WISE & WONDERFUL

Where Wisdom Meets Recreation

November 2026



In partnership with the Kennedy and McKee Seniors Societies, the Kennedy and McKee Seniors Recreation Centres are dedicated to providing programs and activities for people aged 50+. For more information, please visit the customer service desk at either location.

McKee Seniors Recreation Centre
5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411
seniors@delta.ca

Kennedy Seniors Recreation Centre
11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717
seniors@delta.ca

IMPORTANT UPCOMING DATES

Saturday, November 7	DiyaFest - See page 13 for details
Sunday, November 8	Happy Diwali
Wednesday, November 11	Remembrance Day - Kennedy and McKee Closed
Monday, November 16	Winter programs available for Internet viewing
Wednesday, December 9	Winter Registration opens in person and online

Great company, great activities and a chance to win something sweet! A little membership brings a lot of goodies! Join the fun at Kennedy and McKee Seniors Recreation Centres. Purchase or renew your membership for either or both locations between November 1 and December 8, 2026 and you'll be entered into a draw to win a delicious gift basket.



Customer Service and Operation hours vary at Kennedy and McKee Seniors Recreation Centres. Information and registration are available in person, or online **Delta.ca/Registration**.

McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC | 604-946-1411

Hello McKee Members,

On behalf of the McKee board, it is my sincere wish that members are enjoying good health and happiness and enjoying the fall. We love our summers, and we love our time at Christmas, but the fall can have its moments, whether it's enjoying a sunny fall day, the activities you participate in, or the people you get to share them with.

This report is likely my last opportunity to communicate with the McKee membership as my term as a director is coming to an end in the spring of 2027. I have been a director at large, handling the asset portfolio, since November of 2022. The board is going to have other directors who will be ending their term and so this is my opportunity to encourage members to consider volunteering to join the executive and participate in the future of your facility. The asset portfolio can be fun and rewarding. If you have an interest in researching and purchasing products, organizing and maintaining the inventory of McKee assets, writing the occasional report, attending a monthly meeting, and interacting with others who are also motivated to making McKee an enjoyable place for the membership, then please consider passing along your interest to the attention of Joyce, the current president of the board.

On behalf of the McKee board, have a safe and enjoyable fall and winter season.

Geof Kraemer,
Director at Large - Assets

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

Sound Travels: Just a quick reminder that sound travels easily through the building. We would appreciate everyone keeping their voices to a lower volume to avoid disturbing scheduled programs. Front desk staff will also benefit from this as they try to answer phones and patron queries.

MCKEE SENIORS SOCIETY *Board of Directors 2026-2027*	
President	Joyce Branscombe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Carol Page
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Vacant
Dir. of Clubs	Theresa Anderson
Dir. of Day Trips	Lynda Hudon
Dir. of Special Events	Fran Schiffner
Dir. at Large	Ted Howe
Dir. at Large	Gwyneth Roodnick

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, please disregard.

Attention McKee Members: Please take the time this month to ensure your emergency contact and phone number are up to date on your profile. Please stop by the front desk and ask our cashier to check. This is very important in case of an emergency. Thank you for your understanding.

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.

Thank you for your cooperation.

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

McKee News

Customer Service Hours	
Monday	8:30am-7pm
Tuesday	8:30am-4pm
Wednesday	8:30am-7pm
Thursday	8:30am-4pm
Friday	8:30am-4pm
Saturday	9am-12:30pm

Please note: Program hours may differ from customer service hours. The phone will be answered at 9am by McKee Front Desk Volunteers.

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 Pass	FREE

All memberships and passes expire after 365 days.

Join the Fun and 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!

50/50 Draw

Support McKee Seniors Society and take your chance to WIN! One lucky chip will be drawn the last Friday of every month. Get your chips today at McKee's front desk. Maximum 10 chips per person.

Kee Café

Mon-Fri **9am-1pm**
Starting Mon, Nov 2 **9am-1:30pm**

Due to many requests, Kee Café will be open for an extra half hour. Starting November 2 we will be open until 1:30pm from Monday to Friday. **We will also be open on Saturday, November 21 for the Christmas Craft Fair. We'll open at 8:30am for coffee and muffins, and will close at 3:30pm.**

Thank you to all our wonderful customers.



A big shout-out to Jaylene and Phil for the lovely turkey dinner they organized and served on Friday before Thanksgiving! There were many comments that without this, some of our customers would not have had a proper Thanksgiving dinner! Thank you also to the café volunteers who assisted to make this a success.

Friendly reminder: no outside food or beverages are permitted in the Kee Café during operating hours. Thank you for your understanding.



Meet Rhett

Dani, Seniors Centre Coordinator at McKee Seniors Recreation Center welcomed a beautiful baby boy to her family.

Rhett Allan Usipiuk
Born Oct 14 at 10:53pm
8lbs 4 oz, 19 inches

McKee Instructional / Drop-In Programs

Seated Tai Chi for Modern Life New Drop-In

Wed, Oct 7-Dec 9 **9-10am**

Event ID: 125381

This seated exercise program is great for individuals who are in wheelchairs or using walkers, or simply have difficulty with balance and standing for long periods of time.

Muscle Max New Drop-In

Tue, Sep 8-Dec 29 **3:30-4:30pm**

Event ID: 117179

This energetic one-hour class is designed to work all your muscle groups, including core muscles, using assorted weights.

Stiffness Solutions New Drop-In

Thu, Sep 10-Dec 17 **4:30-5:30pm**

Event ID: 117480

This mobility class is designed to improve range of motion, joint health and active movement control.

Healing with Sound

Fri, Nov 6 & 13 **2:30-4pm**
Event ID: 126881 **$15**

Fri, Nov 20 & 27 **2:30-4pm**
Event ID: 126909 **$15**

Experience the calming power of sound bathing, where soothing vibrations from singing bowls promote harmony and deep relaxation. Explore how sound and vibration affect us physically, emotionally, mentally, and spiritually.



The Good Life Webinar

Wed, Nov 4 **10-11:30am**

Event ID: 120281

This event is hosted by Delta's Seniors Support Coordinator. For more information see page 13.

Clubs

Bingo

Thu **12:30-3:30pm**
Sat **12:30-3:30pm**

Join us Thursday and Saturday's for Bingo!

Table Tennis

Mon **1:30-3:30pm**
Wed **6-8pm**
Thu **2-5pm**
Sat **9am-3pm**

Jammers

Tue, Nov 10 & 24 **3pm**

Admission is $1, coffee by donation.

Golden Gloves Garden Club

Our beds have been put to rest after a very busy, but successful season. The Garden Club plans to join the Diners Club for a Christmas party. Please sign up early as there is a limited amount of space.

Philosophers Discussion Club

Fri, Nov 13 **11:30am-12:30pm**

This month's topic for discussion is Seniors: **A Meaningful Life.**

Enjoy a collaborative, exploratory exchange of ideas about fundamental questions of existence, knowledge, and values. Sessions are scheduled for the second Friday of each month.

Diners Club

Tue, Nov 24 **4:30pm**

Join us at Pat Quinn's for a special turkey dinner! The $40 cost of dinner is payable on entry and includes taxes & gratuities. Beverages can be purchased at the bar. Following dinner, we'll gather around the Christmas tree in the lobby for a Kris Kringle gift exchange. Please bring a wrapped gift valued up to $5. Fun!!

Carpooling may be available. Register at McKee's front desk with one of the amazing volunteers!

McKee Day Trippers

Brush Strokes & Bites

Thu, Nov 19 **9am-3:30pm**
Event ID: 129085 **Members: $60**

Step into the world of colour, creativity and inspiration at the Vancouver Art Gallery. Explore the exhibits, then enjoy a delicious lunch at the 1931 Gallery Bistro. Your ticket includes gallery admission and transportation; you will be resonsible for the cost of your lunch. The bus will leave McKee at 9am and return at approximately 3:30pm.

McKee membership is required. Tickets are available to purchase now.



Ferry Scavenger Hunt & Lunch

Mon, Nov 30 **9:45am-3:15pm**
Event ID: 129132 **FREE**

Join us for a fun day of teamwork, friendly competition and lunch aboard the ferry as we journey from the Tsawwassen terminal to Swartz Bay and back. This outing is all about the scavenger hunt, so we ask that everyone attending takes part in the hunt and joins in the fun! You will be responsible for the cost of your lunch. The bus will leave McKee at 10am and return at approximately 3:15pm. Tickets go on sale at 9am, Friday, November 6. Max 2 tickets per person. While quantities last.

Holiday Lights Tour

Wed, Dec 16 **5-7pm**
Event ID: 129082 **Members**
Guests $10

Tour the holiday lights in your community! Enjoy hot cider and treats when you return. The bus will leave McKee at 5pm and return at approximately 7pm. Tickets will go onsale at 9am on Tuesday, November 17.

McKee Special Events

Christmas Craft Fair

Sat, Nov 21 **10am-4pm**

Support the South Delta Food Bank and McKee Seniors Society. Great Christmas shopping will be available from crafters all over the Lower Mainland, but bring cash! Admission is by a non-perishable food item donation to the food bank. There will be a raffle for three big ticket items: $2 for one ticket or $5 for 3. All proceeds support the food bank and the society.

Collection boxes will be available Saturday, November 21 to Saturday, November 28. Let's bring the spirit of Christmas to those who are disadvantaged. Non-perishable items only; don't forget donations for babies and pets.

Langley Ukulele Ensemble

Sat, Dec 5 **1:30-3pm**
Event ID: 129080 **Members $15**
Guests $18

Once again, we are pleased to host the Seniors A Ukulele Ensemble presenting holiday music. Tickets will be on sale from 9am, Monday, November 2 until 12pm, Saturday December 5.



Christmas Luncheon

Fri, Dec 11 **12-2pm**
Event ID: 129079 **Members $28**
Guests $33

Enjoy a turkey lunch with all the fixings. Listen and sing along to some favourite holiday songs with Liz and Steve! You could win a door prize! Tickets will be on sale from 9am, Monday, November 2 until 4pm, Tuesday, December 8.

McKee Workshops & Presentations

Hearing Health Checks

Tue, Nov 3 **9:30am-2pm**

Multiple sessions are available. Registration is now available online or in person at McKee.

Never let anyone tell you what you can or cannot do.



Everyone told Beethoven he'd never be a musician, but did he listen?

Circle of Friends

Wed, Nov 4 **11:15am-12:15pm**
Event ID: 120278

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

Foot-Care Clinic

Fri, Nov 13 **9am-4pm**
$40

Book your apppointment now for all your foot-care needs. No polish. McKee members only.

Please note: Foot-care appointments are booked in 20-minute time slots.

Chat with a Nurse

Fri, Nov 13 **10-11am**
Event ID: 120151

Join us in the lounge to speak with a nurse and have your questions answered.

Adult Paint Night: Holiday Theme

Mon, Nov 16 & 30 **6-8pm**
$25 Members
Event ID: 128838 & 128839 **$35 Non-Members**

Enjoy a fun, casual atmosphere. No experience required. Classes will include all the supplies and materials needed. Pre-registration is required online or in person at McKee.

Tea & Tales

Wed, Nov 18 **11am-12pm**
Event ID: 120142

Join Fraser Valley Library staff for a short story and a discussion about the authors and stories read.



Last month McKee joined forces with Kennedy Recreation Centre! Our Walking Club convenor Louise met with the "up and coming" Kennedy Walking Club convenor to discuss all things walking.

Did you hear about the guy who had five legs?

His pants fit like a glove!



McKee's recent mobility workshop was a great success!

McKee Volunteers

Volunteer of the Month
~ Harry ~



A big thank-you to Harry for all the time, energy, and joy he brings to McKee. When he's not enjoying a game of bingo, you'll likely find Harry in the pool doing what he loves and staying active.

We truly appreciate Harry's dedication, friendly spirit, and all the wonderful volunteer work he does. Harry is a familiar face at bingo, where he loves being part of the fun—along with his wife. You could say bingo is truly a family affair! They say age is just a number, and Harry certainly knows his numbers when it comes to bingo. Thank you, Harry!



Things got a little spooky last month when special events volunteers decorated for Halloween! Thanks to all our members who dropped off Candy for Fright Fest!



Happy 101st Birthday Wilbert!



Thank you, Dorothy, for writing over 130 birthday cards to McKee members. This started in October 2026 and Prabhjot G. was the first to collect her card.

McKee members, remember to stop by the front desk to collect your card.

McKee Club Schedule

Please arrive early Monday and Wednesday evenings; entrance to the facility is not permitted after 7pm.
Late entrance to any program is not permitted.
Please arrive on time for your scheduled class or you risk not being able to attend.

Monday *Facility access available till 7pm*	Tuesday	Wednesday *Facility access available till 7pm*	Thursday	Friday	Saturday
Snooker 9am-9pm	**Walking Club** 9-10am	**Snooker** 9am-9pm	**Canasta** 9-11:30am	**Walking Club** 9-10am	**Table Tennis** 9am-3pm
Mexican Train 10am-12pm	**Snooker** 9am-4pm	**Art Connection** 12-1:30pm	**Snooker** 9am-4pm	**Chess** 9-11am	**Snooker** 9:30am-3:30pm
Tap Dance 10:30am-12pm	**Mah Jong** 9:30am-12:30pm	**Card Seep** 12:30-3pm	**Mah Jong** 9:15am-12:15pm	**Snooker** 9am-4pm	**Knitting Sisters** 10am-12pm (Nov 7 & 21)
Card Seep 12:30-3pm	**Card Seep** 12:30-3pm	**Cribbage** 12:30-3pm	**Carpet Bowling** 9:30am-12pm	**Philosophers DIscussion Club** 11:30am-12:30pm (Nov 13)	**Tap Dance** 10am-12pm
Canasta 12:30-3pm	**Scrabble** 1-4pm	**Mah Jong** 1-4pm	**Card Seep** 12:30-3pm	**Card Seep** 12:30-3pm	**Card Seep** 11am-3pm
Contract Bridge 1:15-3:45pm	**Contract Bridge** 1-4pm	**Ukulele Intermediate** 2:30-4pm	**Bingo** 12:30-3:30pm	**Scrabble** 1-4pm	**Dealers Choice** 12:30-3pm
Table Tennis 1:30-3:30pm	**Euchre** 1-3pm	**Table Tennis** 6-8pm	**McKee Sisters** 12:30-4pm	**Book Club** 2-4:30pm (Nov 27)	**Bingo** 12:30-3:30pm
Mah Jong 5-8pm	**Jammers** 3-5:15pm (Nov 10 & 24)	**Mah Jong** 6-9pm	**Table Tennis** 2-5pm		**Contract Bridge** 6:15-9:45pm
Cribbage 6:30-9pm	**Diners Club** 5pm (Nov 24)	**Duplicate Bridge** 6:15-9:45pm			

Save the Date

Dec 7 Holiday Felt Ornament Making - Craft
Dec 9 ICBC Winter Driving Workshop
Dec 16 Fancy Wrapping Paper - Craft

Information and registration are available in person, online Delta.ca/Registration or by calling 604-946-1411.

McKee Instructional/Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fun & Fitness 8:30-9:30am	**Core, Balance & Strength** 8-9am	**Seated Tai Chi for Modern Life** 9-10am	**Chair Yoga** 10:30-11:30am	**Easy Flow Yoga** 8:45-9:45am	**Strengthen & Stretch** 9-10am
Strengthen & Stretch 8:45-9:45am	**Yoga Flow** 9:30-10:30am	**Fun & Fitness** 9-10am	**Gentle Yoga** 11:45am-12:45pm	**Fun & Fitness** 9-10am	**M.I.I.T.** 10:15-11:15am
M.I.I.T. 10-11am	**Osteofit** 9:30-10:30am	**Strengthen & Stretch** 10:15-11:15am	**Get up & Go** 1-2pm	**Gentle Yoga** 10-11am	
Watercolour Advanced 10:30am-12:30pm	**Acrylic & Watercolour Painting** 9:30-11:30am	**Low Impact Easy Aerobic Program** 11am-12pm	**Muscle Max** 4:30-5:30pm	**Custom Fit** 10:15-11:15am	
Line Dance Beginner 11:30am-12:30pm	**Meditation** 11am-12pm	**Beginner Ukulele** 11am-12pm	**Stiffness Solutions** 4:30-5:30pm	**Line Dance Intermediate** 10:30-11:30am	
Watercolour Beginner Plus 1:30-3:30pm	**Gentle Yoga** 11am-12pm	**Minds in Motion** 1:30-3:30pm		**Line Dance 3** 11:45-12:45am	
Muscle Max 4:30-5:30pm	**Tai Chi Beginner** 12:30-1:30pm	**African Hand Drumming: Intro** 4:30-5:30pm		**ActivAge** 12-1pm	
Low-Impact Easy Aerobic Program 4:30-5:30pm	**Get up & Go** 1-2pm	**African Hand Drumming: Level 2** 6-7pm		**ActivAge** 1-2pm	
Yoga Therapy for Chronic Pain 4:30-5:30pm	**Tai Chi Intermediate** 1:45-2:45pm			**Line Dance 2** 1-2pm	
Restorative Yoga 5:45-7pm	**Muscle Max** 3:30-4:30pm			**Line Dance 1 Beginner** 2:15-3:15pm	
	Simply Stretch 5-6pm			**Healing with Sound** 2:30-4pm (Nov 6, 13, 20,27)	

Colour legend: **Registered series** - Advanced registration required.

Drop in - Booking available 72 hours prior.

Information and registration are available in person, online Delta.ca/Registration or by calling 604-946-1411.

City of Delta

Hello Wise & Wonderful Readers!

As November arrives, I find myself reflecting on another year that is quickly coming to a close. It's a great opportunity to celebrate accomplishments, the people who make our lives brighter, the memories we shared, and the many reasons we have to be thankful. Holidays highlight the importance of connection, kindness, and spending quality time with the people who matter most. We also wear poppies on Remembrance Day to honour those who served and sacrificed for our country.

A meal is about more than food. It's an opportunity to laugh, catch up, make new friends, and create memories. The success of our Supper Club is a testament to the joy that comes from sharing good food and good company! Register for one of the upcoming dates and see for yourself.

I also want to extend heartfelt gratitude to our incredible volunteers. Your time, generosity, enthusiasm, and dedication make such a meaningful difference. You help create the welcoming atmosphere that makes McKee and Kennedy seniors centres such special places to spend time. This November, take a moment to share a smile, make a new friend, thank a volunteer, or invite someone to join you for lunch.

As temperatures drop, remember to dress in layers, wear shoes with good traction, keep walkways clear, and check in on friends and neighbours. Small acts of care can make the colder months safer and more enjoyable.

Sara Sochting,
Volunteer & Customer Service Coordinator

Delta Seniors Bus: 604-597-4876



The Delta Seniors Bus 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. 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.

From Delta's Social Planning Team:

Earlier this year we received feedback on how to create a more age-friendly Delta, and many of you said you wanted more benches and rest stops in Delta parks. Now we want to know where! Let us know by:
Scanning the QR code to fill out the form,
Emailing socialplanning@delta.ca, or telling the staff at McKee or Kennedy.

We look forward to creating a more age-friendly Delta with you!

SCENT FREE: Please be reminded that 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.

City of Delta Staff

Community Services Manager	**Robert Sullivan**
Seniors Community Services Supervisor	**Lisa Porter**
Seniors Centre Coordinator	**Katie Green**
Volunteer & Customer Servicer Coordinator	**Sara Sochting / Carlee Perugini**
Seniors Support Coordinator	**Eva Busich-Veloso**
Recreation Programmer	**Kourtney Nishi / Bryson Stoughton**

City of Delta



DELTA SUPPER CLUB

The Delta Supper Club is a FREE program for older adults that will provide the skills needed to prepare food and cook a selection of meals, with time to socialize with others in the program. In small groups, you will gain skills to enhance your ability to create healthy meals, leading to better overall health and greater independence at home.

Please note that you may only register in one class per month. Open to everyone 50 years of age and older. Registration for October is now open.

November: Harvest Table
Roast pork, make pan gravy, time a complete meal and make a caramel sauce for dessert.

December: Holiday Entertaining
Learn pastry handling, savoury pie assembly and holiday entertaining tips.

Registration opens on the third Wednesday of the month for the following month.

Kennedy Seniors Recreation Centre
11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717

McKee Seniors Recreation Centre
5155 47 Avenue
Delta, BC V4C 3C5
604-946-1411

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

For more information and registration visit delta.ca/Rec50, or call 604-952-3000. Delta

No one is born a great cook. One learns by doing.

~ Julia Child ~

Do You Need a Snow Angel?

Delta SNOW ANGEL PROGRAM

The application period is October 5 to November 13, 2026. The service is available to Delta residents 65+ who have physical limitations and do not have others in their household or nearby who are able to assist with shoveling their walkway or sidewalk; residents 70+ with physical limitations will receive first priority. Snow Angel availability is limited as it is volunteer dependent. Snow Angels are assigned on a priority basis.

Call 604-952-3000 for more information and/or to apply for the program.
Event ID: 126124

Call for Snow Angel Volunteers

This winter, let's come together to make a difference in the lives of our senior neighbours. We are looking for dedicated volunteers to help shovel snow and provide pathways for our seniors. Clear paths for seniors will make daily routines safer and easier.

To learn more about becoming a Snow Angel volunteer and the requirements, please call 604-946-3288 or visit Delta.ca/Snowangels. Together, we can make a significant difference this winter.

BC's New Time Zone and Your Delta Activity Calendar

BC is moving to a new time zone on Sunday, November 1. The City of Delta's online registration system service provider is still updating its system to support the new time zone. If you add your programs to your phone or computer calendar, the date or time may look wrong for sessions starting on or after November 1. Please check your program times on your emailed Registration Confirmation (Booking Confirmation), or call us at 604-952-3000 to confirm.

Visit the Government of BC's website to learn more about the time change.

City of Delta



Tree Lighting & Holiday Market Events

Celebrate the holiday season with family, friends and neighbours at two festive community celebrations in Delta. Enjoy an evening of holiday cheer featuring a Christmas tree lighting, festive holiday market, seasonal activities and entertainment for all ages.

Ladner Village Tree Lighting & Holiday Market
Thu, Nov 26 5-8pm

North Delta Tree Lighting & Holiday Market
Sat, Nov 28 5-8pm

For more information, visit delta.ca/treelightings

Free smart thermostats

BC Hydro Power smart

If you heat your home with electric baseboard heaters, you may be eligible to receive up to five free smart baseboard thermostats this fall. You may qualify if you: are a BC Hydro residential customer; heat your home with electric baseboard heaters; agree to keep your thermostats enrolled in Peak Saver. Registration opens this fall. Sign up now to be notified when the free thermostat offer launches in October.

Scan the QR code to register or visit bchydro.com/freethermostats

Fitness & Mobility Exercise (FAME)

This small group exercise program is designed for individuals living with stroke to enhance walking, balance, strength, and hand function. It's also suitable for those with neurological conditions, Parkinson's, multiple sclerosis, or brain injury.

South Delta Recreation Centre
Mon & Wed, Nov 2-30 2-3pm
Event ID: 117445 $112/8 sessions

Sungod Recreation Centre
Mon & Wed, Nov 2-30 1-2pm
Event ID: 117424 $112/8 sessions

Boccia Drop-in Fall Program

North Delta Recreation Centre

Wed, Nov 11, 25 & Dec 10 **7-9pm**
Event ID: 117256 **Drop-in fees apply**

Whether you are a seasoned athlete or trying boccia for the very first time, we are excited to have you join us at the North Delta Recreation Centre. Learn about this adaptive sport that is a mix of curling and lawn bowling! Available to all people of all abilities. Registration opens 72 hours before the program start date.



Visit Delta.ca/Registration to register for any of these programs.

City of Delta ~ Cultural Programs

Ladner Remembrance Day
Wednesday, November 11
Memorial Park Cenotaph
10:40am

The parade will begin at 10:40am at Royal Canadian Legion Branch #61 at 4896 Delta Street. The procession will arrive at Memorial Park around 11am for two minutes of silence, followed by the official service and wreath-laying. Participants include the Delta Police Pipe Band, local veterans, legion members, cadets, firefighters, paramedics and community groups.



North Delta Remembrance Day
Wednesday, November 11
North Delta Social Heart Plaza

The City of Delta, in partnership with the Kennedy Seniors Society, invites you and your family to attend the North Delta Remembrance Day Ceremony at the Social Heart Plaza. This meaningful gathering brings together community members, veterans, service organizations, and youth groups to honour and reflect on the courage, sacrifice, and service of those who have defended Canada in acknowledgment of Veterans Week.

Following the ceremony, refreshments will be served in the Main Hall at the North Delta Recreation Centre. This event is a time to come together in remembrance, gratitude, and community connection.



Celebrate the spirit of Diwali and Bandi Chhor Divas at DIYAfest, an evening filled with live music, cultural performances, delicious food, and activities for all ages. DIYAfest brings the community together to celebrate culture, connection, and light in a vibrant and welcoming atmosphere.

DIYAfest takes place outdoors, rain or shine. Dress for the weather and get ready for an evening of fun and celebration. Complimentary shuttle service will be available from 3-9pm, departing from Sungod Recreation Centre.

Book a free Ferris wheel ride at **delta.ca/DIYAfest.**

Wellness

The Good Life Webinar

Professor Robert Waldinger will explore lessons from the *Harvard Study of Adult Development,* the longest scientific study of happiness ever conducted.

This conversation with Dr. Mark Williamson was recorded live at an Action for Happiness event in January 2023 https://actionforhappiness.org.

McKee Seniors Recreation Centre

Wed, Nov 4 10-11am

Event ID: 120281

Kennedy Seniors Recreation Centre

Tue, Nov 10 10-11:30am

Event ID: 120286

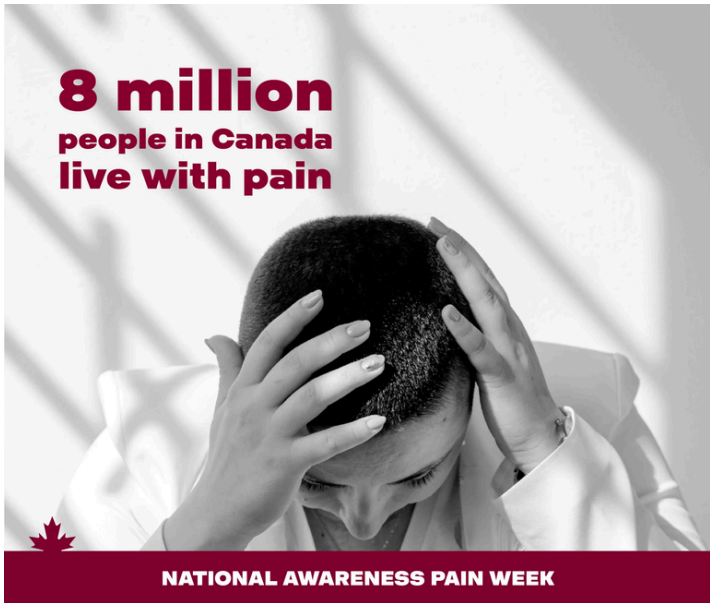
WELLNESS

National Pain Awareness Week
November 2-8, 2026

Acute vs Chronic Pain:

While acute pain typically resolves within three months, chronic pain lasts for more than three months and can persist even after tissues have healed. Chronic pain can be complex and invisible because the causes can be unknown and may involve increased sensitivity within the nervous system.

Chronic pain is a national public health crisis. Approximately 1 in 5 Canadians live with chronic pain, and Statistics Canada data reports that millions experience daily limitations or pain-related disabilities that impact their ability to work or move freely.



Types of Chronic Pain:

Musculoskeletal pain: affecting bones, joints and muscles (e.g. osteoarthritis, back pain)

Neuropathic pain: stemming from nerve damage or dysfunction within the nervous system.

Nociplastic and central sensitization pain: amplified signaling within the central nervous system where the brain and spinal cord process sensory input intensely.

Mental health and chronic pain are fundamentally connected.

People living with mental illness are at higher risk of experiencing a wide range of chronic physical conditions. Conversely, people living with chronic pain experience depression and anxiety at twice the rate of the general population.

Often, the physical, or biological, aspects of chronic pain are treated, but the emotional experience is not actively considered. However, the biopsychosocial model approach to health care emphasizes that one's health is influenced by biological, psychological, and social factors. Therefore, treatment for pain should involve consideration of each aspect, including the psychological. By caring for your mental health, you can positively impact your pain levels.

Ways to manage your pain by retraining your brain:

- Pain neuroscience education.
- Connecting with a counsellor who practices Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), or Pain Reprocessing Therapy (PRT).
- Gradual movements to teach your brain that you can move safely.
- Engaging in mindfulness and meditative. exercises to help your body move into a more relaxed state.

Adapted from the https://painbc.ca website.

If you'd like more information please connect with Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, ebusich-veloso@delta.ca

PAIN BC™

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC | 604-594-2717

Dear Members,

Hi to all from the desks of Ticket to Ride and the Travel Director! We are approaching a time of year filled with solemn reflection, sadness, and joyful memories.

We begin with Remembrance Day, which Kennedy Seniors Society has the privilege of hosting at the North Delta Recreation Centre. Next is High Tea at the Dickens Christmas Store in Chilliwack. We will then decorate the centre for the Christmas season and take two bus trips to tour local Christmas light displays.

During this busy time with all that is going on, it is important that we don't forget to look after ourselves by getting our flu shots and taking advantage of the government's offer of free RSV shots for those of us who qualify.

On behalf of the board of directors, be happy and safe during this period.

Dave Quick,
Director of Travel and Marketing

IMPORTANT NOTICE: from Nov 9-20 the **ELEVATOR WILL BE OUT OF SERVICE** for repairs. We apologize for any inconvenience and appreciate your support and understanding.

KENNEDY SENIORS SOCIETY

Board of Directors 2026-2027

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
Dir. of Socials	Share Forde
Dir. of Volunteers	Linda Christoforou
Dir. of Travel & Marketing	Dave Quick
Dir. at Large	Rick Rempel

Centre Hours of Operation	
Mon, Wed	9am-9pm
Tue, Thu, Fri, Sat	9am-4pm
Customer Service Office Hours	
Mon/Wed	9am-6:45pm
Tue/Thu/Fri	9am-3:45pm
Sat	9am-1:30pm
Sundays and Statutory Holidays: Closed	

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-Actiity 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 Seniors Society's Board of Directors before being brought into the centre. We are not collecting hardcover books, magazines, or dishes, etc.

Save the Date

Wed, Dec 2	Full House Jazz Band Concert
Tue, Dec 8	ICBC Winter Driving Presentation
Wed, Dec 16	Christmas Luncheon
Mon, Dec 21	Delta Police Recruits

Kennedy 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 Eighty-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
Wed	Bridge	1:15pm
Thu	Samba	1pm
Fri	Mah Jong	1:15pm

Remembrance Day
Wednesday, November 11
10:40am-12pm
North Delta Social Heart Plaza

For details please see Delta pages.

Lest We Forget

For Remembrance Day this year, we are planning a special display called the *Poppy Wall of Honour*. The display will provide our members and staff an opportunity to honour their families and/or friends who served in the military and hopefully give them a chance to learn a bit more about their own family history.

Within the poppy we would like you to include such information as: name, date of birth, when/where the person served, date/year of death, awards received, and any other notable info you would like to share.

If the information you have is limited, please don't be discouraged; whatever you can include is fine. We encourage as many of you to participate as possible. The more poppies we can display, the more impact our *Poppy Wall of Honour* display will have. If you need additional poppies or have any questions, please contact the customer service desk at 604-594-2717.

Please return the poppies to Kennedy's customer service desk by November 4 so that we have plenty of time to compile our display. We look forward to learning about our community's military history together.

Dave Quick
Director of Travel

Kennedy Ticket to Ride

Dickens British Museum & High Tea



Fri, Nov 20 **10am-5pm**
Event ID: 122619 **$50**

SOLD OUT

Dickens British Sweet Shop and Musem is a trip down memory lane, depicting the golden years of the British way of life. Tour the musuem and Christmas display and enjoy high tea, all included in the cost of your ticket.

The bus will leave Kennedy at 10am and return at approximately 5pm. Tickets available now. Kennedy membership is required. Two tickets maximum per person.

Christmas Lights Tour

Wed, Dec 9 **5-7pm**
Event ID: 127944 **$10**
Tickets go on sale at 9:30am, Thu, Nov 12.

Mon, Dec 14 **5-7pm**
Event ID: 127947 **$10**
Tickets go on sale at 9:30am, Thu, Nov 19.

Hop on the bus for a tour of Christmas lights in Delta. The bus will leave Kennedy at 5pm and return at 7pm for hot chocolate in the café!

Kennedy membership is required. Maximum two tickets per person.

Kennedy Workshops & Presentations

Pharmacist Presentation: Diabetes Awareness

Tue, Nov 24 **10:30-11:30am**
Event ID: 119858

This informative presentation by a local pharmacist will provide an overview of diabetes, including Type 1, Type 2, and prediabetes, while helping you recognize warning signs and understand blood sugar management. Learn practical tips for healthy eating, managing footcare, the connection of diabetes to heart health, and strategies for living an active, healthy life with diabetes. Non-members welcome. Please pre-register as space is limited.

Foot-Care Clinic

Fri, Nov 6, 13, 27 **9:45am-12pm**

Book your appointment with the Foot-Care Nurse for your foot-care needs. Appointments are 45 minutes. No polish. **$60**

The Good Life Webinar

Tue, Nov 10 **10-11:30am**
Event ID: 120286

This event is hosted by Delta's Seniors Support Coordinator. For more information see Delta pages.

ICBC Winter Driving Presentation

Tue, Dec 8 **10-11:30am**
Event ID: 119859

Join us for a discussion about road safety tips during the winter. As the weather turns colder and the days darken, road conditions become more challenging and driving more difficult. We'll hear from ICBC Road Safety and Community Coordinator, Karon Trenaman about tips to aid you as both a driver and pedestrian to navigate our roads safely and to ensure your vehicle is prepared for winter weather.

Non-members welcome. Space is limited, please pre-register.

Kennedy Drop-In Programs

Walking Club - NEW!

Tue & Fri **10:30-11:30am**

Enjoy a casual walk with good company and great conversations! The Walking Club will meet twice a week on Tuesdays and Fridays. This group will depart from and return to Kennedy. Regular drop-in fees will apply. Kennedy membership required.

Everywhere is walking distance if you have enough time!

Scrabble is Back!

Sat **1-3pm**

Join in the fun with this classic word board game.

Card Players Wanted!

Dealer's Choice uses variants of many poker styles with a rotating dealer choosing the game. We need fresh players! Drop by the lounge Wednesday or Friday afternoons to take a look and check out our shiny new poker table!!

Darts

Sat **10am-12pm**
Mon, Tue, Wed **12:30-4pm**

Drop in for a friendly game of darts and your name will automatically be entered to win a prize.

Don't forget to scan in at the front desk. Regular drop-in fees apply.

Lower Mainland Snooker League A & B

Kennedy will be hosting the Lower Mainland Snooker League for another season. Games will be held in the Snooker Room from 9am-1pm.

Drop-in snooker will not be offered during the game dates. Come and cheer Kennedy on!

Snooker B League	Snooker A League
Wed, Nov 18	Thu, Nov 5, 12 & 26
Wed, Dec 2 & 16	Thu, Dec 3

Kennedy Special Events



Kennedy Photography Interest Group Presents:

Kris Cru: Bird Photography & Creative Imagery

Wed, Nov 18
Event ID: 124693

7-9pm
Members $3
Guests $5

Join award-winning photographer Kris Cru for a presentation about bird photography. Kris will cover the basics of birding, camera settings, lenses and techniques to make your images more creative.

Kris grew up in Manila, Philippines, and loved watching the pied fantails foraging in his neighbours garden. Upon moving to Canada, he completed a biological sciences degree from SFU and is now the community engagement coordinator for Birds Canada. Kris is also a wildlife photographer and guide, eagerly sharing the world of birds and nature with others.

Holiday Ornament Making

Wed, Nov 18
Event ID: 128422

6-8pm
Members $10
Guests $15

Create your very own holiday felt ornament in this fun and festive hands-on workshop! Design and cut your own felt shapes, embellish them using simple embroidery techniques, and bring your creation to life with batting and a classic blanket stitch.
No experience necessary, just bring your creativity and holiday spirit! Open to adults 19yrs+.

Craftin' Around the Christmas Tree 3.0

Sat, Nov 21
Event ID: 124599

10:30am-3pm
$15

We are pleased to welcome Debbie back for her final Christmas craft workshop, focusing on Christmas container arrangements. No need to bring a container, there are many to chose from. If you have an old wreath to revamp, please bring it. If you have them, please bring: scissors, wire-cutters, glue gun, glue, and an extension cord.

Coffee, tea and goodies will be provided; bring your own brown bag lunch. Space is limited so register early. Kennedy membership is required.
Registration now open!



Deck the Halls

Tue, Nov 24
Event ID: 119857

10am-1pm

Help us deck the halls of Kennedy and help us spread some holiday cheer! Please pre-register.

Full House Jazz Band Concert

Wed, Dec 2
Event ID: 125057

7-9pm
Members $10
Guests $15

Full House Jazz Band are dedicated and talented musicians with a passion for big band jazz. In keeping with the season, they will be performing Christmas tunes with a jazzy twist! Director, Kris Covlin challenges the band with exciting big band orchestrations in swing, blues, Latin jazz, rock, funk, bebop, fusion and contemporary styles.

Doors open at 7pm, Concert will start at 7:30pm. **Tickets on sale now.** Max 4 tickets per person. Non-members welcome.

Kennedy Instructional Programs

Acrylic Art

Wed, Nov 4 **10:30am-12:30pm**
Event ID: 117558 **$10**
Wed, Nov 25-Dec 9 **10:30am-12:30pm**
Event ID: 117559 **$30**

Using a step-by-step process over three weeks, learn to create beautiful landscapes using acrylic paints which are liked 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.

Spanish Intermediate Level 1

Thu, Nov 12-Dec 3 **11am-12:30pm**
Event ID: 118098 **$30**

This course is a continuation of the beginner's Spanish class. This class is perfect for those already familiar with Spanish and existing knowledge of common words, phrases, and grammar.

For a comprehensive list of all the programs offered at Kennedy Seniors Recreation Centre, please view the Fall 2026 Program Guide online at Delta.ca or pick one up at the front desk.

Mindfulness & Meditation Level 1

Thu, Nov 12-Dec 17 **10-11:30am**
Event ID: 118065 **$5**

Explore the benefits of meditation, gain insights into how our mind and thoughts operate, and examine the connection between the heart and mind. Learn how mindfulness practices can help build resilience in the face of common stress factors. Each session includes a blend of learning, seated meditation, and open discussion, giving you the tools to incorporate mindfulness and meditation into your daily life for greater peace and balance. No class Dec 3.

Mindfulness & Meditation Level 2

Thu, Nov 12-Dec 17 **11:45am-1:15pm**
Event ID: 118069 **$5**

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.

Be prepared to attend all five sessions as each class builds on top of the next. Level 1 must be completed prior to registering. No class Dec 3.

Kennedy Socials

Jingle Bell Rock & Roll Dinner Dance

Sat, Nov 28 **4:45-9pm**
Event ID: 128396 **Members $25**
Guests $30

Roxanne will be providing a wonderful turkey dinner with all the trimmings. Dessert will be a delicious surprise. Our live entertainment will be provided by the Brandall Band. Hope to see you there!

In-person tickets go on sale at 9:30am, Thursday, November 5. Maximum four tickets per person. The centre opens at 8:30am.
Tickets sold on a first-come, first-served basis.

Christmas Luncheon

Wed, Dec 16 **12-3pm**
Event ID: 124763 **Members $25**
Guests $30

Join us for a festive Christmas turkey lunch with all the trimmings! Sing and dance to live music. Performer to be announced soon! Doors will open at 11:30am, lunch served at 12pm and entertainment starts at 1pm. Tickets go on sale Thursday, November 26 at 9:30am.



If you plan to purchase tickets, please ensure that you have set up your account prior to the ticket sale date and that your membership is current by the event date.

Kennedy Volunteers

Volunteer of the Month
~ Robin S. ~



I have been a member of Kennedy Seniors Recreation Centre (or "the club") for just over a year, having joined during last year's open house. The variety of activities available is amazing. Line dancing, tile games and Mahjong are my regular programs for now, but I look forward to trying out new pursuits. What stands out is just how friendly and welcoming everyone is–the city staff, instructors, board members and other volunteers, and the membership in general. I'm proud to be a volunteer here knowing that my contribution is a part of what helps keep all the opportunities available for everyone to enjoy.

North Delta has been my home since 2020. When I am not enjoying myself at the centre, I am usually busy either working in my garden, taking a walk, doing home maintenance/improvement projects or reading.

Volunteer Opportunities:

Greeter Shifts	Morning & Afternoon
Remembrance Day Reception	Wed, Nov 11
Christmas Craft Workshop	Sat, Nov 21
Jazz Band Concert	Wed, Dec 2
Back-up Ceramics Convener	Sat, 10am-12pm
Back-up Darts Convener	Mon, 12:30-4pm
	Tue, 12:30-4pm
	Sat, 10am-12:30pm

Please enquire at the front desk or contact Linda C. for any other volunteer opportunities.

During the month of October, Kennedy volunteers generously donated 889.75 hours of their valuable time.



Andrew T. was presented with an honorarium from the Board of Directors in recognition of his amazing efforts and dedication to the Drop-In Guitar program on Tuesdays.



Doug Fraser is presented an honorarium from the Board of Directors for his expertise in computer programs and technical support.

Kennedy Instructional & Fitness Programs

For Kennedy Seniors Society programs all attendees must have a current Kennedy membership card.
Due to unforeseen circumstances, classes may be cancelled without notice.
Kennedy's Fall Program Guide is available online or at Kennedy's customer service desk.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tap Dance 9-10:30am	**Fit & Active** 9:15-10:15am	**Hawaiian Dance Beginner** 9:15-10:15am	**Tai Chi Beginner** 9-10am	**Advanced Computers** 9:30am-12pm	**Gentle Yoga** 9:45-10:45am No class Nov 28
Zumba 9:15-10:15am	**Fit & Funtional** 10:30-11:15am	**ActivAge** 9:30-10:30am	**Fit & Active** 9:15-10:15am	**Chair Yoga (Seated)** 10-11am	**Fit & Functional** 11-11:45am No class Nov 28
Intro to Computers 9:30am-12pm	**Simply Stretch** 11:45am-12:45pm	**Hawaiian Dance Intermediate** 10:15-11:30am	**Guitar for Intermediate** 9:30-11am		**Chair Dance Fitness** 12-1pm No class Nov 28
Fit & Active 10:30-11:30am	**Watercolour Painting** 1-3pm	**Acrylic Art** 10:30am-12:30pm	**Tai Chi Intermediate** 10-11am		**Chinese Folk Dance** 1-4pm No class Nov 21
Gentle Yoga 11:45am-12:45pm		**Choose to Move** 10:30-11:30am	**Meditation Level 1** 10-11:30am		
Square Dancing 6:30-7:30pm		**Gentle Yoga** 12:15-1:15pm	**Fit & Functional** 10:30-11:15am		
		Chair Yoga (Blended) 12-1pm	**Spanish for Intermediate Level 1** 11am-12:30pm		
		Line Dance Level 3 1:30-2:30pm	**Minds in Motion** 11:30am-1:15pm		
		Line Dance Level 2 2:35-3:35pm	**Meditation Level 2** 11:45am-1:15pm		
		Line Dance Level 1 3:40-4:40pm	**Simply Stretch** 12:30-1:30pm		

Colour legend: Kennedy Society Instructional Programs

Delta Drop-in Fitness Programs

Delta Fitness classes can be reserved up to 72 hours in advance in person or online at Delta.ca/registration

Kennedy Drop-in Programs

All attendees must have a current Kennedy membership card.
Due to unforeseen circumstances, classes may be cancelled without notice.
Kennedy's Fall Program Guide available online or at Kennedy's customer service desk.

Monday Now open Monday evenings	Tuesday	Wednesday	Thursday	Friday	Saturday
Woodshop 9am-8pm	**Woodshop** 9am-3:45pm	**Woodshop** 9am-8pm	**Woodshop** 9am-3:45pm	**Woodshop** 9am-3:45pm	**Woodshop** 9am-3:45pm
Snooker 9am-8:30pm	**Snooker** 9am-4pm	**Snooker*** 9am-8:30pm	**Snooker*** 9am-4pm	**Snooker** 9am-4pm	**Snooker** 9am-3:45pm
Ceramics 11am-1pm	**Guitar** 10-11:30am	**Carpet Bowling** 9-11:45am	**Book Club** 11am-12pm 1st Thursday-Nov 5	**Crafty Ladies** 9-11:30am	**Table Tennis** 9:30am-12pm **(No class Nov 21)**
Bingo 12:15-3:30pm	**Walking Club** **NEW!** 10:30-11:30am	**Card Making** 9:30am-12pm	**Acrylic & Watercolour** 1-3pm	**Carpet Bowling** 9-11:45am	**Ceramics** 10am-12pm
Darts 12:30-4pm	**Crafty Ladies** 12:15-3pm	**Acrylic Art** 10:30am-12:30pm (Nov 18)	**Samba** (Card Game) 1-4pm	**Walking Club** **NEW!** 10:30-11:30am	**Darts** 10am-12pm
Canasta 1:15-4pm	**Women's Friends Group** 12:30-2:30pm	**Dealer's choice** 12-3:30pm	**Pickleball** 1:45-4:15pm	**Dealer's Choice** 12-3:30pm	**Acrylic & Watercolour** 1-3pm
Pickleball 1:15-4pm	**Darts** 12:30-4pm	**Darts** 12:30-4pm	**Table Tennis** 1:45-4:15pm	**Bingo** 12:15-3:30pm	**Scrabble** 1-3pm
Art 4-8pm	**Mexican Train** 1:15-4pm	**Meditation** 12:30-2pm (every other wed)		**Jammers** 1-3pm	**Pickleball** 1:30-3:45pm
Carpet Bowling **NEW!** 4:30-6pm	**Pickelball** 1:15-4pm	**Contract Bridge** 1:15-4:15pm		**Mahjong** 1:15-3:30pm	
	Euchre 1:30-3:15pm	**Table Tennis** 1:30-3:30pm			
	Table Tennis 3:30-5:30pm	**Art** 4-8pm			
		Tile Games 6:30-8:30pm			
		Cribbage 6:30-8:30pm			
		Pickleball 6:30-8:30pm			
		Photography Interest Group 7-9pm (Nov 4 & 18)			

***Kennedy will be hosting the Lower Mainland Snooker League for another season. Games will be held from 9am-1pm in the Snooker Room. Drop-in Snooker will not be available duringf the games dates.**
Come and Cheer Kennedy on!

Snooker B League
Nov 18, Dec 2, Dec 16

Snooker A League
Nov 5, Nov 12, Nov 26, Dec 3

Brain Games & Fun

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	7		5					9
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GREY CUP WORDSEARCH

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FOOTBALL
ALOUETTES
HALFTIME
REDBLACKS
QUARTERBACK
ARGONAUTS
BLITZ
TIGER-CATS
LIONS
STAMPEDERS
ELKS
ROUGHRIDERS
BLUEBOMBERS
PLAYOFFS
HELMET
TACKLE
FLAG
DOWNS
PENALTY
FANS

BRAIN GAMES & FUN

Cozy Word Scramble

1	MWRA		9	UGNS	
2	BAFCMOEOLRT		10	AKNBETL	
3	PEFCILERA		11	HSLETRE	
4	SEEAWRT		12	OHT OEHOACTCL	
5	PILSRESP		13	NLUESGG	
6	MEHO		14	UDCYLD	
7	ONLEUG		15	NEDTSLE	
8	BBLUEB THBA		16	CFRSA	

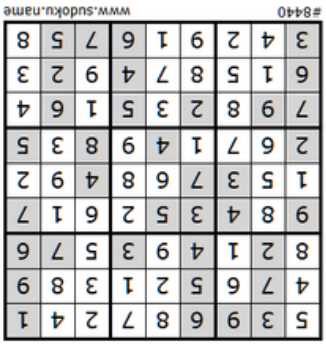
1960s Movie Trivia:

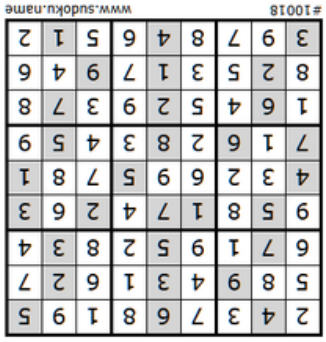
November is the perferct time to get cozy and rewatch some of your favourite old movies. While you're waiting for the popcorn to pop, test yourself with this movie trivia:



1. Who played Holly Golightly in *Breakfast at Tiffany's?*
2. Who played Atticus Finch in *To Kill a Mockingbird?*
3. What musical centres around gang rivalry in New York?
4. Charlton Heston monkeyed around as Cornelius in what movie?
5. In Butch Cassidy and the Sundance Kid, who was Butch and who was Sundance?
6. In the film Psycho, what was the name of the motel run by Norman Bates?
7. Which film features a college graduate who becomes entangled in an affair with an older woman?
8. Who starred in the film True Grit?
9. What was the highest grossing film of the 1960s?
10. Which film features two bikers travelling the American Southwest?

1.WARM 2. COMFORTABLE 3. FIREPLACE 4. SWEATER 5. SLIPPERS 6. HOME 7. LOUNGE 8. BUBBLE BATH
9. SNUG 10. BLANKET 11. SHELTER 12. HOT CHOCOLATE 13. SNUGGLE 14. CUDDLY 15. NESTLED 16: SCARF





1. Audrey Hepburn
2. Gregory Peck
3. West Side Story
4. Planet of the Apes
5. Butch-Paul Newman
Sundance-Robert Redford
6. The Bates Motel
7. The Graduate
8. John Wayne
9. The Sound of Music
10. Easy Rider

Everyone has a photographic memory, some just don't have film!

I have an inferiority complex,but it's not a very good one.