

KENNEDY SENIORS RECREATION CENTRE

Fall 2026



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

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

Wed 9am-9pm

Sun & Statutory Holidays: **Closed**

Sep 7, 30 Oct 12 Nov 11

Dec 25, 26, 28 Jan 1

Customer Service Office Hours:

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

Mon (starting Sep 14) 9am-8:15pm

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

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](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 in 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, Sep 23 10:30am-12:30pm
Wed, Oct 28 10:30am-12:30pm
Wed, Dec 16-30 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
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

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

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 chance.

DROP-IN ART (ACRYLIC & WATERCOLOUR)

Wed 4-8pm
Thu 1-3pm
Sat 1-3pm

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

DROP-IN GUITAR

Tue 10-11:30am

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

DROP-IN ACTIVITIES (Cont'd)

**All Drop-in Activities require a Drop-in Fee or a Guest Pass unless noted in the program description.
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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.

MAHJONG

Fri 1:15-3:30pm

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

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 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.

MEDITATION SELF-AWARENESS

Every other Wednesday

Sep 23-Dec 16 12:30-2pm

If you have completed Mindfulness and Meditation Level 2, these **NEW** sessions, an ongoing meditation/mindfulness/self-awareness group, are the next step in your personal 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. Participants must complete Level 1 & 2 prior to attending.

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/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 3:30-5:30pm

Wed 1:30-3:30pm

Thu 1:45-4:15pm

Sat 9:30-11:30am

Sat (starting Oct 3) 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.

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.

FALL INSTRUCTIONAL PROGRAMS

Instructional Programs begin September 7, 2026

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

ACRYLIC ART

Wed, Sep 2-16	10:30am-12:30pm
Event ID: 117553	\$30
Wed, Oct 7-21	10:30am-12:30pm
Event ID: 117556	\$30
Wed, Nov 4-25	10:30am-12:30pm
Event ID: 117558	\$30
Wed, Dec 2-9	10:30am-12:30pm
Event ID: 117559	\$20

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 also available to purchase from the instructor for \$20.

CHAIR YOGA (Blended)

Wed, Sep 9-Oct 21	12-1pm
Event ID: 117563	\$35
Wed, Oct 28-Dec 16	12-1pm
Event ID: 117564	\$35

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. (No class Sep 3 or Nov 11.)

CHAIR YOGA (Seated)

Fri, Sep 11-Oct 23	10-11am
Event ID: 117601	\$35
Fri, Oct 30-Dec 18	10-11am
Event ID: 118131	\$40

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

CHINESE FOLK DANCE

Wed, Sep 9-Dec 23	4-6pm
Event ID: 117578	\$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. (No class Sep 30 or Nov 11.)

COMPUTERS: INTRODUCTION

Mon, Sep 14-Nov 30	9:30am-12pm
Event ID: 117535	\$55

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 Oct 12.)

COMPUTERS: ADVANCED

Fri, Sep 18-Dec 4	9:30am-12pm
Event ID: 117588	\$ 60

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, Sep 10-Dec 31	9:30-11am
Event ID: 118090	\$5/class

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



FALL INSTRUCTIONAL PROGRAMS

Instructional Programs begin the week of September 7, 2026

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

HAWAIIAN DANCE: BEGINNERS

Wed, Sep 9-Dec 16 9:15-10:15am

Event ID: 117544 \$65

Interested in learning Hawaiian Dance? Join our fun and welcoming beginner class. Learn gentle hula movements, improve balance and flexibility. (No class Sep 30 or Nov 11.)

HAWAIIAN DANCE: INTERMEDIATE

Wed, Sep 9-Dec 16 10:15-11:30am

Event ID: 117548 \$65

Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience recommended. (No class Sep 30 or Nov 11.)

LINE DANCE LEVEL 3: INTERMEDIATE

Wed, Sep 9-Dec 9 1:30-2:30pm

Event ID: 117566 \$5/class

An intermediate line dance class for dancers with 2+ years of experience. (No class Sep 30 or Nov 11.)

LINE DANCE LEVEL 2: IMPROVER

Wed, Sep 9-Dec 9 2:35-3:35pm

Event ID: 117567 \$5/class

If you have the basics and would like to learn and practice more, this is the class for you. (No class Sep 30 or Nov 11.)

LINE DANCE LEVEL 1: BEGINNER

Wed, Sep 9-Dec 9 3:40-4:40pm

Event ID: 117568 \$5/class

No experience? No partner? No problem! The focus of this class is on fun! (No class Sep 30 or Nov 11.)

MEDITATION & MINDFULNESS LEVEL 1

Thu, Sep 17-Oct 29 10-11:30am

Event ID: 118048 \$5

Thu, Nov 12-Dec 10-11:30am

Event ID: 118065 \$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 Oct 1 or Dec 3.)

MEDITATION & MINDFULNESS LEVEL 2

Thu Sep 17-Oct 29 11:45am-1:15pm

Event ID: 118064 \$5

Nov 12-Dec 17 11:45am-1:15pm

Event ID: 118069 \$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 Oct 1 or Dec 3.)

The centre is closed and classes are cancelled on statutory holidays. See page 2 for details.



INSTRUCTIONAL PROGRAMS

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

MINDS IN MOTION

Thu, Sep 10-Dec 10 11:30-1:15pm

Event ID: 118124 \$70

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, Sep 10-Oct 1 11am-12:30pm

Event ID: 118093 \$30

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, Oct 8-29 11am-12:30pm

Event ID: 118097 \$30

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.

SPANISH INTERMEDIATE LEVEL 1

Thu, Nov 12-Dec 3 11am-12:30pm

Event ID: 118098 \$30

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

SQUARE DANCING NEW!!

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. (No class Oct 12 or Nov 23.)

TAI CHI

Thu, Sep 10-Nov 26 9-10am

Event ID: 117579 \$60

This class is for those who are new to Tai Chi.

Thu, Sep 10-Nov 26 10:10-11:10am

Event ID: 117580 \$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, Sep 14-Dec 21 9-10:30am

Event ID: 117539 \$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 Oct 12.)

WATERCOLOUR PAINTING

Tue, Sep 8-29 1-3pm

Event ID: 117540 \$40

Tue, Oct 6-27 1-3pm

Event ID: 117541 \$40

Tue, Nov 3-24 1-3pm

Event ID: 117543 \$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, Sep 9 10:30-11:30am

Event ID: 118627

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, Sep 23-Nov 25 9:30-10:30am

Event ID: 118628

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. (No class Sep 30 or Nov 11.)

You must attend the Choose to Move info session above to continue with the 8-week program.

CHOOSE TO MOVE PROGRAM SERIES

Wed, Sep 23-Nov 25 10:30-11:30am

Event ID: 118631

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. (No class Sep 30 or Nov 11.)

You must attend the Choose to Move info session above to continue with the 8-week program.

CHRONIC PAIN WORKSHOP

Thu, Sep 17-Oct 22 1-3:30pm

Event ID: 115583

The Chronic Pain Self-Management Program is a free 6-session workshop brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. Get information and learn practical skills to gain the confidence and motivation needed to manage the challenges of living with pain. Participants will receive the *Living a Healthy Life with Chronic Pain* companion book and should plan to attend all six sessions to get the maximum benefit. Caregivers and family members who register are also welcome to attend. The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Registered participant contact details will be shared with the instructor. Pre-registration required. Non-members welcome.

FOOTCARE

Fri, Sep 18 10am-1:45pm \$60

Fri, Oct 2, 16, 30 10am-1:45pm \$60

Fri, Nov 13, 27 10am-1:45pm \$60

Fri, Dec 11, 18 10am-1:45pm \$60

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.

