

# Winter 2026 Program Guide

Kennedy Seniors Society  
**Fifty+**  
Fun & Fabulous

Delta

# 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**

**Jan 28, Feb 25, Mar 25**

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 (1<sup>st</sup>) 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

**Mon 1-3pm**

**Tue 10am-12pm**

**Sat 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 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 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 (1<sup>st</sup> & 3<sup>rd</sup>) 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 1:30-4:15pm**

**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 melding of sequences of three or more cards in the same suit.

### **SNOOKER**

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

**Wed 9am-8:30pm**

**Sat 9am-3:45pm**

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 9:30-12pm**

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, Jan 7-21** 10:30am-12:30pm  
**Event ID: 92064** \$30  
**Wed, Feb 4-18** 10:30-am-12:30pm  
**Event ID: 92065** \$30  
**Wed, Mar 4-18** 10:30-12:30pm  
**Event ID: 92066** \$30

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, Jan 7-Mar 25** 12-1pm  
**Event ID: 92068** \$50

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. No class Feb 11 or 18.

## CHAIR YOGA (Seated)

**Fri, Jan 9-Mar 27** 10-11am  
**Event ID: 92203** \$50

Join Carol for a calming, seated yoga class. Focus on flexibility, deepening breath and relaxation. No class Feb 13 or 20.

## CHINESE FOLK DANCE

**Sat, Jan 10-Mar 8** 1-4pm  
**Event ID: 92892** \$5

Join us for an introduction to the diverse world of Chinese folk dance. This is a mix of beginner and intermediate participants. Everyone is welcome.

## COMPUTERS - INTRODUCTION

**Mon, Jan 12-Mar 3** 9:30am-12pm  
**Event ID: 92027** \$55

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 Feb 16.

## COMPUTERS - ADVANCED

**Fri, Jan 16-Mar 27** 9:30am-12pm  
**Event ID: 92031** \$55

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 FOR BEGINNERS

**Wed, Jan 7-Mar 25** 9:15-10:15am  
**Event ID: 92033** \$60

Interested in learning Hawaiian Dance? Join our fun and welcoming Beginner Hawaiian dance class. In this beginner-friendly class, you'll learn gentle hula movements, improve balance and flexibility.

## HAWAIIAN DANCE

**Wed, Jan 7-Mar 25** 10-11:30am  
**Event ID: 92034** \$75

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

## GUITAR EXPERIENCE FOR INTERMEDIATE PLAYERS

**Thu, Jan 8-Mar 26** 9:30-10:30am  
**Event ID: 93371** \$5/class

Intermediate guitar playing emphasizes triads and chord knowledge, helping players navigate the fretboard and achieve cleaner execution for richer rhythm and harmony.

## **WINTER INSTRUCTIONAL PROGRAMS**

Instructional Programs begin the week of January 5, 2026.

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

### **IPHONE SKILLS COURSE**

**Mon, Mar 2-16 1-3pm**

**Event ID: 92910 \$30**

Learn the basics of using your iPhone in this beginner-friendly class. We'll cover essential features like making calls, sending texts, using apps, taking photos, and navigating settings, no prior experience needed! iPhone required.

### **MINDS IN MOTION**

**Thu, Jan 15-Mar 26 11:30-1:15pm**

**Event ID: 92891 \$55**

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, Jan 8-Feb 12 10-11:30am**

**Event ID: 92201 \$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 Feb 5.

### **MINDFULNESS & MEDITATION Level 2**

**Thu, Jan 8-Feb 12 11:45am-1:15pm**

**Event ID: 92202 \$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 Feb 5.

### **SPANISH FOR BEGINNERS**

**Tue, Mar 3-Mar 24 10:30am-12pm**

**Event ID: 92890 \$30**

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.

### **SPANISH INTERMEDIATE LEVEL 1**

**Thu, Jan 15-Feb 5 11am-12:30pm**

**Event ID: 92198 \$30**

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

### **SPANISH INTERMEDIATE LEVEL 2**

**Thu, Feb 19-Mar 12 11am-12:30pm**

**Event ID: 92199 \$30**

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

### **TAI CHI**

**Thu, Jan 22-Mar 26 10-11am**

**Event ID: 92024 \$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.

### **WATERCOLOUR PAINTING**

**Tue, Jan 6-Feb 3 1-3pm**

**Event ID: 92039 \$50**

**Tue, Feb 10-Mar 10 1-3pm**

**Event ID: 92062 \$50**

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