

KENNEDY SENIORS RECREATION CENTRE

Fall 2025



Program Guide

Kennedy Seniors Society
Fifty+
Fit
Fun &
Fabulous

Delta

11760 88 Avenue, 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/ 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 passes or \$17.50 for 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

Wed 10:30am-12:30pm

Sep 24, Oct 29, Nov 26 and Dec 17

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

Tue 10am-12pm

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

CRAFTY LADIES

Tue 12:15-3pm

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 chance.

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

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.

LINE DANCING LEVEL 2

Wed, Starting Nov 5 1:30-3pm

If you have previous Line Dance experience, Level II is where you will practice and learn more fun dance routines in a relaxed atmosphere.

LINE DANCING LEVEL 1

Wed, Starting Nov 5 3:15-4:15pm

No dance experience? No problem! The focus is on fun and two left feet are always welcome!

MAHJONG

Fri 1:15-3:30pm

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

MEXICAN TRAIN

Tue 2-4pm

This fun domino game combines tile matching, strategy, and a touch of competition.

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.

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.

RUMMOLI

Sat 11am-3pm

This card game combines elements of poker and rummy; empty your hand and win the central pot!

SAMBA (the card game)

Thu 1:15-4pm

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.

SNOOKER

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

Wed 9am-8:30pm

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 9:30-11:30am

Sat (starting Oct 4) 9:30-12pm

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

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/Tue/Thu/Fri/Sat 9am-3:45pm

Wed 9am-8pm

Got a woodworking project? Take a look at our fully equipped woodshop—it may be the perfect place to complete your work! A general orientation and waiver form are required in order to actively use the woodshop.

INSTRUCTIONAL PROGRAMS

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



ACRYLIC ART

Wed, Sep 3-17	10:30am-12:30pm
Event ID: 83033	\$30
Wed, Oct 5-22	10:30-am-12:30pm
Event ID: 83034	\$30
Wed, Nov 5-19	10:30-12:30pm
Event ID: 83036	\$30
Wed, Dec 3-10	10:30-12:30pm
Event ID: 83036	\$20 (2 weeks)

Using a step-by-step process, learn how to create beautiful landscapes using acrylic paints, 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. Small starter supply kits are also available to purchase from the instructor for \$20.

CHAIR YOGA (Blended)

Wed, Sep 10-Oct 22	12-1pm
Event ID: 83272	\$35
Wed, Nov 5-Dec 17	12-1pm
Event ID: 83274	\$35

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 centered.

CHAIR YOGA (Seated)

Fri, Sep 12-Oct 31	10-11am
Event ID: 83275	\$40
Fri, Nov 7-Dec 19	10-11am
Event ID: 83276	\$35

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.

COMPUTERS—INTRODUCTION

Mon, Sep 8-Dec 1	9:30am-12pm
Event ID: 82931	\$60

This beginner-friendly course is designed specifically for those who want to become more comfortable with computers. Learn basic skills such as navigating the internet, sending emails, and exploring common applications. No prior experience is needed. This course is for Microsoft users only. Participants must bring their own laptops. Kennedy membership is required. Please No class Oct 13.

COMPUTERS—ADVANCED

Fri, Sep 12-Nov 28	9:30am-12pm
Event ID: 82936	\$60

This course is ideal for those who already have basic computer knowledge and want to take their skills to the next level. Focus on practical skills to enhance everyday computer use with confidence and independence. Topics include, filing documents, backing up data, saving photos, and useful programs like Word. This course is for Microsoft users only. Participants must bring their own laptops. Kennedy membership is required.

HAWAIIAN DANCE

Wed, Sep 10-Dec 10	10-11:30am
Event ID: 82930	\$70

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

LINE DANCING LEVEL 2

Wed, Sep 30-Oct 29	1:30-3pm
Event ID: 82951	\$45

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

LINE DANCING LEVEL 1

Wed, Sep 30-Oct 29	3:15-4:15pm
Event ID: 82953	\$45

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

FALL INSTRUCTIONAL PROGRAMS

Instructional Programs begin the week of September 2, 2025.

Please register in advance at our Customer Service Desk or online at [Delta.ca/reg](https://delta.ca/reg).

Registration opens at 9am, Wednesday, August 13, 2025.

MINDS IN MOTION

Thu, Sep 11-Nov 27 11:30-1:15pm

Event ID: 83030 \$60

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.

MINDFULNESS & MEDITATION Level 1

Thu, Sep 11-Oct 23 10-11:30am

Event ID: 78558 \$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. No class Oct 2.



MINDFULNESS & MEDITATION Level 2

Thu, Sep 11-Oct 23 12-1:30pm

Event ID: 78560 \$5

Continue the journey of self-awareness by building on the information presented in Level 1. Further explore meditation and mindfulness, continuing to understand how our mind/thoughts work, reviewing practices used during Level 1 and building upon daily routine and practice, including breathing, relaxation movement and meditation. Please be prepared to attend all 6 sessions as each class builds on top of the next. Participants must complete Level 1 prior to registering. No class Oct 2.

SPANISH FOR BEGINNERS

Thu, Sep 11-Oct 2 11am-12:30pm

Event ID: 82948 \$25

Thu, Oct 23-Nov 13 11am-12:30pm

Event ID: 82949 \$25

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. Explore the beauty of Spanish and make new friends!

TAI CHI

Thu, Sep 4-Nov 20 10-11am

Event ID: 83277 \$60

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.

WATERCOLOUR PAINTING

Tue, Sep 9-Oct 7 1-3pm (No class Sep 30)

Event ID: 83119 \$40

Tue, Oct 14-Nov 4 1-3pm

Event ID: 83136 \$40

Tue, Nov 18-Dec 9 1-3pm

Event ID: 83137 \$40

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

ZENTANGLE ART

Mon, Sep 8-22 10am-12pm

Event ID: 83032 \$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. Supplies for the first class will be provided; the instructor will inform the class of any additional supplies needed during the first lesson.