

KENNEDY SENIORS RECREATION CENTRE

Winter 2025



Kennedy Seniors Society
Fifty+
Fit
Fun &
Abulous

Program Guide

Delta

11760 88 Avenue, Delta, BC

604-594-2717

Kennedy Seniors Recreation Centre is operated in partnership with the City of Delta and the volunteers of the Kennedy Seniors Society. All those 50+ are invited to visit Kennedy Seniors Recreation Centre. Take a tour and meet our volunteers and staff to discover the wide range of recreation and leisure opportunities available.

Centre Hours of Operation

Mon/Tue/ Thu/ Fri /Sat 9am-4pm
Wed 9am-9pm
Sun & Statutory Holidays: **Closed**

Customer Service Office Hours:

Mon/Tue/ Thu/ Fri 9am-3:45pm
Wed 9am-8:15pm
Sat 9am-1:30pm

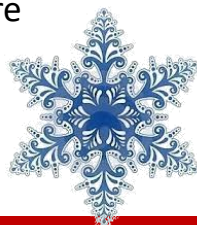
Facility Features

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

Registered Programs

Instructional Programs require pre-registration. Please see page 5 for descriptions and fees. Registration can be done in person at the Customer Service Desk, or by calling Kennedy Seniors Recreation Centre at **604-594-2717** or online at

[**Delta.ca/registration**](http://Delta.ca/registration)



Membership

The annual membership fee is \$25. Membership is required to participate in both Registered and Drop-in programs.

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

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

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

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



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

DROP-IN ACTIVITIES

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

ACRYLIC ART DROP IN

Mon/ Jan 15, Feb 26, Mar 26 10am-12pm Craft Rm

Bring your own projects to work on in the space provided. Enjoy discussing art with others.

BINGO

Mon/Fri 12:15-3:30pm Upper Hall

This game of chance uses a numbered bingo board: a caller draws and announces numbers; the first player to match their bingo card pattern to the pattern of the number on the bingo board is a winner.

BOOK CLUB

Thu (1st) 11am-12pm Lounge

The local library supplies us with 12 copies of a new novel each month. Members then read the novel and meet a month later to discuss.

CANASTA

Mon 1:15-4pm Lounge

Similar to rummy, canasta is a fun and enjoyable matching card game using five decks of cards and all jokers. Players attempt to create bonds using cards of the same rank and go out by discarding all of the cards in their hands.

CARD MAKING

Wed 9:30am-12pm Multi-purpose Room

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

CARPET BOWLING

Wed/Fri 9-11:45am Main Hall

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

CERAMICS

Sat 10am-12pm Craft Room

Mon 1-3pm Craft Room

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

CONTRACT BRIDGE

WED 1:15-4:15PM Café

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

CRAFTY LADIES

Tue 12-3pm Lounge

Fri 9-11:30am Lounge

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

CRIBBAGE

Wed 6:30-8:30pm Lounge

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

DEALERS CHOICE

Wed/Fri 12-3:30pm Lounge

Develop strategies that may help you win in this age-old game of skill and change.

DROP-IN ART (ACRYLIC & WATERCOLOUR)

Wed 4-8pm Craft Room

Thu 1-3pm Craft Room

Sat 1-3pm Craft Room

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

DROP-IN GUITAR

Tue 10-11:30am Upper Hall

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

Kennedy is hosting the Lower Mainland Snooker League! Tournament play runs between 9am-1pm. Come and cheer Kennedy on!

B League Games: Wed, Jan 15, 29 & Feb 12

A League Games: Thu, Jan 9, 16, 30 & Feb 13, 20, 27

On these dates Drop-in Snooker will be available from 1-9pm on Wednesdays and 1-4pm on Thursdays.



DROP-IN ACTIVITIES CONTINUED

EUCHRE

Tue 1:15-3:15pm Café

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

JAMMERS

Fri 1-3pm Main Hall

Join local musicians as they come together to share their talents, or just come and listen. Everyone is welcome to join!

LINE DANCING

Level 2 Wed 1:30-3pm Main Hall

Level 1 Wed 3:15-4:15pm Main Hall

This is a self-paced drop in Line Dancing opportunity for members of all skill levels.

MAHJONG

Fri 1:15-3:30pm Café

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

PHOTOGRAPHY INTEREST GROUP

Wed (1st & 3rd) 7-9pm Upper Hall

Explore various subjects put forward by participants and review images that may be submitted by participants. Activities include guest speakers, field trips, hands-on learning, and fun learning opportunities for all levels of photographers.

PICKLEBALL

Mon/Tue 1:15-4pm Main Hall

Wed 6:30-8:30pm Main Hall

Thu 1:45-4:15pm Main Hall

Sat 1:30-3:45pm Main Hall

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



SAMBA (the card game)

Thu 12:30-4pm Lounge

Samba is a variation on canasta, which allows sequences of three or more cards in the same suit to be melded.

SCRABBLE

Sat 1-3pm Lounge

Wordsmith with others in a fun, social setting.

SNOOKER

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

Wed 9am- 8:45pm Pool Hall

Sat 9am-4pm Pool Hall

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

TABLE TENNIS

Tue 12:30-2:30pm Upper Hall

Wed 1:30-3:30pm Upper Hall

Thu 1:45-4:15pm Upper Hall

Sat 9:30am-12pm Upper Hall

This is similar to tennis, but on a smaller, indoor scale. Enjoy some friendly competition and great exercise – no experience necessary. Tables, paddles, balls and nets are provided. Your agility, hand-eye coordination and strategy will improve with play.

TILE GAMES

Wed 6:30-8:30pm Café

Sat 10am-1pm Lounge

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

WOMEN'S FRIENDS GROUP

Tue 12:30-2:30pm Multi-purpose Room

Introducing women of South Asian origin to Kennedy. Activities include discussion, guest speakers and social interaction. Interpretation provided if required, everyone is welcome!

WOODSHOP

Mon-Fri 9am-2pm Workshop

Got a woodworking project? Come take a look at our fully equipped woodshop. It may be the perfect place to complete your work! Please note that a general orientation and waiver form are required in order to actively use the woodshop.

WINTER INSTRUCTIONAL PROGRAMS

Instructional Programs begin the week of January 6, 2025.

Please register in advance at our Customer Service Desk.

ACRYLIC ART

Wed 10:30am-12:30pm Craft Room

Learn how to create beautiful landscapes using acrylic paints, during 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. Please pick up your supply list at the customer service desk.

Jan 8-29 Event ID: 60521 \$30

(No class Jan 15)

Feb 5-19 Event ID: 60522 \$30

Mar 5-19 Event ID: 60523 \$30

BRAIN GAMES

1st & 3rd Monday 1-2pm Lobby

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 and problem solving, as well as some relaxing colouring games. Sign up today to save your spot.

Jan 8-Mar 24 Event ID: 60914



ACTIVE AGE

Wed 9:30-10:30am Lounge

ActivAge Canada's primary focus is on the promotion of physical activity, while recognizing the critical links of physical health with social, mental, emotional and spiritual wellbeing. Learn the benefits of active living as you age, and find examples of exercises and activities perfect for maintaining and improving your health. You must attend the January 15 information session before. Contact details of registered participants will be shared with the instructor.

Jan 22-Mar 26 Event ID: 58526

CHAIR YOGA

Fri 10-11am Upper Hall

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

Jan 10-Feb 28 Event ID: 60530 \$40

CHAIR YOGA **NEW!**

Wed 12-1pm Upper Hall

Carol will present 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 leaves you feeling refreshed and centred.

Jan 8-Feb 26 Event ID: 60921 \$35

(No class Jan 22.)

CHOOSE TO MOVE INFORMATION SESSION

Wed 10:30-11:30am Lounge

This information session for Choose to Move is free and flexible and provides you with the motivation and support to become more active. Choose to Move can help you integrate activity into your daily routine, meet new friends and make a positive change! Choose to Move is great for older adults who want to become active, regardless of ability.

Contact details of registered participants will be shared with the instructor.

Jan 15 Event ID: 58491



WINTER INSTRUCTIONAL PROGRAMS

Instructional Programs begin the week of Jan 6, 2025.
Please register in advance at our Customer Service Desk.

CHOOSE TO MOVE

Wed 10:30-11:30am Lounge

Are you an older adult looking for the motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you.

Choose to Move is free and flexible and provides you with motivation and support to become more active. Work with a trained activity coach to develop and stick to a physical activity plan made just for you. Choose activities that you know you will enjoy and are able to do! With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals.

You must attend the information session January 15 prior to registering. (No class January 22 or March 5.)

Jan 15 Event ID: 58500

COMPUTERS FOR ALL LEVELS

Mon or Fri 9:30am -12pm

Learn computer basics and the potential of the internet, filing documents, backing up data, saving photos, and useful programs like Word. No experience necessary. This course is for Microsoft NOT Apple/Mac. Participants must bring their own laptops. (No class Feb 17.)

Jan 6-Mar 17 Event ID: 60407 \$50

Jan 10-Mar 14 Event ID: 60528 \$50

HAWAIIAN DANCE

Wed 10 -11:30am Upper Hall

Join us as we dance and exercise to music from the South Seas. Previous Hawaiian Dance experience is recommended for this class.

Jan 8-Mar 26 Event ID: 60525 \$70



IPHONE

Wed 1-3pm

Familiarize yourself with the wealth of features available on your cell phone to make life easier. iPhone required.

Jan 8-29 Event ID: 62377 \$20

MINDS IN MOTION

Thu 11:30-1:15pm Upper Hall

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.

Jan 9-Feb 13 Event ID: 60716



PHOTOGRAPHY—ENHANCE YOUR CREATIVITY

NEW!

Sat 10am-12 Multi-purpose Room

Learn how to take better pictures using a DSLR camera, point and shoot, or a cellphone. Tips and ideas will be shared on how to enhance your creativity and what to do with your pictures after you have taken them.

Jan 11-18 Event ID: 60532 \$30

SPANISH FOR BEGINNERS

Thu 11am-12:30pm Multi-purpose Room

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. Join us as we explore the beauty of Spanish and make new friends along the way!

Feb 20-Mar 13 Event ID: 60440 \$25

WINTER INSTRUCTIONAL PROGRAMS

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Please register in advance at our Customer Service Desk.

SPANISH FOR BEGINNERS II

Thu 11am-12:30pm Multi-purpose Room

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

Jan 16-Feb 6 Event ID: 60408 \$25

TAI CHI

Thu 10-11am Upper Hall

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.

Jan 9-Feb 27 Event ID: 60526 \$40

WATER COLOUR PAINTING

Tue 1-3pm Art Room

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

Jan 7-Feb 11 Event ID: 60510 \$60

Feb 18-Mar 25 Event ID: 60512 \$60



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Jan 7-Feb 11 Event ID: 60510 \$60

Feb 18-Mar 25 Event ID: 60512 \$60

WOODWORKING SAFETY and PROJECT PLANNING

Tue/Wed/Thu 10am-12pm

Are you interested in working in the workshop? Join our experienced instructor for an immersive learning experience! You will be guided through the planning process for your project, helping to outline your ideas. Finally, you will bring your plan to life as you build your project. This workshop is a 12-session program. Beginners are welcome. Sign up and unlock your creative potential.



