

APRIL 2024 ~ NEWSLETTER

GREY MATTERS

Where Wisdom Meets Recreation

Kennedy Seniors Society

Delta Police Recruits Community Learning

Monday, April 29, 2024 12:30pm

A unique opportunity for the community to interact with Delta Police Recruits, ask questions and support their community engagement.



More details on page 22

McKee Seniors Society

McKee Art Show Luncheon & Awards Event

Saturday, May 4, 2024 1pm

Everyone is welcome to the luncheon and awards ceremony. Enjoy the afternoon with a catered lunch from Mr. Mom's Café.

More details on page 4

IMPORTANT DATES



- | | |
|--------------------|---|
| Mon, Apr 1 | Closed Easter Monday |
| Fri, Apr 5 | Foot Care Nurse at McKee (<i>Members only</i>) |
| Sat, Apr 13 | Happy Vaisakhi! |
| Mon, Apr 15 | Kennedy Volunteer Appreciation Event |
| Thu, Apr 18 | McKee Volunteer Appreciation Event |
| Sat, Apr 20 | McKee Seniors Society AGM |
| Mon, Apr 29 | Delta Police Recruits Community Learning |

Customer Service Hours

Kennedy Seniors Recreation Centre*

Monday	9am - 4pm
Tuesday	9am - 4pm
Wednesday	9am - 8:15pm
Thursday	9am - 4pm
Friday	9am - 4pm
Saturday	9am - 1:30pm

11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717
[**kennedy@delta.ca**](mailto:kennedy@delta.ca)



Customer Service Hours

McKee Seniors Recreation Centre*

Monday	8:15am - 4:30pm
Tuesday	7:45am - 4pm
Wednesday	8:45am - 4pm
Thursday	8:30am - 4:30pm
Friday	8:30am - 4pm
Saturday	9am - 12:30pm

5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411
[**mckee@delta.ca**](mailto:mckee@delta.ca)



Customer Service and Operation hours vary at Kennedy Seniors Centre and McKee Seniors Centre.
Information and registration are available in person, or online delta.ca/registration.

McKee Seniors Recreation Centre

5155 47 Avenue, Ladner

604-946-1411

McKee Seniors Society Board of Directors 2023-2024

President	Mae Quon-Forsythe
Vice-President	Fran Schiffner
Secretary	Joyce Branscombe
Treasurer	Sandy Watson
Director at Large	Carol Page
Director at Large	Geof Kraemer
Director at Large	Denise Foster
Director at Large	Lin Jones
Director at Large	Vacant

McKee Seniors Society

Message from Sandy Watson - Treasurer

As Treasurer, I wish to provide SUMMARY comments on our finances for the fiscal year 2023 ended Dec 31. Further detailed information will appear in the ANNUAL REPORT.

Our finances continue to be strong, and our membership at year end totaled 1,010. Under the Society Act, unlike a profit organization, we function as a not-for-profit entity. Accordingly, our reporting focus is on FUND ACCOUNTING. This approach reflects changes in the use of funds and the resulting fund balances. Funds are classified as to Operating, Capital and Restricted.

For 2023, the Board has recognized the need to establish Capital Asset renewal reserve funds and to identify and take decisions to establish further restricted funds. These actions have the effect of reducing the level of Operating funds available for Operations to a meaningful level for the Society.

Looking ahead, a break-even operating budget plan for 2024 will be presented for approval at the AGM, along with ratification of the 2023 financial report. Members are encouraged to attend and participate in the affairs of the Society.

- Prepared March 13, 2024



Diners' Club

Starting May 2024 Diners Club will be returning on a monthly basis. Singles and couples are welcome! Watch the monthly newsletter for details.

McKee Diners Club - May Event

Date: Tue, May 14 **5pm**

Cost: \$20 Meal deal payable at time of ordering by each participant.



Join us for a complete Ukrainian dinner starting with borscht and ending with a desert tea and coffee. Singles and couples are welcome.

Sign up with the McKee front desk. Each person will pay for their own meal. Each month is a different restaurant that members (and guests) can dress up and enjoy the evening out, supping a delicious meal with their peers. Each member pays their own bill and gratuity is included. We hope you come and join!

Pickleball Season is Here!

Location: Memorial Park

Date: Mon, Wed & Fri **10am - 12pm**

Cost: \$20



One of our Pickleball players, Manfred, will be advising on court conditions on a regular basis so please check your email prior to heading to the courts (as wet/windy/cold conditions may result in court closure) or call the McKee front desk 604-946-1411 for updates.



McKee AGM

HAVE YOU EVER CONSIDERED A POSITION ON THE BOARD OF DIRECTORS?

Here is your opportunity, as a paid-up member of the McKee House Seniors Society, to be nominated for the two-year term 2024-2026 for one, or more, of the following positions:

EXECUTIVE:

President & Vice President

DIRECTOR (5 Positions):

Kitchen Services | Customer Service | Clubs
Special Events | Volunteer Management

Directors may carry more than one position

If there is more than one nominee for a position, an election will be held and you will be introduced at the AGM on April 20, 2024 and have an opportunity to speak before the Election. Where there is only one nominee for a position, the nominee will succeed by acclamation.

Any Paid up member can be nominated; your nominator must be a paid-up member, and you may nominate yourself.

Please obtain a nomination form at the Customer Service Desk, complete the form and return to the desk along with a brief bio. A member of the Board will contact you and arrange to have a photo taken to place on the bulletin board along with your bio.

Nominations close Friday, April 12, 2024 at 1:00pm

McKee House Seniors Society

ANNUAL GENERAL MEETING & ELECTIONS

Saturday, April 20, 2024

Held in the Pioneer Hall

Registration begins at 9:30am

Meeting begins at 10am

ELECTIONS (2-year terms)

President

Vice-President

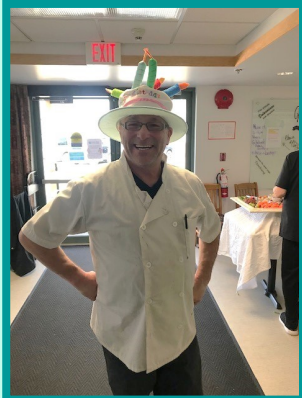
Directors

Nomination Cut-off: Friday, Apr 12, 2024 at 4pm

Nomination forms are available at the Customer Service Desk.

McKee Special Events

Congratulations on the 1 Year Anniversary of Kee Café and Mr. Mom's World Catering & Events!



Dancing in the Country

Sat, Apr 13 11am - 3pm Event ID: 37170

Join us and have a great time with social line dancing, suitable for all levels. This is sure to be full of energy, enthusiasm and fun. Line dance to some fabulous music. McKee members and non-members welcome.

Cost: \$10 for members or guests. Purchase tickets in advance or at the door. No outside food.



Here's what Jackie shared:

It is so important to have emergency contact information available for our members because no one expects to find themselves in an emergency situation. Knowing who to reach out to can alleviate a stressful situation for yourself and your family members. - Jackie

Come share with us! If you have an idea, or a feel-good story, we'd love to share it. Please bring it to our front desk, or email us at McKee@delta.ca

MCKEE ART SHOW & LUNCH

CATEGORIES

Acrylic | Watercolour | Mixed Media | Other

REGISTRATION OPEN Apr 2 - 17

\$5 for a maximum of 3 Art Pieces

*Pick up Artist Package at Customer Service

ART SUBMISSIONS Apr 15 - 17

VIEWING & SALES Apr 22 - May 4

RULES

*Art submissions accepted by McKee members only.

*Up to three pieces per entry.

LUNCHEON & AWARDS

EVERYONE WELCOME

Date: May 4

Time: 1pm

Cost: McKee Members \$20 & Guests \$24

Mr.Mom's Café will be catering this event, with a delicious menu of Creamy Garlic Chicken & Veggies and salad, followed by dessert. Coffee and tea will also be available.

Luncheon tickets on sale at McKee or online at delta.ca/registration starting April 2, 2024.

I excel at sleeping. In fact, I can do it with my eyes closed.



Jackson Hollow concert, at McKee March 2024. A great event with more than 100 people in attendance.

McKee News

Tax Clinics at McKee



Tue, Apr 2 - Apr 23 1:30 - 4pm

Need help with your tax returns? Delta MP Carla Qualtrough's office can help assist in completing your 2023 income tax returns if you have a simple tax situation.

McKee members and non-members are welcome. Call 604-946-1411 to book your 15-minute appointment between 1:30 - 4pm, every Tuesday from April 2 - April 23, 2024.

Webinar with Eva: Ecological Happiness with Dr. Vandana Shiva

Wed Apr 3 11am - 12pm Event ID: 42099

Environmental activist Vandana Shiva will share how we can only be truly happy when we care for the natural world around us.

Tea & Tales

Wed, Apr 10 11am - 12pm Event ID: 42125

Wed, Apr 24 11am - 12pm

Join a FVRL staff member in the McKee Lounge for a short story and a discussion about the authors and stories read. Call McKee for more information at 604-946-1411.

Coffee with a Cop

Wed, Apr 17 10 - 11am Event ID: 42126

Enjoy coffee and a visit with a member of the Delta Police Department to discuss your community.

Circle of Friends

Wed, Apr 17 11am - 12pm Event ID: 42127

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

McKee is Looking for a Guitar instructor!

Do you teach guitar lessons? Please let us know! Please leave your details at the McKee Front Desk!

Webinar Wednesday: Overcoming Trauma with Dr. Jessamy Hibberd

Wed, May 1 11am - 12pm Event ID: 42099

Dr. Jessamy will help us open up the space for self-healing and introduce the power of 'post-traumatic growth' - a remarkable way that painful experiences can lead to a valuable reassessment of our lives and a newfound discovery of meaning. You'll discover how we can process past events and move forward with a deeper level of self-awareness, purpose and acceptance. And you'll learn practical tools to move beyond the hurt and lead a more fulfilling, joyful life.



Foot Care

Fri, May 3 9:30am - 3:30pm

Book an appointment with the Foot Care Nurse for all foot care needs. No polish. Call McKee for more information at 604-946-1411.

McKee members only. \$40

McKee Seniors Society Shredding Event Fundraiser!

Saturday, April 6, 2024
10am - 2pm

By Donation (Cash or Cheque only)

Tax receipts given for \$25 or more.

McKee Seniors Recreation Centre
5155 47 Ave, Delta
604-946-1411



McKee News

Meditation

Tue, Apr 2 - May 14 11am Event ID: 40466

Cost: \$35 for 7 sessions

Tue, May 21 - Jun 25 11am Event ID: 40469

Cost: \$30 for 6 sessions

Join instructor Ivan for an hour of relaxation. This meditation practice will focus on stilling your thoughts, developing concentration, relaxation and peace of mind. Learn to be aware of your breath and how you can use breath to quiet the noise of your mind.



Program update - April 20

April 20 Program times have changed as the McKee AGM will be taking place.

Attending the AGM is essential for the membership because it gives a chance for our stakeholders to have a say in the Society's future. We hope you can attend.

APRIL 20 - ACTIVITY UPDATES:

McKee AGM	10am - 12pm
Card Seep	12pm - 3pm
Knitting Sisters	12pm - 2pm
Snooker	12pm - 3:30pm
Table Tennis	12pm - 3pm
Tap Dance	12pm - 2pm



CANCELLATIONS:

STRETCH AND STRENGTH CLASS 9 - 10am

MIIT CLASS 10:15 - 11:15am

Choose to Move (CTM) Information Session

Fri, Apr 12 2 - 3pm Event ID: 40423

This information session is mandatory in order to register for the 8-week Choose to Move program.

Choose to Move (CTM) Program Series

Fri, May 3 to Jun 14 2 - 3pm Event ID: 40430

Are you an older adult looking for motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. Receive both individual and group support. To learn more visit choosetomove.ca.

ActivAge (AA) Program Series

Fri, Apr 19 - Jun 14 12 - 1pm Event ID: 40427

1 - 2pm Event ID: 40440

This FREE program is open to everyone! You do not need to attend the info session to register for ActivAge. ActivAge is a group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into daily life. Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well being. Call McKee for more information at 604-946-1411.



Mr. Mom's World

CATERING & EVENTS

Where love and food come together

In addition to the delicious, freshly prepared hot meals, soups, sandwiches, scones, muffins, cookies, and more...the Kee Café offers a monthly special.

KEE CAFÉ APRIL SPECIAL

HOT DOG FRIDAY'S

A jumbo hotdog with fixings is \$4.50, or make it a combo for \$7.50 and include a drink and chips.

Add-ons include bacon, cheese or sauerkraut for \$1 each.



Save the Date

Tea & Tales

Wed, May 8 & 22 11am - 12pm Event ID: 42125

Join a FVRL staff member in the McKee Lounge for a short story and a discussion about the authors and stories read. Call McKee for more information at 604-946-1411.



McKee Volunteers



Have you Picked up
your Volunteer
Appreciation Invites?



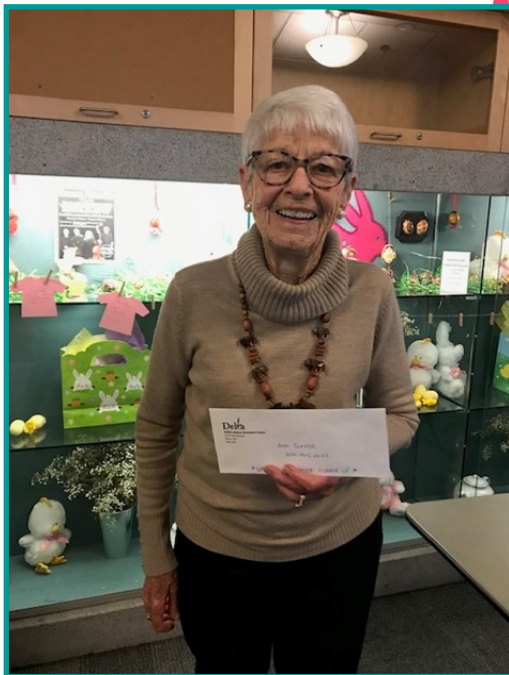
Volunteer Appreciation Celebration

Thu, Apr 18 1 - 3pm

To all the incredible McKee volunteers who gave of their time and talents since 2023, we invite you to attend our Annual Volunteer Appreciation Celebration. There will be some lively entertainment and delicious light refreshments, all to celebrate YOU!

Your invitations will be at the front desk for pick up on Monday, March 11. Kindly RSVP by Monday, April 8. We hope you will join us!

**Come dressed in your bright,
colourful Hawaiian attire!**



Name the Newsletter "Runner Up" Winner.

Ann won a \$10 gift card to Mr. Mom's

Where do rabbits go for
breakfast?

IHOP



Volunteer of the Month Nora



Nora has been a member at McKee for about 13 years and also started her tap dancing career at the same time. Nora had learning tap dance on her bucket list so when she joined as a member she signed herself up for tap and she is now the Club Convenor. Nora is an avid knitter and creates items for the Knitting Sisters. She was previously a participant in the watercolour for beginner's classes. Nora is a resident of Delta and has recently adopted a cat into her family who has quickly become the "Queen of the House".

Thank you Nora for volunteering your time at McKee.

Volunteers Needed:

McKee is looking for Café Services Volunteers and Front Desk Volunteers!

Come see us at the Front Desk to pick up an application and let us know if you are interested.

**VOLUNTEERS
NEEDED**




McKee Drop-in Programs

All attendees must have a current McKee membership.

Please note due to unforeseen circumstances activities may be cancelled without notice.

McKee Winter Instructional Guide is available [online](#) or at McKee Seniors Recreation Centre.

<u>MONDAY</u> Snooker Pickleball (Memorial Park) Tap Dance Card Seep Canasta Contract Bridge Table Tennis	9am - 4pm 10am - 12pm 10:30am - 12pm 12:30 - 3pm 12:30 - 3pm 1:15 - 3:45pm 2 - 5pm
<u>TUESDAY</u> Walking Club Snooker Mah Jong Pickleball (Memorial Park) Card Seep Scrabble Contract Bridge Euchre Jammers - April 10 & 24	9am 9am - 4pm 9:30am - 12:30pm 12 - 2pm 12:30 - 3pm 1 - 4pm 1:15 - 4pm 1:30 - 3:30pm 3 - 5:30pm
<u>WEDNESDAY</u> Snooker Pickleball (Memorial Park) Card Seep Cribbage Mah Jong Art Connection Ukulele (Jamming) Duplicate Bridge	9am - 4pm 10am - 12pm 12:30 - 3pm 12:30 - 3pm 1 - 4pm 12 - 1:30pm 2 - 4:15pm 6:15 - 9:45pm

<u>THURSDAY</u> Snooker Canasta Mah Jong Carpet Bowling Card Seep Bingo McKee Sisters Pickleball (Memorial Park) Table Tennis	9am - 4pm 9 - 11:30am 9:30am - 12:30pm 9:45am - 12pm 12:30 - 3pm 12:30 - 3:30pm 1:30 - 4pm 12 - 2pm 2 - 5pm
<u>FRIDAY</u> Walking Club Snooker Pickleball (Memorial Park) Card Seep Scrabble Book Club (last Friday)	9am 9am - 4pm 10am - 12pm 12:30 - 3pm 1:30 - 4pm 2:30 - 4:30pm
 <u>McKee Society Facebook</u> Club & Program updates are posted online.	
<u>SATURDAY</u> Table Tennis Snooker Knitting Sisters 1st & 3rd Tap Dance Card Seep Bingo Contract Bridge	9am - 3pm 9:30am - 3:30pm 10am - 12pm 10am - 12pm 11am - 3pm 12:30 - 3:30pm 6:30 - 9:30pm



Register in person or online Delta.ca/Registration.

Space for drop-in programs can be reserved up to 72 hours in advance for fitness programs.

* Registered Instructional Program

How do pirates celebrate April Fools' Day?

They walk the prank.



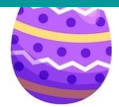
I don't know who needs to hear this, but you are a great gardener. That plant really should have tried harder.

McKee Instructional/Fitness Programs



All attendees must have a current McKee membership.

* Registered Instructional Program



Day	Name	Program dates	Time	Event ID
MONDAY	Fun & Fitness	Apr 8 - Jun 24	8:30 - 9:30am	40380
	Stretch & Strength	Apr 8 - Jun 24	8:45 - 9:45am	40446
	M.I.I.T.	Apr 8 - Jun 24	10 - 11am	40384
	*Watercolour for Beginners	Apr 8 - May 13	10:30am - 12:30pm	40488
	Line Dance Intermediate	Apr 8 - Jun 24	11:30 am - 12:30pm	40513
	Muscle Max	Apr 8 - Jun 24	4:30 - 5:30pm	40392
TUESDAY	Core, Balance & Strength	Apr 2 - Jun 25	8 - 9am	40379
	Yoga Flow	Apr 2 - Jun 25	9:30 - 10:30am	40463
	*Acrylic Art & Watercolour	Apr 2 - 30	9:30 - 11:30am	40496
	*Gentle Yoga	Apr 2 - May 14	11am - 12pm	40454
	*Meditation	Apr 2 - May 14	11am - 12pm	40466
	*Get up and Go	Apr 9 - May 14	1 - 2 pm	40472
WEDNESDAY	Fun & Fitness	Apr 3 - Jun 26	9 - 10am	40381
	Stretch & Strength	Apr 3 - Jun 26	10:15 - 11:15am	40443
	Zumba Gold	Apr 3 - Jun 26	10:30 - 11:30am	40453
	*Minds in Motion	Apr 3 - May 8	1:30 - 3:30pm	40483
THURSDAY	Chair Yoga	Apr 4 - Jun 27	10:30 - 11:30am	40461
	*Gentle Yoga	Apr 4 - May 16	12:30 - 1:30pm	40456
	*Get Up & Go	Apr 11 - May 16	1 - 2pm	40475
	Muscle Max	Apr 4 - Jun 27	4:30 - 5:30pm	40393
FRIDAY	Yoga Flow	Apr 5 - Jun 28	8:45 - 9:45am	40465
	Fun & Fitness	Apr 5 - Jun 28	9 - 10am	40382
	Custom Fit	Apr 5 - Jun 28	10:15 - 11:15am	40471
	Line Dance Intermediate	Apr 5 - Jun 28	10:30 - 11:30am	40512
	Line Dancing 3	Apr 5 - Jun 28	11:45am - 12:45pm	40516
	Line Dancing 2	Apr 5 - Jun 28	1 - 2pm	40515
	*Choose to Move	Apr 12 - Jun 14	2 - 3pm	40430
	*Active Age	Apr 19 - Jun 14	12 - 1pm / 1 - 2pm	40427 / 40440
	Line Dancing 1	Apr 5 - Jun 28	2:15 - 3:15pm	40514
SATURDAY	Stretch & Strength		9 - 10am	40444
	M.I.I.T.		10:15 - 11:15am	40391

Register in person or online Delta.ca/Registration.

Space for drop-in programs can be reserved up to 72 hours in advance for fitness programs.

City of Delta

Hello Grey Matters Readers,

Spring has arrived! Outside, the world is awake, so let's open the windows and feel the crisp and invigorating air sweeping away the remnants of hibernation. The cherry blossoms are here and the petals are a delicate pink confetti. The birds orchestrate a symphony of melodies and are a celebration of life. It's a beautiful time of year.

To start the spring season, we are delighted to host the Appreciation Event for the Volunteers for both Kennedy and McKee Senior Societies. If you have been a volunteer, with either of these societies, in the past 12 months stop by the front desk to RSVP to your invitation. We are hosting a Polynesian Cultural celebration, and we ask all of the volunteer attendees to wear bright colours to enhance the ambiance of the events.

The offerings across the City of Delta provide our community with improved quality of life, offer educational opportunities and much more.

If you have suggestions for activities you would like to see, please let us know. Our goal is to maintain and improve activities for recreation needs in Delta. If there's anything you'd like us to consider to enhance your recreation needs, please let us know. Your input helps us grow!

Wishing you a fabulous spring!

Lisa Porter
A/Seniors Community Services Supervisor



We Love Your Smile

Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the centre in our newsletters, or online. If you don't want your image published, please let staff know.

Delta Seniors Bus

The Delta Seniors Bus service is a free curbside service within Delta, for Delta residents 65+.



The central booking line is open Monday to Friday, 9am to 4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. The City of Delta provides transportation service to local clinics. All rides are subject to availability. For more information or to book a ride, please call the central booking line: **604-597-4876**

Delta Seniors Bus Staff: Amrinder, Barry ,Bev, Dwight, Gary, George, Janet, Jim, Karen, Lynn, and Pamela.

City of Delta Receives Funding from Natural Resources Canada for Electric Vehicle Charging Stations



Kennedy Seniors Recreation Centre will soon be a part of Delta's community-wide network of electric vehicle charging stations. More details are available here delta.ca/community-culture

I fall but I don't get hurt. I pour, but I'm not a jug. I help plants grow, but I'm not the sun.

What am I?

Rain

City of Delta Staff

A/Seniors Community Services Supervisor

Lisa Porter

lporter@delta.ca

Kennedy Seniors Recreation Centre

Senior Centre Coordinator
Volunteer & Cust Ser. Coordinator
Recreation Programmer
Custodian Attendant

Jan Talaber
Katie Green
Kourtney Nishi
Alec Lonsdale



McKee Seniors Recreation Centre

A/Volunteer & Cust Ser. Coordinator
Recreation Programmer
Recreation Programmer
Facility Operations Supervisor

Sara Sochting
Troy Dy
Trudy Buzdon-Barber
Mike Robinson

Sports & Gyms

Self Defense/Protection Workshop Level 1

Sun, Apr 21 10 - 12pm Event ID: 35735

North Delta Recreation Centre

This program is designed with the mindset that anyone regardless of their physical shape, size or gender can use these techniques to protect themselves. All tactics in this program are based on natural reaction. You will learn how to control and use your emotions and intuitive instincts to protect yourself. You will learn how awareness and prevention will reduce the risk of being a target. Empowerment comes from education and techniques combined. This seminar will teach you how to use your body as a tool and the skills and techniques to help disengage in a potential assault scenario as quickly as possible. You will learn some basic common assault scenarios such as wrist grabs, hair grabs, front and back chokes, bear hugs and more.

Cost: \$35

Learn to Lawn Bowl Event ID: 39169

Tue, Apr 23 - Thu Apr 25 6:30 - 7:30pm

Sat, Apr 27 10am - 12pm

Ladner Lawn Bowling Club

The Ladner Lawn Bowling Club invites you to come out and learn the game of Lawn Bowling! The game of bowls is a game for all as all are on equal terms in this game. Learn the basics and practice your skills in this game that is easy to learn but takes time to master. This program is designed to provide the basics of the game so that you feel comfortable joining us year round on our artificial surface for our drop-in play opportunities!

Cost: \$30

April Facts

- On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk.
- The month of April gets its name from the Latin word *aperio*, meaning "to open [bud]," because plants really begin to grow now

Fitness



Pilates

Wed, Apr 24 - May 22 6 - 7pm Event ID: 41865

North Delta Recreation Centre

A low impact core conditioning class that works to strengthen back and abdominal muscles. Improves balance, postural alignment and flexibility. Level of Intensity: Moderate Refund Policy. A prorated refund is available for any withdrawals prior to the start of the 3rd class. Once the 3rd class starts, no refund will be provided. Please bring a mat.

NO SESSION MAY 15

Cost: \$38.76

Active Aging

Event ID: 35776

Tue/Thu May 2 - 30

10:45am - 12:15pm

North Delta Recreation Centre

Maintain and improve heart health in this program for those who have had a cardiac event. An exercise prescription from an in person clinical program is required to register.

Pre-requisite: Completion of an in person Cardiac Rehabilitation Program. Personal heart rate monitor is required. New participants MUST complete a consultation 2 weeks prior to the start of the program. To schedule an appointment, email FitnessSpecialtyPrograms@delta.ca.

Cost: \$94.59

Aquatics

Aqua Fit - Power Deep

A low impact workout that helps participants develop their cardio, strength and endurance. This course takes place in the deep end of the pool. Participants must be comfortable in deep water. Float belts and barbells are available.

Aqua Fit - Tidal Toner

An energizing class that utilizes water resistance for a variety of exercise combinations with warm up, cardio, strength and stretch. This course takes place in the shallow end of the pool.

What is the best day of the year to Monkey around with friends?

Ape-ril Fool's day of course!

Aquatics



Aqua Fit - Aqua Joint Moves

Registered Program

This class helps with maintaining range of motion and has limited weight bearing on joints and light conditioning for injuries.

Moonlight Swim

Tue & Thu 9 - 10pm

Winskill Recreation Centre

We close the diving boards and dim the lights in the pool chamber to allow for a relaxing atmosphere.

The City of Delta hosts a variety of registered and drop-in swimming opportunities and swimming lessons at **Winskill Aquatics & Fitness Centre, Ladner Leisure Centre, and Sungod Recreation Centre.**

More details are available at Delta.ca/aquatics



HERITAGE HIGHLIGHTS



Delta Archives, 2023-085-022 Courtesy of the Delta Heritage Society.

This 1950s photograph depicts Zoe Harris by some net racks at Canoe Pass. The area has long been home to many fishermen and farmers, including the indigenous Hwlitsum people. Check out Zoe's other family photos online at archivesmuseum.delta.ca. Visit the Archives at the Discovery Centre for more information. Open daily; free admission.

delta.ca/DiscoveryCentre
DJHDC@delta.ca | 604-952-3836

Douglas J. Husband Discovery Centre
4450 Clarence Taylor Crescent
Delta, BC V4K 3W3

Cultural Services



Paris in Spring Chamber Concert

Tue, Apr 9 1pm

North Delta Centre for the Arts

The Vancouver Chamber Music Society (VCMS) and City of Delta, we are proud to bring you "Paris in Spring" by VAM Chamber Players. Presented at the ND Centre for the Arts. Doors open at 12:30pm and the show is at 1pm. Tickets can be purchased at vancouverchambermusic.com or by calling 604-359-9738.

Cost: \$25

COMPOSED Festival of Poetry & Writing

Apr, 18 - 20 10am - 8pm

Tsawwassen Arts Centre, Harris Barn and North Delta Centre for the Arts

Delta Literary Art Society and City of Delta partner again to bring you a 3 day literary festival. Find more information at Dlas.ca

Constellations

Apr, 26 & 27 7:30pm

North Delta Centre for the Arts

Constellations is a 2-person play that narrates the enchanting love between Roland, a beekeeper, and Marianne, a physicist. Two-two actors auditioned for the two leading roles. Support local theatre and get your tickets now! Come early and enjoy concession and bar service.

Tickets can be purchased online here

Eventbrite.com/cc/constellations-3189909

Adult Art & Performing Classes

North Delta Recreation Centre

South Delta Recreation Centre

For spring 2024, there are various adult only visual arts and performing arts classes. Courses include ballet, Improve, paint nights, drawing, Art Sampler (try a little of everything) pottery, acrylic painting, watercolour on rice-paper, and jewelry making. Classes are a combination of Delta instructors and ND Potters Guild and Watershed Artworks Society. To view and/or register for them please visit:

Delta.ca/parks-recreation



Encouragement in an Envelope

It has been an absolute honor to have been able to provide mail deliveries and encouraging letters and cards from volunteers in the community. Encouragement in an Envelope began in March 2021 and will come to an end in April 2024. The pandemic was a challenging time for people all over the world and staff hope this program brought a smile to your face and brightened your day.

The City of Delta received a \$25,000 federal grant from the New Horizons for Seniors Program to create the Encouragement in an Envelope program. Encouragement in an Envelope program provided...

- At least one mail delivery each month - maybe two! Deliveries included the Kennedy/McKee Seniors Recreation Centre monthly newsletter; a mid-month brain game activity or a letter/card that was created by someone from the community.
- A unique connection with the community.

Kind regards,

Katie Green
Volunteer & Customer Service Coordinator



**ENCOURAGEMENT
IN AN ENVELOPE**

*"A letter makes ordinary things seem Important."
~ Marilynne Robinson ~*

SENIORS SERVICES

Digital Literacy Programs

The City of Delta, in partnership with Kennedy and McKee Seniors Societies, and funded by the Government of Canada's New Horizons for Seniors Program, is proud to have been selected for the Digital Literacy Programs at Delta's seniors recreation centres. The program is now completed, thank you to everyone that has participated.

**NEW
HORIZONS
FOR SENIORS
PROGRAM**



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

Canada

City of Delta ~ Wellness

April is Advance Care Planning Awareness Month

It's about conversations, it's about wishes and it's about decisions

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself or/and you become incapable of consenting to or refusing treatment or other care. It's a way to give your loved ones the confidence to make decisions for you during a difficult time. You may never need your advance care plan – but if you do, you'll be glad that you have had these conversations, to make sure that your voice is heard when you cannot speak for yourself.

Remember, this plan would only be used if you are not capable of speaking for yourself. You can also change it at any time. The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard and respected. Think about what you'd want – and start the conversation with others about your end-of-life care.



The Five Steps of Advance Care Planning

- 1. Think** about what's right for you. What are my values, beliefs and understanding about end of life care and specific medical procedures? What's important to me?
- 2. Learn** about medical procedures. There are many medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life. Different people have different thoughts about these procedures. Learn about various medical procedures.
- 3. Choose** your Substitute Decision Maker. Choose someone who would honour and follow your wishes, and is able to speak for you if you can't speak for yourself
- 4. Talk** about your wishes. Talk with your Substitute Decision Maker, family members and friends who are important to you. Tell your health care team – and if you have a written plan, share it with them.
- 5. Record** your wishes. It's a good idea to write down your wishes or making a recording or video. There are also forms available in BC.
- 6. Review** your plan. It's important to review your plan regularly to make sure it reflects your wishes, especially if something in your life changes. Continue the conversation



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.

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta

604-594-2717

KENNEDY SENIORS SOCIETY Board of Directors 2024-2025

President	Rick Stonehouse
Vice-President	John Kennedy
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Instructional Programs	Bob Gestrin
Drop-in Programs	Peter Williams
Socials	Valerie Naples
Director at Large	Share Forde
Volunteers & Customer Service	Linda Christoforou
Director of Travel & Marketing	Dave Quick

KENNEDY FEES 2024

12-month Annual Membership	\$25.00
12-month Gold Membership (age 90+)	FREE
20-Activity Punch Passes	\$7.00
Activity Single Admission	\$0.35
Guest Pass—One week	\$5.00

A MESSAGE FROM YOUR BOARD OF DIRECTORS.

We are now open Saturdays for expanded programming with great success. Check the Newsletter and the onsite bulletin boards to discover ongoing daily programs/activities as well as upcoming social events and bus trips.

The AGM 2024 was held on March 27 with the swearing in of 4 Executive officers beginning new 2 year terms and 6 Directors of programs entering their second year of a 2 year term.

Please welcome **Valerie Naples** as your new Director of Socials, replacing **Judy Smith** who had a very successful run and an extremely productive 6 years of fantastic social events, benefiting all members of the Kennedy Seniors Society.

The **CAFÉ IS OPEN!!** Please visit us and enjoy lunch or a casual snack and coffee with friends. **Hot meals are now served on Mondays and Wednesdays.**

The Café also takes debit cards and credit cards so there is no need to bring cash!

On behalf of the Board of Directors,
Rick Stonehouse
President

Save the Date



50th Anniversary!

 This year marks the 50th Anniversary of the Kennedy Seniors Society. During National Senior's week, June 3-8, there will be many events celebrating all that our centre has offered its members and guests since 1974. Raffles, BBQ, Dinner Dance, Sock Hop and various demonstrations are in the planning stages. On Monday, June 3, we'll start off with a free BBQ, with the help of the North Delta Lions Club. Tickets will be required for this free BBQ, and will be available in early May. Circle your calendar and stay tuned for more details on this and other exciting events to celebrate Kennedy!

VanDusen Botanical Garden

Thu, May 23 9am - 3pm Event ID: 42910

Tickets go on sale Fri, May 3 at 9:30am.
Limit of two tickets per person.

Meandering paths weave through this tranquil green retreat in the heart of Vancouver, where more than 7,500 plant varieties grow in themed displays, ranging from a Canadian heritage garden and more. Lunch is available at the Garden Café or can be purchased at Café Eighty-ate for \$10.00. The bus leaves Kennedy Senior Centre at 9am, returning at 3pm. **Cost: \$25**

Please note you must be a member of Kennedy to participate in these bus trips.

Kennedy News

Café Eighty-Ate

Mon - Fri 9am - 1pm

Serving hot food on Mondays and Wednesdays while supplies last. Don't feel like cooking tonight? We also have a great selection of frozen take-out dinners such as perigees and sausage; chicken cutlets with mashed potatoes, gravy and veggies; and several hearty soups. Selection varies from day to day. Come check us out and bring a friend!



Mobile Hearing Clinic

Wed, May 15 9am - 4pm Event ID: 41000

Free mobile hearing services will be provided at Kennedy Seniors Centre by a qualified provider. The service will take approximately one hour per person and would include hearing assessments and hearing aid fittings. Spots are limited, please register at the Customer Service Desk.

Overcoming Trauma Webinar

Tues, May 7 10 - 11:30am Event ID: 41823

How can we move on from our trauma? Many of us experience trauma in our lives and, if left un-addressed, this can have a long-term impact on our physical, mental and emotional health. Dr. Jessamy will explore the effects of trauma, drawing on the latest research from psychology, neuroscience and her own experiences as a clinical psychologist treating people with trauma. You'll discover how we can process past events and move forward with a deeper level of self-awareness, purpose and acceptance. And you'll learn practical tools to move beyond the hurt and lead a more fulfilling, joyful life. Please pre-register at the Customer Service Desk.

Kennedy Bus Trips

Vancouver Symphony Orchestra:

Thu, Apr 18
11:30am - 5pm

Event ID: 40935



Sold Out

Tax Clinics

Fri, Apr 5 - Apr 26 1:30 - 4pm

Book your 15-minute appointment with Delta MP Carla Qualtrough's staff to assist with your 2023 income tax return.



Choose to Move (CTM) Information Session

Wed Apr 3 10:30 - 11:30am Event ID: 40175

Attendance to the information session is required to be eligible to participate in CTM & AA noted below. Please preregister at the Customer Service desk.

Choose to Move (CTM) Program Series

Wed, Apr 10 - Jun 26 10:30 - 11:30am Event ID: 40171

You must attend the Choose to Move info session above to continue with the 8-week program. This is free and flexible and provides you with the motivation and support to become more active.

ActivAge (AA) Program Series

Wed Apr 10 - Jun 26 9:30 - 10:30am Event ID: 40173

Learn about the benefits of active living as you age, and find examples of exercises and activities that are perfect for maintaining and improving health.

The CTM and AA programs are free and open to members and non-members.

Snooker League Tournament

Tue, Apr 9 8:30am - 4pm

Tue, Apr 16 8:30am - 4pm Event ID: 40783

Lower Mainland Snooker league play will be happening in the Pool Room at Kennedy on these days. Spectators are welcome!

The Crafty Ladies

We have come through a very wet and cold winter and are asking for your help. We are having a sock drive for the next two months. The drop box will be in the lobby, please help if you can. We are requesting dark socks. Thank you for your kindness. The socks are given to the homeless in Delta and Surrey.

Stay active & keep healthy!

Lil Jones



Living Safely with Dementia Workshop

Tue, Apr 9 10 - 11:30am Event ID: 37870

Join us for a Webinar by the Alzheimer Society of British Columbia. Learn to identify safety risks in the home and make adaptations to prevent accidents. Topics include safety measures for medications, food, hazardous substances, and more. This presentation is meant for caregivers and people living with dementia. Light refreshments will be served. Please pre-register at the Customer Service Desk.



Fraser Health Falls Prevention Mobile Clinic

Thu, Apr 25 8:30am - 5pm Event ID: 39108

The falls prevention mobile clinics are for at-risk seniors living in the community. Clients are able to receive one-on-one sessions with health professionals including: Pharmacist and Physiotherapist. The client's individual fall risk status and recommendations will be discussed at three stations: Screening / assessment, Medication and vitamin review and Exercise and home safety interventions. The total time spent at the clinic is approximately 2 hours. Appointments are required! A report with detailed recommendations is sent to the client, their primary physician and any referring health professional. To schedule an appointment, please call Fraser Health at 604-364-1773.

Ecological Happiness Webinar

Tue, Apr 16 10 - 11:30am Event ID: 41802

Environmental activist Vandana Shiva will share how we can only be truly happy when we care for the natural world around us. Our happiness and the happiness of the earth are one and the same. By learning to recognize our inter-connectedness as part of "one earth family" we can create true joy in our lives and for those around us too. Please pre-register at the Customer Service Desk.



AED/CPR First Aid Workshop

Mon, Apr 22 11:30am - 1pm Event ID: 42019

Free AED/ CPR first aid introductory workshop to refresh your knowledge and learn basic first aid Adult CPR and AED skills. Registration is required due to limited space. Light refreshments will be provided.

Chronic Obstructive Pulmonary Disorder (COPD) Workshop

Tue, Apr 23 10 - 11am Event ID: 38723

Join us for a free workshop on Chronic Obstructive Pulmonary Disorder (COPD) presented by the Seniors Health & Wellness Institute. This workshop aims to increase awareness of the prevention, treatment, and management of COPD. Light refreshments will be provided. Please pre-register at the Customer Service Desk.



**What did the tree say when
April began?**

What a re-leaf.

Fraser Health Fall Prevention Presentation

Thu, Apr 25 3:30-4:30pm Event ID: 39140

The fall prevention team at Fraser Health is offering a presentation at Kennedy Seniors Centre. The presentations details the 4 pillars of falls prevention which are medication, vision, exercise and home safety. Light refreshments will be provided. To sign up, please call Fraser Health at **604-364-1773**.

Chronic Conditions Self-Management Workshop

Thu, Apr 25 - May 30 1:30 - 4pm Event ID: 40311

This free six week workshop provides information and teaches practical skills to give people the confidence and motivation they need to manage the challenges of living with Chronic Conditions. Chronic conditions are broadly defined as long-term conditions and require ongoing medical care and lifestyle changes to manage and control. The workshop participants receive the Living a Healthy Life with Chronic Conditions companion book. Participants should plan to attend all six sessions to get the maximum benefit. Caregivers and family members who register are also welcome to attend. The CCSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Pre-registration is required.

Kennedy News

Classical Indian Music for Relaxation

Sat, Apr 13 -May 18 10:30am - 12pm Event ID: 43172

We welcome you to dive deep into a serene journey through centuries of tradition and culture, evoking a sense of tranquility and peace. In each class you will listen to intricate melodies, mesmerizing rhythms, and soul-stirring ragas learning how the music can affect your body and mind. Close your eyes, surrender to the music, and let it transport you to a place of inner calm and rejuvenation.



Cost: \$45



Tai Chi

Thur, Apr 18 - Jun 26 10 – 11am Event ID: 42907

Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. The exercise calls for coordination of body parts, integrating mind, body and Qi (energy). By continual practice of Tai Chi, one can improve their health and mobility, all while enjoying the beauty of synchronized movements. Call Kennedy Senior Centre for more information at 604-594-2717. Kennedy Membership is required.

Cost: \$40

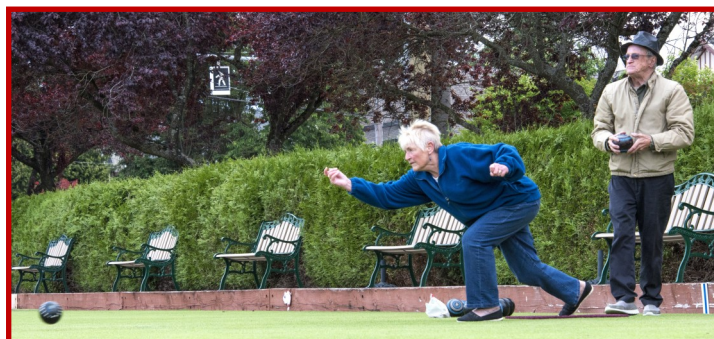


Serger Sewing

Wed, May 15 & 22 1 - 3pm Event ID: 42729

Basic Introduction to the use of a Serger Sewing Machine. Learn to make straight lines, curves, stretch, fabric tricks and threading. No garment assembly will be covered. Kennedy membership is required. Please call Kennedy Senior Centre for more information 604-594-2717.

Cost: \$20



Kennedy Volunteers

Volunteer of the Month



Meet: Lorna Davies

Lorna Davies was born and raised in Victoria, BC. In 1967, she married at age 19. She had a daughter named Pamela. Divorced after 10 years, Lorna relocated back to Victoria to work for the BC Government as Administrator in the Government mail division. She worked in this position for 20 years. At the age of 55 Lorna chose to work with her life partner Ralph in his financial office where she worked for another 9 years. She became a widow in 2023, but is active in a home based business with anti-aging health products. She volunteers in the cafe at Kennedy on Tuesdays and at the Social Events recruiting volunteers. She is also a Secretary on the Board of Senior Link Society in Richmond. Hobbies include gardening, walking and visiting daughters' family, including 2 grandsons.

Volunteer Stats

During the month of February Kennedy volunteers generously donated 825 hours of their valuable time.



April 14 - 20 is National Volunteer Week. This is a time to celebrate and thank Canada's 24 million volunteers!



The theme for National Volunteer Week highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities.

Volunteers are fundamental to meeting this challenging moment. By coming together, committing support, and increasing our collective efforts and impact, we contribute exponentially to the quality of life we all strive for.

During National Volunteer Week 2024, we come together to recognize and celebrate the importance of each and every volunteer's impact from coast to coast. Now more than ever, **Every Moment Matters.**



**Volunteer Appreciation Celebration
Mon, Apr 15 1 - 3pm**

Have you picked up your invite yet?

To all the incredible Kennedy volunteers who gave of their time and talents during the 2023 year, we invite you to attend our annual Volunteer Appreciation Celebration. There will be some lively entertainment and delicious light refreshments, all to celebrate YOU!

Pick up your invitations at Kennedy's Customer Service Desk. Kindly RSVP by Monday, April 8.

We hope you will join us! Come



Kennedy Instructional & Fitness Programs

Courses with (*) are Kennedy Seniors Society Instructional Programs that are for a series of dates.
Please preregister in person at Kennedy Seniors Recreation Centre.



Day	Name	Program Dates	Time	Event ID
MONDAY	*Music Wellness	Apr 8 - Jun 17	9:30 - 11:15am	40312
	*Computers for All Levels	Apr 8 - Jun 17	9:30am- 12pm	40313
	Zumba Gold	Apr 8 - Jun 24	10:30 -11:30am	37291
	Fit & Active	Apr 8 - Jun 24	11:45am - 12:45pm	37295
 TUESDAY	Fit & Active	Apr 2 - Jun 25	9:15 - 10:15am	37296
	Fit & Functional	Apr 2 - Jun 25	10:30 - 11:15am	37297
	Gentle Yoga	Apr 2 - Jun 25	11:45am - 12:45pm	37298
	*Watercolour Painting	Apr 9 - May 14 May 21 - Jun 25	1 - 3pm	40377 40378
WEDNESDAY 	*Active Aging	Apr 10 - Jun 26	9:30 - 10:30am	40173
	*Hawaiian Dance Intermediate	Apr 10 - Jun 12	10 - 11:30am	40350
	*Choose to Move	Apr 10 - Jun 26	10:30 - 11:30am	40171
	*Sergger Sewing Class	May 15 & 22	1:00 - 3:00pm	42729
	*Line Dancing— Level II	Apr 3 - Jun 26	1:30 - 3pm	42011
	*Line Dancing—Level I	Apr 3 - Jun 26	3:15 - 4:15pm	42016
	Zumba Fitness	Apr 3 - Jun 26	5:15 - 6:15pm	37300
THURSDAY	Fit & Active	Apr 4 - Jun 27	9:15 - 10:15am	37303
	Fit & Functional	Apr 4 - Jun 27	10:30 - 11:15am	37304
	* Tai Chi	Apr 18 - Jun 6	10:00 - 11:00am	42907
	*Spanish for Beginners	May 2 - May 23	11am - 12:30pm	40590
	*Spanish for Beginners - Level II	May 30 - Jun 20	11am - 12:30pm	41001
	Simply Stretch	Apr 4 - Jun 27	11:45am - 12:45pm	37305
FRIDAY	*Computers for All Levels	Apr 12 - Jun 14	9:30am - 12pm	40314
	*Chair Yoga	Apr 5 - May 17 May 24 - Jun 28	10 - 11am	40581 42728
SATURDAY	Gentle Yoga	Apr 6 - Jun 29	9:15 - 10:15am	41803
	*Basic Photography	Apr 6 - Apr 13	10am - 12pm	40330
	*Classical Indian Music for Relaxation	Apr 13 - May 18	10:30am - 12pm	43172

Come share with us! If you have an idea, or a feel-good story, or some words of wisdom you'd like to share in a future newsletter, please bring your piece to our Front Desk, or email us at Kennedy@delta.ca

Kennedy Drop-in Programs



All Attendees must have a current Kennedy membership card.

Please note: due to unforeseen circumstances programs may be cancelled without notice.

Kennedy Spring Instructional Guide is available [online](#) or at Kennedy Seniors Recreation Centre.

<u>MONDAY</u>	
Woodshop	9am - 2pm
Snooker	9am - 4pm
Bingo (No class Apr 29)	12:15 - 3:30pm
Canasta	1:30 - 4pm
Pickleball (No class Apr 15)	1:15 - 4pm
<u>TUESDAY</u>	
Woodshop	9am - 2pm
Snooker (League play Apr 9 & 16)	9am - 4pm
Guitar	10 - 11:30am
Crafty Ladies	12 - 3pm
Table Tennis	12:30 - 2:30pm
Women's Friends Group	12:30 - 2:30pm
Euchre	1:15 - 3:15pm
Pickleball	1:15 - 4pm
<u>WEDNESDAY</u>	
Carpet Bowling	9am - 11:45am
Woodshop	9am - 2pm
Snooker	9am - 8:45pm
Card Making	9:30am - 12pm
Acrylic Art	10am - 12pm
Dealer's Choice	12 - 3:30pm
Contract Bridge	1:15 - 4:15pm
Table Tennis	1:30 - 3:30pm
Tile Games	6:30 - 8:30pm
Cribbage	6:30 - 8:30pm
Pickleball	6:30 - 8:30pm
Photography Interest Group (April 3 & 17)	6:30 - 8:45pm



<u>THURSDAY</u>	
Woodshop	9am - 2pm
Snooker	9am - 4pm
Table Tennis	1:30 - 3:30pm
Samba (Card Game)	12:30 - 4pm
Acrylic & Watercolor	1 - 3pm
Pickleball	1:15 - 4pm
<u>FRIDAY</u>	
Carpet Bowling	9am - 11:45am
Woodshop	9am - 2pm
Snooker	9am - 4pm
Crafty Ladies	9am - 11:30am
Dealer's Choice	12 - 3:30pm
Bingo	12:15 - 3:30pm
Jammers	1 - 3pm
Mahjong	1:15 - 3:30pm
<u>SATURDAY</u>	
Woodshop	9am - 2pm
Snooker	9am - 3:45pm
Ceramics	10am - 12pm
Table Tennis	10am - 1pm
Pickleball	12:30 - 3:45pm
Acrylic & Watercolor	1 - 3pm
Scrabble	1 - 3pm



When is it impossible to plant flowers?
When you haven't botany



Spring has Sprung!

Community Learning Program with Delta Police Recruits

Delta POLICE



Excellence in Policing

Monday, April 29 12:30 - 4pm
Kennedy Recreation Centre

We are honoured to be chosen by the Delta Police Department to host new Police Recruits at Kennedy Seniors Recreation Centre. Join us for a free afternoon of community connections. Invite a friend!

11:30am - 1pm

1:15 - 3:30pm

1:30 - 3:30pm

1:15 - 4pm

1 - 3:30pm

Carpet Bowling

Reception

Table Tennis

Pickle ball

Snooker

FREE

This is a unique opportunity to interact with Delta Police Recruits, ask questions and support their community engagement.

We hope to see you there!

Pre-registration is appreciated.

Event ID: 40594




Kennedy Seniors Recreation Centre, 11760 88 Avenue, Delta

604-594-2717

April 2024 Brain Games & Fun



Spring Word Scramble

1	oils		11	arcobn	
2	arsol		12	caringo	
3	rreiv		13	yegcool	
4	iwnd		14	tabahti	
5	tseer		15	textcni	
6	eyecrcl		16	temical	
7	geenr		17	stdeer	
8	oanc		18	lgbola	
9	airn		19	proal	
10	sebe		20	nexogy	

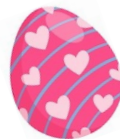
Rebus Puzzle

MIY LIHIE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
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TRAVEL ----- CCCCCC	FAST	T O W N
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POT oo oo oo oo	D movie D movie D movie	SECRET ← SECRET SECRET
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	8			9	6		3	
	2		7	4				8
9		4				2		
		6	8				1	2
1	3			6			5	4
8	9				1	7		
		9				1		6
6				7	2		4	
	1		6	8			2	

#17654

www.sudoku.name

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

#18863

www.sudoku.name

April 2024 Brain Games & Fun

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

BIODEGRADABLE LANDSCAPE
 CARBON PRESERVE
 RENEWABLE PLANTS
 RECYCLE WORLD
 REUSE
 POLLUTION
 CONSERVATION
 ECOLOGY
 OXYGEN
 BIODIVERSITY
 WETLANDS
 OZONE
 SOLAR
 REVITALIZE
 PRECIPITATION



Easter Egg Hunt

Count the eggs in the newsletter and enter the draw at the front desk for your chance to win a prize.

Prize draw: April 25, 2024

Easter Egg Hunt Kennedy & McKee

Thurs, Mar 28. Come join us for an Easter Egg hunt at McKee & Kennedy. Enjoy a sweet treat if you find one.

Guess the Eggs

Guess the mini eggs in the jar. Enter your guess at the front desk for a chance to win a prize!

Prize draw: April 8, 2024



Word Scramble



1. Soil
2. Solar
3. River
4. Wind
5. Trees
6. Recycl
7. Green
8. Ocean
9. Rain
10. Bees
11. Carbon
12. Organic
13. Ecology
14. Habitat
15. Extinct
16. Climate
17. Desert
18. Global
19. Polar
20. Oxygen

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

Rebus Puzzle Answers



1. For once in my life
2. Forget it
3. Try to understand
4. Travel Overseas
5. Breakfast
6. Downtown
7. Eveshadow
8. Stepfather
9. Once upon a time
10. Potatoes
11. 3D Movie
12. Top Secret