4	10:30am-12:30pm	98945
	Line Dance Beginner	Mar 30-Jun 22	11:30am-12:30pm	99321
	*Watercolour Beginner Plus	Mar 30-May 4	1:30-3:30pm	98934
	Muscle Max	Mar 30-Jun 22	4:30-5:30pm	99272
	Low Impact Easy Aerobic Program	Mar 30-Jun 22	4:30-5:30pm	99293
Tuesday	 Core, Balance & Strength	Mar 31-Jun 23	8-9am	99260
	Yoga Flow	Mar 31-Jun 23	9:30-10:30am	99263
	*Osteofit	Apr 7-May 5	9:30-10:30am	98952
	*Acrylic Art & Watercolour Painting	Mar 31-Apr 21	9:30-11:30am	98947
	*Meditation	Mar 31-May 5	11am-12pm	98995
	*Gentle Yoga	Mar 31-May 5	11am-12pm	98958
	*Tai Chi Beginner	Apr 7-May 12	12:30-1:30pm	98964
	*Get up and Go	Mar 31-May 5	1-2pm	99018
	*Tai Chi Intermediate	Apr 7-May 12	1:45-2:45pm	99003
	Muscle Max	Mar 31-Jun 23	3:30-4:30pm	99270
Wednesday	Fun & Fitness	Apr 1-Jun 24	9-10am	99283
	Strengthen & Stretch	Apr 1-Jun 24	10:15-11:15am	99268
	Low Impact Easy Aerobic Program	Apr 1-Jun 24	11am-12pm	99297
	*Beginner Ukulele	Apr 1-May 6	11am-12pm	99047
	*Minds in Motion	Apr 8- May 6	1:30-3:30pm	99066
Thursday	Chair Yoga	Apr 2-Jun 25	10:30-11:30am	99292
	*Gentle Yoga	Apr 2-May 7	11:45am-12:45pm	98970
	*Get Up & Go	Apr 2 – May 7	1-2pm	99023
	Muscle Max	Apr 2-Jun 25	4:30-5:30pm	99279
	Stiffness Solutions	Apr 2-Jun 25	4:30-5:30pm	99361
Friday	Easy Yoga Flow	Apr 10-Jun 26	8:45-9:45am	99368
	Fun & Fitness	Apr 10-Jun 26	9-10am	99286
	Custom Fit	Apr 10-Jun 26	10:15-11:15am	99369
	Line Dance Int.	Apr 10-Jun 26	10:30-11:30am	99375
	Line Dancing 3	Apr 10-Jun 26	11:45am-12:45pm	99380
	Line Dancing 2	Apr 10-Jun 26	1-2pm	99378
	Choose to Move	Apr 17-Jun 26	1-2pm	108060
	Line Dancing 1	Apr 10-Jun 26	2:15-3:15pm	99324
Saturday	Strengthen & Stretch	Apr 4-Jun 27	9-10am	99276
	M.I.I.T.	Apr 4-Jun 27	10:15-11:15am	99289

McKee Club Schedule

<p>MONDAY</p> <p>Snooker 9:00am-4:00pm Pickleball 10:00am-12:00pm Mexican Train 10:00am-12:00pm Tap Dance 10:30am-12:00pm Card Seep 12:30-3:00pm Canasta 12:30-3:00pm Contract Bridge 1:15-3:45pm Table Tennis 1:30-4:30pm</p>	<p>THURSDAY</p> <p>Snooker 9:00am-4:00pm Canasta 9:00-11:30am Mah Jong 9:15am-12:15pm Carpet Bowling 9:30am-12:00pm Card Seep 12:30-3:00pm Bingo 12:30-3:30pm McKee Sisters 12:30-4:00pm Table Tennis 2:00-5:00pm</p>
<p>TUESDAY</p> <p>Walking Club 9:00-10:00am Snooker 9:00am-4:00pm Mah Jong 9:30am-12:30pm Card Seep 12:30-3:00pm Scrabble 1:00-4:00pm Contract Bridge 1:00-4:00pm Euchre 1:00-3:00pm Jammers (Apr 14,28) 3:00-5:15pm Diners Club 5pm</p>	<p>FRIDAY</p> <p>Chess 9:00-11:00am Walking Club 9:00-10:00am Snooker 9:00am-4:00pm Pickleball 10:00am-12:00pm Philosophy Discussion Group (Apr 10) 11:30am-12:30pm Card Seep 12:30-3:00pm Scrabble 1:00-4:00pm</p>
<p>WEDNESDAY</p> <p>Snooker 9:00am-9:00pm Pickleball 10:00am-12:00pm Art Connection 12:00-1:30pm Card Seep 12:30-3:00pm Cribbage 12:30-3:00pm Mah Jong 1:00-4:00pm Ukulele Intermediate 2:30-4:00pm Table Tennis 6:00-8:00pm Mah Jong 6:00-9:00pm Duplicate Bridge 6:15-9:45pm</p>	<p>SATURDAY</p> <p>Table Tennis 9:00am-3:00pm Snooker 9:30am-3:30pm Knitting Sisters 10:00am-12:00pm (1st & 3rd of month) Tap Dance 10:00am-12:00pm Card Seep 11:00am-3:00pm Dealers Choice 12:30-3:00pm Bingo 12:30-3:30pm Contract Bridge 6:15-9:45pm</p> 
<p>No facility access after 7pm on Wednesdays</p>	

Pickleball is returning to McKee

- ◆ Starting April 1, 2026 at Memorial Park (NE corner) - Mon/Wed/Fri
- ◆ April will be a drop in only. Please sign in when you arrive at the court.
- ◆ Courts 2 & 3 are reserved from 10am-12pm. Court 1 can also be used if not occupied by an outside party. Play after 12:00pm may be available if the courts are not reserved.
- ◆ We use a "paddle rotation system" to determine order of play. Instruction on how this works will be available.
- ◆ A weather report will be sent to your email address for each scheduled day as pickleball cannot be played if the courts are wet.
- ◆ Please note: Tues and Thurs may be available after April.

~ McKee Seniors Society Convenor, Brian
 ~ McKee Seniors Society Director, Theresa



City of Delta

Hello readers,

As we welcome the arrival of Spring, we're delighted to see the return of warmer weather, brighter sunshine, and longer days. This season brings a wonderful opportunity to get outside, reconnect with one another, and enjoy all the renewal that Spring has to offer.

This is such a vibrant time of year! Whether you're joining programs, connecting with friends, or simply soaking in the fresh air, we're glad to have you with us.

Please note that McKee, Kennedy, and the Seniors Bus will be closed on Good Friday (April 3, 2026). All services will resume regular hours on Easter Monday (April 6, 2026).

National Volunteer Week takes place April 19–25, this is a dedicated time to recognize the 24 million volunteers who power communities within Canada. We look forward to celebrating the more than 200 volunteers who support the Kennedy and McKee Senior Society at an appreciation event at both locations later this month. If you haven't already, please remember to collect your invitation at the front desk.

We are also delighted to share that Dani Mageau has been officially confirmed as the Seniors Centre Coordinator at McKee Seniors Recreation Centre. If you are around, be sure to stop by and congratulate Dani!

Happy Spring, everyone. We wish you a joyful and refreshing start to the season.

Lisa Porter
Seniors Community Services Supervisor

Delta Seniors Bus: 604-597-4876

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

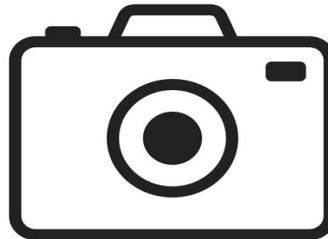
Bookings can be made up to one week in advance.

Medical appointments receive priority

booking. All rides are subject to availability and are booked on a first-come, first-served basis. For more information or to book a ride, please call the central booking line.



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.

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

City of Delta Staff

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

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



DELTA PARKS RECREATION CULTURE'S ONLINE REGISTRATION SYSTEM

Accounts for Delta's online registration system can be created or updated in-person or by phone with City of Delta staff. Once your account has been created, login using the one-time password sent to your email and follow the prompts to update your password.

To register for McKee or Kennedy drop-in activities and instructional programs register online or **contact the centres directly**. Pre-registration for drop-in activities, is recommended and can be requested 72 hours in advance of the activity.

Follow these instructions to pre-register for your drop-in activity:

1. Login to your account at delta.ca/Registration.
2. Select the genre of drop-in program you would like to register for.
3. Locate your desired drop-in activity by using the filters or scrolling.
4. Click "Register."
5. Follow the prompts to choose the attendee name and applicable fee.
6. Review the details of the drop-in activity, then click "Checkout."
7. Click "Place My Order" to complete your transaction.

City of Delta Programs

604-952-3000

Kennedy Seniors Recreation Centre

604-594-2717

McKee Seniors Recreation Centre

604-946-1411

Visit delta.ca/Registration for helpful videos, FAQs,

Scent-Free Zone

Please be reminded: Delta Facilities are SCENT-FREE.

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

Spring Clean up

Spring Clean-up is an expanded pick-up service in Delta where households can place excess or bulky items curbside for collection. Visit delta.ca for details, including program restrictions and a list of accepted items.

2026 Collection Dates

Tsawwassen: Mon, Mar 31

Ladner: Tue, Apr 1

North Delta: Thur, Apr 9 (regular collection Wed)

North Delta: Fri, Apr 10 (regular collection Thu)

Watershed Fish Release

Sat, Apr 18 12-2pm

Watershed Park, 11600 Kittson Pkwy

Celebrate Earth Month with us at the Watershed Fish Release. Enjoy a scenic walk or trail bike ride as you follow the fish-themed signage from the trailheads leading down to the event site. Help release 25,000 chum salmon fry into the stream and take part in tree planting activities while connecting more deeply with the watershed, an important natural resource for our community. Discover more about the local ecosystem through interactive educational displays and community activities. Get inspired, soak up the fresh air, and connect with nature in Delta's beautiful Watershed. Find the details at delta.ca.



Meet the NEW DPD recruits!

Tue, May 5, 1-3:30pm

Kennedy Seniors Recreation Centre

Thu, May 7 12:30-3pm

McKee Seniors Recreation Centre

Seniors Week

Jun 1-6

Seniors' Week celebrates older adults and their contributions to our community. Join us in some fun and engaging activities! Stay tuned for more information about Seniors' Week 2026 activities coming soon!

Wellness

Thriving in Later Life Webinar

THRIVING IN LATER LIFE

Dr. Kerry Burnight



ACTION FOR HAPPINESS

We live in a world obsessed with youth and terrified of ageing. But what if growing older wasn't something to fear, but something to look forward to? Dr Kerry Burnight, will share powerful insights from her decades of work in gerontology and her new book *Joyspan*. Learn how to shift from a fear of ageing to a deep appreciation of the freedom and fulfilment that come with later life. Drawing on cutting-edge research and real-life stories, Kerry will unpack the essential ingredients for boosting our happiness in later life. These include connection, meaning, growth, choice and contentment, all of which we can cultivate, whatever our age. Please pre-register, space is limited. Non-members welcome.

McKee Seniors Recreation Centre

Wed, Apr 15 9-10am Event ID: 97146

Kennedy Seniors Recreation Centre

Tue, Apr 14 10-11:30am Event ID: 96981



Cultural Programs

Intro to Functional Crochet: The Adaptable Square
Wed, Apr 15-Jun 24 7-8:30pm Event ID: 100490
Tsawwassen Art Centre, 1172 56 St

Explore crochet and textile fundamentals through the creation of granny squares, small crocheted pieces that can be joined to form garments, accessories and functional objects. Projects may include hats, bags, accessories, and larger pieces such as sweaters. The class is accessible to beginners and challenging for those with experience.

What's Your Story: Monologue and Performance
Mon, Apr 20-Jun 29 7-8:30pm Event ID: 100491
Harris Barn, 4140 Arthur Dr

Explore your own history, identity and lived experience through the creation of an original monologue. Investigate the moments, memories, and influences that have shaped who you are. Through guided writing prompts, research exercises, and group discussion, learn to articulate positionality and transform personal truth into compelling performance. Build confidence in your voice while crafting a clear, engaging narrative.

Delta Music Makers: Movie Magic Concert
Sat, Apr 25 2pm

Genesis Theatre, 5055 45 Ave

Delta Music Makers are a community concert band based in Ladner. Enjoy a celebration of film soundtracks including Star Wars, James Bond, The Sound of Music and many more. Admission is by donation.

Spring Movie Series: Interstellar (PG)

Event ID: 100880

Fri, Apr 10 7-9:45pm \$5

North Delta Centre for the Arts, 11425 84 Ave

A sci-fi film that delves into Caltech physicist Kip Thorne's theories of gravity fields. A space travel story about a group of explorers who travel through a worm hole and into another dimension. Based on real science, the film explores the mind-bending territory of black holes and gravity waves and touches on some of the hypotheses that Albert Einstein chased, but could never prove. Popcorn included. Limited seating available.

City of Delta: Wellness

April is Parkinson's Disease Awareness Month

What is Parkinson's?

Parkinson's is a complex brain condition, and everyone's Parkinson's journey is different and unique. Learning about this condition and what to expect can make your journey more manageable, helping you and your family live well. Symptoms, their progression, and the way they affect daily life vary from person to person.



Motor symptoms affect a person's movement and balance. They are often the symptoms that others can see: tremor, rigidity, slowness of movement, poor balance and coordination. Others include severe muscle cramping, a mask-like face or loss of facial expression, and decreased natural arm swing when walking.

Non-motor symptoms affect a person in ways not easily seen by others. These symptoms can impact someone's quality of life, and can be grouped into three categories: emotional (e.g., depression, anxiety, apathy); cognitive (e.g., problem-solving, speech, memory); autonomic (e.g., constipation, issues with sleep, pain).

Three First Steps to Living Better With Parkinson's

1. **Adjust to your diagnosis** by telling others, staying active, dealing with meds and more. Staying active is one of the most important tools to living well. Research shows that regular physical activity can help manage both motor and non-motor symptoms, improve strength, balance, mood, and mobility, and potentially slow the progression of Parkinson's.



2. **Find services and tools.** The Parkinson Canada Support and Information Team provides personalized, empathetic support for people living with Parkinson's, care partners, and health care professionals. We are here to help at every stage – providing guidance, education, and compassionate support. We connect people to support groups, community resources, educational materials and national programs. We empower people through connection and information to advocate for their care.
3. **Build your team:** Living with Parkinson's involves more than managing motor symptoms. It affects your movement, emotions, relationships, and daily routines. That's why building a care team that takes a holistic, integrated approach is so important. Your care team can help you: manage symptoms, navigate medications, treatment plans, and the health care systems, address emotional, mental, and social needs, stay active, independent and connected, and adapt as Parkinson's progresses. It involves you, your partner/family, your extended circle and the professional team.

With the right support, your ability to manage your life with Parkinson's disease can improve significantly.

Adapted from the Parkinson Canada website.
<https://www.parkinson.ca/>.

Delta's Seniors Support Coordinator:

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

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

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

Dear Members,

Welcome to Spring at Kennedy!

I am honoured to serve as the new President of the Kennedy Seniors Society.

Our centre thrives because of the time, care, and dedication of our volunteers and the Board. My belief is the best way to lead is by working together as a team. Every volunteer brings valuable experience, ideas, and compassion to the centre, by supporting one another and communicating openly. We can continue to create programs and activities to make our centre welcoming and meaningful for all members, and guests.

I want to thank our past President, Rick Stonehouse; Rick led with a strong commitment to community, collaboration, and respect, and worked closely with our Board of Directors, Delta staff and dedicated volunteers, as a team to support programs, activities, and services for seniors. Thank you Rick, for your commitment to being such an important part of our community.

Now, my goal is that together we will continue building a welcoming and supportive centre for everyone.

We look forward to growing our membership; new energy is always valued. One challenge however, is being able to hire qualified instructors as needed. This is a challenge throughout Delta, as with all cities; so I ask for your patience and understanding. We work with our City staff as a TEAM, and focus on need.

Shirley Gust
Kennedy Seniors Society President



KENNEDY SENIORS SOCIETY Board of Directors 2025-2026

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

Customer Service Hours

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

Annual Membership Renewal Reminders

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

Kennedy Fees 2026

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

Kennedy Society Information:

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

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

Kennedy Seniors Society News

Café Eighty-Ate

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

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

Café Hours:

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

Café Program Hours:

Mon	Canasta	1:15pm
Tue	Euchre	1:30pm
	Mexican Train	2pm
Wed	Bridge	1:15pm
Thu	Samba	1:30pm
Fri	Mah Jong	1:15pm



Save the Date:

Tue, May 12	Raising Happiness Webinar
Tue, May 26	Pharmacist Presentation: Blood Pressure
Sat, May 30	May Dinner Dance
June 1 - June 6	Seniors Week - 2026

Annual General Meeting

A big thank you to everyone who attended Kennedy's Annual General Meeting on March 25. What a great turn out! Thank you to the Board of Directors for all you do to make Kennedy a warm and welcoming environment for all. A special thank you to the volunteers who helped make sure that the AGM ran smoothly.

Welcome to the new board positions:

Shirley Gust	President
Peter Williams	Vice President
Corrine Roy	Director of Drop-in Programs

Looking forward to a great year ahead!



Income Tax Sessions

Fri & Sat Apr 4-25 9am-1pm FREE!

Need help with your taxes? Book a 30-minute appointment with Rick, a qualified volunteer from CVITP (Community Volunteer Income Tax Program) who may be able to assist you in completing your **2025 simple tax return**.

This service is open to Kennedy Society members and non-members. Please see the customer service desk to book your appointment.



Kennedy Society Library

Reminder: The library is accepting softcover books only, no hardcover books please.

Special Events

The Photography Interest Group Presents: Liron Gertsman-Wildlife in a Unique Light

Wed, Apr 15 7-9pm

Event ID: 96993 Members \$3 / Guests \$5

Join professional wildlife photographer Liron Gertsman as he shares stories and images from his favourite moments photographing wildlife in western Canada and around the world. The presentation will include a mix of visual storytelling, science, and the creative process that Liron uses to create unique and eye-catching photos of nature. Light refreshments included.

Socials

Spring Into Fun Dinner Dance

Sat, Apr 25 4:45-9pm

Event ID: 102107 Members \$25 / Guests \$30

Spring into fun at our April dinner dance. Entertainment will be provided by Sweet Max. Dinner will be provided by Roxanne and will feature parmesan-stuffed chicken breast, penne alfredo, a medley of green and yellow beans and orange creamsicle cheesecake for dessert.

Tickets go on sale Wednesday, April 1, 2026 at 9:30am. Four tickets maximum per person.

Ticket to Ride

Cascades Casino

Fri, Apr 10 10:30am-4pm

Event ID: 107589 FREE!

It's Seniors Day at the Cascades Casino! Join us for a fun outing! Enjoy lunch at the Match Eatery or the buffet and try your luck in the casino! The bus will depart Kennedy at 10:30am, and return at approximately 4pm.

Tickets will be available at 9:30am
Monday, April 6, 2026. Two tickets per person.



Cruise BC Ferries

Thu, Apr 30 9:30am-3:30pm

Event ID: 101558 Free for those 65+

Take a roundtrip ride to Victoria for a quintessential West Coast experience. Set sail from Tsawwassen for stunning views of the Salish Sea; you might spot orcas and sea lions along the way. Ferry amenities include a café, gift shop and plenty of comfy seating to relax and take in the scenery.

The bus will depart Kennedy at 9:30am and return at approximately 3:30pm.

Tickets available at 9:30am, Thursday, April 2, 2026.
Over 65: FREE! Two tickets per person **Under 65:** \$25 to be paid at the ferry terminal.

Drop-in Programs

Scrabble

Sat 1-3pm

Join the fun with this classic word board game!

Card Players Wanted

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

Darts NEW TIME 10am-12:30pm

Join us at our new time on Saturdays from 10am-12:30pm.

Mindfulness & Meditation Self-Awareness

Every other Wed, starting April 15th

Through open discussions and meditation, we will review current practices, including breathing and relaxation, and journey further to maintain and enhance the process.

Participants must complete Levels 1 & 2 prior to registration.



Kennedy Instructional Programs

Acrylic Art

Wed, Apr 1-15 10:30am-12:30pm
Event ID: 98843 \$30

Learn to create beautiful landscapes using acrylic paints during a step-by-step process over the three weeks. All levels are welcome.

Please pick up your supply list at the customer service desk. Small starter supply kits are also available to purchase from the instructor for \$20.

Line Dancing Level 3: Intermediate

Wed, Apr 1-Jun 24 1:30-2:30pm
Event ID: 98407 \$5/class

An intermediate line dance class for dancers with 2+ years of experience. No class June 3, 2026.

Line Dancing Level 2: Improver

Wed, Apr 1-Jun 24 2:35-3:35pm
Event ID: 98409 \$5/class

If you have learned the basics of line dance and would like to learn and practice more, this is the class for you! No class June 3, 2026.

Line Dancing Level 1: Beginner

Wed, Apr 1-Jun 24 3:40-4:40pm
Event ID: 98411 \$5/class

No dance experience? No dance partner? No problem! The focus is on fun and two left feet are always welcome! No class June 3, 2026.

Advanced Spanish

Thu, Apr 2-23 11am-12:30pm
Event ID: 98848 \$20

This course will deepen your understanding of the Spanish language through advanced grammar and literature.



Minds in Motion

Thu, Apr 2-Jun 25 11:30am-1:15pm
Event ID: 100445 \$65

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.

Tai Chi

Thu, Apr 9-Jun 25

Beginner *new students*

Event ID: 106109

9-10am

\$60

Intermediate *returning students*

Event ID: 98358

10:10-11:10am

\$60

Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. The exercise calls for coordination of body parts, integrating mind, body and Qi (energy). With continual practice of Tai Chi, you can improve your health and mobility while enjoying the beauty of synchronized movements.

Spanish for Beginners

Thu, May 7-28

Event ID: 98614

11am-12:30pm

\$20

Whether you're completely new to Spanish or looking to refresh your skills, this class is perfect for learners of all backgrounds and abilities. Throughout the course, you'll learn essential vocabulary, useful phrases, basic grammar, and pronunciation tips to help you communicate confidently in everyday situations. Come join us as we explore the beauty of Spanish together and make new friends along the way!

Find more information and a detailed list of all the Spring Programs offered at Kennedy Seniors Recreation Centre in the 2026 Spring Program Guide. Pick up a copy of the guide at the customer service desk or find it online at [Delta.ca](https://delta.ca).

Kennedy Workshops & Presentations

Hellings Literacy Program

Wed, Apr 1, May 6, Jun 3 9:15-10:25am

Event ID: 104353

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

Chronic Conditions in Punjabi & Hindi

Thu Apr 9-May 14 1-3:30pm

Event ID: 96978 Free

This University of Victoria workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. It is also open to caregivers and family members. These workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active, fulfilling lives. Each participant is guided to tailor the workshop contents to their own needs. Participants receive a companion book and should attend all six sessions to get the maximum benefit. This workshop will be presented in Punjabi and Hindi. Non-members welcome.

Foot Care Clinic

Fri, Apr 10 & 24 10am-1:45pm
\$60

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

Thriving in Later Life Webinar

Tue, Apr 14 10-11:30am

Event ID: 96981

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

Delta's Seniors Support Coordinator

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

Pharmacist Presentation:

Chronic Conditions & Medications

Tue, Apr 21 10-11:30am

Event ID: 96996 Free

A local pharmacist will present on Chronic Conditions and Medications. Topics include common chronic conditions in seniors, medication safety challenges, best practices for medication management, warning signs and when to seek help, and support services the pharmacy can offer. Non-members welcome. Please pre-register.

Rightsizing Your Life:

Making Your Next Move Simple

Tue, May 5 10:30-11:30am

Event ID: 107576 Free



Join a local real estate agent and a downsizing expert for an informative presentation on the tips and strategies for successfully downsizing. Learn when to start, how to prepare, and steps to make the transition smoother. Please pre-register.

Chronic Conditions Workshop

Thu May 21-Jun 25 1-3:30pm

Event ID: 96979 Free

This University of Victoria workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. Also open to caregivers and family members. These workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active, fulfilling lives. Participants receive a companion book and should attend all six sessions to get the maximum benefit. Non-members welcome.

Choose to Move- It's Back!

Info session:

Wed, Apr 29 10:30-11:30am

Event ID: 109133 Free

Program series:

Wed, May 6-Jun 24 10:30-11:30am

Event ID: 109140 Free

Attendance at the info session required in order to register for the program series. Program series registration opens Wed, Apr 29 at 11:30am.

Kennedy Volunteers

Volunteer of the Month



Larry S.

I was born and raised here in the Lower Mainland. I met the "girl of my dreams" (GOMD) in New Westminster in junior high; she just didn't know it then! After a short stint in Montreal right after trade school, I moved back west, where I promptly married said GOMD and the next day, moved to Prince Rupert.

I have spent my entire working life in the electro-mechanical service industry, starting as a Junior Flight Simulator Technician with Air Canada in Montreal and ending with Stanley Black & Decker here in Vancouver. I retired at 78.

I then joined Kennedy and have kept very busy with fitness classes, computer classes, and my favourite pastime: fixing things around Kennedy! Anything from wobbly poker tables to kitchen equipment to power tools for the woodshop. We are blessed to have Kennedy Seniors Centre, with the wonderful Delta staff members, Board of Directors and the many volunteers, who provide fantastic programs and recreational opportunities! It is my sincere pleasure to know so many of you and be able to participate with you. Perhaps I should have retired earlier!

Total volunteer hours for March: 978
Thank you to all our helpful volunteers!

Volunteer Appreciation Celebration

Thursday, April 23, 2026

1:30pm Main Hall Doors open at 1:15pm

To all the incredible Kennedy volunteers who gave of their time and talents during 2025, we invite you to attend our annual Volunteer Appreciation Celebration. There will be some inspiring entertainment and delicious, light refreshments. All to celebrate YOU!

Your invitations are ready at the customer service desk. Kindly RSVP by Wednesday, April 15. We hope you join us!

I would like to thank my many volunteers who devoted their time and efforts to organizing and helping at the AGM this year: Lily Hu, Valerie Naples, Pinky Duggal, Winifred Chow, Nancy Brown, Annemarie Morton, Joy Sklofsky, Ronnie Sharpe, Rob Hebden, Harry White, Larry Sharpe.

I appreciate it more than you know. If I have forgotten your name, my sincere apologies, please let me know.

Linda Remedios
Secretary



Volunteer Opportunities

Back-up Ceramics Convener

Tue & Sat 10am-12pm

Back-up Darts Convener

Wed 3:30pm-5:30pm

Sat 10am-12pm

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



Kennedy Drop-in Programs

All attendees must have a current Kennedy membership.

Please note: due to unforeseen circumstances programs may be cancelled without notice.

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

<p><u>MONDAY</u> Woodshop 9am-3:45pm Snooker 9am-4pm Bingo 12:15-3:30pm Ceramics 1-3pm Canasta 1:15pm-4pm Pickleball 1:15-4pm</p>		<p><u>THURSDAY</u> Woodshop 9am-3:45pm Snooker 9am-4pm Acrylic & Watercolour 1-3pm Samba *new time 1:30-4pm Table Tennis 1:45-4:15pm Pickleball (cancelled Apr 23) 1:45-4:15pm</p>	
<p><u>TUESDAY</u> Woodshop 9am-3:45pm *Snooker 9am-4pm Guitar 10-11:30am Ceramics 10am-12pm Crafty Ladies 12:15-3pm Women's Friends Group 12:30-2:30pm Euchre *new time 1:30-3:15pm Pickleball 1:15-4pm Mexican Train 2-4pm Table Tennis 3:30-5:30pm</p>		<p><u>FRIDAY</u> Crafty Ladies 9am-11:30am Carpet Bowling 9am-11:45am Woodshop 9am-3:45pm Snooker 9am-4pm Dealer's Choice 12-3:30pm Bingo 12:15-3:30pm Jammers 1-3pm Mahjong 1:15-3:30pm</p>	
<p><u>WEDNESDAY</u> Carpet Bowling 9-11:45am Woodshop 9am-8pm *Snooker 9am-8:30pm Card Making 9:30am-12pm Acrylic Art Drop-in (Apr 22 & 25) 10:30am-12:30pm Dealer's Choice 12-3:30pm Contract Bridge 1:15-4:15pm Line Dancing Level 3 1:30-2:30pm Table Tennis 1:30-3:30pm Line Dancing Level 2 2:35-3:35pm Darts 3:30-5:30pm Line Dancing Level 1 3:40-4:40pm Drop -in Art 4-8pm Tile Games 6:30-8:30pm Cribbage 6:30-8:30pm Pickleball 6:30-8:30pm Photography Interest Group (Apr 1 & 15) 7-9pm</p>		<p><u>SATURDAY</u> Woodshop 9am-3:45pm Snooker 9am-3:45pm Table Tennis (cancelled Apr 20) 9:30 -12pm Ceramics 10am-12pm Darts—NEW! 10am-12:30pm Acrylic & Watercolor 1-3pm Scrabble 1-3pm Pickleball 1:30-3:45pm (cancelled Apr 25)</p>	<div data-bbox="857 1583 1516 1883" style="border: 1px solid black; padding: 10px;"> <p>Expression of Interest: Rummoli</p> <p>We are looking for Rummoli players! If you are interested in playing Monday afternoons from 1-3pm please sign up at the customer service desk.</p>  </div>

Snooker League Tournament

Wed, Apr 8 & Tue, Apr 14

Kennedy will be hosting the Lower Mainland Snooker League. Tournament games will be from 9am-3pm. Drop-in snooker will not be offered during game dates. Come and Cheer Kennedy on!

Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

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

Day	Name	Program Dates	Time	Event ID
Monday	**Zumba	Mar 30-Jun 22	9:15-10:15am	93862
	*Tap Dance	Apr 13-Jun 22	9-10:30am	98841
	*Introduction to Computers	Apr 13-Jun 22	9:30am-12pm	98595
	**Fit & Active	Mar 30-Jun 22	10:30-11:30am	93884
	**Gentle Yoga NEW!	Mar 30-Jun 22	11:45am-12:45pm	99379
Tuesday	**Fit & Active	Mar 31-Jun 23	9:15-10:15am	93865
	**Fit & Functional	Mar 31-Jun 23	10:30-11:15am	93867
	*Spanish for Beginners II	Apr 7-28	10:30am-12pm	98612
	**Simply Stretch	Mar 31-Jun 23	11:45am-12:45pm	93869
	*Watercolour Painting	Apr 7-28	1-3pm	98365
Wednesday	*Hawaiian Dance Beginner	Apr 8-Jun 24	9:15-10:15am	98386
	*Hawaiian Dance Intermediate	Apr 8-Jun 24	10:15-11:30am	98355
	*Acrylic Art	Apr 1-15	10:30am-12:30pm	98843
	*Chair Yoga (Blended)	Apr 8-May 13	12-1pm	98361
	**Gentle Yoga	Apr 1-Jun 24	12:15-1:15pm	93870
	*Chinese Folk Dance	Apr 1-Jun 24	4-6pm	98839
Thursday	**Fit & Active (canceled Apr 23)	Apr 2-Jun 25	9:15-10:15am	93875
	*Guitar for Intermediate Players	Apr 16-Jun 25	9-10:30am	98592
	*Meditation Level 1	Apr 9-May 14	10-11:30am	98853
	*Tai Chi Beginners NEW!	Apr 9-Jun 25	9-10am	106109
	*Tai Chi Intermediate	Apr 9-Jun 25	10:10am-11:10am	98358
	**Fit & Functional (canceled Apr 23)	Apr 2-Jun 25	10:30-11:15am	93877
	*Advanced Spanish	Apr 2-23	11am-12:30pm	98848
	*Minds in Motion	Apr 2-Jun 25	11:30am-1:15pm	100445
	*Meditation Level 2	Apr 9-May 14	11:45am-1:15pm	98859
	**Simply Stretch (canceled Apr 23)	Apr 2-Jun 25	12:30-1:30pm	93878
Friday	*Advanced Computers	Apr 17-Jun 26	9:30am-12pm	98598
	*Chair Yoga (Seated)	Apr 10-May 15	10-11am	98363
Saturday	**Gentle Yoga	Apr 4-Jun 27	9:45-10:45am	93880
	**Fit & Functional	Apr 4-Jun 27	11-11:45am	93883
	** Chair Dance Fitness	Apr 4-Jun 27	12-1pm	93882

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

Please preregister in person at Kennedy Seniors Recreation Centre.

Courses with (**) are Delta Fitness Programs.

Reserve Delta Fitness programs up to 72 hours in advance in person or at Delta.ca/Registration.

Visit Delta.ca to see all Spring Instructional Programs offered at Kennedy Seniors Recreation Centre.

Brain Games & Fun

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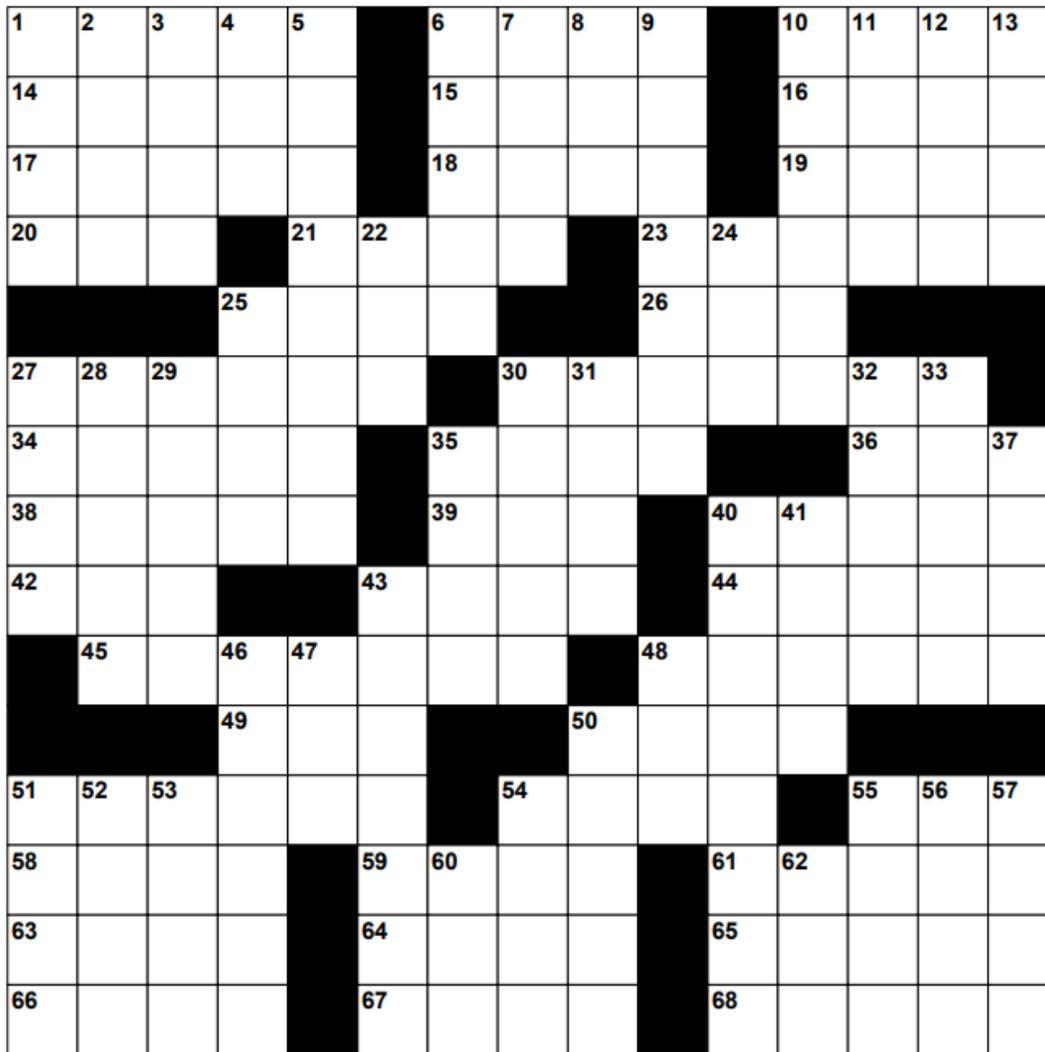
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Volunteer Wordsearch

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 I T J N G O O D W I L L B W L J U A M P
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ACTIVIST
 DEDICATION
 COMMITMENT
 FUNDRAISER
 GOODWILL
 MOTIVATE
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 SATISFACTION
 THANKFUL
 VALUABLE
 VITAL
 CHARITY
 CITIZEN
 COMMUNITY
 EFFECTIVE
 GRATEFUL
 GENEROSITY
 INSPIRE
 HOURS
 BLESSINGS

Easter Crossword



By Evelyn Johnson - www.qets.com

Down

1. Eyelet
2. Flightless birds
3. Between Easter and Ash Wednesday
4. Coloured and hidden
5. Yuckiest
6. Similar
7. Grape plant
8. Tax agency
9. Book bag
10. Had a dream
11. Take in
12. Land unit
13. Not as much
22. Picnic pest
24. Type of music
25. Omit
27. Moved air
28. Eagle's nest
29. Moved back and forth
30. Rapid
31. Skullcap
32. Incite (2 wds)
33. Elevate
35. Centre of rotation
37. Purple vegetable
40. Unable to eat
41. Chinese chime
43. Marvel
46. Buckeye state resident
47. X
48. Ghost's greeting
50. Piece of grass
51. Unwanted insect
52. Hurt
53. Formal "you"
54. Beers
55. Pull
56. Musical symbol
57. Chopped
60. Cooking fat
62. Time period

Across

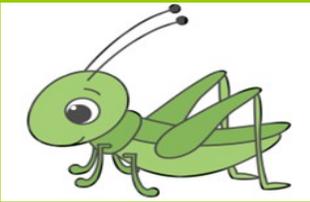
1. ___ Keller
6. Car rental agency
10. Do business
14. End of Greek alphabet
15. Italian currency
16. Speed contest
17. Respiratory organs
18. Institution (abbr.)
19. Goofs
20. Eastern Standard Time
21. Acquire
23. Lifting machines
25. Trigonometric function
26. Traditional Easter meal
35. Absent without leave
36. Chit chat
38. Explode
39. Roman 12
40. Agricultural student
42. Be victorious
43. Upset
44. Lasso
45. Conceited person
48. Woman's headwear
49. Possessive pronoun
50. Star Trek automaton
51. Bronze coating
54. Beers
55. Genetic code
58. Repeat
63. Popular stadium
64. Told an untruth
65. Angry
66. Adolescent
67. Otherwise
68. Cooped



Brain Games & Fun

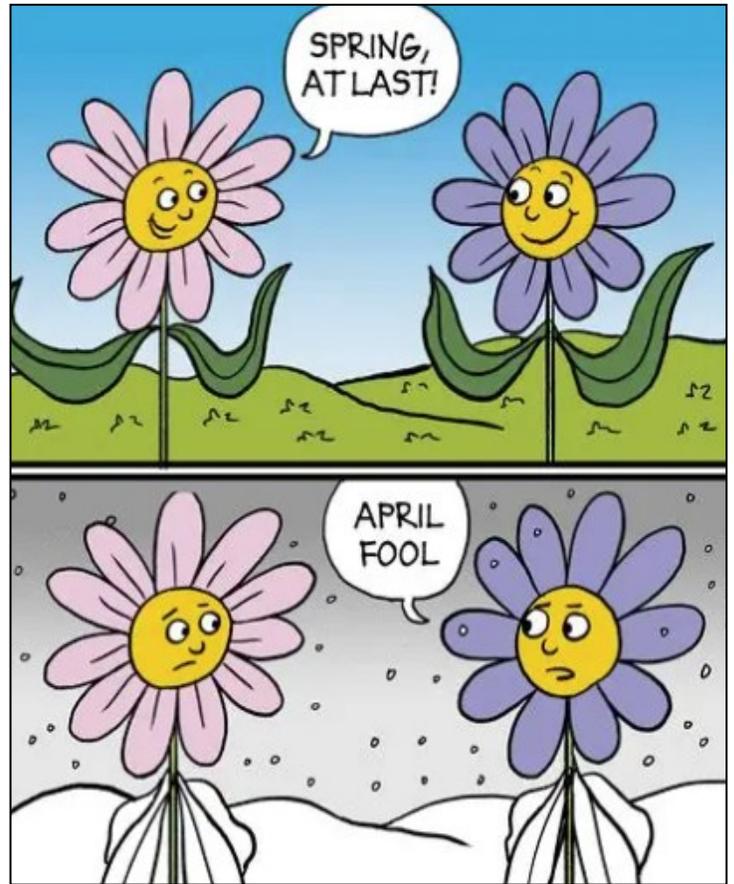
Spring Word Scramble

1	TPLEA		8	ACTHH	
2	AOIARNTC		9	ELOLPN	
3	SSRWHEO		10	DIRGGNNAE	
4	SBBLU		11	RUELMALB	
5	IGEENDLS		12	YBLUTRTFE	
6	GDNIBROS		13	GLCNNIAE	
7	ESSNNIUH		14	WDRRKAYO	



What is a grasshoppers favorite restaurant?
IHOP

Count the Easter Eggs in the newsletter and submit your name and total at the Customer Service Desk at Kennedy or McKee Seniors Recreation Centres before the draw. The draw will be 3:00pm, Monday, April 27, 2026.



WHY WAS THE EASTER BUNNY SO UPSET?

He was having a bad hare day.

#11433

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

#16654

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
A	V	I	S	D	A	L							
L	I	R	A	C	E								
R	A	C	E										
S	C	R	A	N	E	S							
H	A	M											
E	R												
K	E	T	S	C	E	P	T	E	R				
A	W	O	L										
L	E	M	I	S									
R	U	P	I	S									
E	R	I	A	G	I	E							
W	I	N	F	I	M	I	S						
E	G	O	T	I	S	T	B	O	N	N	E	T	
H	E	R	B	O	R	G							
P	A	T	I	N	A	L	O	E					
C	H	O	L	A	X	E	R	O	X				
S	H	E	A	L	I	E							
T	E	E	N										

- 1) PETAL
- 2) RAINCOAT
- 3) SHOWERS
- 4) BULBS
- 5) SEEDLING
- 6) SONGBIRD
- 7) SUNSHINE
- 8) HATCH
- 9) POLLEN
- 10) GARDENING
- 11) UMBRELLA
- 12) BUTTERFLY
- 13) CLEANING
- 14) YARDWORK