

Spring 2025



Program Guide

Kennedy Seniors Society
Fifty+
Fit
Fun &
Fabulous

Delta

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/ Thu/ Fri /Sat 9am-4pm

Wed 9am-9pm

Sun & Statutory Holidays **Closed**

Customer Service Office Hours

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

Registered Programs

Instructional Programs require pre-registration. Please see page 5 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 or online at

[Delta.ca/registration](https://delta.ca/registration)

Membership

The annual membership fee is \$25.

Membership is required to participate in both Registered and Drop-in programs.

\$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 or 50 for \$17.50 passes.



More details are available in person, online at delta.ca/registration, or by calling 604-594-2717.

DROP-IN ACTIVITIES

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

ACRYLIC ART DROP IN

Mon/Apr 23 & 30 10am-12pm

Wed/May 28-Jun 25 10am-12pm

Bring your own projects to work on in the space provided. Enjoy discussing art with others.

BINGO

Mon/Fri 12:15-3:30pm

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

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 1:15-4pm

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

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

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

Sat 10am-12pm

Mon 1-3pm

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

Contract bridge is a trick-taking card game played by two pairs of players, one pair against the other pair.

CRAFTY LADIES

Tue 12-3pm

Fri 9-11:30am

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

CRIBBAGE

Wed 6:30-8:30pm

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

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

DROP-IN ART (ACRYLIC & WATERCOLOUR)

Wed 4-8pm

Thu 1-3pm

Sat 1-3pm

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 GUITAR

Tue 10-11:30am

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

DROP-IN ACTIVITIES (Cont'd)

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

EUCHRE

Tue 1:15-3:15pm

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

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

MAHJONG

Fri 1:15-3:30pm

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

PHOTOGRAPHY INTEREST GROUP

Wed (1st & 3rd) 7-9pm

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 1:15-4pm

Wed 6:30-8:30pm

Thu 1:45-4:15pm

Sat 1:30-3:45pm

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 1:15pm

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

SCRABBLE

Sat 1-3pm

Wordsmith with others in a fun, social setting. Mon/Tue/Thu/Fri 9am- 4pm

SNOOKER

Mon/Tue/Thu/Fri 9am- 4pm

Wed 9am- 8:45pm

Sat 9am-4pm

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

TABLE TENNIS

Tue 12:30-2:30pm

Wed 1:30-3:30pm

Thu 1:45-4:15pm

Sat 9:30am-12pm

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

Sat 10am-1pm

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

WOMEN'S FRIENDS GROUP

Tue 12:30-2:30pm

Activities include discussion, guest speakers and social interaction. Interpretation provided if required, everyone is welcome!

WOODSHOP

Mon-Fri 9am-2pm

Got a woodworking project? Come take a look at our fully equipped woodshop. It may be the perfect place to complete your work! Please note that a general orientation and waiver form are required in order to actively use the woodshop.



INSTRUCTIONAL DROP-IN ACTIVITIES

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

Pick and Choose your dates!

To accommodate your spring plans, “instructional drop-ins” have returned. This is a great opportunity to continue your favourite programs without schedule conflicts. Register for all classes or just the ones you know you can attend. Pre-registration is encouraged as spaces are limited.

LINE DANCING LEVEL 2

Wed, Apr 2-Jun 25 **1:30-3pm**
Event ID: 67415 **\$5/class**

For anyone who has already learned the basics; practice and learn more fun dance routines in a relaxed atmosphere.

LINE DANCING LEVEL 1

Wed, Apr 2-Jun 25 **3:15-4:15pm**
Event ID: 67423 **\$5/class**

Learn the basics in this introduction to line dancing. No experience or partner necessary. The focus is no fun and two left feet are always welcome.

SPRING INSTRUCTIONAL PROGRAMS

Instructional Programs begin the week of March 31, 2025.

Please register in advance at our Customer Service Desk or online at Delta.ca/reg.

Registration opens at 9am, Wednesday, March 12.

ACRYLIC ART

Wed, Apr 2-16 **10:30am-12:30pm**
Event ID: 67328 **\$30**
Wed, May 7-21 **10:30am-12:30pm**
Event ID: 67412 **\$30**

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

ACTIVE AGE

Wed, Apr 9-Jun 25 **9:30-10:30am**
Event ID: 62186

ActivAge Canada’s primary focus is on the promotion of physical activity, while recognizing the critical links of physical health with social, mental, emotional and spiritual wellbeing. Learn the benefits of active living as you age, and find examples of exercises and activities perfect for maintaining and improving your health. Registrants must attend the April 2 Choose to Move information session. Contact details of registered participants will be shared with the instructor.



SPRING INSTRUCTIONAL PROGRAMS (Cont'd)

CHAIR YOGA (Blended)

Wed, Apr 2-May 21 12-1pm

Event ID: 60924 \$35

Wed, May 28-Jun 25 12-1pm

Event ID: 60925 \$30

Carol will be presenting a blended yoga class, combining standing poses and chair-based movements with a focus on flexibility, breathing and relaxation. Enjoy a fun, nurturing practice that will leave you feeling refreshed and centred.



CHAIR YOGA (Seated)

Fri, Apr 4-May 16 10-11am

Event ID: 60531 \$30

Fri, May 23-Jun 27 10-11am

Event ID: 67449 \$30

Join Carol for a calming, seated yoga class. Focus on flexibility, deepening breath and relaxation. This gentle practice is designed to be fun while helping you unwind.

CHOOSE TO MOVE INFORMATION SESSION

Wed, Apr 2 10:30-11:30am

Event ID: 62176

This free info session provides the motivation and support you need to become more active. Choose to Move can help integrate activity into your daily routine, meet new friends, and make a positive change! Choose to Move is great for older adults who want to become active, regardless of ability. Registered participant contact details will be shared with the instructor.

CHOOSE TO MOVE PROGRAM SERIES

Wed, Apr 9-Jun 25 10:30-11:30am

Event ID: 62180

Gain the motivation and support you need to become more active with both individual and group support. Work with a trained activity coach to develop and stick to a physical activity plan made just for you. Choose activities you know you will enjoy and are able to do! Registered participant contact details will be shared with the instructor. You must register for the Choose to Move Info Session on April 2 to take this class. (No class May 21, Jun 4 and 18.)

CHRONIC PAIN MANAGEMENT WORKSHOP

Mon, Apr 7-May 26 1-3:30pm

Event ID: 59547

This free 6-session, 2.5 hour-per-week workshop provides information and practical skills to give the confidence and motivation needed to manage the challenges of living with pain. Participants will receive the *Living a Healthy Life with Chronic Pain* companion book. Participants should plan to attend all six sessions to get the maximum benefit. Caregivers and family members who register are also welcome to attend. The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Pre-registration is required. (No class Apr 21 & May 19.)

COMPUTERS FOR ALL LEVELS

Mon, Apr 7-Jun 23 9am-12pm

Event ID: 67261 \$50

Fri, Apr 11-Jun 20 9am -12pm

Event ID: 67448 \$50

Learn computer basics, the potential of the internet, filing documents, backing up data, saving photos, and useful programs like Word. Other possible subjects include email, downloading music and security. Suggested subjects and questions are welcome. This course is for Microsoft users only. Participants must bring their own laptops. (No class Apr 18.)



SPRING INSTRUCTIONAL PROGRAMS (Cont'd)

DIABETES SELF MANAGEMENT IN PUNJABI

Thu, May 1-Jun 5 1:30-4pm

Event ID: 61873

This program is being offered in Punjabi only. This course is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health.

This free, six-session workshop was designed specifically for persons experiencing Type 2 diabetes, although people with Type 1 diabetes have also found the program beneficial to better manage symptoms and activities of daily life. Caregivers are welcome. Participants receive the *Living a Healthy Life with Chronic Conditions* companion book. For maximum benefit participants should attend all six sessions.

To register please call Kennedy at 604-594-2717 or contact Gundeep Sidhu at 236-858-9636.

Self-Management

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

ਸ਼ੁਗਰ ਰੋਗ ਵਾਲੇ ਵਿਅਕਤੀਆਂ ਲਈ ਮੁਫਤ ਫੇ-ਸੈਸ਼ਨ ਵਰਕਸ਼ਾਪ
ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ ਅਤੇ ਦੋਸਤਾਂ ਦਾ ਸੁਆਗਤ ਹੈ।

ਜਾਣਕਾਰੀ + ਹੁਨਰ + ਭਰੋਸਾ ਸਿੱਖੋ

ਇਹ ਪ੍ਰੋਗਰਾਮ ਡਾਇਬੀਟੀਜ਼ ਵਾਲੇ ਬਾਲਗਾਂ ਅਤੇ ਉਹਨਾਂ ਦੀ ਦੇਖਭਾਲ
ਕਰਨ ਵਾਲੇ ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ, ਦੋਸਤਾਂ ਲਈ ਹੈ। ਸਵੈ-ਪ੍ਰਬੰਧਨ ਪ੍ਰੋਗਰਾਮ
ਬੀ ਸੀ ਸੂਬੇ ਤੋਂ ਸਹਾਇਤਾ ਪ੍ਰਾਪਤ ਹਨ। ਸਿਖਲਾਈ ਪ੍ਰਾਪਤ ਪੰਜਾਬੀ ਲੀਡਰ
ਸੈਸ਼ਨਾਂ ਦੀ ਅਗਵਾਈ ਕਰਦੇ ਹਨ। ਤੁਸੀਂ ਰੋਗ ਖੁਦ-ਸੰਭਾਲ ਔਜ਼ਾਰ ਡੱਬੇ ਦੀ
ਵਰਤੋਂ ਅਤੇ ਸਬੰਧਤ ਲੈਫਟਾਂ ਦੀ ਰੋਜ਼ਾਨਾ ਸੰਭਾਲ ਲਈ ਲੋੜੀਂਦੇ ਹੁਨਰ ਸਿੱਖਦੇ ਹੋ।

ਸੀਮਤ ਸੀਟਾਂ: ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਦੀ ਲੋੜ ਹੈ
ਰਜਿਸਟਰ ਕਰਨ ਲਈ ਕਾਲ ਕਰੋ:
ਕੈਨੇਡੀ ਗਾਹਕ ਸੇਵਾ ਡੈਸਕ: 604-594-2717

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



Institute on Aging
& Lifelong Health



HAWAIIAN DANCE

Wed, Apr 9-Jun 25 10-11:30am

Event ID: 67424 \$70

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

HERON HOSPICE GRIEF GROUP

Mon, Apr 7-May 12 2-4pm

Event ID: 67957

This free group is led by a specialized counsellor. Explore the physical, mental, mental and spiritual aspects of grief. This will be a safe space for individuals who have experienced similar relational losses to discuss strategies and access valuable resources.

Non-members are welcome. Please note that registrant information will be shared with Heron Hospice Society, and you will be contacted by them before the group begins. (No class Apr 21—makeup session Thu, Apr 24.)

MINDS IN MOTION

Thu, Apr 10-May 15 11:30-1:15pm

Event ID: 67446 \$30

Thu, May 22-Jun 26 11:30-1:15pm

Event ID: 67447 \$30

Minds in Motion, brought to you by the Alzheimer Society of BC, is a fitness and social program for people living with any form of early-stage dementia to attend with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs.

REIN IN YOUR THOUGHTS: MINDFULNESS & MEDITATION

Thu, Apr 10-May 22 10:30-11:30am

Event ID: 69036 \$5

Regular mindfulness practice has been shown to enhance our ability to manage stress, improve focus, and better cope with illness, pain and fatigue. Mindfulness and meditation foster self-awareness, self-compassion, and overall wellbeing. Explore the benefits of meditation, gain insight into how our minds and thoughts operate and examine the connection between the heart and mind. Discuss common stress factors and learn how mindfulness practices can help build resilience in the face of them. Each session blends learning, seated meditation and open discussion, giving you the tools to incorporate mindfulness and meditation into your daily life for greater peace and balance.

SPRING INSTRUCTIONAL PROGRAMS (Cont'd)

SPANISH BEGINNER LEVEL II

Tue, Apr 1-22 10:30am-12pm

EVENT ID: 60441 \$30

This class is the perfect next step after Beginners I. Expand your vocabulary, strengthen your grasp of useful phrases, and delve deeper into essential grammar and pronunciation techniques. Join us as we continue exploring the beauty of Spanish.

SPANISH INTERMEDIATE LEVEL I

Thu, Apr 3-24 11am-12:30pm

EVENT ID: 67432 \$30

This course, a continuation of the Beginner Spanish class, is perfect for individuals who are already familiar with Spanish and have exiting knowledge of common words, phrases and grammar.

SPANISH INTERMEDIATE LEVEL II

Thu, May 8-29 11am-12:30pm

EVENT ID: 60519 \$30

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

SPANISH ADVANCED LEVEL I – NEW!

Tue, May 6-27 10:30am-12pm

EVENT ID: 67264 \$30

This course is for those who already have a solid foundation in Spanish and wish to deepen their language skills. This class will help you achieve fluency in a comfortable and engaging environment.

WATER COLOUR PAINTING

Tue, Apr 1-May 6 1-3pm

Event ID: 67265 \$60

Tue, May 13-Jun 17 1-3pm

Event ID: 67269 \$60

Learn the wonders of watercolour painting with helpful hints. No experience necessary. Please pick up a supply list when you register.

TAI CHI

Thu, Apr 3-Jun 5 10-11am

Event ID: 67443 \$50

Tai Chi Quan calls for coordination of body parts, integrating mind, body and Qi (energy). Continual practice can improve health and mobility, while enjoying the beauty of synchronized movements.



ZENTANGLE ART CLASS **NEW!!**

Mon, Apr 7-28 10:30am-12pm

Event ID: 68604 \$5

Learn how to create beautiful images by drawing structured patterns called tangles on small tiles. The Zentangle Method is easy to learn, fun, and inspires creativity, focus, and well-being. (See the images on the left for examples.)

Supplies for the first class will be provided; the instructor will inform the class of any additional supplies needed during the first lesson. (No class on Apr 21.)

