

Delta



December 2020



Kennedy Seniors
Fifty+
Society
*Fit
Fun &
Fabulous*

11760-88 Avenue
Delta, BC V4C 3C5

Kennedy Holiday Hours

Dec 24—Dec 28	CLOSED
Dec 29	OPEN 9am-4pm
Dec 30	OPEN 9am-4pm
Dec 31—Jan 3	CLOSED
Jan 4	OPEN 9am-4pm

Have a question, suggestion or comment for the monthly newsletter? We'd like to hear from you—please contact us at kennedy@delta.ca

KENNEDY SENIORS RECREATION CENTRE Recreation for 50+



Christmas Jam Session
Friday, December 17
1-3pm



From the Board

Attention all Kennedy Members:

Your Board of Directors has decided that to streamline the operations of the Customer Service Office and to meet the ever-changing needs of our members, effective January 3, 2022, we will be sharing the City of Delta's registration program. This change has many benefits to our members such as:

- ◆ More options for payment
- ◆ Online registration assistance
- ◆ Faster proof of Covid-19 vaccination checks

Every Kennedy member will need to have an account with Delta. If you attend programs at any other Delta facility, you would already be in the registration system. Members that do not have accounts would have to be registered.

Options to register for a Delta account:

- ◆ In person at any Delta facility including Kennedy Seniors Recreation Centre
- ◆ Call the Delta registration line at 604-952-3000 or Kennedy Seniors Recreation Centre at 604-594-2717

Moving forward, the City of Delta will provide customer service staff at the front office Monday to Friday.

While we no longer require volunteer support at the front desk there are many other areas in our centre where volunteers are needed. Please contact any Director if you have the time and energy to volunteer. Please be assured that the Kennedy Seniors Society will retain its autonomy over Kennedy activities and programs. We welcome the City's assistance in the administration of our front line member greetings.

KENNEDY SENIORS SOCIETY ***Board of Directors 2020-2021***

President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Vacant
Instructional Programs	Bob Gestrin
Drop-in Programs	Ed Roe
Socials	Judy Smith
Director at Large	Bob Gestrin
Volunteers	Linda Christoforou
Travel	Dave Quick

Kennedy Reopening

Your Board of Directors has successfully reinstated a number of programs starting on November 8. We will continue to monitor and review programs over the next few weeks with a view to opening fully on January 10. We will follow BC and the City of Delta health directives in determining which activities to open. For your safety, our members' health and wellbeing are our primary considerations.

Any member wishing to access Kennedy **MUST HAVE PROOF OF DOUBLE VACCINATION.** Additionally, capacity restrictions depending on the activity venue may be required. **MASKS** must be worn at all times unless you are participating in strenuous activities, eating or drinking.

Annual General Meeting

Your Board has been unable to establish a date for an AGM due to COVID challenges and the Society's bylaw requirement for a quorum of 50 members. We feel that a Zoom meeting would be unwieldy and are examining other avenues to conduct an AGM.

Membership Dues

Your Board will allow credit for the number of unused months. Procedures are being developed to do so.

On behalf of the Board of Directors,

Rick Stonehouse
President



Your Board of Directors would like to wish you all the very best of the holiday season!

Centre News

City of Delta Staff



Senior Centre Coordinator	Jan Talaber
Volunteer & Customer Service Coordinator	Katie Green
Custodian Attendant	Alec Lonsdale
Recreation Programmer	Jenna Suzuki

Message from Delta Staff

'Tis the season to celebrate friendships and the beautiful connections created throughout the year! Thank you for our connection and we hope you have a magical holiday season.

Alec, Danielle, Jenna, Katie, Kristina & Liz



We are pleased to announce the City of Delta has installed public Wi-Fi at Kennedy under CityGuest. No password is required—just click on accept and you should be able to connect and enjoy high speed internet.



Customer Service Desk

The Customer Service desk is open Monday to Friday, 9am-4pm with Delta staff to assist you with signing in and showing proof of vaccination. Don't forget to come by the front desk to get a Delta Facility ID card.

We will no longer require volunteers to work at the front desk. We would like to acknowledge the Customer Service Volunteers for their many years of service. Your dedication and hard work was very much appreciated in assisting the operations at the centre.

A variety of volunteer opportunities are available in the new year. If you are a new volunteer, complete a Volunteer Application Form from the Customer Service Desk and, if you were a previous volunteer, please contact Linda Christoforou at 604-720-9040 for more information.



Volunteers Needed

Do you enjoy meeting new people and/or developing new skills? Consider volunteering at Kennedy Seniors Recreation Centre today and be rewarded with a fulfilling experience!

Contact: Director of Volunteers Linda Christoforou
604-720-9040

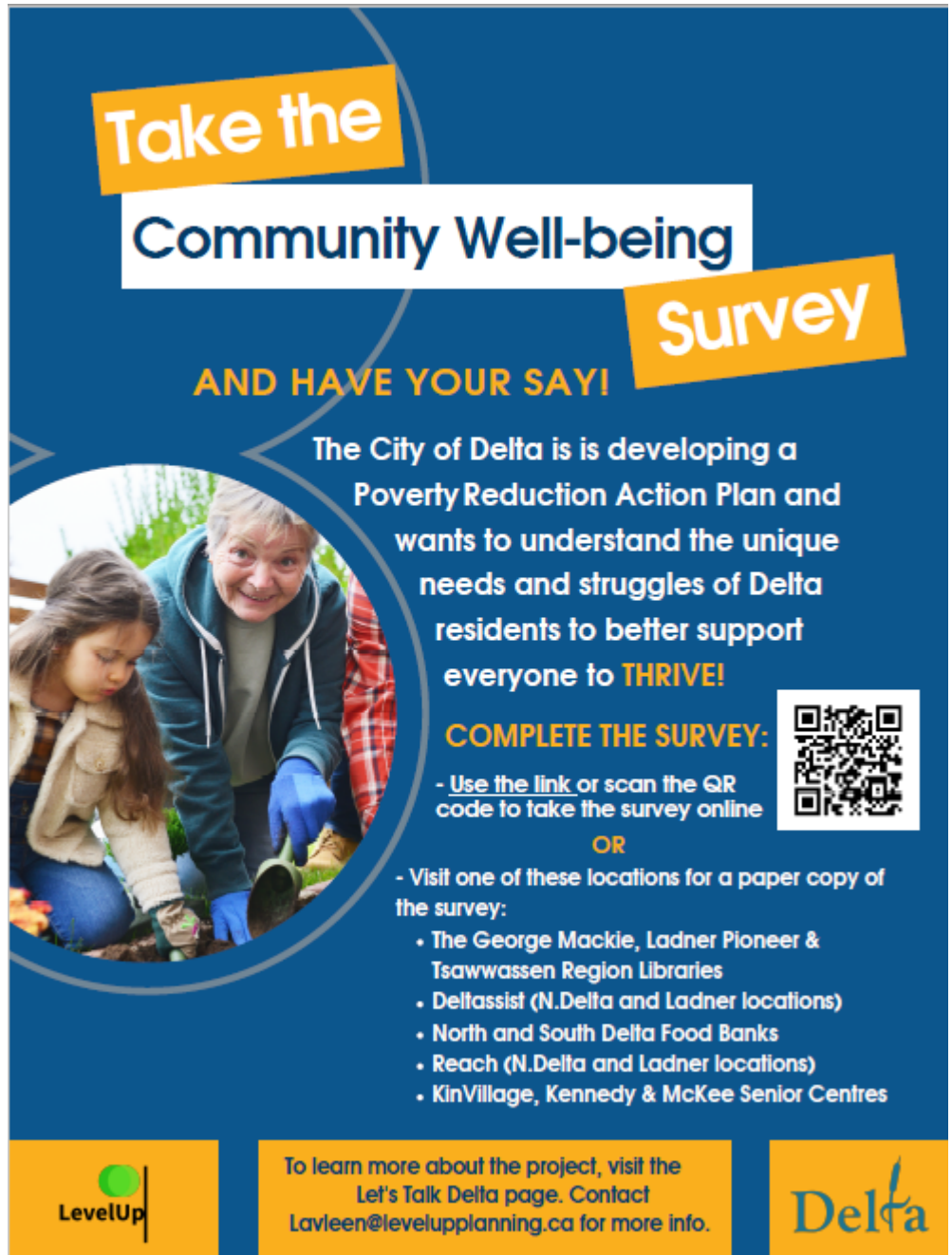
Centre News

The City of Delta, in partnership with LevelUp Planning Collaborative, is conducting a Poverty Reduction Needs Assessment and developing an Action Plan. This study will help us understand the unique needs and struggles of Delta residents and identify steps we can take to make sure all residents thrive.

Please visit the [City of Delta Let's Talk page](#) to take the **Community Well-being survey** to provide your input. This survey will take about 10-15 minutes to complete and is available until December 20, 2021. Your responses will help guide the strategic direction for reducing poverty in the City and contribute to making the community a better, more resilient and healthier place to live.

If you have any questions about the survey, please contact Project Manager, Lavleen Sahota, lavleen@levelupplanning.ca. If you have any questions about the project and the role of the City, please contact Corporate Social Planner, Olga Shcherbyna, oshcherbyna@delta.ca.

Thank you for taking the survey!



Take the Community Well-being Survey

AND HAVE YOUR SAY!

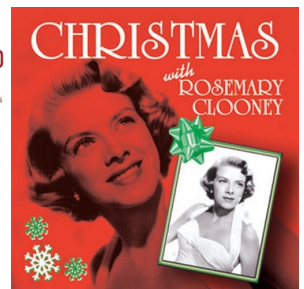
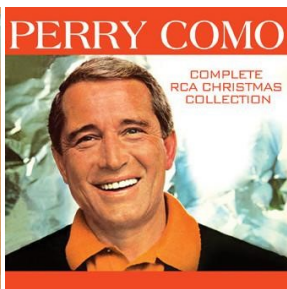
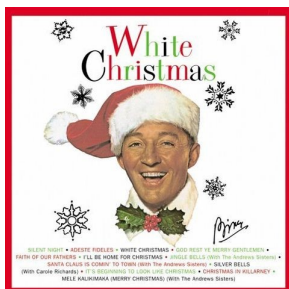
The City of Delta is developing a Poverty Reduction Action Plan and wants to understand the unique needs and struggles of Delta residents to better support everyone to **THRIVE!**

COMPLETE THE SURVEY:

- Use the link or scan the QR code to take the survey online
- OR
- Visit one of these locations for a paper copy of the survey:
 - The George Mackie, Ladner Pioneer & Tsawwassen Region Libraries
 - Deltassist (N.Delta and Ladner locations)
 - North and South Delta Food Banks
 - Reach (N.Delta and Ladner locations)
 - KinVillage, Kennedy & McKee Senior Centres

To learn more about the project, visit the **Let's Talk Delta** page. Contact Lavleen@levelupplanning.ca for more info.

LevelUp | Delta



Centre News



Delta Seniors Bus Update!

The Delta Seniors Bus service returns for free curbside service within Delta, for Delta Residents 65+. The central booking line is open Monday – Friday, 9am-4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. Should you need a vaccination, the City of Delta continues to provide transportation service to the Delta Immunization Clinic. All rides are subject to availability.

SERVICE ANNOUNCEMENT for December: The bus service, including the booking line, will be closed December 24-28 and December 31. In addition, those wishing to book a ride the first week of January, may do so starting December 20. For more information or to book a ride, call the central booking line: **604-597-4876**.



Did you know you can receive our monthly newsletter online? Just email us at Kennedy@delta.ca to be added to our distribution list and you will receive a monthly email with the newsletter attached.

If you know someone who has not received this month's newsletter, please have them contact 604-595-8401 or email Kennedy@delta.ca.

Emergency Preparedness Workshop
Wed, Dec 8 **6:30-8:30pm**
Barcode: 519082

Join Marc Jubinville, our Delta Fire & Emergency Services Community Liaison for a **FREE** Zoom workshop that teaches how to be prepared at home in case of a major disaster. The presentation will go into steps to make an emergency plan and what to put in your kit in the event of an emergency or disaster.

Register online at deltareg.ca or call 604-952-3000.



Weekly Cribbage Tournament:

Play in a virtual Cribbage tournament! The tournament runs for a week, with game match-ups emailed each day based on tournament standings. A double-elimination tournament allows two tiers of players to battle it out with a winner crowned at the end of the week. Games are set up by players over email and phone calls—**download a Cribbage app!** Register **by phone by calling 604-952-3000** or **register online by visiting DeltaReg.ca** Phone lines are open from 6am-10pm Mon-Fri; 7am-9pm Sat; and 8am-9pm Sun.

No Zoom required! It's FREE!

Mon, Dec 6	Tournament #12	8-9am	#519038
Mon, Dec 13	Tournament #13	8-9am	#519039
Mon, Dec 20	Tournament #14	8-9am	#519040



In the Community



HONOUR INTEGRITY COURAGE TRUST

KEEP IN TOUCH PROGRAM

ARE YOU LIVING ALONE?

For seniors to continue their participation in society they need to remain engaged in their communities. However, research shows that an estimated 30% of Canadian seniors are at risk of becoming socially isolated. According to the International Federation on Ageing, "the number one emerging issue facing seniors in Canada is keeping older people socially connected and active."

The Keep In Touch (K.I.T) program was created to establish daily contact with members of our community who live alone and/or have medical issues. Each day, a volunteer phones our clients at a scheduled time to check on their wellbeing, provide camaraderie and, in some cases, remind them to take medication.



ENCOURAGEMENT IN AN ENVELOPE

PROGRAM DETAILS

- Our volunteers have all undergone a Delta Police Criminal Record Check.
- An interview is conducted with each client and short history is recorded.
- Each year our clients are invited to a Spring Tea and Winter Holiday social gathering hosted by the volunteers and the District Community Police Officers.
- There is no fee.

REFERRALS FOR THE PROGRAM CAN COME FROM

- Doctors
- Long-term care workers
- Any health professional or community contact
- Family members
- The public

Please contact the K.I.T coordinator at KIT@deltapolice.ca for referrals or additional program information.

DISTRICT COMMUNITY POLICE OFFICE (DCPO) LOCATIONS

Ladner	North Delta	Tsawwassen
4858 Delta Street	11906 80 Avenue	1247B 56 Street
604.940.4411	604.599.7280	604.948.0199



CONNECT WITH US



deltapolice.ca



@deltapd



@deltapolice



Delta Police Department

Support Your Community

The City of Delta is mailing cards and letters to seniors through the new program Encouragement in an Envelope, courtesy of a \$25,000 federal grant from the New Horizons for seniors program. If you know someone who may be isolated and would enjoy a card or letter, please let them know about this wonderful program. To register please call Katie Green at 604-679-1426.

A testimonial letter written by a recipient: *"Thank you so much for your kind messages. I look forward to getting my mail and love the handmade cards. It brightens my days. H.P"*

December Schedule*

Socials

Monday-Friday

Coffee & Tea 9am-12pm

Drop-in Programs

Monday-Friday

Snooker 9am-4pm

Woodworking 9am-4pm

The Pool Room and Workshop will be free until the new year.
Annual fees will apply beginning January 10, 2022.



Monday

Pickleball 1:15-4pm

Tuesday

Table Tennis 12:30-2:30pm

Carpet Bowling 1:15-4pm

Wednesday

Poker 12:15-3:45pm

Pickleball 1:15-4pm

Table Tennis 1:30-3:30pm

Thursday

Table Tennis 9:15-11:15am

Pickleball 1:15-4pm

Friday

Carpet Bowling 9:15am-12m

Poker 12:15-3:45pm

Jammers 1-3pm



Fitness Programs

Monday

Zumba Gold 10:30-11:30am

Fit & Active 11:45-12:45pm

Tuesday

Low Impact 9:15-10:15am

Fit & Functional 10:30-11:15am

Wednesday

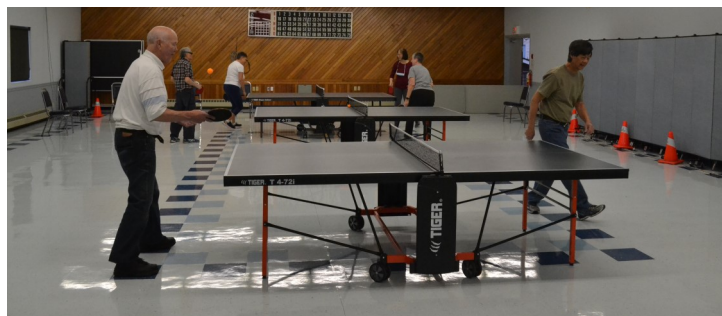
Gentle Yoga 10:30-11:30am

Gentle Fit 11:45am-12:30pm

Thursday

Fit & Active 9:15-10:15am

Fit & Active 10:30-11:15am



* Schedule subject to change

Centre News

Instructional Programs Coming in January!

Hatha Yoga

Mon, Jan 10-Mar 21 10-11am

Cost: \$50/person for 10 sessions

Gentle, basic yoga—great for beginners. Focus on relaxation, fun and flexibility. Please bring your own yoga mat.

Chair Yoga:

Tue, Jan 11-Mar 15 10-11am

Cost: \$50/person for 10 sessions

Modified Hatha Yoga poses done while seated on a chair. Some standing yoga poses use a chair for support. Focus on relaxation, fun and flexibility.

Acrylic Art:

Wed, Jan 12-26 10am-12pm

Cost: \$45/person for 3 sessions

Everyone can paint. This fun and social class will develop your abilities in acrylic medium. All levels welcome.



Beginners Basic Digital Photograph with Rob Hebden

Thu, Jan 13-Feb 24 1-3pm

Cost: \$55/person for 7 sessions

Whether you have a DSLR, point and shoot, or cell phone, this course covers the basics of digital photography. Explore how to use existing light to your advantage to create better images. We will discuss what makes a good photograph, composition, point of view and lighting. There will be hands on opportunities to experiment with various lighting conditions during the class. We will look at what to do with images, printing, matting, framing and other options. Participants will be able to share images for review to gain positive feedback. Please bring your camera to the first session.

Water Colour for Beginners:

Tue, Jan 11-Mar 1 1-3pm

Cost: \$80/person for 8 sessions

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

Water Colour for Intermediates:

Wed, Jan 12-Mar 2 1-3pm

Cost: \$80/person for 8 sessions

In this class we will build on basic techniques already learned. We work on a series of skylines, seascapes and seasonal painting. Please pick up a supply list when you register.

Hawaiian Dance for Intermediates:

Wed, Jan 12-Mar 16 10-11:30am

Cost: \$55/person for 10 sessions

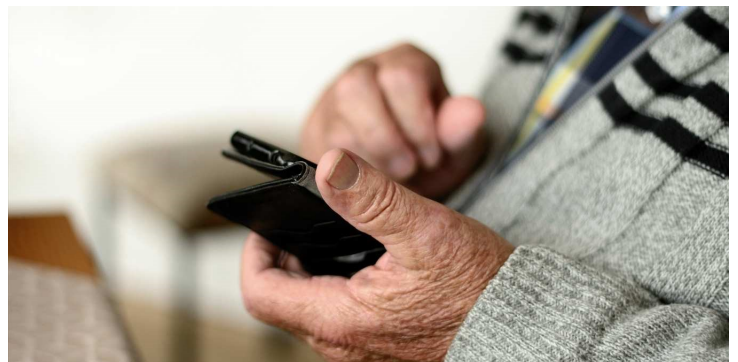
Join us as we dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is necessary for this class.

Salsa Dance Class:

Tue, Jan 11-Feb 8 11:30am-1pm

Cost: \$40/person for 5 sessions

Come and enjoy the lively music and exercise of salsa dance.



Cell Phone Instruction:

Tue & Thu, Jan 11 & 13 10:30am-12pm

Tue & Thu, Jan 18 & 20 10:30am-12pm

Cost: \$20/person for 2 sessions

Familiarize yourself with the wealth of features available on your cell phone to make your life easier.

Wellness

Tips for staying healthy this holiday season

To keep healthy during the holidays, reduce your stress and avoid the holiday blues. Many older adults report feeling lonely on a regular basis, but during the holidays, those feelings may be amplified, which can cause irritability, fatigue and sadness. Here are some tips to fully enjoy the holiday season.

Make Healthy Choices

From rich meals to tempting homemade snacks, the holidays are a time for many to indulge in food—or overindulge. Try to plan lighter meals between “eating” events. Moderation is a key factor.

Stay Hydrated

Drinking water is one way you can stay healthy during the holidays as not drinking enough water could cause dehydration. Have water easily accessible at home and when running errands.

Follow Dietary Restrictions

Some seniors must follow special diets, and it can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

Drink in Moderation

Drinking too much can impair functions and drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

Keep Exercising

The holidays are synonymous with cold weather. To stick to an exercise schedule, bundle up and go for a walk around the block if the sidewalks are dry.

Shake up Traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. Consider passing the tradition on to the younger generation of family members or sharing the load.

Decrease Gifts

The holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider homemade baked treats or crafts.

Take Breaks

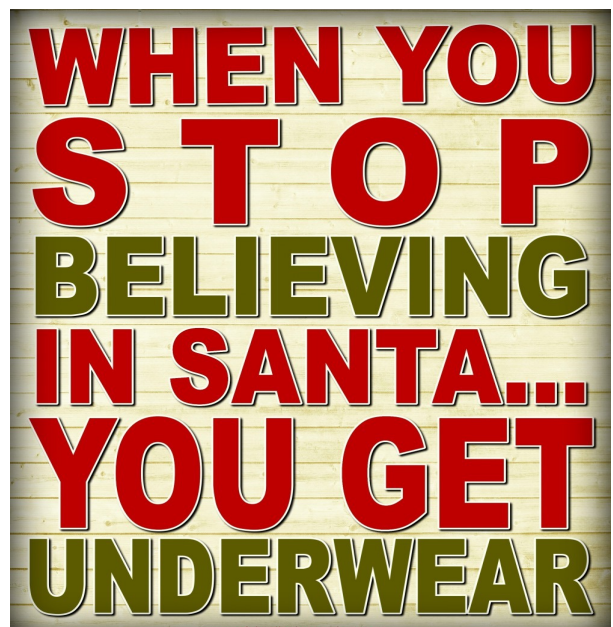
Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit.

Stay Involved

During the holiday season, elders can experience a heightened sense of loss as memories come flooding back everywhere they look. Multiple losses are a fact of life as we age: death of loved ones, loss of health, function, independence, traditions, etc.

Remember that the real joy of the holiday is being with loved ones, family or/and friends. Maintain your daily routine, stay socially connected, and attend events at the seniors centres or church. Understand that the holidays won't be the same as they used to be, but that the “new normal” can be fulfilling in a different way.

Adapted from *Holiday Health for Seniors* by Megan Horst-Hatch



Wellness

How to support older family members during the holidays: Here are a few tips from professionals that will help you support older adults—without overextending yourself

DO: Include your family member in events and/or meal planning: from choosing the courses to picking out linens, this makes older adults feel needed and gets them excited about the upcoming event or meal with family.

DO: Make some of their favorite meals or treats: Maybe your loved one grew up eating rhubarb pie on Christmas Eve or they have a go-to family latke recipe. This makes them feel special and show you care.

DO: Help them primp: Paint their nails, get their hair done, do their makeup, trim their ear hair or pull out their favorite fancy attire, this can be a refreshing change of pace and boost to their confidence.

DO: Look at family photo albums: you can both reflect upon fond and happy memories, and if there are photos that bring up tears or grief, that's OK, too.

DO: Revive old family traditions: watch a favourite film together or play a game they used to play.

DO: Enjoy the moment. While you may worry about your loved one's age, declining health or memory loss, this is the perfect time to just enjoy what is, right now.

Navigating this time of year with your older loved one can be emotional and stressful for family caregivers.

Do involve older seniors in the festivities, even watching the procedures, including them in the spirit of the season.

Adapted from Care.com. Please connect with Eva, Seniors Support Coordinator, City of Delta, at 604-787-1242 if you require more information.

Have a wonderfully healthy, safe and fun holiday season!

Delta's Seniors Support Coordinator

Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- ♦ Wellness
- ♦ Healthcare
- ♦ Housing Options
- ♦ Family & Caregiver Support
- ♦ Government Services & Benefits



Office Hours: Tue-Thu, 8:30am-4pm. To book an appointment call 604-787-1242 or email ebusich-veloso@delta.ca

★
when
you
CHOOSE
joy
You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just♥
might inspire
them to do
the same.

Just for Fun

Did you know ...

Rudolph the Red-Nosed Reindeer was a marketing ploy. Rudolph first appeared in 1939 when the Montgomery Ward department store asked one of its copywriters to create a Christmas story for kids that the store could distribute as a promotion. The adorable movie featuring the island of misfit toys and Herbie the elf hit the airwaves (and our hearts) in 1964.

The eight tiny reindeer have had lots of names. Rudolph was almost named Rollo or Reginald, which doesn't quite have the same ring to it. But his crew also had lots of other names. They've also been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.



Christmas Card Word Scramble

1.	Groceos		8.	Dressephh	
2.	Naclorig		9.	Gramen	
3.	Rats		10.	Galen	
4.	Scunttshe		11.	Limesotte	
5.	Porduhl		12.	Vaniyitt	
6.	Naast		13.	Gotscknk	
7.	Skagceap		14.	Rrideene	

9	3	8						1
7					1			9
6	2	1		9	8	3		
		2	6	3				
			7		9			
				2	4	5		
		5	2	1		8	9	4
1			8					2
2						1	5	6

1sudoku.com

n° 19122 - Level Easy

SUDOKU 数独

9	3			7	4			
			5					
1	5			6				2
	4	6		1				
7	1			2			8	9
				4		1	2	
5				9			7	8
					7			
			4	3			6	5

1sudoku.com

n° 216361 - Level Medium

Just for Fun

SANTA CLAUS WORD SEARCH

H	P	L	O	D	U	R	H	L	O	N	G
D	O	N	N	E	R	P	P	E	E	B	O
R	E	I	N	D	E	E	R	X	E	O	A
M	I	L	K	C	B	L	I	T	Z	E	N
W	E	B	O	M	R	V	A	D	L	D	S
O	S	Y	E	N	M	I	H	C	U	A	L
R	A	C	Z	C	O	P	S	U	R	N	E
K	N	P	R	A	R	A	E	A	M	C	I
S	T	P	S	A	B	E	L	L	Y	E	G
H	A	O	N	E	D	A	S	H	E	R	H
O	L	C	N	O	R	T	H	P	O	L	E
P	E	S	E	V	L	E	S	A	C	K	C
R	R	C	L	A	U	S	N	H	P	T	R
C	R	E	R	I	C	U	P	I	D	M	E

SANTA
CUPID
CLAUS
DONNER
REINDEER
BLITZEN
ELVES
NORTH POLE
CHIMNEY
WORKSHOP
DASHER
RUDOLPH
DANCER
BELLY
PRANCER
SACK
VIXEN
SLEIGH
MILK

1. Scrooge 2. Caroling 3. Star 4. Chestnuts 5. Rudolph 6. Santa 7. Package 8. Shepherd 9. Manger 10. Angel 11. Mistletoe 12. Nativity 13. Stocking 14. Reindeer

9	3	8	2	7	4	6	5	1
4	6	2	5	8	1	7	9	3
1	5	7	3	6	9	8	4	2
2	4	6	9	1	8	5	3	7
7	1	5	6	2	3	4	8	9
3	8	9	7	4	5	1	2	6
5	2	4	1	9	6	3	7	8
6	9	3	8	5	7	2	1	4
8	7	1	4	3	2	9	6	5

1sudoku.com

n° 216361 - Level Medium



9	3	8	5	7	2	6	4	1
7	5	4	3	6	1	2	8	9
6	2	1	4	9	8	3	7	5
4	7	2	6	3	5	9	1	8
5	1	6	7	8	9	4	2	3
8	9	3	1	2	4	5	6	7
3	6	5	2	1	7	8	9	4
1	4	9	8	5	6	7	3	2
2	8	7	9	4	3	1	5	6

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n° 19122 - Level Easy