KENNEDY SENIORS RECREATION CENTRE

Winter 2027



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, take a tour, and meet our volunteers and staff to discover the wide range of recreation and leisure opportunities available.

Centre Hours of Operation

Tue/Thu/Fri/Sat	9am-4pm
Mon/Wed	9am-9pm
Sun & Stat Holidays (Jan 1, Mar 26)	Closed

Customer Service Office Hours:

Mon/Wed	9am-8:15pm
Tue/ Thu Fri	9am-3:45pm
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

Registered Programs

Instructional Programs require pre-registration. See page 5 for descriptions and fees. Registration can be done in person at the Customer Service Desk, by calling Kennedy Seniors Recreation Centre at **604-594-2717** or online at **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 Passes. Drop-in Passes can be purchased at the Customer Service Desk for $7.00 for 20 or $17.50 for 50 passes.



DROP-IN ACTIVITIES

All drop-in activities require a drop-in fee or a guest pass unless noted in the program description.
A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

ACRYLIC ART DROP-IN

Wed, Jan 27 **10:30am-12:30pm**
Wed, Feb 24 **10:30am-12:30pm**
Wed, Mar 24 **10:30am-12:30pm**

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 card pattern to the pattern 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. Create bonds using cards of the same rank; go out by discarding all of the cards in hand.

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

Mon **4:30-6:30pm**
Wed/Fri **9-11:45am**

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

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.

CERAMICS

Mon **11am-1pm**
Sat **10am-12pm**

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

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.

DARTS

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

Drop in for a friendly game of darts!

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)

Mon, Wed **4-8pm**
Thu, 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.

EUCHRE

Tue **1:30-3:15pm**

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

DROP-IN ACTIVITIES (Cont'd)

All Drop-in Activities require a Drop-in Fee or a Guest Pass unless noted in the program description. A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

LINE DANCING

Wed, Jan 6-27

This program is typically instructional, but will run as drop-in at regular drop-in rates during this time.

1:30-2:30pm Line Dance Level 3 – Intermediate
2:35-3:30pm Line Dance Leve 2 - Improver
3:40-4:40pm Line Dance Leve 1 – Beginner

See page 6 for class descriptions.

MAHJONG

Fri **1:15-3:30pm**

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

MEDITATION SELF-AWARENESS

Every other Wednesday
Jan 6-Mar 24 **12:30-2pm**

If you have completed Mindfulness and Meditation Level 2, these sessions are the next step in your meditation and mindfulness journey. Explore what more you can do to incorporate your practice into everyday life, take part in open discussions and meditation, review current practices and journey further to maintain and enhance the process.

MEXICAN TRAIN

Tue **1:15-4pm**

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**
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 **1-4pm**

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

SCRABBLE

Sat **1-3pm**

Wordsmith with others in a fun, social setting.

SNOOKER

Mon/Wed **9am-8:30pm**
Tue/Thu/Fri **9am-4pm**
Sat **9am-3:45pm**

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

TABLE TENNIS

Tue **3:30-5:30pm**
Wed **1:30-3:30pm**
Thu **1:45-4:15pm**
Sat **9:30am-12pm**

Enjoy 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.

WALKING CLUB

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

Go for a casual walk with good company and great conversations. Depart from and return to Kennedy.

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/Wed **9am-8pm**
Tue/Thu/Fri/Sat **9am-3:45pm**

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

WINTER INSTRUCTIONAL PROGRAMS

Instructional Programs begin January 4, 2027.
Please register in advance at our Customer Service Desk or online at Delta.ca/reg.

ACRYLIC ART

Wed, Jan 6-20 **10:30am-12:30pm**
Event ID: 126641 **$30**
Wed, Feb 3-17 **10:30am-12:30pm**
Event ID: 126642 **$30**
Wed, Mar 3-17 **10:30am-12:30pm**
Event ID: 126643 **$30**

Learn, step by step over 2 or 3 weeks, to create beautiful landscapes using acrylic paints, which are liked by artists for their ease of use, quick drying and forgiving nature. All levels are welcome. Pick up your supply list at the front desk. Small starter supply kits are available to purchase from the instructor for $20.

CHAIR YOGA (Blended)

Wed, Jan 6-Feb 10 **12-1pm**
Event ID: 126647 **$30**
Wed, Feb 17-Mar 24 **12-1pm**
Event ID: 126650 **$30**

Carol's blended yoga class combines 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, Jan 8-Feb 12 **10-11am**
Event ID: 126913 **$30**
Fri, Feb 19-Mar 19 **10-11am**
Event ID: 126915 **$25**

Join Carol for a calming, seated yoga class. Focus on flexibility, deepening breath and relaxation.

CHINESE FOLK DANCE

Sat, Jan 9-Mar 27 **1-4pm**
Event ID:126917 **$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 4-Mar 29 **9:30am-12pm**
Event ID: 126637 **$60**

This beginner-friendly course will leave you more comfortable with computers. No experience needed. Learn basic skills such as navigating the internet, emails, and common applications. Microsoft users only. Participants must bring their own laptops. Kennedy membership required. No class Feb 15.

COMPUTERS: ADVANCED

Fri, Jan 8-Mar 19 **9:30am-12pm**
Event ID: 126903 **$55**

This course for those who 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. Microsoft users only. Participants must bring their own laptops. Kennedy membership required.



GUITAR EXPERIENCE: INTERMEDIATE

Thu, Jan 7-Mar 25 **9:30-11am**
Event ID: 127023 **$5/class**

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

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HAWAIIAN DANCE: BEGINNERS

Wed, Jan 6-Mar 24 **9:15-10:15am**
Event ID: 126644 **$60**

Interested in learning Hawaiian Dance? Join our fun and welcoming beginner class. Learn gentle hula movements, improve balance and flexibility.

HAWAIIAN DANCE: INTERMEDIATE

Wed, Jan 6-Mar 24 **10:15-11:30am**
Event ID: 126645 **$60**

Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience recommended.

LINE DANCE LEVEL 3: INTERMEDIATE

Wed, Feb 3-Mar 24 **1:30-2:30pm**
Event ID: 126880 **$5/class**

An intermediate line dance class for dancers with 2+ years of experience.

LINE DANCE LEVEL 2: IMPROVER

Wed, Feb 3-Mar 24 **2:35-3:35pm**
Event ID: 126882 **$5/class**

If you have the basics and would like to learn and practice more, this is the class for you

LINE DANCE LEVEL 1: BEGINNER

Wed, Feb 3-Mar 24 **3:40-4:40pm**
Event ID: 126883 **$5/class**

No experience? No partner? No problem! The focus of this class is on fun!

MEDITATION & MINDFULNESS LEVEL 1

Thu, Jan 14-Feb 25 **10-11:30am**
Event ID: 127056 **$5**

A regular mindfulness practice has been shown to enhance stress management, improve focus, and help you better cope with illness, pain, and fatigue as well fostering self-awareness, self-compassion, and overall well-being. Gain insights into how our mind and thoughts operate, and examine the connection between the heart and mind. Each session includes 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 Feb 4.

The mind is like a parachute.

It doesn't work if it isn't open.

~ Frank Zappa ~

MEDITATION & MINDFULNESS LEVEL

Thu, Jan 14-Feb 25 **11:45am-1:15pm**
Event ID: 127057 **$5**

Build on the information presented in Level 1 and learn how to create a daily routine and meditation practice. Review practices used during Level 1 and build upon daily routine and practice, including breathing, relaxation, movement and meditation. Please be prepared to attend all 5 sessions as each class builds on top of the next. Participants must complete Level 1 prior to registering. No class Feb 4.



WINTER INSTRUCTIONAL PROGRAMS

Instructional Programs begin January 4, 2027.
Please register in advance at our Customer Service Desk or online at Delta.ca/reg.

MINDS IN MOTION

Thu, Jan 7-Feb 4 **11:30-1:15pm**
Event ID: 126901 **$25**
Thu, Feb 25-Mar 25 **11:30-1:15pm**
Event ID: 126902 **$25**

Minds in Motion, brought to you by the Alzheimer Society of BC (ASBC), 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. Participant contact details will be shared with ASBC to confirm registration.

SPANISH FOR BEGINNERS 1

Thu, Feb 11-Mar 4 **11am-12:30pm**
Event ID: 127020 **$20**

This class is perfect for learners of all backgrounds and abilities. Learn essential vocabulary, useful phrases, basic grammar and pronunciation tips to help you communicate confidently in everyday situations. Explore the beauty of Spanish together and make new friends along the way.

SPANISH FOR BEGINNERS 2

Thu, Mar 18-Apr 8 **11am-12:30pm**
Event ID: 127021 **$20**

This is the next step after Beginners 1. Expand your vocabulary, strengthen your grasp of useful phrases, and delve deeper into essential grammar and pronunciation techniques.

SQUARE DANCING

Mon, Sep 14-Dec 14 **6:30-7:30pm**
Event ID: 118029 **$5/class**

Discover the fun of square dancing! Join fellow Kennedy member, Yvonne as caller and enjoy fun and friendly beginner sessions that will keep your mind sharp and your feet moving to great music from the 1960s. No partner or previous dance experience required.

TAI CHI

Thu, Jan 7-Mar 25 **9-10am**
Event ID: 126890 **$60**
This class is for those who are new to Tai Chi.
Thu, Jan 7-Mar 25 **10:10-11:10am**
Event ID: 126898 **$60**
This class is for returning students.

Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. The exercise calls for coordination of body parts, integration of mind, body, and Qi (energy). By continual practice of Tai Chi, you can improve your health and mobility while enjoying the beauty of synchronized movements.



TAP DANCE

Mon, Jan 4-Mar 22 **9-10:30am**
Event ID: 126859 **$5**

Build coordination, balance, musicality and memory. This fun, social and energizing activity supports both physical and cognitive wellness. This program is for all levels. Wear pants with close-fitting legs and bring your own tap dance board/ tile and tap shoes. This class will be taught in Mandarin.

WATERCOLOUR PAINTING

Tue, Jan 5-26 **1-3pm**
Event ID: 126638 **$40**
Tue, Feb 2-23 **1-3pm**
Event ID: 126639 **$40**
Tue, Mar 2-23 **1-3pm**
Event ID: 126640 **$40**

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

WORKSHOPS

CHOOSE TO MOVE INFO SESSION

Wed, Jan 13 **10:30-11:30am**
Event ID: 127786

Choose to Move is a free program that can help you 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. Interested participants must attend this information session prior to registering for the program series. Registered participant contact details will be shared with the instructor. Non-members welcome.

ACTIVAGE PROGRAM SERIES

Wed, Jan 27-Mar 17 **9:30-10:30am**
Event ID: 127789

ActivAge Canada's focus is on promotion of physical activity, while recognizing the critical links between physical health, social, mental, emotional and spiritual well-being. Learn the benefits of active living and find examples of exercises and activities perfect for maintaining and improving health. Registered participant contact details will be shared with the instructor. Non-members welcome. You must attend the Choose to Move info session above to continue with the 8-week program.

CHOOSE TO MOVE PROGRAM SERIES

Wed, Jan 27-Mar 17 **10:30-11:30am**
Event ID: 127792

Introduce the habit of physical activity into your daily life in ways that make sense for you. With the help of your activity coach and support group, find the motivation and accountability you need to achieve your goals. Registered participant contact details will be shared with the instructor. Non-members welcome. You must attend the Choose to Move info session above to continue with the 8-week program.



FOOTCARE

Fri (dates to be determined) **9:45am-12pm**

Your feet carry you through life; don't ignore them! Common foot problems include corns, calluses and cracked heels; thick, fungal, or ingrown nails; diabetic nerve damage (neuropathy); and poor circulation or infections. Routine nursing footcare can include toenail trimming and filing; reduction of thick/fungal nails; management of ingrown nails; corn and callus removal; and moisturizing (avoiding interdigital spaces). Book an appointment with the Foot Care Nurse for your foot care needs. No Polish. Kennedy members only.

