



# WISE & WONDERFUL



*Where Wisdom Meets Recreation*

## March 2025

### Kennedy Seniors Society

#### **Annual General Meeting**

Wednesday, March 26, 2025

Doors 12:30pm

AGM starts 1pm

See details on page 3

### McKee Seniors Society

#### **Spring Fling Luncheon**

Wednesday, March 26, 2025

11:30am-1:30pm

Members \$18 / Guests \$22

See details on page 18

## **Spring Program Registration**

**Available starting 9am, Wednesday, March 12, 2025**

Program Guides are available online or onsite at  
Kennedy and McKee Seniors Recreation Centres

## **Volunteer Appreciation Event**

**McKee - Monday, April 28, 2025**

**Kennedy - Thursday, May 1, 2025**

Invitations will be available onsite starting Monday, March 10, 2025

### IMPORTANT DATES

March 9, 2025

Daylight Savings Time: Turn Clocks Ahead 1 Hour

March 12, 2025

Spring Program Registration Opens

March 17, 2025

St Patrick's Day

March 31, 2025

Spring Programs Begin

#### **Kennedy Seniors Recreation Centre\***

11760 88 Avenue

Delta, BC V4C 3C5

604-594-2717

[kennedy@delta.ca](mailto:kennedy@delta.ca)

#### **McKee Seniors Recreation Centre\***

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](https://delta.ca/registration).

# Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC

604-594-2717

## KENNEDY SENIORS SOCIETY Board of Directors 2024-2025

President	Rick Stonehouse
Acting Vice-President	Bob Gestrin
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Dir. of Instructional Programs	Bob Gestrin
Dir. of Drop-in Programs	Peter Williams
A/ Director of Socials	Share Forde
Director at Large	Share Forde
Director of Volunteers	Linda Christoforou
Director of Travel & Marketing	Dave Quick

## Customer Service Hours

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

## KENNEDY FEES 2025

12-Month Gold Membership (age 90+)	FREE
12-Month Annual Membership	\$25.00
20-Activity Punch Passes	\$7.00
50-Activity Punch Passes	\$17.50
Activity Single Admission	\$0.35
Guest Pass-One Week	\$5.00

## Community Learning Program with Delta Police Recruits



Wednesday, April 23, 2025 12:30-4pm

## A Message from your President

Hopefully all our members managed to survive the surprise winter in February. I was surprised to see so many members braving the cold and ice coming to Kennedy for lunch, to visit friends and to attend scheduled activities. I guess we are the children of the **greatest generation!**

Check the newsletter and the onsite bulletin boards to discover program times and additions, as well as upcoming social events and bus trips. We encourage all members to submit ideas for activities to the board for consideration as we have some open time slots and areas to fill.

## Guru Nanak Food Bank

The Guru Nanak Food Bank will be open soon at the back of the parking lot. Your board toured the existing facility at 112 St and 84 Avenue with a presentation from their Board of Directors. We were very impressed with the professional operation of the outlet. They only accept preapproved clients who must make appointments to receive benefits. In this way, they avoid any potential lineups or traffic problems. Your board fully supports this initiative, and we hope members will as well once you see it operating.

## Café is Open

Please visit us and enjoy lunch or a casual snack and coffee with friends. Say hello to Roxanne and her enthusiastic volunteer helpers in the kitchen! Check out the selection of frozen soups and take-home meals. The café also takes debit cards and credit cards so no need to bring cash!

On behalf of the Board of Directors,  
Rick Stonehouse, President



# Kennedy News

## Annual General Meeting Wednesday, March 26, 2025

**Doors open at 12:30pm**

**AGM starts at 1pm**

If you want to have a say in offering more programs at the centre, in creating and organizing events, if you have a passion for helping people have fun, and more, please consider a position on the Board of Directors. Positions available: Vice-president, Director of Instructional Programs, Director of Drop-in Programs, Director of Volunteers, Director of Socials, Director of Travel & Marketing, Director at Large. If you are interested in running for any of these positions, visit the front desk and fill out a nomination form by Wednesday March 5, 2025.

Be sure to stop by the Main Hall bulletin board and read about all the candidates who are running for positions on your Board.

**Bob Gestrin, A/Vice President / Linda Remedios, Secretary**

Doors will open at 12:30pm; scan in at the Customer Service Desk before entering the Main Hall. (You must be a current member of Kennedy Seniors Society to vote.) Inside the hall, three tables will be set up (which will be alphabetized in accordance to your last name). Please register at your appropriate table to pick up your ballot.



**On Thursday, February 21, the Kennedy Board of Directors installed a special plaque to acknowledge John Kennedy's commitment to the centre and to the Café over the years. Thank you for your dedication and steady guidance throughout the years, John!**

### Café Eighty-Ate

Our Café Eighty-Ate is a multi-functional space. In the mornings, Roxanne serves up hot coffee, freshly baked goods, soups and sandwiches and hot menu items. The restaurant service then closes, so that our members can enjoy various drop-in activities for the afternoon period. **Delta staff need a 15-minute window when they are rearranging tables and chairs to accommodate the programs.** We ask that everyone respect the clearing time between activities.

#### **Café Service Hours:**

Mon, Wed & Fri	9am to 1pm
Tue & Thu	9am to 1:30pm

#### **Program Hours:**

Mon	Canasta	1:15pm
Tue	Euchre	1:15pm
Wed	Bridge	1:15pm
Thu	Samba	1:15pm
Fri	Mah Jong	1:15pm

**St. Patrick's Day  
Monday, March 17, 2025**

**Put on your festive green outfit and venture around the centre to hunt for the hidden pot of gold.**



# Kennedy Bus Trips

## Granville Island Bus Trip

**Thu, Mar 13 10am-3pm**

**Event ID: 66167 \$25**

Enjoy a trip to Granville Island! Explore the famous Public Market, home to more than 50 independent food purveyors and a renowned food tradition, roam the Net Loft Shop and Risspuh District showcasing many of Canada's best artists and designers.

The trip departs from Kennedy at 10am, arriving on the island at approximately 10:45am. Departure from the Island will be at 2:15pm, returning to Kennedy at approximately 3pm. Lunch is available to purchase on the island.

Kennedy membership is required; maximum two tickets per person.

## Vancouver Aquarium Bus Trip

**Thu, Apr 10 9:30am-3:30pm**

**Event ID: 69035 \$75**

Discover Canada's largest aquarium in the heart of Vancouver's Stanley Park. Learn the wonders of wildlife from around the world, connect with over 65,000 animals like the rescued sea otters and sea lions, across 120 world-class indoor and outdoor exhibits. Experience the immersive 4D Theatre Experience®, learn hands-on in the Wet Lab and get up close during interactive animal enrichment programs.

The bus will leave Kennedy at 9:30am and return approximately 3:30pm. Bring a lunch from home or purchase yours at one of the food outlets on site.

Tickets go on sale Thursday, March 6 at 9am. Maximum two tickets per person. A Kennedy membership is required.

# Kennedy Instructional Programs

**Spring registration opens March 12 at 9am.**

**Register in person at the customer service desk or online at [Delta.ca/reg](http://Delta.ca/reg)**

## Acrylic Art

**Wed, Apr 2-16 10:30am-12:30pm**

**Event ID: 67328 \$30**

Learn how to create beautiful landscapes using acrylic paints and a step-by-step process over the course of three weeks. Acrylic paints are liked by artists for their ease of use, quick drying and forgiving nature. All levels are welcome.

## Chair Yoga (Blended)

**Wed, Apr 2-May 14 12-1pm**

**Event ID: 60924 \$35**

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

## Chair Yoga (Seated)

**Fri, Apr 4-May 16 10-11am**

**Event ID: 60531 \$30**

Join Carol for a calming, seated yoga class. Focus on flexibility, deepening breath and relaxation. This gentle practice is designed to be fun while helping you unwind.

## Introduction to Computers

**Mon, Apr 7-Jun 23 9am-12pm**

**Event ID: 67261 \$50**

## Advanced Computers

**Fri, Apr 11-Jun 20 9am-12pm**

**Event ID: 67448 \$50**

Learn computer basics, the potential of the internet, filing documents, backing up data, saving photos, and useful programs like Word. Other possible subjects include email, downloading music and security. This course is for Microsoft users only. Participants must bring their own laptops.



# Kennedy Instructional Programs

Spring registration opens March 12 at 9am.

Register in person at the customer service desk or online at [Delta.ca/reg](http://Delta.ca/reg)

## Hawaiian Dance

Wed, Apr 9-Jun 25 10-11:30am

Event ID: 67424 \$70

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

## 'Rein in' Your Thoughts: **NEW!**

### Mindfulness & Meditation

Thu, Apr 10-May 22 10:30-11:30am

Event ID: 69036 \$5

Regular mindfulness practice has been shown to enhance our ability to manage stress, improve focus, and better cope with illness, pain and fatigue. Mindfulness and meditation foster self-awareness, self-compassion, and overall wellbeing. Discuss common stress factors and learn how mindfulness practices can help build resilience in the face of them. Each session blends learning, seated meditation and open discussion, giving you the tools to incorporate mindfulness and meditation into your daily life for greater peace and balance.

## Minds in Motion

Thu, Apr 10-May 15 11:30am-1:15pm

Event ID: 67446 \$30

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

## Spanish for Beginners Level II

Tue, Apr 1-22 10:30am-12pm

Event ID: 60441 \$30

This class is the perfect next step after Beginners I. Expand your vocabulary, strengthen your grasp of useful phrases, and delve deeper into essential grammar and pronunciation techniques. Join us as we continue exploring the beauty of Spanish.

## Spanish for Intermediates Level I

Thu, Apr 3-24 11am-12:30pm

Event ID: 67432 \$30

This course, a continuation of the Beginner Spanish class, is perfect for individuals who are already familiar with Spanish and have existing knowledge of common words, phrases and grammar.

## Water Colour Painting

Tue, Apr 1-May 6 1-3pm

Event ID: 67265 \$60

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

## Tai Chi

Thu, Apr 3-Jun 5 10-11am

Event ID: 67443 \$50

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

## Wood Shop Safety & Project Planning

Tue/Wed/Thu, Mar 4-27 10am-12pm

Event ID: 67335 \$60

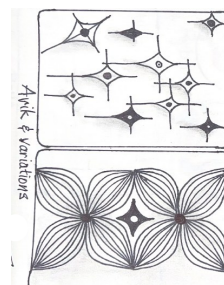
Interested in working in the workshop? Join our experienced instructor for a 12-session immersive learning experience. Focus on safety with tools, ensuring you're well-prepared and safe. Guidance will be provided through the planning process for your project, helping to outline your ideas, and to bring your plan to life. Beginners are welcome. Sign up and unlock your creative potential!

## Zentangle Art Class **NEW!**

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

Event ID: 68604 \$5

Learn to create beautiful images by drawing structured patterns called tangles on small tiles. The Zentangle Method is easy to learn, fun, and inspires creativity, focus, and well-being. Supplies for the first class will be provided.



**Most bald people still own a comb.**

**They just can't part with it.**

# Kennedy Workshops & Presentations

## Active Age

Wed, Apr 9-Jun 25

9:30-10:30am

Event ID: 62186

ActiveAge Canada's primary focus is on the promotion of physical activity, while recognizing the critical linkages of physical health with social, mental, emotional and spiritual well-being. Learn the benefits of active living as you age and find exercises and activities perfect for maintaining and improving health. You must attend the information session on April 2 (see below). Registered participant contact details will be shared with the instructor.

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## Choose to Move Information Session

Wed, Apr 2

10:30-11:30am

Event ID: 62176

This free, flexible program provides the motivation and support needed to become more active. Integrate activity into your daily routine, meet new friends, and make a positive change! Choose to Move is great for older adults who want to become active, regardless of ability. Registered participant contact details will be shared with the instructor.

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## Choose to Move Program Series

Wed, Apr 9-Jun 25

10:30-11:30am

Event ID: 62180

Get the motivation and individual and group support you need to become more active. Work with a trained activity coach to develop and stick to a physical activity plan made just for you with activities you enjoy and are able to do! Registered participant contact details will be shared with the instructor.

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## Men's Shed Information Session

Mon, Mar 24

9:30-11:30am

Event ID: 67507

What is a Men's Shed? A men's shed is a place where men gather to work on projects that are fun and help out the community. It's guys getting together to create, to tinker, to drink coffee and tell stories. What happens at a men's shed is up to the Men's Shed members to decide. Join us to learn more!

## Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations under the City of Delta Wellness Page.

## Chronic Pain Management Workshop

Mon, Apr 7-May 26

1-3:30pm

Event ID: 59547

This course is brought to you by Self-Management BC of the University of Victoria Institute on Aging and Lifelong Health. This FREE six-session, 2 1/2 hour a week, workshop provides information and teaches practical skills to give people the confidence and motivation they need to manage the challenges of living with pain. Participants receive the *Living a Healthy Life with Chronic Pain* 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.

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## Heron Hospice Grief Group

Mon, Apr 7-May 12

2-4pm

Event ID: 67957

This free group is led by a specialized counselor. The focus will be on exploring the physical, mental, emotional and spiritual aspects of grief. This will be a safe space for individuals who have experienced similar relational losses to discuss strategies and access valuable resources. Non-members are welcome. Registrant information will be shared with Heron Hospice Society, and you will be contacted by them before the group begins.

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## FH Falls Prevention Presentation

Mon, Mar 31

10:30-11:30am

Event ID: 61866

The fall prevention team at Fraser Health is offering a presentation which will detail the four pillars of falls prevention which are medication, vision, exercise and home safety.

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## Introduction to Extreme Clutter Presentation

Tue, Apr 15

10:30-11:30am

Event ID: 68612

This presentation from the BCCRN is about understanding clutter and hoarding disorder, including what it is, why it happens and how it affects people. Understand and learn more about clutter and hoarding and look at ways to help through community support, assessments and teamwork.

# Kennedy Socials



## Spring Fling Dinner & Dance

Sat, Mar 15 4:45-9pm Event ID: 61116

The fun continues with our new dance! Roxanne's menu includes local chicken Cordon Bleu, mashed potatoes with gravy on the side, veggies and key lime pie for dessert. You may choose a vegetarian option at the time of your ticket purchase.

Members \$25 / Guests \$30

## Special Events

### Jean-Francois Cleroux: Street Photography Presented by: Kennedy Photography Group

Wed, Mar 5 7-9pm Event ID: 63910

Step into the vibrant world of street photography, where the ordinary transforms into the extraordinary through discerning eye of an artist. In this 90-minute presentation, we will embark on a visual journey that captures the soul of urban life in its most candid and unguarded moments.

Members \$3/Guests \$5 Light refreshments included.



### FREE Tax Clinic Provided by: Delta MP Carla Qualtrough's Office

Fri, Mar 7, 14, 21, Apr 4, 11, 25 1-4pm

Do you need help with your tax returns? If so, then Delta MP Carla Qualtrough's office can assist in completing your 2024 income tax returns if you have a simple tax situation.

Please book your 15-minute appointment with Kennedy's front desk.

### Matthew Prendergast: Small-town Rodeos Presented by: Kennedy Photography Group

Wed, Apr 2 7-9pm Event ID: 70581



In the dusty arenas of small-town rodeos, there are three outcomes: triumph, defeat, or mayhem, and all three make great photos. Having grown up on a ranch in BC's interior, Matthew brings an insider's perspective to the subject, understanding the nuances of the lifestyle and the characters he photographs. His lens captures not just the action but the grit, determination, and community spirit that defines these events.

Join us as Matthew reveals the stories behind the exhilarating ride to victory and what it takes to photograph successfully in this demanding setting.

Members \$3/Guests \$5 Light refreshments included.

**Where do bad rainbows go?**

**To prism. It's a light sentence, but it gives them time to reflect.**



# Kennedy Drop-in Programs

Please note: due to unforeseen circumstances programs may be cancelled without notice.  
Kennedy Spring Program Guide is available [online](#) or at Kennedy Seniors Recreation Centre.

<b><u>MONDAY</u></b>		<b><u>THURSDAY</u></b>	
Woodshop	9am-2pm	Woodshop	9am-2pm
Snooker	9am-4pm	Snooker	9am-4pm
Bingo	12:15-3:30pm	Table Tennis	1:45-4:15pm
Canasta	1:15-4pm	Samba (Card Game)	1:15-4pm <b>NEW TIME</b>
Ceramics	1-3pm	Acrylic & Watercolour	1-3pm
Pickleball	1:15-4pm	Pickleball	1:45-4:15pm
<b><u>TUESDAY</u></b>		<b><u>FRIDAY</u></b>	
Woodshop	9am-2pm	Carpet Bowling	9-11:45am
Snooker	9am-4pm	Woodshop	9am-2pm
Guitar	10-11:30am	Snooker	9am-4pm
Crafty Ladies	12-3pm	Crafty Ladies	9-11:30am
Table Tennis	12:30-2:30pm	Dealer's Choice	12-3:30pm
Women's Friends Group	12:30-2:30pm	Bingo	12:15-3:30pm
Euchre	1:15-3:15pm	Jammers	1-3pm
Pickleball	1:15-4pm	Mahjong	1:15-3:30pm
<b><u>WEDNESDAY</u></b>		<b><u>SATURDAY</u></b>	
Carpet Bowling	9-11:45am	Woodshop	9am-2pm
Woodshop	9am-2pm	Snooker	9am-4pm
Snooker	9am-8:30pm	Ceramics	10am-12pm
Card Making	9:30am-12pm	Table Tennis	9:30-12pm
Dealer's Choice	12-3:30pm	Pickleball ( <i>cancelled Mar 15</i> )	1:30-3:45pm
Contract Bridge	1:15-4:15pm	Acrylic & Watercolour	1-3pm
Table Tennis	1:30-3:30pm	Scrabble	1-3pm
Line Dance Level 2	1:30-3pm	<b>The following programs will be cancelled for the AGM on Wednesday, March 26:</b>  <div> <b>Carpet Bowling 9-11:45am</b>      <b>Dealer's Choice 12-3:30pm</b>  <b>Woodshop 12:30-3pm</b>      <b>Contract Bridge 1:15-4:15pm</b>  <b>Line Dance Level 2 1:30-3pm</b>      <b>Table Tennis 1:30-3:30pm</b>  <b>Line Dance Level 1 3:15-4:15pm</b>      <b>Snooker Room 1-3pm</b> </div>	
Line Dance Level 1	3:15-4:15pm		
Drop- In Art	4-8pm		
Tile Games	6:30-8:30pm		
Cribbage	6:30-8:30pm		
Photography Interest Group (Mar 5&19)	7-9pm		
Pickleball	6:30-8:30pm		

**Snooker Tournament dates will be posted on site as soon as they are determined.**

## Instructional Drop-in Programs

**Pick and Choose your dates!** To accommodate your spring plans, we have brought back Instructional drop-ins. This is a great opportunity to continue your favourite programs without conflicting with your schedules. Register for all classes or just the ones you know you can attend. Pre-registration is encouraged as spaces are limited.

### Line Dancing Level 2

**Wed 1:30-3pm Apr 2-Jun 25 Event ID: 67415**

For anyone who has already learned the basics.

Practice and learn more fun dance routines in a relaxed atmosphere.

**\$5/class**

### Line Dancing Level 1

**Wed 3:15-4:15pm Apr 2-Jun 25 Event ID: 67423**

Introduction and learning the basics, no experience or partner necessary. The focus is on fun and two left feet are always welcome.

**\$5/class**

**Please be reminded that your annual membership must be active for the date of any Kennedy Senior Society activity or event. A valid membership is required to participate in all society activities.**



# Kennedy Instructional & Fitness Programs

All Attendees must have a current Kennedy membership card.

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

Day	Name	Dates	Time	Event ID
Monday	*Intro to Computers	Apr 7-Jun 23	9:30am-12pm	67261
	* Zentangle Art <b>NEW!</b>	Apr 7-Apr 28	10:30am-12pm	68604
	**Zumba	Jan 6-Mar 24	10:30-11:30am	61676
	**Fit & Active	Jan 6-Mar 24	11:45am-12:45pm	58283
Tuesday	**Fit & Functional	Jan 7-Mar 25	10:30-11:15am	62334
	**Simply Stretch	Jan 7-Mar 25	11:45am-12:45pm	58286
	* Spanish Beginner Level II	Apr 1-Apr 22	10:30am-12pm	60441
	*Watercolour Painting	Feb 18-Mar 25 Apr 1-May 6	1-3pm	60512 67265
Wednesday	*Hawaiian Dance	Jan 8-Mar 26 Apr 9-Jun 25	10am-12pm	60525 67424
	*Acrylic Art	Mar 5-Mar 19	10:30am-12:30pm	60523
	*Chair Yoga (Blended)	Apr 2-May 14	12-1pm	60924
	**Gentle Yoga	Jan 8-Mar 26	12:15-1:15pm	63807
	*Line Dancing Level 2	Apr 2-Jun 25	1:30-3pm	67415
	*Line Dancing Level 1	Apr 2-Jun 25	3:15-4:15pm	67423
Thursday	*Tai Chi	Apr 3-Jun 5	10-11am	67443
	*Mindfulness & Meditation <b>NEW!</b>	Apr 10-May 22	10:30-11:30am	69036
	**Fit & Functional	Jan 9-Mar 27	10:30-11:15am	58289
	*Spanish for Beginners I	Feb 20-Mar 13	11am-12:30pm	60440
	*Minds in Motion	Feb 20-Mar 27 Apr 10-May 15	11:30-1:30pm	66236 67446
	* Spanish Intermediate Level I	Apr 3-Apr 24	11am-12:30pm	67432
	**Simply Stretch	Jan 9-Mar 27	12:30-1:30pm	58290
Friday	*Computers for All Levels	Jan 10-Mar 14	9:30am-12pm	60528
	*Advanced Computers	Apr 11-Jun 20		67448
	*Chair Yoga (Seated)	Apr 4-May 16	10-11am	60531
Saturday	**Yoga	Jan 11-Mar 29	9:45-10:45am	58281
	**Fit & Functional	Jan 11-Mar 29	11-11:45am	60986
	** Chair Dance Fitness	Jan 11-Mar 29	12-1pm	63489

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

Delta Fitness programs can be reserved up to 72 hours in advance in person or [Delta.ca/Registration](https://delta.ca/Registration), or by calling 604-952-3000.

# Kennedy Volunteers

## VOLUNTEER OF THE MONTH

~ Terri W. ~



I joined Kennedy Senior Centre in 2015, shortly after retiring from a 35-year teaching career in Coquitlam. My husband, Garry, and I have enjoyed several activities and events at Kennedy and our favourite is bridge. It helps to keep our grey matter stimulated and our spirits joyful as we never fail to share a laugh or several with our weekly bridge group!

Outside of Kennedy, I enjoy long daily walks with my darling Labrador retriever and dog-walking friends. Occasionally, I am lucky enough to have small getaways with several close girlfriends. Keeping our home and gardens somewhat under control is a constant challenge, but I prefer to fill my extra time with reading, learning to play piano, and skiing.

I'm very proud of my two sons, daughter-in-law and granddaughters, but geographical distance means shared time and space are never enough! I come from a large prairie family and married into an even larger family! To give you an idea, our shared Christmas means we host around 45 family members every year. You can imagine, over the other 364 days of the year, there is never a dull moment!

### Volunteer Opportunities

We are looking to fill some vacant roles for various drop-in programs and to assist with various roles in socials and special events.

For more information on volunteer opportunities please contact Volunteer Coordinator Katie or Director of Volunteers Linda C.

**Kennedy Volunteer Stats:** During the month of February, Kennedy volunteers generously donated 916 hours of their valuable time.

### Recognizing Our Dedicated Volunteers

Volunteers are the heart of our organization, and their dedication makes everything we do possible. Their generosity, time, and commitment have a lasting impact on our community, and we want to take a moment to express our deepest gratitude.

### A Heartfelt Thank You

Every volunteer brings something special—whether it's their skills, enthusiasm, or simply their willingness to lend a helping hand. We are incredibly fortunate to have such a passionate group of individuals who embody the spirit of service.

### Celebrating Their Contributions

To honour our volunteers, we want to highlight some of the incredible ways they make a difference:

- **Conveners** for their outstanding efforts in keeping our programs and activities thriving.
- **Socials** for going above and beyond in making our dinner dances and special events a huge success
- **Café Eight-Ate (John's Kitchen)** Kitchen Help and Cashiers for their dedication to creating success in the smooth flow of operations
- **Greeters** who are there to start your day with a smile, and the countless hours spent by all our volunteers to support our mission.

Every single volunteer has played a vital role in supporting our mission, contributing their time, energy, and passion to help us succeed.

We invite everyone to take a moment to thank a volunteer today. Whether it's a kind word, a small gesture, or a simple thank you, let's show our appreciation for their hard work and dedication.

### Kennedy's Volunteer Appreciation Event

**Thursday, May 1, 2025**

**1:30-3:30pm**

To all the incredible Kennedy volunteers who gave their time and talents during 2024, we invite you to attend our annual Volunteer Appreciation Event. There will be inspiring entertainment and delicious, light refreshments, all to celebrate YOU!

Your invitations will be at the Kennedy Customer Service Desk Monday, March 10, 2025. Kindly RSVP by Thursday, April 24, 2025. We hope you join us!

# City of Delta

We have a winner! By a landslide, **Wise and Wonderful!** has been selected as the new name for our monthly newsletter!

The title *Wise and Wonderful* is an excellent choice for our newsletter because it perfectly captures the essence of aging with grace and vitality. The word wise acknowledges the wealth of knowledge and experience that seniors carry with them. It celebrates the lifelong learning and insights that seniors bring to our community. It's a recognition of the value that comes with age and the depth of understanding gained over a lifetime.

The word wonderful complements this by highlighting the joy, energy, and potential that still exist in later years. It reminds us that aging is not about slowing down, but about embracing new opportunities, staying active, and continuing to live fulfilling lives. Wonderful conveys a sense of positivity and appreciation for the unique qualities that make all of us special.

Together, these two words create a warm, uplifting tone that encourages all of us to feel proud of our accomplishments and excited about the future. It emphasizes the importance of maintaining a joyful, active, and engaged lifestyle—something that should be celebrated at every stage of life.

*Wise and Wonderful* is not just a name; it's a mindset, one that reflects the spirit of every senior who reads the newsletter. I hope you enjoy this month's issue! Please know your contributions are welcomed—reach out to staff if you have an idea for content!

All the best as we launch this month's edition of **Wise and Wonderful!**

**Kate Steel,**  
**Community Services Manager | City of Delta**

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-4pm.



**Delta Seniors Bus: 604-597-4876**

**Bookings can be made up to one week in advance.** Medical appointments receive priority booking. All rides are subject to availability and are booked on a first-come, first-served basis. For more information or to book a ride, please call the central booking line.

### **Delta Seniors Bus Staff**

Barry, Bev, Dwight, Gary, George, Janet, Jim, Julie, Kelsey, Karen, Lynn, Pam & Surinder.

**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.**

### **We Love Your Smile**

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.

## City of Delta Staff

A/Seniors Community Services Supervisor  
Facility Operations Supervisor

Lisa Porter  
Mike Robinson

lporter@delta.ca  
mrobinson@delta.ca

### **Kennedy Seniors Recreation Centre**

Senior Centre Coordinator	Jan Talaber
Volunteer/Cust Ser Coordinator	Katie Green
Recreation Programmer	Kourtney Nishi
Recreation Programmer	Julie Stevens

### **McKee Seniors Recreation Centre**

Senior Centre Coordinator	Dani Mageau
A/Volunteer & Cust Ser Coordinator	Sara Sochting
Recreation Programmer	Trudy Buzdon-Barber
Recreation Programmer	Billy Mortensen

# Wellness Webinars with Eva

## Inner Freedom with Dr. Emma Seppälä

### Kennedy

Tue, Mar 11 10-11:30am Event ID: 61128

### McKee

Wed, Mar 12 10-11am Event ID: 61168

When we get stuck with a particular view of ourselves and the world around us, we miss the chance to grow and get the most out of life. Psychologist Dr. Emma Seppälä will explain how to reclaim your psychological sovereignty to live a free, happy, and authentic life. Emma will explore why we often undermine ourselves with self-destructive beliefs and tendencies. She will share fresh, science-backed ways to help you break out of these unhelpful patterns. Learn ways to create more inner freedom in all aspects of your life, including intuition, successful relationships, managing your emotions and making wise decisions. Pre-registration is required.



## Planning Outside of a Will

### Part 2 of Estate Planning Webinar Series

### Kennedy

Tue, Mar 18 10-11:30am Event ID: 61896

### McKee

Wed, Mar 19 10-11am Event ID: 62409

When it comes to estate planning, your will covers some, but not all of your assets. This webinar from People's Law School will answer common questions about property that passes outside of your will, the interplay with taxes and probate fees, and how to weigh options such as joint ownership and trusts. Pre-registration is required.

## Probate: Step-by-Step Guide

### Part 3 of Estate Planning Webinar Series

### Kennedy

Tue, Mar 25 10-11:30am Event ID: 61902

### McKee

Wed, Mar 26 10-11am Event ID: 62411

In this last webinar of the Estate Planning Series, People's Law School will take you through the probate process from start to finish, addressing common challenges which may be experienced along the way. Pre-registration is required.

# In The Community



## Delta Police Department—Keep in Touch

Join us for the Keep In Touch (K.I.T) program!

Enjoy daily phone calls from friendly volunteers who provide companionship, emotional support, and helpful reminders for things like medication. Stay connected and engaged in our community. Sign up today to make a difference in your daily routine! [kit@deltapolice.ca](mailto:kit@deltapolice.ca)

The adjective for metal is metallic,  
but no so for iron,  
which is ironic.



# City of Delta: Wellness

## March 9-15 is World Glaucoma Awareness Week

### What is glaucoma?

Glaucoma is a chronic, progressive, degenerative disorder of the optic nerve, which is basically the structure that relays what the eye sees to the brain, and produces visual field damage.

Glaucoma is the second leading cause of blindness, and importantly: it is irreversible.

It is estimated that around 80 million people have glaucoma worldwide. Approximately 50% of the individuals with glaucoma are unaware that they have the disease, because in its early stages, glaucoma is asymptomatic.

### What are the causes of Glaucoma?



In the great majority of the cases, glaucoma occurs in susceptible individuals. This form of glaucoma is called *primary glaucoma*. It does not occur as a result of any other eye problem.

Glaucoma may also be caused by previous ocular trauma, associated systemic diseases, use of medications, consequence of complicated eye surgeries, and others. In these situations, the disease is called *secondary glaucoma*. Nevertheless, in all cases, glaucoma occurs mainly due to a sufficiently high IOP, intraocular pressure, leading to damage to the optic nerve.

### Prevention

Periodic testing allows early diagnosis to prevent visual disability. You can live happily with glaucoma and enjoy an excellent quality of life, particularly if the disease is detected early and treated in time.

Always remember that once you have glaucoma, you will have to be under the care of an eye doctor for the rest of your life.

### What is the treatment of glaucoma?

If you have been diagnosed with glaucoma, effective treatment options are now available and regular treatment and follow-up can help you to preserve your vision for your lifetime, avoiding unnecessary fear of going blind.

Glaucoma treatment aims to control the intra-ocular pressure and halt glaucoma progression. It is important to understand that glaucoma cannot be cured and whatever damage has occurred to the optic nerve cannot be reversed.

Various treatments include: eye drops, systemic medications (tablets and endovenous medication), laser surgery, and incisional surgery.

**There is a lot of research going on and new treatments may become available for glaucoma in the near future.**

Adapted from World Glaucoma Association website, <https://wga.one/>

Please contact Eva, Seniors Support Coordinator at [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca), 604-787-1242 for more information.

### 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 and Caregiver Support, Government Services and Benefits.

Office Hours: Tuesday-Thursday, 8:30am-4pm  
To book an appointment call 604-787-1242  
or email [ebusich-veloso@delta.ca](mailto:ebusich-veloso@delta.ca)

# City of Delta

## DELTA FITNESS

### Pilates

#### Winskill Aquatic Fitness Centre

Wed, Apr 2-May 7 7:45-8:45pm

Event ID: 63624 \$65

#### North Delta Recreation Centre

Wed, Apr 2-May 14 7:15-8:15pm

Event ID: 62359 \$91

This low-impact core conditioning class works to strengthen back and abdominal muscles, and improve balance, postural alignment and flexibility. Moderate intensity. Please bring a mat and towel.

### Osteo for Life

#### North Delta Recreation Centre

Tue & Thu, Apr 1-29 9:30-10:30am

Event ID: 62348 \$81

Osteofit is designed to safely improve strength, balance and coordination, as well as functional mobility, independence, and quality of life for those with osteoporosis and low bone density.

## ARENAS

For a full skating schedule at all Delta facilities, please visit [Delta.ca](https://delta.ca).



## AQUATICS

From babies to seniors and beginners to advanced swimmers, there are plenty of programs available to improve your comfort and skills in the water. Private and group lessons are available. Visit [Delta.ca](https://delta.ca) for details on registered and drop-in programs.

Register online at [delta.ca/registration](https://delta.ca/registration), by calling 604-952-3000 or in person.

## RECREATION 50+

# Delta Supper Club

The City of Delta is excited to announce Delta Supper Club for older adults. This free program will be available starting April 2025. This program will provide participants the skills to prepare food, cook a selection of meals, and provide time to socialize. Participants will gain skills to enhance their ability to prepare healthy meals, leading to better overall health and greater independence at home.

Registration will be available through [Delta.ca/Registration](https://delta.ca/Registration); watch the Seniors Newsletter for more information and details.



# McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC

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. of Workshops & Marketing	Lin Jones

## Hello Members,

It's now been a year since I became a member of the board, and it's been a year filled with challenges and rewards. There has been wonderful support from the other board members and liaisons. We all work together as part of a team for the benefit of our community.

We have a very busy year ahead of us with the upcoming AGM, Seniors Week and our 20<sup>th</sup> Anniversary Gala. And before anyone asks, it's the 20<sup>th</sup> anniversary in this building, as the McKee Society has been around since 1997. Of course, all this on top of the regular day-to-day tasks.

My one regret is that Russell will be leaving us. He's become a good friend to many of us, always ready with a funny comment, and I know that everyone will miss him. But by the time you read this, we are hoping to have a new tenant for the café. I ask everyone to make them feel welcome. Stay tuned for the news!

As you will read further in this newsletter, the board is introducing a **Golden 90+** membership for those who are 90 or more. We feel that this is a way to honour our more senior members, of whom we are very proud. Many were involved in establishing McKee Society and have been instrumental in its continuing, through their efforts. For more information about this, please read the article in this newsletter, or ask a board member or the front desk volunteers.

**Lin Jones**  
**Director of Workshops**

**Never iron a four-leaf clover.**

**You don't want to press your luck.**



## Customer Service Hours of Operation

<b>Monday</b>	<b>8:15am-4:30pm</b>
<b>Tuesday</b>	<b>7:45am-4pm</b>
<b>Wednesday</b>	<b>8:45am-7pm</b>
<b>Thursday</b>	<b>8:30am-4:30pm</b>
<b>Friday</b>	<b>8:30am-4pm</b>
<b>Saturday</b>	<b>9am-3pm</b>

## McKee 2025 Fees

12-Month Golden 90+ Membership	FREE
12-Month Annual Membership	\$30
12-Month Snooker Membership	\$35
12-Month Table Tennis Membership	\$20
12-Month Pickleball Membership	\$20
Daily-Fitness single admission	\$5
Fitness 5-class pass	\$25
Fitness 10-class pass	\$45
Fitness 20-class pass	\$85
Fitness 30-class Pass	\$120
Guest Pass-One-week pass	\$10
<i>All memberships and passes expire after 365 days</i>	

Information and registration are available in person, or online [delta.ca/registration](https://delta.ca/registration).



# McKee Workshops & Presentations

## Brain Games

Brain Games is back up and running. We had a great time on the iPad's and fun was had by everyone. Keep an eye on the upcoming newsletters for our next session and join in.



## Blood Pressure Screening 50+ **FREE**

**Thu, Mar 13 12:30-3:30pm**

Pre-book a **FREE** 10-minute appointment with the Blood Pressure Nurse for a glance at your needs. Wearing a short-sleeved shirt is recommended.

## Board Meet and Greet

**Fri, Mar 14 10-11am**

**Event ID: 69163**

Join us for McKee's version of speed dating! Meet your board members over coffee and snacks and learn about the exciting portfolios they have and the opportunities for growth and giving back to the community. Registration in advance is requested.

## Circle of Friends

**Wed, Mar 12 11:15am-12:15pm**

**Event ID: 60920**

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

## Coffee with a Cop

**Wed, Mar 5 10-10:45am**

**Event ID: 68100**

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

## Delta's Seniors Support Coordinator

Find Eva's webinars, workshops and presentations under the City of Delta Wellness Page.

## Elder Safety & Security: Phone/Internet Scams

**Fri, Mar 21 10-11am**

**Event ID: 66807**

This discussion by Crime Stoppers will help you to protect yourself from phone and internet scams. Members and Non-members welcome.

## Foot Care

**Fri, Mar 14 & Apr 4 9am-5pm**

Book an appointment with the Foot Care Nurse for all foot care needs. No polish. Registration now open for appointments. McKee members only.

## Income Tax Sessions

**Thu, Mar 20 & 27 1-4pm**

Sign up for a **FREE** 15-minute income tax session with Suki, provided on behalf of MP Carla Qualtrough's office. Non-members welcome. Please bring with you photo ID, tax slips, and void cheque.

## Tea & Tales

**Wed, Mar 5 11am-12pm**

**Event ID: 59974**

Join a Fraser Valley Regional Library (FVRL) staff member in the McKee Lounge for a short story and a discussion about the authors and stories read.

## Wellness Through Leisure

**Tue, Mar 11 & 25 1-3pm**

**Event ID: 66806**

How can connecting to your community through leisure help you feel less isolated and bring meaning to your day? Learn how leisure creates meaning and balance in your life and improves your social, emotional, physical, and & cognitive health. Non-members welcome.



**February fun with Name that Love Song!**



# McKee News



## Notice: McKee House Seniors Society

### ANNUAL GENERAL MEETING & ELECTIONS

**Saturday, May 3, 2025**

Held in the Pioneer Hall  
Registration begins at 10am  
Meeting begins at 10:30am

**ELECTIONS (2-year terms)**

Vice-president  
Secretary  
Treasurer  
4 Directors

#### **50/50 Draw Date!**

The 50/50 draw will take place at 12pm on the last Friday of each month. Regardless of how many tickets are sold, the winner will receive 50% of the chips. Make sure to buy your ticket before the last Friday for a chance to win!

**NEW!**



### McKee Seniors Society Shredding Event Fundraiser

**Saturday, April 5, 2025  
10am-1:30pm**

**By Donation (Cash or Cheque only)**  
*Tax receipts given for \$25 or more.*

### McKee Golden 90+ Membership

The Board of Directors is pleased to announce the introduction of a Golden 90 Membership. Effective January 1, 2025, all members who are 90 years old or older will receive their membership for free. This will include all members who turn 90 this year, as well as any new members.

For 90+ members who have already renewed their membership, McKee Society will issue refunds. In most cases this will be returned as a credit on their account. Golden 90+ members who have paid their membership are asked visit the City of Delta cashier the next time you visit McKee.

Holders of the Golden 90+ Membership will still pay any additional fees for regular programs, fitness punches and club memberships.

The McKee Society Board of Directors is thrilled to be able to offer this perk to our older and very valued members. We wish to see them continue to participate in all the activities we offer.

### St. Patrick's Day Activities

**Mon, Mar 17**

Come dressed in your best **GREEN** outfits!

**Café offerings:** Visit Mr. Mom's on St. Patrick's Day to enjoy a special Irish stew and biscuit from 9am-4pm.



### Feeling Lucky Table

**Pot of Gold:** Make a wish on the pot of gold located in the front lobby. What are your greatest wishes for 2025?

**Count the Lucky Charms:** Take a guess at how many marshmallow charms are in the jar. There will be a prize for the closest guess.

# McKee Clubs

## Chess Club: Expression of Interest

Do you enjoy playing chess? Would you like to play with your fellow McKee members? Sign up at the McKee front desk!

## Dealer's Choice: Coming Soon

**Saturdays 1-3pm**

Dealer's choice is a style of poker where each player may deal a different variant. While most poker games involve only one game variant like No-Limit Hold'em or Pot-Limit Omaha, Dealer's Choice games can include a variety of possible styles. Stay tuned for more information on start date

## Diners Club: Ramie's Greek Restaurant

**Tue, Mar 18 5pm**

Each member will order from the menu, and be responsible for their own bill and transportation. Sign up in advance at McKee Front Desk.

## Philosophers Club: Discussion Group

**Fri, Mar 7 11:30am-12:30pm**

**Event ID: 61160**

Topic: Absolute Poverty

## Mexican Train

**Mondays 10am-12pm**

**Event ID: 61243**

Did you know there are several variations to play Mexican Train? To avoid confusion and to facilitate an inclusive social atmosphere, Mexican Train will be played by original basic rules with no variations.



This month we celebrated McKee Sister member Sharon J's 80<sup>th</sup> Birthday!

# Special Events

## Spring Fling Luncheon

**Wed, Mar 26**

**11:30am-1:30pm**

**Event ID: 61499**

Get ready for Brain Nicholl and his amazing guitar skills. The luncheon menu will feature quiche, salad and dessert.

**Members \$18 / Guests \$22**

Tickets are on sale now, online or at the front desk.



## MCKEE ART SHOW & LUNCH

**Registration:** Mar 31-Apr 10

Pick up your artist package at the customer service desk. \$5 for a maximum 3 art pieces.

**Art Submissions Accepted:** Apr 7-10

**Art Show Viewing:** Apr 16-May 4

**Artists Afternoon Tea & Awards:** Sun, May 4

**Rules:** McKee members only; up to 3 pieces per entrant; No 3D art, photography or computer generated entries.



The McKee Snooker Club is growing!

Ask at the front desk if you want to join.



**Mr. Mom's World**

**CATERING & EVENTS**

*Where love and food come together*

In addition to delicious, freshly prepared hot meals, soups, sandwiches, scones, muffins, cookies, lattes, cappuccino and espressos are available. Mr. Mom's last day open will be Friday, March 28, 2025. After 2pm (on that date) everything will be 50% off.



# McKee Instructional Programs

## Nordic Pole Walking

**NEW**

Sat, Apr 5

11:30am-12:30pm

Event ID: 67724

\$15/1 session

Learn pole walking posture, poling technique, and how to adjust your poles to proper height. Improve posture, coordination, and relieve joint pain all with additional stability. The class will include 30 minutes of outside walking, so please dress for possible weather. Please bring your own poles.



## Attention McKee Watercolour Basics & Intermediate Participants:

With spots filling up quickly, you may find yourself on a waitlist. You may be happy to know that Kennedy Seniors Recreation Centre also offers this program on Tuesday afternoons from 1-3pm. Please note this class requires you to have a valid Kennedy membership. To inquire further please call 604-594-2717.

## Tai Chi Intermediate

Tue, Feb 18-Mar 25

1:45-2:45pm

Event ID: 59961

\$30/6 sessions

This intermediate class will continue refining the principles and complete the Tai Chi form. Anyone who has practiced almost any form of Tai Chi before should be able to fit into the intermediate class, but everyone is welcome to start in the beginner's class if they wish.

## Watercolour Intermediate

Mon, Feb 24-Mar 31

10:30am-12:30pm

Event ID: 59964

\$60/6 sessions

This is a follow up from the Beginner Introduction & Basic class. You will learn step by step how to paint with this wonderful medium including how to add pen to enhance some of your painting. You will be painting landscapes, flowers, animals and other concepts using watercolours. Please note that you must bring your own supplies. A supply list is available at the front desk of McKee.

# Save the Date

## Dancing in the Country

Sat, Apr 26

10am-3pm

## Volunteer Appreciation Event

Mon, Apr 28

1:30-3:30pm

## McKee Annual General Meeting

Sat, May 3

10:30am

Please be reminded that no classes or clubs will be running during AGM times.

## McKee Art Show 2025

Sun, May 4

TBD

Coming this Spring! McKee Artists—start creating your works of art to submit.

## High Tea - Seniors Week

Fri, Jun 6

TBD



# McKee Club Schedule

<b><u>MONDAY</u></b> Snooker Pickleball ( <i>Return Spring 2025</i> ) Mexican Train Tap Dance Card Seep Canasta Contract Bridge Table Tennis	9am-4pm 9am-12pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 2-5pm	<b><u>THURSDAY</u></b> Snooker Canasta Mah Jong Carpet Bowling Pickleball ( <i>Return Spring 2025</i> ) Card Seep Bingo McKee Sisters Table Tennis	9am-4pm 9-11:30am 9:15am-12:15pm 9:45am-12pm 12-2pm 12:30-3pm 12:30-3:30pm 12:30-4pm 2-5pm
<b><u>TUESDAY</u></b> Walking Club Snooker Mah Jong Card Seep Pickleball ( <i>Return Spring 2025</i> ) Scrabble Contract Bridge Euchre Jammers ( <i>Mar 11, 25</i> )	9-10am 9am-4pm 9:30am-12:30pm 12:30-3pm 12-2pm 1-4pm 1-4pm 1:30-3:30pm 3-5:15pm	<b><u>FRIDAY</u></b> Walking Club Snooker Pickleball ( <i>Return Spring 2025</i> ) Philosophers Club ( <i>Mar 7</i> ) Card Seep Scrabble Book Club ( <i>Mar 28</i> )	9-10am 9am-4pm 9am-12pm 11:30am-12:30pm 12:30-3pm 1-4pm 2:30-4:30pm
<b><u>WEDNESDAY</u></b> Snooker Pickleball ( <i>Return Spring 2025</i> ) Art Connection Card Seep Cribbage Mah Jong Friendship Club Ukulele Intermediate Table Tennis Mah Jong Duplicate Bridge	9am-8:30pm 9am-12pm 12-1:30pm 12:30-3pm 12:30-3pm 1-4pm 2-4pm 2:30-4pm 6-8pm 6-9pm 6:15-9:45pm	<b><u>SATURDAY</u></b> Table Tennis Snooker Knitting Sisters ( <i>Mar 1 &amp; 15</i> ) 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

**McKee Society Facebook**  
 Club & Program updates are posted online.

Club activities can be reserved up to 72 hours in advance, in person or online  
**[Delta.ca/Registration](https://delta.ca/Registration)**.

Please note, that due to unforeseen circumstances activities may be  
 changed or cancelled without notice.

**PLEASE  
 NOTE...**

**Your annual membership must be active for the date  
 of any McKee Senior Society activity or event.**



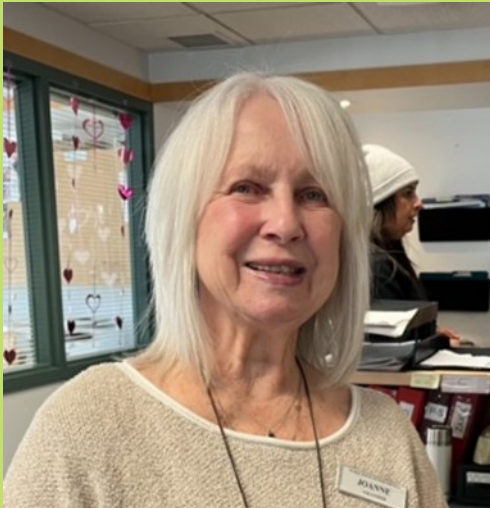
# McKee Instructional/Fitness Programs

\* Registered Instructional Program

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Apr 7-Jun 23	8:30-9:30am	65881
	Strengthen & Stretch	Apr 7-Jun 23	8:45-9:45am	65857
	M.I.I.T.	Apr 7-Jun 23	10-11am	65860
	*Watercolour Intermediate	Apr 7- May 12	10:30am-12:30pm	65846
	Line Dance Intermediate	Apr 7-June 23	11:30am-12:30pm	65884
	*Watercolour Intro & Basics	Apr 7- May 12	1:30-3:30pm	65854
	Muscle Max	Apr 7-Jun 23	4:30-5:30pm	65887
Tuesday	Core, Balance & Strength	Apr 8-Jun 24	8-9am	65994
	Yoga Flow	Apr 1-Jun 24	9:30-10:30am	65997
	*Acrylic Art & Water Colour	Apr 1-Apr29	9:30-11:30am	67668
	*Meditation	Apr 1-May 6	11am-12pm	67594
	* Gentle Yoga	Apr 1-May 6	11am-12pm	67584
	*Get up and Go	Apr 1-May 6	1-2pm	67637
	*Tai Chi Beginner	Apr 1-May 6	12:30-1:30pm	67651
	*Tai Chi Intermediate	Apr 1-May 6	1:45-2:45pm	67653
Wednesday	Fun & Fitness (no class Mar 26)	Apr 2-Jun 25	9-10am	66003
	Strengthen & Stretch	Apr 2-Jun 25	10:15-11:15am	66002
	*Let's Play Guitar	Apr 2-May 7	11am-12pm	67714
	*Minds in Motion	Apr 9-May 14	1:30-3:30pm	66789
	*Core Conditioning Healthy Back	Apr 9-May 14	4:30-5:15pm	67574
	*Meditation	Apr 2-May 7	5:30-6:30pm	67661
Thursday	Chair Yoga	Apr 3-Jun 26	10:30-11:30am	66005
	*Gentle Yoga	Apr 3-May 8	11:45am-12:45pm	67588
	*Get Up & Go	Apr 3-May 8	1-2pm	67642
	Muscle Max	Apr 3-Jun 26	4:30-5:30pm	66006
Friday	Easy Yoga Flow	Apr 4-Jun 27	8:45-9:45am	66016
	Fun & Fitness	Apr 4-Jun 27	9-10am	66317
	Custom Fit	Apr 4-Jun 27	10:15-11:15am	66021
	Line Dance Int.	Apr 4-Jun 27	10:30-11:30am	66318
	Line Dancing 3	Apr 4-Jun 27	11:45am-12:45pm	66319
	Line Dancing 2	Apr 4-Jun 27	1-2pm	66320
	Line Dancing 1	Apr 4-Jun 27	2:15-3:15pm	66321
	*ActivAge	May 2-Jun 20	12-1pm	67233
	*Choose to Move	Apr 25-Jun 20	1-2pm	67232
Saturday	Strengthen & Stretch	Apr 5-Jun 28	9-10am	66007
	M.I.I.T.	Apr 5-Jun 28	10:15-11:15am	66010

# McKee Volunteers

## Volunteer of the Month ~ Joanne ~



If you haven't met Joanne yet, you really should!

Joanne is one of McKee's finest, and stylish volunteers at the front desk greeting everyone with a kind smile and gentle hello. She has been a member of McKee since 2024 and has tried her hand playing Mah Jong. Joanne lives in Ladner with her husband and her cat Lucy who is the boss of the house. Joanne has two children and four grandchildren, including one who lives in Sweden. She loves puzzles of all kinds, jigsaw, wordles and strands. Joanne is also an avid reader and loves nothing more than baking chocolate chip cookies with her grandkids.

Stop by the front desk and say Hello to Joanne we are very lucky to have her here at McKee.

### **McKee's Volunteer Appreciation Event** **Thursday, April 28, 2025** **1:30-3:30pm**

To all the incredible McKee volunteers who gave their time and talents during 2024, we invite you to attend our annual Volunteer Appreciation Event. There will be inspiring entertainment and delicious, light refreshments, all to celebrate YOU!

Your invitations will be at the McKee Customer Service Desk Monday, March 10, 2025. Kindly RSVP by Thursday, April 24, 2025. We hope you join us!

## Criminal Records Review Program

McKee is transitioning new and current volunteers over to the Criminal Records Review Program (CRRP), an online application where volunteers will complete a Criminal Record Check (CRC). These CRCs are good for five years and will be completed onsite at McKee.

Over the next few months, all volunteers will be asked to sign up for a time at the front desk to come in and complete their Vulnerable Sector CRC. You will need to show valid photo ID for verification. This application is very user-friendly, confidential and is a quick and easy process for our volunteers to continue doing what they love here at McKee.

Thank you for supporting the safety of the membership.

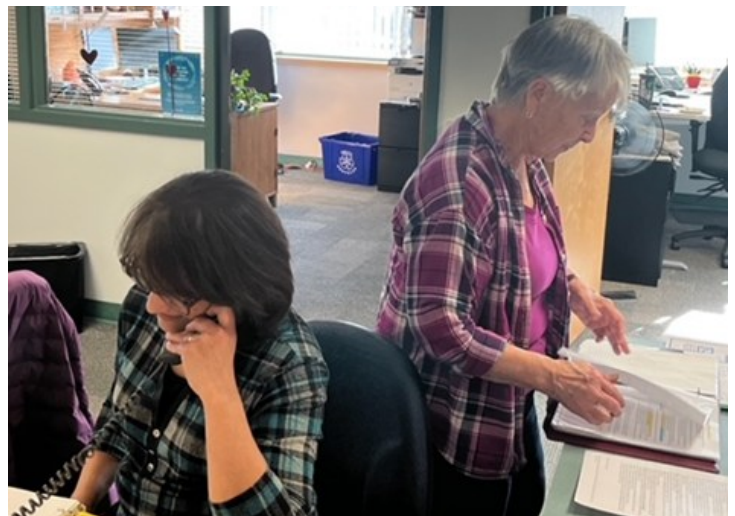
Regards,

Joyce, McKee Society President

Sara, A/Volunteer and Customer Service Coordinator



McKee has almost 100 active volunteers assisting Front Desk, Café Services, Special Events and Club Conveners. McKee is recruiting new volunteers for evenings and weekends. If you are interested, please pick up a Volunteer Application at the front desk.



# Brain Games & Fun

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

#2549

Easy

www.sudoku.name

**SUDOKU**  
数独

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

#11179

Medium

www.sudoku.name

## St. Patrick's Day Wordsearch

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

IRELAND  
SHILLELAGH  
GUINNESS  
SHAMROCK  
LEPRECHAUN  
LUCKY  
GREEN  
EMERALD ISLE  
DONNYBROOK  
ERIN GO BRAGH  
BANSHEE  
TRADITION  
CELTIC  
POT OF GOLD  
HARP  
POTATOES  
SEVENTEENTH  
BLARNEY  
LIMERICK  
RAINBOW

