

KENNEDY SENIORS RECREATION CENTRE

Spring 2026



Program

Kennedy Seniors Society
Fifty+
Fit
Fun &
abulous

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

Centre Hours of Operation

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

Wed 9am-9pm

Sun & Statutory Holidays: **Closed**

Customer Service Office Hours:

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

Wed 9am-8:15pm

Sat 9am-1:30pm

Facility Features

- Large banquet hall with wood sprung dance floor
- Café Eighty-Ate is open:
 - Mon/Wed/Fri 9am-1pm
 - Tue/Thu 9am-1:30pm
- Craft room with two kilns
- Snooker room
- Lounge with fireplace
- Well equipped woodworking workshop
- Air conditioned
- Telecoil Hearing system at Customer Service Desk
- Wheelchair accessible
- Elevator and automatic entrance doors
- Free Wi-Fi Service

Registered Programs

Instructional Programs require pre-registration. Please see page 5 for descriptions and fees. Registration can be done in person at the Customer Service Desk, by calling Kennedy Seniors Recreation Centre at **604-594-2717** or online at [Delta.ca/registration](https://delta.ca/registration).

Membership

The annual membership fee is \$25.

Membership is required to participate in both Registered and Drop-in Programs.

\$5 Guest Pass: Guest Passes allow for one week of drop-in activities. Guest Passes are non-refundable and non-replaceable.

Cancelled Programs: One week before classes begin we check registration numbers and decide if the class will run. Be sure to register early to avoid disappointment. Occasional program changes may occur. Notification will be provided prior to any change.

Refund Policy: If a member can no longer attend an instructional program due to a medical issue, a pro-rated refund may be requested.

Drop-in Activities: Drop-in classes require Membership and Drop-in Passes. Drop-in Passes can be purchased at the Customer Service Desk for \$7.00 for 20 or \$17.50 for 50 passes.



More details are available person, online delta.ca/registration, or by calling 604-594-2717

DROP-IN ACTIVITIES

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

ACRYLIC ART DROP IN

Wed Apr 28-Jun 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. Players attempt to create bonds using cards of the same rank and go out by discarding all of the cards in their hands.

CARD MAKING

Wed 9:30am-12pm

This popular craft combines numerous art forms to make personalized greeting cards. Members have a wide variety of experience and enjoy sharing ideas and assisting each other.

CARPET BOWLING

Wed/Fri 9-11:45am

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

CERAMICS

Mon 1-3pm

Tue 10am-12pm

Sat 10am-12pm

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

CONTRACT BRIDGE

Wed 1:15-4:15pm

Contract bridge is a trick-taking card game played by two pairs of players, one pair against the other.



CRAFTY LADIES

Tue 12:15-3pm

Fri 9-11:30am

This friendly group shares ideas and patterns to knit and crochet, and helps anyone with their projects.

CRIBBAGE

Wed 6:30-8:30pm

Try to meet or beat a 28 hand! The object of cribbage is to be the first to peg 61 or 121 points, depending what is agreed upon.

DARTS

Wed 3:30-5:30pm

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 change.

DROP-IN ART (ACRYLIC & WATERCOLOUR)

Wed 4-8pm

Thu 1-3pm

Sat 1-3pm

Start a new project or work on projects that are already in progress. Share and exchange ideas with other artists. Work at your own pace.

DROP-IN GUITAR

Tue 10-11:30am

This is an informal opportunity to practice guitar. Some experience required to play with the group.

DROP-IN ACTIVITIES (Cont'd)

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

EUCHRE

Tue 1:15-3:15pm

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

MAHJONG

Fri 1:15-3:30pm

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

MEXICAN TRAIN

Tue 2-4pm

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

MINDFULNESS & MEDITATION SELF AWARENESS

Wed* Apr 8-Jun 24 12:30-2pm

Through open discussion and meditation, review current practices, including breathing, relaxation and meditation, and journey further to maintain and enhance the process. *Every other Wednesday.

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 1:15-4pm

Tue 1:15-4pm

Wed 6:30-8:30pm

Thu 1:45-4:15pm

Sat 1:30-3:45pm

This indoor racquet sport is a fusion of tennis and badminton using a whiffle ball and an enlarged ping pong paddle. All equipment is provided. Good indoor athletic shoes are recommended.

RUMMOLI

Sat 11am-3pm

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

SAMBA (the card game)

Thu 1:15-4pm

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

SNOOKER

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

Wed 9am-8:30pm

Sat 9am-3:45pm



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

TABLE TENNIS

Tue 12:30-2:30pm

Wed 1:30-3:30pm

Thu 1:45-4:15pm

Sat 9:30-12pm

Enjoy friendly competition and great exercise—no experience necessary. Tables, paddles, balls and nets are provided. Your agility, hand-eye coordination and strategy will improve with play.

TILE GAMES

Wed 6:30-8:30pm

Join us for some fun with Rummy-O and Mahjong.

WOMEN'S FRIENDS GROUP

Tue 12:30-2:30pm

Activities include discussion, guest speakers and social interaction. Interpretation provided if required. Everyone is welcome!

WOODSHOP

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

Wed 9am-8pm

Got a woodworking project? 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 the week of April 6, 2026.

Please register in advance at our Customer Service Desk or online at Delta.ca/reg.

ACRYLIC ART

Wed, Apr 1-15 10:30am-12:30pm
Event ID: 98843 \$30

Using a step-by-step process, learn how to create beautiful landscapes using acrylic paints, over the course of three weeks. All levels are welcome. Please pick up your supply list at the customer service desk. You can purchase a small starter supply kit from the instructor for \$20.

CHAIR YOGA (Blended)

Wed, Apr 8-May 13 12-1pm
Event ID: 98361 \$30

Wed, May 20-Jun 24 12-1pm
Event ID: 98362 \$30

Carol will be presenting a blended yoga class, combining standing poses and chair-based movements with a focus on flexibility, breathing and relaxation. Enjoy a fun, nurturing practice that will leave you feeling refreshed and centred.

CHAIR YOGA (Seated)

Fri, Apr 10-May 15 10-11am
Event ID: 98363 \$30

Fri, May 22-Jun 26 10-11am
Event ID: 98364 \$30

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

CHINESE FOLK DANCE

Sat, Apr 4-Jun 27 1-4pm
Event ID: 98839 \$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, Apr 13-Jun 22 9:30am-12pm
Event ID: 98595 \$50

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

COMPUTERS-ADVANCED

Fri, Apr 17-Jun 26 9:30am-12pm
Event ID: 98598 \$55

This course for those with basic computer knowledge to take their skills to the next level. Practical skills will offer 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.

HAWAIIAN DANCE FOR BEGINNERS

Wed, Apr 8-Jun 24 9:15-10:15am
Event ID: 98386 \$60

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

HAWAIIAN DANCE

Wed, Apr 8-Jun 24 10-11:30am
Event ID: 98355 \$75

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

GUITAR EXPERIENCE-INTERMEDIATE

Apr 16-Jun 25 9-10:30am
Event ID: 98592 \$5/class

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

LINE DANCE LEVEL 3-INTERMEDIATE

Wed, Apr 1-Jun 24 1:30-2:30pm
Event ID: 98407 \$5/class

An intermediate line dance class for dancers with 2+ years of experience. No class June 3.

LINE DANCE LEVEL 2-IMPROVER

Wed, Apr 1-Jun 24 2:35-3:35pm
Event ID: 98409 \$5/class

If you have the basics and would like to learn and practice more, this is the class! No class June 3.

LINE DANCE LEVEL 1-BEGINNER

Wed, Apr 1-Jun 24 3:40-4:40pm
Event ID: 98411 \$5/class

No experience? No partner? No problem! The focus of this class is on fun! No class June 3.

INSTRUCTIONAL PROGRAMS

A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

MINDFULNESS & MEDITATION LEVEL 1

Thu, Apr 9-May 14 10-11:30am

Event ID: 98853 \$5

Thu, May 21-Jun 25 10-11:30am

Event ID: 98854 \$5

Regular mindfulness practice has been shown to enhance our ability to manage stress, improve focus, and better cope with illness, pain and fatigue. Mindfulness and meditation foster self-awareness, self-compassion, and overall wellbeing. No class May 7 or Jun 4.

MINDFULNESS & MEDITATION LEVEL 2

Thu, Apr 9-May 14 11:45am-1:15pm

Event ID: 98859 \$5

Thu, May 21-Jun 25 11:45am-1:15pm

Event ID: 98861 \$5

Continue your journey of self-awareness. Further explore meditation and mindfulness, continuing to understand how our mind/thoughts work. Review and build on daily routines and practices used in Level 1. Be prepared to attend all 6 sessions; each class builds onto the next. You must complete Level 1 prior to registering. No class May 7 or Jun 4.

MINDS IN MOTION

Thu, Apr 2-Jun 25 11:30-1:15pm

Event ID: 100445 \$65

Minds in Motion, brought to you by the Alzheimer Society of BC, is a fitness and social program for people living with any form of early-stage dementia to attend with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs.

SPANISH FOR BEGINNERS LEVEL 2

Tue, Apr 7-28 10:30am-12pm

Event ID: 98612 \$20

This is the perfect step after Beginners Level 1. Expand your vocabulary, grasp of useful phrases, grammar and pronunciation techniques.

SPANISH INTERMEDIATE LEVEL 1

Thu, May 7-28 11am-12:30pm

Event ID: 98614 \$20

Building on Beginner Spanish, this class is for those familiar with Spanish and with existing knowledge of common words, phrases and grammar.

SPANISH INTERMEDIATE LEVEL 2

Thu, Jun 4-25 11am-12:30pm

Event ID: 98616 \$20

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

SPANISH ADVANCED

Thu, Apr 2-23 11am-12:30pm

Event ID: 98848 \$20

Deepen your understanding of Spanish through advanced grammar and literature.

TAP DANCE

Mon, Apr 13-Jun 22 9-10:30am

Event ID: 98841 \$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. No class May 18.

TAI CHI

Thu, Apr 9-Jun 25 10-11am

Event ID: 98358 \$60

Tai Chi Quan calls for coordination of body parts, integrating mind, body and Qi (energy). Continual practice can improve health and mobility, while enjoying the beauty of synchronized movements.

WATERCOLOUR PAINTING

Tue, Apr 7-28 1-3pm

Event ID: 98365 \$40

Tue, May 5-26 1-3pm

Event ID: 98389 \$40

Tue, Jun 2-23 1-3pm

Event ID: 98391 \$40

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

