

KENNEDY SENIORS RECREATION CENTRE

Program Guide



Kennedy Seniors Society
Fifty+
Fit
Fun &
Fabulous

Winter 2024

Delta

11760 88 AVE, DELTA, BC

604-594-2717

Kennedy Seniors Recreation Centre is operated in partnership with the City of Delta and the volunteers of the Kennedy Seniors Society. All those 50+ are invited to visit Kennedy Seniors Recreation Centre. Take a tour and meet our volunteers and staff to discover the wide range of recreation and leisure opportunities available.

Centre Hours of Operation

Mon/Tue/ Thur/ Fri /Sat 9am-4pm
Wed 9am-9pm
Sun & Statutory Holidays: **Closed**

Customer Service Office Hours:

Mon/Tue/ Thur/ Fri 9am-3:45pm
Wed 9am-8:15pm
Sat 9am-1:30pm

Facility Features

- Large banquet hall with wood sprung dance floor
- Café Eighty-Ate is open 9am-pm Mon-Fri
- Craft room with two kilns
- Snooker room
- Lounge with fireplace
- Well equipped woodworking workshop
- Air conditioned
- Telecoil Hearing system at Customer Service Desk
- Wheelchair accessible
- Elevator and automatic entrance doors
- Free Wi-Fi Service

Membership

The annual membership fee is \$25.
Membership is required to participate in both Registered and Drop-in programs.

Registered Programs

Instructional Programs require pre-registration. Please see page 7 for descriptions and fees. Registration can be done in person at the Customer Service Desk, or by calling Kennedy Seniors Recreation Centre at 604-594-2717.

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\$5 Guest Pass: Guest Passes allow for one week of drop-in activities. Guest Passes are non-refundable and non-replaceable.

Cancelled Programs: One week before classes begin we check registration numbers and decide if the class will run. Be sure to register early to avoid disappointment. Occasional program changes may occur. Notification will be provided prior to any change.

Refund Policy: If a member can no longer attend an instructional program due to a medical issue, a pro-rated refund may be requested.

Drop-in Activities: Drop-in classes require Membership and Drop-in Punch Cards. Drop-in Punch Cards can be purchased at the Customer Service Desk for \$7.00 for 20



DROP-IN ACTIVITIES

All Drop-in Activities require a Drop-in Fees or a Guest Pass unless noted in the program description.

BINGO

Mon/Fri 12:15-3:30pm Upper Hall

This game of chance uses a numbered bingo board: a caller draws and announces numbers; the first player to match their bingo card pattern to the pattern of the number on the bingo board is a winner.

BOOK CLUB

Thu (1st) 11am-12pm Lounge

The local library supplies us with 12 copies of a new novel each month. Members then read the novel and meet a month later to discuss.

CANASTA

Mon 1:30-4pm Lounge

Similar to rummy, canasta is a fun and enjoyable matching card game using five decks of cards and all jokers. Players attempt to create bonds using cards of the same rank and go out by discarding all of the cards in their hands.

CARD MAKING

Wed 9:30am-12pm Multi-purpose Room

This popular craft combines numerous art forms to make personalized greeting cards. Members have a wide variety of experience and enjoy sharing ideas and assisting each other.

CARPET BOWLING

Wed/Fri 9-11:45am Main Hall

This popular, year-round team sport is a mini version of outdoor lawn bowling, but played indoors on a 60ft carpet. The goal is to roll your bowls closer to the jack than the opposition's, made all the more challenging as the bowls always curve towards their heavier sides.

CERAMICS

Mon 1-3pm Craft Room

Sat 10am-12pm Craft Room

Begin by purchasing your own greenware and supplies, then let your imagination be your guide as you paint your own unique piece. All levels welcome.

CONTRACT BRIDGE

Wed 1:15-4:15pm Café

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by 4 players in 2 competing partnerships, with partners sitting opposite each other around a table.

CRAFTY LADIES

Tue 12-3pm Lounge

Fri 9-11:30am Lounge

This friendly group shares ideas and patterns to knit and crochet, and helps anyone with their projects.

CRIBBAGE

Wed 6:30-8:30pm Lounge

Try to meet or beat a 28 hand! The object of cribbage is to be the first to peg 61 or 121 points, depending what is agreed upon.

DEALERS CHOICE

Wed/Fri 12-3:30pm Lounge

Develop strategies that may help you win in this age-old game of skill and change.

DROP-IN ART (ACRYLIC & WATERCOLOUR)

Thu 1-3pm Craft Room

Sat 1-3pm Craft Room

Start a new project or work on projects that are already in progress. Share and exchange ideas with other artists. Work at your own pace.



DROP-IN ACTIVITIES CONTINUED

DROP-IN GUITAR

Tue 10-11:30am Upper Hall

This is an informal opportunity to practice guitar. Some experience required to play with the group.



DROP-IN PRACTICE GUITAR

Wed 7-8:30pm Multi-purpose Room

This is an informal opportunity to practice guitar. No experience necessary.

EUCHRE

Tue 1:15-3:15pm Café

Come and play euchre! This trick-taking card game is played with a deck of 24, 48 or 32 standard playing cards. Normally there are 4 players, 2 on each team.

JAMMERS

Fri 1-3pm Main Hall

Join local musicians as they come together to share their talents, or just come and listen. Everyone is welcome to join!

LINE DANCING - PRACTICE

Wed 1:30-3pm Main Hall

This drop-in session offers practice time for folks to keep their line dancing skills fresh. There is no formal instruction, and it is open to all levels.

MAHJONG

Fri 1:15-3:30pm Café

Join in and play this intriguing traditional Chinese board game. New players always welcome.

PHOTOGRAPHY INTEREST GROUP

Wed (1st & 3rd) 6:30-8:45pm Upper Hall

Explore various subjects put forward by participants and review images that may be submitted by participants. Activities include guest speakers, field trips, hands-on learning, and fun learning opportunities for all levels of photographers.

PICKLEBALL

Mon/Tue/Thu 1:15-4pm Main Hall

Wed 6:30-8:30pm Main Hall

Sat 12:30-3:45pm Main Hall

This indoor racquet sport is a fusion of tennis and badminton, using a whiffle ball and an enlarged ping pong paddle. All equipment is provided. Good indoor athletic shoes are recommended.

SAMBA (the card game)

Thu 12:30-4pm Lounge

Samba is a variation on canasta, which allows sequences of three or more cards in the same suit to be melded.

SCRABBLE

Sat 1-3pm Lounge

Wordsmith with others in a fun, social setting.

SNOOKER

Mon/Tue/Thu/Fri 9-4pm Pool Hall

Wed 9-8:45pm Pool Hall

Enjoy both friendly and competitive snooker on our regulation size tables. Pool cues available.

TABLE TENNIS

Tue/Thu 12:30-2:30pm Upper Hall

Wed 1:30-3:30pm Upper Hall

Sat 10am-12pm Upper Hall

This is similar to tennis, but on a smaller, indoor scale. Enjoy some friendly competition and great exercise – no experience necessary. Tables, paddles, balls and nets are provided. Your agility, hand-eye coordination and strategy will improve with play.

TILE GAMES

Wed 6:30-8:30pm Café

Join us for some fun with Rummy-O and Mahjong.

WOMEN'S FRIENDS GROUP

Tue 12:30-2:30pm Multi-purpose Room

Introducing women of South Asian origin to Kennedy. Activities include discussion, guest speakers and social interaction. Interpretation provided if required, everyone is welcome!

WINTER INSTRUCTIONAL PROGRAMS

Registration opens on Dec 13, 2023. Instructional Programs begin the week of Jan 8, 2023.
Please register in advance at our Customer Service Office.

ACRYLIC ART

Wed 10am-12pm Craft Room

Learn how to create beautiful landscapes using acrylic paints or learn how to enhance your current painting style. This is a step by step process. Working on the same image as a class, we first have a demo of a section. Then students are helped along. And then, as a class, we proceed to the next section. All levels are welcome. Students must bring their own supplies.

Session 1 Jan 10, 17, 24 Event ID 35313 \$30

Session 2 Feb 7, 14, 21 Event ID 35314 \$30

Session 3 Mar 6, 13, 20 Event ID 35315 \$30

BASIC PHOTOGRAPHY

Sat 10am-12pm Multi-purpose Room

Learn some tips and tricks to take better photographs. Learn about ways to improve your photography experience and what you can do with your image afterwards. It's all about taking pictures—whether you use a cell phone, point-and-shoot, or DSLR.

Jan 13 & 20 Event ID 32321 \$20

COMPUTER (FOR ALL LEVELS)

Mon 9:30-12pm Multi-purpose Room

Fri 9:30-12pm Multi-purpose Room

Learn computer basics and the potential of the internet, filing documents, backing up data, saving photos, and useful programs like Word. No experience necessary. Participants are encouraged to bring their own laptops, however laptops can be supplied on a limited basis.

Jan 8-Mar 11 Event ID 31150 \$45

Jan 12-Mar 15 Event ID 31151 \$45

CHAIR YOGA

Fri 10-11am Upper Hall

A blended yoga course that includes both standing and sitting on a chair. Focus on flexibility, enriched breathing, fun and relaxation.

Feb 9-Mar 8 Event ID 31166 \$25



HAWAIIAN DANCE

Wed 10am-12pm Upper Hall

Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is recommended for this class.

Jan 10-Feb 21 Event ID 31158 \$50

IPHONE INSTRUCTION

Wed 1-2:30pm Multi-purpose Room

Familiarize yourself with the wealth of features available on your cell phone to make life easier. iPhone required. Both a beginner and intermediate class are offered.

Jan 10-Feb 14 Event ID 31152 \$45

MUSIC WELLNESS

Mon 9:30—11:15am Upper Hall

Do you enjoy singing for health and happiness? This program is for you! Bring your favourite song choices, your playful spirit, your toes for tapping and your love of singing. Get healthy making joyful noise with your instructor.

Jan 8-Feb 12 Event ID 31167 \$30

WATER COLOUR PAINTING

Tue 1-3pm Craft Room

This unique art medium lets you create effects you can't get with any other medium. Learn to paint landscapes and still life with step-by-step guidance. No experience is necessary. Please pick up a supply list when you register.

Session 1 Jan 9-Feb 13 Event ID 31162 \$60

Session 2 Feb 27-Apr 2 Event ID 32330 \$60



WINTER INSTRUCTIONAL PROGRAMS

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PICKLEBALL 101 FOR BEGINNERS

Tue 3-4pm Jan 2-23 Event ID: 34761 Free

Curious about Pickleball? Come and try it. We are not official coaches, but we will help you build your confidence by learning the basics of the game. Pickleball is a physical sport. For your safety, proper athletic footwear is required. If you need to get new shoes, please look for indoor court shoes with non-marking soles. You must register for all four FREE sessions, Membership is required and space is limited.

CHOOSE TO MOVE (CTM) INFORMATION SESSION

Wed 10:30-11:30am Jan 17 Event ID: 33828 Free

You must attend this FREE information session if you would like to join the CTM and ActivAge program series. This information session is only for individuals who are new to CTM and have not registered before. However, if you have previously registered and attended CTM, then you are eligible to sign up for the ActivAging program—space permitting.

ACTIVAGE PROGRAM SERIES

Wed 9:30-10:30am Jan 31-Mar27 Event ID: 32761 Free

You must attend the information session on January 17 or have previously completed the CTM program to be eligible to participate in ActivAge. ActivAge Canada's primary focus is on the promotion of physical activity, while recognizing the critical linkages of physical health with social, mental, emotional and spiritual wellbeing. Learn about the benefits of active living as you age, and find examples of exercises and activities that are perfect for maintaining and improving health.

CHOOSE TO MOVE (CTM) PROGRAM SERIES

Wed 10:30-11:30am Jan 31-Mar 27 Event ID: 32760 Free

You must attend the information session on January 17 to be eligible to participate in this program. This free and flexible program provides you with the motivation and support to become more active. CTM can help you to integrate activity into your daily routine, meet new friends, and make a positive change! CTM is great for older adults who want to become active, regardless of ability.

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Thu 1:30-4pm Jan 25-Feb 29 Event ID: 32226 Free

This course is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. The Chronic Pain Self-Management Program is a FREE six-session, 2 1/2 hour a week, workshop that provides information and teaches practical skills to give people the confidence and motivation they need to manage the challenges of living with pain. The workshop participants receive the Living a Healthy Life with Chronic Pain companion book. Participants should plan to attend all six sessions to get the maximum benefit.

CHRONIC PAIN SELF-MANAGEMENT LEADER TRAINING PROGRAM

Sat 9am-4pm Feb24-Mar 16 Event ID: 32227 Free

This is a FREE 4-day Leader Training Workshop for the Chronic Pain Self-management program. The University of Victoria delivers Self-Management Programs for persons living with chronic health conditions in communities across BC. These evidence-based programs are led by trained volunteers, and we are currently looking for persons to lead these programs in your area. Training and support will be provided. If you are interested in becoming a leader and helping others to live a healthier, happier life, then this training opportunity may be for you.

For more information contact Kennedy Seniors Recreation Centre at 604-594-2717