

MAY 2024 ~ NEWSLETTER

GREY MATTERS

Where Wisdom Meets Recreation

Kennedy Seniors Society

Celebrates 50 Years!

Circle these dates and get your tickets early!

Dinner Dance tickets **Tue, May 7**

Sock Hop tickets **Wed, May 8**

BBQ tickets **Mon, May 13**



More details on page 19

McKee Seniors Society

McKee Diners Club

Whether you're a foodie, a conversationalist, or simply seeking connection, the McKee Diners Club has returned.



More details on page 5

IMPORTANT DATES

Sunday, May 12

Mother's Day

Monday, May 20

Victoria Day - Kennedy / McKee Closed



GAME DAYS

**The Vancouver Canucks made it to the playoffs!!
Show your support and wear your jersey
or team colours on game day.**

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**

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**

*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 2024- 2025

President	Joyce Branscombe
Past President	Mae Forsythe
Treasurer	Sandy Watson
Secretary	Vacant
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. Workshops & Marketing	Lin Jones

McKee Seniors Society

May flowers are popping up everywhere and the days are getting warmer and longer. Summer will soon be here!

We have had several successful events this past month. Dancing in the Country showcased McKee House to dancers who came from throughout the Lower Mainland. This is the first time we were able to host this type of event since Covid. Long overdue. Great energy and spirits were high as everyone danced up a storm.

Geof Kramer, Director of Asset Management, and a great group of volunteers participated in the Shredding event which brought in over \$3,000. Thank you to the City of Delta staff for hosting the Volunteer Appreciation Celebration. All our volunteers are phenomenal and deserve recognition. This was certainly a fun way to receive it. Our membership continues to grow, and the Board needs your input. Your participation in the "Dotmocracy" project will help the Board plan future activities to meet the needs of our expanding membership.

This is the last time I will be writing a message from the Board of Directors as my time on the Board has ended. It was fulfilling to serve as your president for the past few years. It has been a pleasure to work with such a dedicated group of volunteers and staff. The Annual General Meeting brought a new group of people serving in Executive and Director positions. Congratulations to all and I wish you all the best in the coming years.

Mae Forsythe
Past President



Joyce Branscombe
President



Mae Forsythe
Past President



Sandy Watson
Treasurer



Geof Kraemer
Dir. of Assets



Denise Foster
Dir. of Clubs



Lin Jones
Dir. of Workshops
& Marketing



Thank you to all the McKee Senior Society volunteers and participants who supported the Shredding Event on Saturday April 6. The McKee Society raised over \$3000.

THANK YOU



Greetings from the 2024/2025 Board of Directors

The 2023/2024 AGM took place on Saturday April 20, 2024, with 65 members attending. At the AGM we were able to acknowledge and thank Mae Forsythe, Fran Schiffner and Carol Page for their dedication and hard work on behalf of the members. Mae for her leadership, Fran for always stepping up when a need arose and Carol who helped customer service adjust to the new registration system, who supported the McKee Clubs, and who kindly took over the duties of Secretary for me.

We have launched the “Dotmocracy” - a dot voting method to help us understand what members value about McKee. The results of your votes will guide us in allocating resources to enhance current and future programs and services. The Board will also continue the work of developing additional assets, strengthening relations with the City of Delta, and upgrading the McKee computers and computer systems.

As we move into a new board year, it is important to note that McKee Senior House Society is fortunate to have a Board of Directors who are committed to ensuring that the participation in the programs and services offered allow all members to enhance their physical health, well-being, and social engagement.

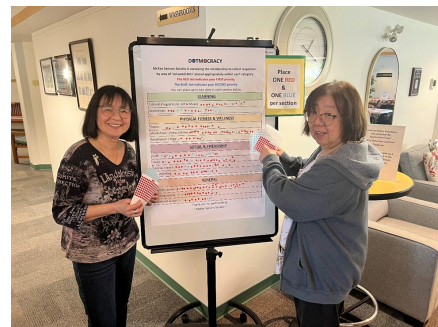
Joyce Branscombe
McKee Seniors Society President



McKee MIIT fitness class

A Message from the McKee House Seniors Society

DOTMOCRACY?
Have you heard about this project here at McKee? It was approved by the Board to gather information through members' participation about their values related to services and activities. It was introduced just prior to our AGM.



Curious? Here is a brief explanation about the project.

A large poster board with 4 broad categories of services/ activities will collect members' responses by way of small “dots” placed appropriately within each category. There are **RED** and **BLUE** coloured dots to indicate first and second priority within each broad category. You can place up to 2 dots in each but no more. It is mounted on the honour system, so please only one response profile per member. This dot-voting system is a quick and simple way to prioritize values among options. We encourage members to participate in this project for the future benefit and planning for your society.

McKee Society Board of Directors

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!



McKee Knitting Sisters

McKee News

And the
Winners
are...



WINNER
Elsie!
Recently
picked the
lucky number
off the 50/50
board!
Congrats!



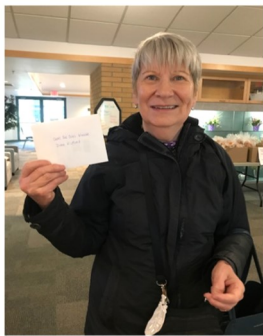
Golden Gloves Gardening Club

Fri, May 3 10am

Spring is beautiful, but our thoughts turn to summer and planting our gardens. We are looking for new gardeners that can commit to half an hour once every other week. More information will be available at our first meeting on Friday, May 3. RSVP at customer service if you would like to join. Hope to see you all there!

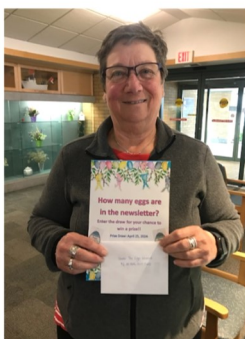


*Thank you to the City of Delta staff
for restoring the vegetable garden.*



Diane! Winner of the March Newsletter, she counted the Gold Coins and was the closest guess. Diane won a Gift Card to Mr,Mom's at Kee Café.

Yumi! Winner of the count the Chocolate Eggs. She was the closest guess and is the winner of all the chocolate eggs. Enjoy!



Rhona! Winner of the April Newsletter Count the Eggs. Rhona guessed the correct number of Eggs in the Newsletter. She won a Gift card to Mr,Mom's at Kee Café.



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 MAY 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.

McKee Special Events



CeleBRate

Seniors Week June 3 - 8

Free admission for all McKee Society clubs activities.
More details to come.

- ◆ Canasta Lessons
- ◆ Carpet Bowling Lessons
- ◆ Mah Jong Lessons
- ◆ Snooker Lessons
- ◆ Crib Lessons
- ◆ High Tea
- ◆ Fortis BC
- ◆ ICBC
- ◆ Delta Heritage Society
- ◆ Coffee with a Cop
- ◆ Circle of Friends

Join us for a week of programs, workshops, entertainment and prizes!

McKee Diners Club

Whether you're a foodie, a conversationalist, or simply seeking connection, the McKee Diners Club will be a delightful gathering. Each month is a different restaurant that members can enjoy the evening out, supping a delicious meal with their peers. Each person will pay for their own meal.



Tue, May 14 Time: 5pm

Location: Kee Café, McKee Seniors Recreation Centre 5155 47th Avenue, Delta.

Details: \$20, per person, payable at time of ordering.
Join us for a complete Ukrainian dinner starting with borscht and ending with a desert tea and coffee. Singles and couples are welcome.

Tue, Jun 18 Time: 6pm

Location: Sharkey's Seafood Bar & Grille 4956 Chisholm Street Delta.

Details: Order from the menu. Each member pays their own bill and gratuity is included.

We hope you come and join!
Sign up with the McKee front desk.

MCKEE ART SHOW & LUNCH

Art viewing and sales are available until May 4

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 are now on sale at McKee or online at delta.ca/registration.

Seniors Week High Tea

Fri, Jun 7 1:30 - 3:30pm

Event ID: 44209

Cost: Members \$20 / Guests \$24

Indulge in an afternoon of elegance and appreciation as we honor the invaluable contributions of our beloved McKee members that are 90+ years young. FREE for McKee members 90+ years young. Tickets available starting Monday, May 13 at 9am Limited quantities; tickets may be available at the door.


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	9am - 4pm
Pickleball (Memorial Park)	10am - 12pm
Tap Dance	10:30 - 12pm
Card Seep	12:30 - 3pm
Canasta	12:30 - 3pm
Contract Bridge	1:15 - 3:45pm
Table Tennis	2 - 5pm
<u>TUESDAY</u>	
Walking Club	9am
Snooker	9am - 4pm
Mah Jong	9:30am - 12:30pm
Pickleball (Memorial Park)	12 - 2pm
Card Seep	12:30 - 3pm
Scrabble	1 - 4pm
Contract Bridge	1:15 - 4pm
Euchre	1:30 - 3:30pm
Jammers - May 14 & 28	3 - 5:15pm
<u>WEDNESDAY</u>	
Snooker	9am - 4pm
Pickleball (Memorial Park)	10am - 12pm
Card Seep	12:30 - 3pm
Cribbage	12:30 - 3pm
Mah Jong	1 - 4pm
Art Connection	12 - 1:30pm
Ukulele (Jamming)	2:30 - 4:30pm
Duplicate Bridge	6:15 - 9:45pm
Friendship Club	2 - 4pm

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

"A mother is she who can take the place of all others but whose place no one else can take."
- Cardinal Meymillod

What May flowers grow on faces?
Tulips (Two-lips)

McKee Instructional/Fitness Programs

All attendees must have a current McKee membership.

* Registered Instructional Program

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

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	May 27 - Jun 24	10:30am - 12:30pm	40492
	Line Dance Intermediate	Apr 8 - Jun 24	11:30am - 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	May 7 - 28	9:30 - 11:30am	40500
	*Gentle Yoga	May 21 - Jun 25	11am - 12pm	40455
	*Get up and Go	May 21 - Jun 25	1 - 2 pm	40473
Wednesday	Fun & Fitness	Apr 3 - Jun 26	9 - 10am	40381
	Stretch & Strength	Apr 10 - Jun 26	10:15 - 11:15am	40443
	Zumba Gold	Apr 3 - Jun 26	10:30 - 11:30am	40453
	*Minds in Motion	May 15 - Jun 19	1:30 - 3:30pm	40485
Thursday	*Meditation	Apr 11 - May 16	9 - 10am	40466
	Chair Yoga	Apr 4 - Jun 27	10:30 - 11:30am	40461
	*Gentle Yoga (FULL)	May 23 - Jun 27	11:45am - 12:45pm	40459
	*Get Up & Go	May 23 - Jun 27	1 - 2pm	40479
	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
	*Active Age	Apr 26 - Jun 21	12 - 1pm	40427
	*Choose to Move	Apr 26 - Jun 21	1 - 2pm	40430
	Line Dancing 1	Apr 5 - Jun 28	2:15 - 3:15pm	40514
Saturday	Stretch & Strength	Apr 6 - Jun 29	9 - 10am	40444
	M.I.I.T.	Apr 6 - Jun 29	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.

McKee Programs

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.

McKee members \$40

Register in person or online delta.ca/registration

Brain Games

Event ID: 45114

Mon, May 6, 13 & 27

10am - 12pm

Brain games help to boost cognition, language, and memory. Using iPads you will explore different games including those that help with mental agility, attention enhancement, problem solving, as well as some relaxing colouring games. Sign up today to save your spot and learn some fun interactive games on an iPad.

Meditation

Tue, May 7 & 14 11am Event ID: 40466

Cost: \$10 for 2 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.

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.

Coffee with a Cop

Wed, May 15 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, May 15 11am - 12pm Event ID: 42127

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

A Message From Robin - ActivAge & Choose to Move instructor

'Hello Everyone and thank you so much for participating in the ActivAge & Choose To Move Winter 2024 session. It was my pleasure to work with you all and see you enjoy the programs and one another. I am most proud of each and every one of you. You did it!' - Instructor Robin



Left to right Audrey, Gordon, Margaret, Norah, Hughina, Cindy, Gail & Kim.

How does the sun listen to music?
On the ray-dio.

McKee Volunteers

Volunteer of the Month Donna



Meet Donna, one of our friendly faces from our café services. Donna has been a member of McKee since moving to Ladner 2.5 years ago from Cambridge, ON where she lived for 35 years. Donna absolutely loves living in Ladner with her husband Peter, her 2 sons live nearby in Vancouver. Donna is an avid fitness attendee in Fun & Fitness, Yoga Flow and Muscle Max. She loves to read and is a member of the McKee book club as well. Donna enjoys golfing, cooking and skiing and hopes to find the time to give Pickleball a go! Travelling is a passion as well for Donna with many trips to California and visits to Mexico and back to Toronto to see family. We appreciate all you do Donna, thank you.

Volunteers Needed:

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

Stop by the Front Desk to pick up an application and let us know if you are interested.



MAHALO

Thank you to all the McKee Volunteers! Here's a few shots from the Volunteer Appreciation Event last month!



City of Delta

Hello Sunshine!

Here we are, entering the sun May Flowers season, McKee and Kennedy Seniors' centers are like blooming gardens where friendships flourish, laughter echoes, and shared experiences create a vibrant tapestry of memories. Our goal is to provide a social hub where adults can foster friendships, reduce feelings of isolation, and promote a sense of community.

The Kennedy and McKee Seniors Societies, along with the City of Delta, offer tailored programs designed specifically for older adults. These programs focus on maintaining physical fitness, mental well-being, and social engagement. Whether it's fitness classes, art class, or brain games, these activities contribute to a healthier and more active lifestyle. A fun fact; did you know that Kennedy has 45% of members 70-79 years young and McKee's memberships, of the same age, represent 48% of their membership? Additionally the number of memberships are more than 2000 people, between the two locations. The purpose of membership at the Seniors Recreation Centres, is to enhance the quality of life for people 50 years of age and older through recreational programs, classes, services and volunteer opportunities.

To all those that are members of Kennedy and McKee, and to those considering joining this vibrant community, we look forward in celebrating life, laughter, and shared experiences! It's never too late to explore new activities, make friends, and enjoy life to the fullest!

Happy Mother's Day to all the nurturing parents, grandparents, and cherished family members! Your warmth, wisdom, and unwavering love make the world a better place.

Happy Spring everyone.

Lisa

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/

Do you attend more than one Delta Fitness class on the same day? During check in, please let the Customer Service staff know this is your second visit of the day, so that you avoid being charged for the second class.

City of Delta Staff

A/Seniors Community Services Supervisor				Lisa Porter		lporter@delta.ca	
Kennedy Seniors Recreation Centre				McKee Seniors Recreation Centre			
Senior Centre Coordinator	Jan Talaber	A/Volunteer & Cust Ser. Coordinator	Sara Sochting	Recreation Programmer	Troy Dy	Recreation Programmer	Trudy Buzdon-Barber
Volunteer & Cust Ser. Coordinator	Katie Green	Facility Operations Supervisor	Mike Robinson	Recreation Programmer			
Custodian Attendant	Alec Lonsdale						

Sports & Gyms

Self Defense/Protection Workshop Level 1

Sun, Jun 9 10am - 12pm Event ID: 35736

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

Self Defense/Protection Workshop Level 2

Sun, Jun 9 12:15 - 2:15pm Event ID: 35737

North Delta Recreation Centre

This Level 2 program will be a continuation of striking drills, disorientation and stress drills. Defense against more complex assault scenarios including rear naked chokes, hook chokes, guillotine chokes, assaults on the ground in a guard position and mount position, and side chokes on the ground will also be covered. Knowing and learning how to stay safe should be the priority for everyone. Having the tools and skill set to accomplish this is empowering and are valuable life skills!

Cost: \$35

Fitness

TRX Suspension

Event ID: 35841

Tue, May 14 - Jun 18 4:30 - 5:15pm

Sungod Recreation Centre

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Level of intensity: Moderate. Please bring a mat.

Cost: \$67.20

Pilates

Event ID: 35848

Wed, May 15 - Jun 19 6:30 - 7:30pm

Winskill Aquatic and Fitness 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. Please bring a mat.

Cost: \$58.14

Restorative Yoga

Event ID: 35931

Thu, May 16 - Jun 20 6:45 - 8:00pm

Sungod Recreation Centre

This practice utilizes supported resting poses with use of props and extended time for each posture. Please bring a mat.

Cost: \$58.14

Pilates

Event ID: 41870

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

What season is it when you are on a trampoline in May?

Spring-time.

**It's allergy season again?!
You've got to be pollen my leg!**

Aquatics

Aqua Fit - Aqua Joint Moves

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

Adult - Personalized Skill Developments

Register for a series of one-on-one lessons that will focus on your specific swimming needs. Perfect for people wanting extra time to develop their skills. Daytime and Afternoon options available – Please refer to the registration system to view available dates and times.

Adult - Private lesson

Private swim lessons are set up as 30-45 minute sessions where you can work 1-1 with an instructor on specific skills to fit your individual goals. Daytime and Afternoon options available

Program fees are dependent on the length of the registered program.

May Facts

- ◆ What is the Flower Moon? It is the first full Moon in May! May's full Flower Moon reaches peak illumination at 6:53 A.M. (PST) on Thursday, May 23. It will be below the horizon at this time, so plan to venture outdoors on the nights of the 22nd and the 23rd to get the best view of the bright, full Flower Moon!
- ◆ May's Birthstone is emerald. The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.

**"Life doesn't come with a manual,
it comes with a mother."**

- Unknown

Cultural Services

Delta Ukulele

Sat, May 4

North Delta Centre for the Arts

If you play Ukulele and want to play with other Ukulele enthusiasts, come on out to Delta Ukulele Circle the first Saturday of each month. Circle starts at 2:30pm. Led by Gary Cyr, the Delta Ukulele Circle is an enthusiastic, welcoming and supportive crowd of music lovers with an appreciation for the ukulele.

More information can be found at DeltaUkes.com

Cost: \$5 includes light refreshments

Mother's Day Activities

Throughout the Month of May

Tsawwassen, Ladner & North Delta.

Lots of programming to choose from – Beeswax Candle Making, Marbled Picture Frames and Cards or Felted Flower Picture Frames. Spend time with your loved ones -bring your adult children or grandchildren with you for a fun and intergenerational day of making. Available in Tsawwassen, Ladner or North Delta. Visit Delta.ca for more information

Delta Matinee Series

Tue, May 14 1pm

Doors open at 12:30pm

North Delta Centre for the Arts

The Vancouver Chamber Music Society (VCMS) is one of the leading concert presenters in the Lower Mainland featuring world-renowned artists in local communities. We invite some of Canada's best musical talents together with internationally acclaimed artists to present unforgettable musical experiences to the public. Partnering with City of Delta, we are proud to bring you New Oxford String Quartet.

Tickets can be purchased at

Vancouverchambermusic.com

or by calling 604-359-9738

Cost: \$25

In the Community



Happy Mother's Day this month to all who are Mothers, Grandmothers, Aunts and FurMom's. You are all loved!

Ladner Bandfest 2024

Sat, Jun 1 & Sun, Jun 2



The Ladner Bandfest brings 700-800 amateur adult musicians playing in 20 Community Concert Bands to Memorial Park, Ladner for continuous FREE 40 minute concerts on two stages all day, both days throughout the weekend. Bring your lawn chairs and enjoy an old-fashioned weekend of concert band music in lovely Ladner. Food services on site by service club, TOOB. Event goes ahead RAIN or SHINE. The 15th Field Artillery Band performs Sunday at 4:40pm.

For more information visit LadnerBandfest.org.

Alzheimer Society

BRITISH COLUMBIA

Walk for Alzheimer's 2024

Local Fundraising Events

The Walk is the Alzheimer Society of B.C.'s largest annual fundraising event and provides an opportunity for communities to take action to change the future for the over 85,000 British Columbians living with dementia and the people who care for them. More details here: Alzheimer.ca/BC

Sat, May 4 3 - 9pm

Social event

Rose & Crown Pub 1203 - 56th St, Tsawwassen, BC

Sun, May 26

Walk at Paterson Park, Ladner, BC

Registration 8:30am

Walk 9am

The Race is on for the Stanley Cup.

Canucks Playoff Community Watch Party

On VANCOUVER CANUCK game days, let's

Pump Up the Volume and dress up

in your team colors! Show up and

show your unwavering support!

Go team! Join us at the Social Heart Plaza on game days. Visit

Delta.ca for more information.



Co-hosted by

WATERSHED ARTWORKS

Delta

GALLERY SHOP

Artist and artisan members of Watershed Artworks and members of the community will be showing and selling their wares.

If you would like booth space, please inquire at: watershedartworksevents@gmail.com

more info: www.watershedartworks.ca

Artisan Market

Saturday, June 8th

10 - 4

North Delta Rec Centre
Social Heart

84th Ave & 114th St

How do Oysters call their friends?

On Shell phones.

City of Delta : Wellness

May is Melanoma and Skin Cancer Awareness Month: Skin cancer is preventable

As May marks both Melanoma and Skin Cancer Awareness Month and the beginning of summer weather, it is imperative that we are reminded of the importance of sun safety at this time of year.

The skin is the body's largest organ and covers your entire body. It protects you against harm from things around you like the sun, hot temperatures and germs. The skin controls body temperature, removes waste products from the body through sweat and gives the sense of touch. It also helps make vitamin D. Melanocytes can group together and form moles on the skin. They appear as bumps or spots that are usually brown or pink. Most people have a few moles. Moles are non-cancerous (benign) tumours.



About Melanoma: Melanoma skin cancer starts in melanocyte cells of the skin. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body. Melanocytes make melanin. Melanin gives skin, hair and eyes their colour.

But in some cases, changes to melanocytes can cause melanoma skin cancer. A change in the colour, size or shape of a mole is usually the first sign of melanoma skin cancer.

About Non-Melanoma Skin Cancer: The two most commonly diagnosed types of NMSC are Basal Cell Carcinoma (BCC) and Squamous Cell Carcinoma (SCC). Merkel Cell Carcinoma (MCC) is a rare form of NMSC. Precancerous conditions of the skin have the potential to develop into non-melanoma skin cancer. The most common precancerous conditions of the skin are actinic keratosis and Bowen's disease.

Risk factors: Risk factors for melanoma include sun and ultraviolet radiation, number of moles and atypical moles.

Diagnosis: To diagnose diseases such as cancer, a sample of tissue called a biopsy is taken from a patient and examined by a pathologist to determine if cancer is present and if it is, to determine whether the tumour is benign or cancerous, and if cancerous, the exact cell type, grade and stage of the tumour.

Treatment: There are several treatments for skin cancer, including **targeted therapy and immunotherapy**. Treatments for melanoma include **surgery, biological therapy, radiation and chemotherapy**. A patient's melanoma diagnosis, age, location, and general health are some of the factors that should be taken into account when considering treatment options.

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: Tuesday - Thursday, 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
Dir. Of Instructional Programs	Bob Gestrin
Dir. Of Drop-in Programs	Peter Williams
Dir. Of 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

PROGRAMS

We are 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.

50th ANNIVERSARY CELEBRATION

The Kennedy Seniors Centre opened in 1974. Since then, our City provided facility has undergone many renovations and upgrades, all for the benefit of our senior members. Details of this historic milestone celebration can be found elsewhere in this Newsletter. We invite all members to join us in the week long festivities.

CAFÉ IS OPEN!!

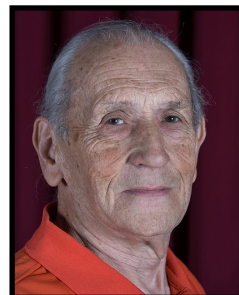
Please visit us and enjoy lunch or a casual snack and coffee with friends. Hot meals are now served on Mondays and Wednesdays. The Café also takes debit/credit cards so there is no need to bring cash!

Rick Stonehouse
President

Kennedy Seniors Society Board of Directors 2024 -2025



Rick Stonehouse
President



John Kennedy
Vice - President



Linda Remedios
Secretary



Rita Chaplinsky
Treasurer



Bob Gestrin
Dir. of Instructional
Programs



Peter Williams
Dir. of Drop-in
Programs



Valerie Naples
Dir. Of Socials



Share Forde
Director at Large



Linda Christoforou
Dir. Of Volunteer &
Customer Serv.



Dave Quick
Dir. Of Travel &
Marketing

Kennedy Board of Director photos courtesy of Rob Hebden

Kennedy News

Message from our Director of Socials!

I know everyone is anxiously waiting for the next event. June will be busy with the 50th Anniversary, so keep watching your newsletter for my first event. You never know when it will appear, or I may even pop up unannounced with a surprise. I welcome any suggestions for social gatherings that you'd like to share. Please put your suggestions in the box in our lobby. Thank You!

Valerie Naples
Director of Socials

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 perogies 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!



Book Club

Featuring Author Roberta Rich
Thu, May 2 11am - 12pm

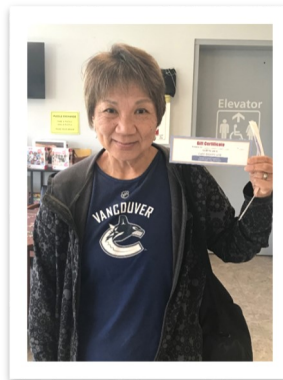
During this month's Book Club, Roberta Rich will be visiting Kennedy Seniors Recreation Centre for a book signing. We hope you can stop by for this meet and greet.

Event ID: 40878



What do Gardeners wear on their legs?
A Garden hose.

And the
Winners
are...



Count the Gold Coins Winner – Joyce M. was the closest number for the Gold Coins in the March Newsletter. Joyce won a gift certificate to Café 88.

Count the Chocolate Eggs Winner - Susan B. had the closest guess and she is the winner of all the eggs. Enjoy the delicious treats!



Kennedy Bus Trips

VanDusen Botanical Garden*

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

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 a Japanese garden to a formal rose garden. Lunch is available at the Garden Café or can be purchased at Café Eighty-ate for \$10.00. The bus leaves Kennedy Seniors Recreation Centre at 9am, returning at 3pm.

Cost: \$25 Tickets go on sale Friday, May 3 at 9:30am
Limit of two tickets per person.

Ladner Village Market*

Sun, Jun 23 11am - 4pm Event ID: 43669

2024 marks the 28th season for the Ladner Village Market. With an emphasis on Make it, Bake it, Grow it, the Ladner Village Market allows you to meet local individuals who create their products.

This market features vendors from around British Columbia. Walking shoes are essential.

Cost: \$20 Tickets go on sale May 27 at 9:30am.
Limit two tickets per person.

**Please note you must be a Kennedy member to participate in Bus Trips.*

Kennedy Programs

Tai Chi

Thu, May 2 - 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. Kennedy Membership is required.

Cost: \$40

Chronic Conditions Self-Management Workshop

Thu, May 2 - Jun 6 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.

Overcoming Trauma Webinar

Tue, 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 unaddressed, 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.

Spanish for Beginners

Event ID: 40590

Thu, May 9 - May 30 11am -12:30pm

Whether you're completely new to Spanish or looking to refresh your skills, this class is perfect for learners of all backgrounds and abilities. Throughout the course, you'll learn essential vocabulary, useful phrases, basic grammar, and pronunciation tips to help you communicate confidently in everyday situations. Come join us as we explore the beauty of Spanish together and make new friends along the way!

Cost: \$20

Kennedy Programs

Brain Games

Wed, May 8 11am - 12pm **Event ID: 43893**
Fri, May 24 11am - 12pm **Event ID: 43895**

Brain games help to boost cognition, language, and memory. Using iPads you will explore different games including those that help with mental agility, attention enhancement, problem solving, as well as some relaxing colouring games.

Pre-registration is encouraged.

Mobile Hearing Clinic

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

Free mobile hearing services will be provided at Kennedy Seniors Recreation 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 in advance to secure a space.

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.

Cost: \$20

Chair Yoga

Fri May 24 - Jun 28 10 - 11am **Event ID: 42728**

A blended yoga course that includes both standing and sitting yoga. Focus on flexibility, enriched breathing, fun and relaxation.

Cost: \$30

Spanish Level 2

Event ID: 41001

Thu, May 30 - Jun 20 11:30am - 1:30pm

This course is a continuation to the beginner's Spanish class. This class is perfect for individuals who are already familiar with Spanish and have existing knowledge on common words, phrases, and grammar.

Cost: \$20

Understanding Grief Presentation by the Heron Hospice Society of Delta

Tue, May 28 10 - 11:30am **Event ID: 45681**

Join us for a free presentation on Understanding Grief from the Heron Hospice Society of Delta. You will learn common signs, myths and facts, ways to take care of yourself and learn how to find support. Pre-registration is required. Light refreshments will be served. Members and Non-Members welcome.



Understanding Behavior with Dementia

Tue, Jun 4 10 - 11:30am **Event ID: 37875**

Join us for a Webinar by the Alzheimer Society of British Columbia. Explore various changes in behaviors caused by dementia and learn practical strategies for responding in supportive ways. This presentation is meant for caregivers but open to everyone. Light refreshments will be served.

Power of your Mind with Prof. James Doty Webinar

Tue, Jun 11 10 - 11:30am **Event ID: 41792**

Discover how to develop an empowering inner dialogue to help you take positive steps forward, learn proven meditation and journaling practices to make a difference and move towards the life you want. Light refreshments will be served.

Why are oak trees so forgiving?
Every May they "turn over a new leaf"

SENIORS WEEK

Celebrate

Seniors Week

Free admission for all Kennedy Society drop-in programs. More details to come!



June 3 - 8

- ◆ Fortis BC
- ◆ Delta Heritage Society
- ◆ BINGO
- ◆ Pet Therapy visit
- ◆ Understanding Dementia Workshop
- ◆ Pickleball
- ◆ Delta Fitness
- ◆ Mobile Hearing
- ◆ Lawn Bowling
- ◆ Line Dancing
- ◆ Table Tennis
- ◆ ICBC
- ◆ UVIC Institute on Aging & Lifelong Health
- ◆ Delta Lifeline & Ice cream social

Join us for a week of programs, workshops, entertainment and prizes!

50th Anniversary

50th Anniversary BBQ

Mon, Jun 3 Three seating times available

11 - 11:45am Event ID: 44953

12 - 12:45pm Event ID: 44957

1 - 1:45pm Event ID: 44961

Come and Celebrate Kennedy's 50th Anniversary with a BBQ burger and Fries!! Food will be prepared by the North Delta Lions. Tickets are required for everyone.

Tickets available starting Monday, May 13 at 9:30am

Members: FREE Non-Members: \$5

Cake Cutting

Mon, Jun 3 1:30 - 2pm

In celebration of our 50th anniversary, please join us for speeches and free cake!

Sock Hop

Thu, Jun 6 1:30 - 3pm Event ID: 44976

Come enjoy the music of the 50's and 60's with Greg Hampton! Dress up in your favorite 50's/60's style! Ice cream will be served. Tickets available Wednesday, May 8 at 9:30am. This FREE event is open to Members and Non-Members!

50th Anniversary Dinner Dance

Sat, Jun 8 Event ID: 44993

Celebrate Kennedy's 50th Anniversary with a Dinner and Dance Gala. This evening will have a black and gold theme, come dressed in your best semi-formal attire. Dance the night away to the ever popular Whiskey Bent Band. A Roast Chicken dinner will be served at 5:30pm by Coast Country Caterers.

Doors open at 4:45pm, entertainment from 7 - 9pm. Tickets on sale Tuesday, May 7 at 9:30am

Members: \$28 Non-Members: \$32

Raffle tickets will be sold throughout the week of June 3. Win great prizes!

Draws held Tuesday, Wednesday & Friday at 3pm



Attention 90+ Gold Card Members!

Tuesday, June 18 2 - 3:30pm

Invitations to our annual 90+ Celebration and Tea will be mailed out soon, inviting you and one guest to attend this special day. We hope you will join us.

Kennedy Instructional & Fitness Programs

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

Day	Name	Program Dates	Time	Event ID
Monday	*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	May 21- Jun 25	1 - 3pm	40378
Wednesday	*Active Aging	Apr 17 - Jun 12	9:30 - 10:30am	40173
	*Hawaiian Dance	Apr 10 - Jun 12	10 - 11:30am	40350
	*Choose to Move	Apr 17 - Jun 12	10:30 - 11:30am	40171
	* Tai Chi	Apr 18 - Jun 6	10 - 11am	42907
	*Serger Sewing Class	May 15 & 22	1 - 3pm	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
	*Spanish for Beginners	May 9 - May 30	11am - 12:30pm	40590
	*Spanish for Beginners - Level II	Jun 6 - Jun 27	11:30am - 1:30pm	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
	* Classical Indian Music for Relaxation	May 11 - Jun 22 (no class June 8th)	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.

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.

<p><u>MONDAY</u> Woodshop 9am - 2pm Snooker 9am - 4pm Bingo 12:15 - 3:30pm Canasta 1:30 - 4pm Ceramics 1 - 3pm Pickleball 1:15 - 4pm</p>		<p><u>THURSDAY</u> Woodshop 9am - 2pm Snooker 9am - 4pm Table Tennis 12:30 - 2:30pm Samba (Card Game) 12:30 - 4pm Acrylic & Watercolor 1 - 3pm Pickleball 1:15 - 4pm</p>	
<p><u>TUESDAY</u> Woodshop 9am - 2pm Snooker 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</p>		<p><u>FRIDAY</u> Crafty Ladies 9 - 11:30am Carpet Bowling 9 - 11:45am Woodshop 9am - 2pm Snooker 9am - 4pm Dealer's Choice 12 - 3:30pm Bingo 12:15 - 3:30pm Jammers 1 - 3pm Mahjong 1:15 - 3:30pm</p>	
<p><u>WEDNESDAY</u> Carpet Bowling 9 - 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 6:30 - 8:45pm (May 1 & May 15)</p>		<p><u>SATURDAY</u> Woodshop 9am - 2pm Snooker 9am - 4pm Ceramics 10am - 12pm Tile Games 10am - 12pm Table Tennis 10am - 1pm Pickleball 12:30 - 3:45pm Acrylic & Watercolor 1 - 3pm Scrabble 1 - 3pm</p>	
<p>"If at first you don't succeed, try doing it the way mom told you to in the beginning." - Unknown</p>			

Kennedy Testimonials

Maximizing Your Fitness Class

My husband and I would like to say a BIG THANK YOU to Winifred for running the program "Maximizing your Fitness". She was very professional, patient and always answered our questions clearly. It was very informative and we certainly learned a lot from her classes. Thank you again and keep up the good work!!!

Kennedy Volunteers

Volunteer of the Month Elizabeth G.

Elizabeth is one of the conveners for Drop in Pickleball, a very popular program at Kennedy. Elizabeth is one of our dedicated volunteers, she is always willing to lend a helping hand and very welcoming to everyone and new players to the game. A big thank you to Elizabeth for all your devotion, time and commitment.



Volunteer Stats

During the month of February Kennedy volunteers generously donated 845 hours of their valuable time.

Volunteer Opportunities:

We are looking for Volunteers: Greeter shifts are available Monday - Saturday, mornings and afternoons. For more information please leave your contact details with the cashier or the Director of Volunteers & Customer Service Linda C.



MAHALO

Thank you to all the Kennedy Volunteers!
Here's a few shots from the
Volunteer Appreciation Event last month!



April 2024 Brain Games & Fun

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

CELEBRATION
 MOTHER
 APPRECIATION
 CARING
 MATERNAL
 DEVOTION
 SELFLESS
 STRENGTH
 COMPASSION
 JOY
 NURTURING
 MEMORIES
 LAUGHTER
 WARMTH
 SUPPORT
 GUIDING
 HUGS
 GRATITUDE
 INSPIRATION
 THOUGHTFUL



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

www.sudoku.name #2542

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

www.sudoku.name #10018

- Word Scramble
1. Apple
 2. Mother
 3. Sunny
 4. Rabbit
 5. Garden
 6. Lawn
 7. Basket
 8. Caterpillar
 9. Umbrella
 10. Frogs
11. Picnic
 12. Cloudy
 13. Sunrise
 14. Rainbow
 15. Ice Cream
 16. Squirrel
 17. Chocolate
 18. Gemini
 19. Ladybug
 20. Blossom

- Rebus Puzzle Answers
1. Trip around the world - Many thanks or thanks a lot
 2. Lemonade
 3. Long Legs
 4. Advice
 5. Spaceman
 6. Big Bad Wolf
 - 8- Download
 - 9- No Idea
 - 10- Comfortable
 - 11- Forty Years
 - 12- Excuse me