

WISE & WONDERFUL

Where Wisdom Meets Recreation

October
2026



FUN FOR ALL AGES!

Ladner Community Centre	Tuesday, October 27	4-8pm
McKee Seniors Society Trick or Treat	Tuesday, October 27	4-8pm
	<i>(or while quantities last)</i>	
North Delta Recreation Centre	Thursday, October 29	4-8pm

Memberships: City of Delta seniors centres are dedicated to providing programs and activities for people the age of 50+. For more information, please visit the customer service desk.

McKee Seniors Society

5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411
mckee@delta.ca

Kennedy Seniors Recreation Centre

11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717
kennedy@delta.ca

IMPORTANT UPCOMING DATES

Thursday, October 1	International Day of Older Persons
Saturday, October 10	World Mental Health Day
Monday, October 12	Thanksgiving - Kennedy and McKee Closed
Saturday, October 31	Halloween
Wednesday, November 11	Remembrance Day

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.

Kennedy Seniors Recreation Centre

11760 88 Avenue, North Delta, BC | 604-594-2717

Dear Members,

During our recent Open House Week, it was encouraging to see those seniors new to our centre excited for all our centre has to offer. These new members are vital to the success of our centre, as are you!

When you think of all the various activities available for our members to enjoy, it's truly amazing. Patrons can partake of many of the exercise classes we offer, or perhaps delve into line dancing or learning Spanish. Other activities of interest might include table tennis, carpet bowling, woodworking and many more!

If a member wants to simply enjoy the company of others, there are board games, card games and monthly dances available.

Our centre is also proud of our Café Eighty-Ate which offers fine meals at reasonable prices for you to enjoy.

Now aren't you glad you joined?

Bob Gestrin,
Director of Instructional Programs

I don't have grey hair.

I have wisdom highlights.

Kennedy Fees 2026

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

KENNEDY SENIORS SOCIETY

Board of Directors 2026-2027

President	Shirley Gust
Vice-President	Peter Williams
Secretary	Linda Remedios
Treasurer	Rita Chaplinsky
Dir. of Instructional Programs	Bob Gestrin
Dir. of Drop-In Programs	Corrine Roy
Dir. of Socials	Share Forde
Dir. of Volunteers	Linda Christoforou
Dir. of Travel & Marketing	Dave Quick
Dir. at Large	Rick Rempel

Kennedy Society Information

All donations must be approved by Kennedy Seniors Society's Board of Directors before being brought into the centre. We are not collecting hardcover books, magazines, or dishes, etc.

If you are purchasing tickets to a Kennedy event for a guest who does not have a Delta account, you may now purchase the tickets under your own account. This applies to social and special events if they are open to guests/non-members.

Customer Service Hours

(Doors open at 8:30am)

Monday	9am-7pm
Tuesday	9am-4pm
Wednesday	9am-7pm
Thursday	9am-4pm
Friday	9am-4pm
Saturday	9am-1:30pm

Please note: Program hours may differ from customer service hours.

Kennedy News

Café Eighty-Ate

Our Café Eighty-Ate is a multi-functional space. In the mornings, Roxanne serves hot coffee, freshly baked goods, soups, sandwiches, and hot menu items. The restaurant service then closes (see schedule below), so our members can enjoy various drop-in activities in the afternoon. Please respect the *Reserved Table* signs for smoother operations.

Café Eighty-Ate offers gift certificates valued at \$5 and \$10. Please visit the café cashier.

Café Hours:

Mon/Wed/Fri	9am-1pm
Tue/Thu	9am-1:30pm

Café Program Hours:

Mon	Canasta	1:15pm
Tue	Euchre	1:30pm
Wed	Bridge	1:15pm
Thu	Samba	1pm
Fri	Mah Jong	1:15pm



Save the Date

Tue, Nov 10	Good Life Webinar
Wed, Nov 18	Kris Cu Bird Photography Presentation
Tue, Nov 24	Deck the Halls of Kennedy
Tue, Nov 24	Diabetes Awareness Presentation
Sat, Nov 28	Christmas Dinner Dance
Wed, Dec 2	Full House Jazz Band Concert
Tue, Dec 8	ICBC Winter Driving Presentation
Wed, Dec 16	Christmas Luncheon

Annual Membership Renewal Reminders

Annual Membership reminder emails are sent out when your membership renewal is coming due. If you receive an email but recently renewed your annual membership, then please disregard.

Crafty Ladies

The Crafty Ladies are in the final few weeks of collecting for the unhoused. The need is desperate for socks(the most requested item), toques, mitts, scarves. The items will be delivered to organizations that help care for the unhoused on October 24. Winter is coming and warmth is greatly appreciated.

In August, Options Healthy Baby program staff picked up 30 layette bags which contained a crib-size afghan, a fleece blanket, a receiving blanket, a sweater with hats, a sleeper, a face cloth, soap, and a toy. The layettes are given to vulnerable families in the community. They also picked up clothing for toddlers.

We are in need of 3 or 4-ply knitting worsted yarn to continue with these programs. Donations are appreciated. We DO NOT need knitting needles or pattern books.

The Crafty Ladies thank you for all your support.

Thanksgiving Luncheon

Thu, Oct 8	11am-12pm
Event ID: 125190	\$12
Thu, Oct 8	12-1pm
Event ID: 125192	\$12

Roxanne is preparing one of her delicious thanksgiving lunch specials, serving ham, scalloped potatoes, veggies and a piece of pie for dessert. Non-members are welcome

Tickets are available now.

Carpet Bowling Tournament

Fri, Oct 9 **9am-4pm**

Kennedy is hosting a carpet bowling tournament for teams from all over BC. Come watch and cheer Kennedy on!

Kennedy News

Lest We Forget

For Remembrance Day this year, we are planning a special display called the *Poppy Wall of Honour*. The display will provide our members and staff an opportunity to honour their families and/or friends who served in the military and hopefully give them a chance to learn a bit more about their own family history. Within the poppy we would like you to include such information as: name, date of birth, when/where the person served, date/year of death, awards received, and any other notable info you would like to share.

If the information you have is limited, please don't be discouraged; whatever you can include is fine. We encourage as many of you to participate as possible. The more poppies we can display, the more impact our *Poppy Wall of Honour* display will have. If you need additional poppies or have any questions, please contact the customer service desk at 604-594-2717.

Please return the poppies to Kennedy's customer service desk by November 4 so that we have plenty of time to compile our display. We look forward to learning about our community's military history together.

Dave Quick, Director of Travel

Kennedy Workshops & Presentations

Foot Care Clinic

Fri, Oct 2, 9, 16 & 30

9:45am-12pm

Book your appointment with the Foot Care Nurse for your foot-care needs. Appointments are 45 minutes. No polish. **\$60**

Happiness & Social Media Webinar

Tue, Oct 13

10-11:30am

Event ID: 113762

Hosted by Delta's Seniors Support Coordinator. For more information, see Delta pages.

Introduction to Artificial Intelligence (AI)

Wed, Oct 14

1-3pm

Event ID: 119949

This class is FULL, but a waitlist is available.

Healthy Eating for Healthy Aging

Mon, Oct 26

10-11:30am

Event ID: 113780

Learn from a registered dietitian what nutrients are needed for a healthy brain, disease prevention, inflammation reduction, and the best diet to achieve these goals. Are you meeting your nutrient needs? What vitamins do you need?

Non-members welcome. Space is limited so register in advance.

Flu Clinic

Tue, Oct 27

9am-2pm

Free flu vaccines are available to anyone 65 or older; is living with someone 65 or older; is a caregiver; or is living with a chronic medical condition (e.g. diabetes, high blood pressure).

Be sure to bring your BC Health Care Card and wear a short-sleeved shirt. Appointments will be every 10 minutes. Pre-registration is required in person, by phone (604-594-2717) or online at Delta.ca/registration. Non-members welcome. Register between October 2 and October 20.

Hearing Health Presentation & Screening

Mon, Oct 19

10:30-11:30am

Event ID: 124564

Our ears and brains work together to help us understand, communicate and stay connected. Untreated hearing loss can increase cognitive load, making the brain work harder to process sounds. Protecting hearing today is important for protecting our brain health tomorrow. Presented by a local hearing clinic.

A free hearing screening will be offered to registrants at 12pm after the presentation. Please pre-register. Non-members welcome.

Drop-In Programs

Scrabble is Back!

Sat **1-3pm**
Join in the fun with this classic word board game.

Darts

Sat **10am-12:30pm**
Mon, Tue, Wed **12:30-4pm**
Drop in for a friendly game of darts and your name will automatically be entered to win a prize. Don't forget to scan in at the front desk. Regular drop-in fees apply.

Ticket to Ride

Lunch at Sharkey's Ladner

Fri, Oct 23 **11am-3pm**
Event ID: 12614

Enjoy a lunch at our favourite destination for fish & chips, gourmet food and craft beer in a family-friendly, east coast setting with an award-winning waterfront patio. We are responsible for purchasing their lunch.

The bus will depart Kennedy at 11am, returning at approximately 3pm.

Dickens British Museum & High Tea

Fri, Nov 20 **10am-5pm**
Event ID: 122619 **\$50**

Dickens British Sweet Shop and Museum is a trip down memory lane, depicting the golden years of the British way of life. Tour the museum and Christmas display and enjoy high tea, all included in the cost of your ticket.



The bus will leave Kennedy at 10am and return at approximately 5pm. Tickets go on sale at 9:30am, Thursday, October 22. Kennedy membership is required. Two tickets maximum per person.

Lower Mainland Snooker League A & B

Kennedy will be hosting the Lower Mainland Snooker League for another season. Games will be held in the Snooker Room from 9am-1pm. Drop-in snooker will not be offered during the game dates. Come and cheer Kennedy on!

[Snooker B League](#) [Snooker A League](#)
Wed, Oct 7 Thu, Oct 15
Wed, Oct 21

Card Players Wanted!

Dealer's Choice uses variants of many poker styles with a rotating dealer choosing the game. We need fresh players! Drop by the lounge Wednesday or Friday afternoons to take a look and check out our shiny new poker table!!

Shoes are required to eat in the cafeteria.

Socks can eat any place they want.

Socials

Halloween Bash Dinner Dance

Sat, Oct 31 **4:45-9pm**
Event ID: 124888 **Members \$25/Guests \$30**

Roxanne will prepare chicken cordon bleu, pasta with alfredo sauce, green beans and a surprise dessert. Our live entertainment will be provided by the band Max Eleven. We will have prizes for the winners of the best costume contest. Hope to see you there!

Tickets go on sale Thursday, October 8 at 9:30am. Maximum four tickets per person. The centre opens at 8:30am. Ticket will be sold on a first-come first-served basis.

If you plan to purchase tickets, please ensure that you have set up your account prior to the ticket sale date and that your membership is current by the event date.

Kennedy Instructional Programs

Acrylic Art

Wed, Oct 7-21

10:30am-12:30pm

Event ID: 117556

\$30

Using a step-by-step process over three weeks, learn to create beautiful landscapes using acrylic paints. 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. Small starter supply kits are also available to purchase from the instructor for \$20.

Spanish for Beginners II

Thu, Oct 8-29

11am-12:30pm

Event ID: 118097

\$30

This class is the perfect next step after Beginners I. You'll 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 the Spanish language!

For a comprehensive list of all the programs offered at Kennedy Seniors Recreation Centre, please view the Fall 2026 Program Guide online at [Delta.ca](https://delta.ca) or pick one up at the front desk.



Special Events

Garage and Craft Sale

Sat, Oct 24

10am-4pm

Event ID: 123864

We are combining two purposes in one day! This is a chance to declutter or a chance to sell your wares, and either way a chance to put some extra cash in your pocket.

Book a table for \$5 (members) or \$10 (non-members) at the Customer Service Desk. Entry to the sale is free to the public.

Craftin' Around the Christmas Tree

Sat, Nov 21

11am-4pm

Event ID: 124599

\$15

We are pleased to welcome Debbie back for her final Christmas craft workshop, focusing on Christmas container arrangements. No need to bring a container, there are numerous containers and forms to choose from. If you have an old wreath, you would like to revamp, please bring it. If you have it, please bring: scissors, wire-cutters, glue gun, glue, and an extension cord.

Coffee, tea and goodies will be provided; bring your own brown bag lunch. Space is limited so register early. Kennedy membership is required. Registration opens at 9am, Tuesday, October 13.

Full House Jazz Band Concert

Wed, Dec 2

7-9pm

Event ID: 125057

Members \$10

Guests \$15

Full House Jazz Band are dedicated and talented musicians with a passion for big band jazz. In keeping with the season, we will be performing some of your favourite Christmas tunes with a jazzy twist! Our director, Kris Covlin challenges the band with exciting big band orchestrations in swing, blues, Latin jazz, rock, funk, bebop, fusion and contemporary music styles.

Doors open at 7pm, Concert will start at 7:30pm.

Tickets go on sale Monday, October 5 at 9:30am. Max 4 tickets per person. Non-members welcome.



Kennedy Instructional & Fitness Programs

All attendees must have a current Kennedy membership card.

Due to unforeseen circumstances, classes may be cancelled without notice.

Kennedy's Fall Instructional Guide is available online or at Kennedy's Seniors Recreation Centre.

Day	Name	Registered Program Dates	Time	Event ID
Monday	**Zumba	Sep 14-Dec 28	9:15-10:15am	107472
	*Tap Dance	Sep 14-Dec 21	9-10:30am	117539
	*Introduction to Computers	Sep 14-Nov 30	9:30am-12pm	117535
	**Fit & Active	Sep 14-Dec 28	10:30-11:30am	107475
	**Gentle Yoga	Sep 4-Dec 28	11:45am-12:45pm	107476
	*Square Dancing NEW!	Sep 14-Dec 14	6:30-7:30pm	118029
Tuesday	**Fit & Active	Sep 8-Dec 29	9:15-10:15am	108226
	**Fit & Functional	Sep 8-Dec 29	10:30-11:15am	108227
	**Simply Stretch	Sep 8-Dec 29	11:45am-12:45pm	108228
	*Watercolour Painting	Oct 6-27	1-3pm	117541
Wednesday	*Hawaiian Dance Beginner	Sep 9-Dec 16	9:15-10:15am	117544
	*Hawaiian Dance Intermediate	Sep 9-Dec 16	10:15-11:30am	117548
	*Acrylic Art	Oct 7-21	10:30am-12:30pm	117556
	*Chair Yoga (Blended)	Oct 28-Dec 16	12-1pm	117564
	**Gentle Yoga	Sep 9-Dec 30	12:15-1:15pm	108229
	*Line Dance Level 3	Sep 9-Dec 9	1:30-2:30pm	117566
	*Line Dance Level 2	Sep 9-Dec 9	2:35-3:35pm	117567
	*Line Dance Level 1	Sep 9-Dec 9	3:40-4:40pm	117568
Thursday	*Tai Chi Beginner	Sep 10-Nov 26	9-10am	117579
	*Tai Chi Intermediate	Sep 10-Nov 26	10-11am	117580
	**Fit & Active	Sep 10-Dec 31	9:15-10:15am	108230
	*Guitar for Intermediate Players	Sep 10-Dec 31	9:30-11am	118090
	*Meditation Level 1	Sep 17-Oct 29	10-11:30am	118048
	**Fit & Functional	Sep 10-Dec 31	10:30-11:15am	108232
	*Spanish for Beginners 2	Oct 8-29	11am-12:30pm	118097
	*Minds in Motion	Sep 10-Dec 10	11:30am-1:15pm	118124
	*Meditation Level 2	Nov 12-Dec 17	11:45am-1:15pm	118069
Friday	*Advanced Computers	Sep 18-Dec 4	9:30am-12pm	117588
	*Chair Yoga (Seated)	Oct 30-Dec 18	10-11am	118132
Saturday	**Gentle Yoga	Sep 12-Jan 2	9:45-10:45am	108233
	**Fit & Functional	Sep 12-Jan 2	11-11:45am	108235
	**Chair Dance Fitness	Sep 12-Jan 2	12-1pm	108234
	*Chinese Folk Dance	Oct 3-Dec 19	1-3pm	117578

Courses with (*) are Kennedy Seniors Society Instructional Programs for a series of dates.

Courses with () are Delta Fitness Programs.**

Delta Fitness classes can be reserved up to 72 hours in advance in person or online at Delta.ca/registration

Kennedy Drop-in Programs

All attendees must have a current Kennedy membership card.

Due to unforeseen circumstances, classes may be cancelled without notice.

Kennedy's Fall Instructional Guide is available online or at Kennedy Seniors Recreation Centre.

<u>MONDAY</u> Now open evenings Woodshop Snooker* Ceramics New Time Bingo Darts Canasta Pickleball Art NEW!	9am-8pm 9am-8:30pm 11am-1pm 12:15-3:30pm 12:30-4pm 1:15-4pm 1:15-4pm 4-8pm	<u>THURSDAY</u> Woodshop Snooker* Book Club (Oct 1-1st Thursday) Acrylic & Watercolor Samba (Card Game) Pickleball Table Tennis	9am-3:45pm 9am-4pm 11am-12pm 1-3pm 1-4pm 1:45-4:15pm 1:45-4:15pm
<u>TUESDAY</u> Woodshop Snooker* Guitar Crafty Ladies Women's Friends Group Darts (cancelled Oct 27) Euchre Pickleball Mexican Train Table Tennis	9am-3:45pm 9am-4pm 10-11:30am 12:15-3pm 12:30-2:30pm 12:30-4pm 1:30-3:30 1:15-4pm 1:15-4pm 3:30-5:30pm	<u>FRIDAY</u> Crafty Ladies Carpet Bowling Woodshop Snooker* Dealer's Choice Bingo Jammers Mahjong	9-11:30am 9-11:45am 9am-3:45pm 9am-4pm 12-3:30pm 12:15-3:30pm 1-3pm 1:15-3:30pm
<u>WEDNESDAY</u> Carpet Bowling Woodshop Snooker* Card Making Acrylic Art Drop-in (Oct 28) Dealer's Choice Darts Contract Bridge Table Tennis Art Tile Games Cribbage Pickleball Photography Interest Group (Oct 7 & 21)	9-11:45am 9am-8pm 9am-8:30pm 9:30am-12pm 10:30am-12:30pm 12-3:30pm 12:30-4pm 1:15-4:15pm 1:30-3:30pm 4-8pm 6:30-8:30pm 6:30-8:30pm 6:30-8:30pm 7-9pm	<u>SATURDAY</u> Woodshop Snooker* Table Tennis Ceramics Darts Acrylic & Watercolor Scrabble Pickleball (cancelled Oct 24)	9am-3:45pm 9am-3:45pm 9:30am -12pm 10am-12pm 10am-12:30pm 1-3pm 1-3pm 1:30-3:45pm

*Kennedy will be hosting the Lower Mainland Snooker League for another season. Games will be held from 9am-1pm in the Snooker Room. Drop-in snooker will not be available during the game dates. Come and cheer Kennedy on!

Snooker B League
Oct 1, Oct 7, Oct 21

Snooker A League
Oct 15



Volunteers

Volunteer of the Month ~ Charlotte~



I was born and raised in Winnipeg: always dreaming of far off places, but rooted in the prairies. And then I married a career military American and my vagabond years began. I resided Grand Forks, BC; Minot, North Dakota; Columbus, Ohio; and Goldsboro, North Carolina. By far our favourite transfer was the four years spent in Germany, enabling travel to numerous European countries.

I have lived in North Delta and Surrey since 1980, retiring from Sears, Metrotown after 36 years, first selling custom draperies and then appliances. I have been a member of Kennedy for a number of years, first learning Canasta and then Samba, and also taking advantage of the many educational and recreational opportunities available. The absolute bonus of my time spent at Kennedy is the wonderful friends I have been able to meet. I very much enjoy giving a little back by convening the Samba afternoons.

Volunteer Opportunities:

October Dinner Dance	Sat, Oct 31
Greeter Shifts	
Remembrance Day Reception	Wed, Nov 11
Back-up Ceramics Convener	Sat, 10am-12pm
Back-up Darts Convener	Mon, 12:30-4pm Tue, 12:30-4pm Sat, 10am-12:30pm

Please enquire at the for any other volunteer opportunities.

During the month of September, Kennedy volunteers generously donated 1,134 hours of their valuable time.



Donna W. was the lucky winner of the Basket at Kennedy's Open House raffle.



Norm and his infectious smile!

**"NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED."**

-AESOP-

City of Delta

Hello Wise & Wonderful Readers!

Welcome to October, a month of changing leaves, cozy moments, and the simple joys of autumn. We hope this season brings you plenty of opportunities to connect, participate, and enjoy all that our community has to offer.

Did you know there are over 2,600 members between Kennedy (1230) and McKee (1400)? There is something for everyone at both locations. If you have any suggestions for new programming or new clubs or drop-in programs, please leave a note at the front desk or send an email and we can share it with your board of directors.

Participating in group activities is a wonderful way to build social connections and reduce feelings of loneliness and isolation. Having a sense of community and belonging is an important part of emotional well-being, and we hope our programs provide opportunities for members to connect, have fun, and try something new.

As we embrace the beauty of autumn, I hope you take a moment to appreciate the simple joys this season brings. Whether it's a walk outside, a warm cup of apple cider, or the laughter of friends, these moments are what make this time of year truly special.

Wishing you a wonderful October filled with friendship, connection, and the joys of the season!

Katie Green
Seniors Centre Coordinator
Kennedy Seniors Recreation Centre

Delta Seniors Bus: 604-597-4876



The Delta Seniors Bus is a free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am-2pm.

Bookings can be made up to one week in advance. Medical appointments receive priority. 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.

From Delta's Social Planning Team:



Earlier this year we received feedback on how to create a more age-friendly Delta, and many of you said you wanted more benches and rest stops in Delta parks. Now we want to know where! Let us know by:

Scanning the QR code to fill out the form, Emailing socialplanning@delta.ca, or telling the staff at McKee or Kennedy.

We look forward to creating a more age-friendly Delta with you!

SCENT FREE: Please be reminded that Delta facilities are scent free. This includes cigarette smoke and body odours. Help us keep the air we share healthy. Chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions.

City of Delta Staff

Community Services Manager
Seniors Community Services Supervisor
Seniors Centre Coordinator
Volunteer & Customer Servicer Coordinator
Seniors Support Coordinator
Recreation Programmer

Robert Sullivan
Lisa Porter
Katie Green
Sara Sochting / Carlee Perugini
Eva Busich-Veloso
Kourtney Nishi

City of Delta



DELTA SUPPER CLUB

The Delta Supper Club is a FREE program for older adults that will provide the skills needed to prepare food and cook a selection of meals, with time to socialize with others in the program. In small groups, you will gain skills to enhance your ability to create healthy meals, leading to better overall health and greater independence at home.

Please note that you may only register in one class per month. Open to everyone 50 years of age and older. Registration for October is now open.

October: A Taste of the British Isles

Make seafood in a cream sauce, mashed potatoes and salad.

November: Harvest Table

Roast pork, make pan gravy, time a complete meal and make a caramel sauce for dessert.

December: Holiday Entertaining

Learn pastry handling, savoury pie assembly and holiday entertaining tips.

Registration opens on the third Wednesday of the month for the following month.

**Kennedy Seniors
Recreation Centre**
11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717

**McKee Seniors
Recreation Centre**
5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411

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

Canada

For more information and registration,
visit delta.ca/Rec50, or call 604-952-3000.

Delta

Delta Music Makers Concert Band 40th Anniversary Celebration Concert

Sun, Oct 29

2pm

Genesis Theatre, 5005 45 Ave, Ladner
Celebrate 40 years of making music!

Do You Need a Snow Angel?



The application period is Oct 5 to November 13, 2026. The service is available to Delta residents 65+ who have physical limitations and do not have others in their household or nearby who are able to

assist with shoveling their walkway or sidewalk; residents 70+ with physical limitations will receive first priority. Snow Angel availability is limited as it is volunteer dependent. Snow Angels are assigned on a priority basis.

Call 604-952-3000 for more information and/or to apply for the program.

Event ID: 126124

Call for Snow Angel Volunteers

This winter, let's come together to make a difference in the lives of our senior neighbours. We are looking for dedicated volunteers to help shovel snow and provide pathways for our seniors. Clear paths for seniors will make daily routines safer and easier.

To learn more about becoming a Snow Angel volunteer and the requirements, please call 604-946-3288 or visit Delta.ca/snowangels. Together, we can make a significant difference this winter.



What a great turnout for the Delta Supper Club! September's menu was Apple Walnut Salad, Tomato Soup and Chicken Pot Pie!

City of Delta

Happiness & Social Media Webinar

Kennedy Seniors Recreation Centre

Tue, Oct 13

10-11:30am

McKee Seniors Recreation Centre

Wed, Oct 14

10-11am

An expert panel will explore the links between social media and happiness, highlighting the potential challenges for our wellbeing as well as practical ways we can all use technology for good. Insights will be shared from the World Happiness Report 2026, which examines links between social media and wellbeing, as well as tips on how to use social media wisely and have a positive influence on others online. Non-members welcome. Space is limited, please pre-register.



The Earthwise Society is bringing the farm cart to you! All pop-up markets run from 10am-12pm. Join us at one of the following locations:

Kin Village (5430 10 Ave)	Oct 15
Deltassist (9097 120 St)	Oct 19
Kennedy (11760 88 Ave)	Oct 20
McKee (5155 47 Ave)	Oct 28

Shop fresh, locally grown produce, browse our “ugly” veggie table for perfectly imperfect deals, learn about Earthwise Society’s seniors and food security programs, and take part in free gardening workshops. There’s something for everyone!

North Delta Farmers Market

Sat, Oct 3

10am-4pm

Enjoy farm-fresh produce, hand-crafted goods, delicious eats, live entertainment, and more.

Do you attend more than one City of Delta fitness class on the same day? During check in, please let the customer service staff know this is your second visit to avoid being charged for the second class.

Fitness & Mobility Exercise (FAME)

This small group exercise program is designed for individuals living with stroke to enhance walking, balance, strength and hand function. It’s also suitable for those with neurological conditions, Parkinson’s, multiple sclerosis, or brain injury.

South Delta Recreation Centre

Mon & Wed, Oct 5-28 2-3pm

Event ID: 117436 \$98/7 sessions

Mon & Wed, Nov 2-30 2-3pm

Event ID: 117445 \$112/8 sessions

Sungod Recreation Centre

Mon & Wed, Oct 5-28 1-2pm

Event ID: 117421 \$98/7 sessions

Mon & Wed, Nov 2-30 1-2pm

Event ID: 117424 \$112/8 sessions

Boccia Drop-in Fall Program

Wed, Sep 9-Dec 30

7-9pm

Event ID: 117256

Drop-in fees apply

Whether you are a seasoned athlete or trying boccia for the very first time, we are excited to have you join us at the North Delta Recreation Centre. Learn about this adaptive sport that is a mix of curling and lawn bowling! Available to all people of all abilities.

**Free smart
thermostats**



If you heat your home with electric baseboard heaters, you may be eligible to receive up to five free smart baseboard thermostats this fall. You may qualify if you: are a BC Hydro residential customer; heat your home with electric baseboard heaters; agree to keep your thermostats enrolled in Peak Saver. Registration opens this fall. Sign up now to be notified when the free thermostat offer launches in October.



Scan the QR code
to register or visit
bchydro.com/freethermostats

City of Delta ~ Cultural Programs

The Story of the Coast Salish Knitters

Douglas J. Husband Discovery Centre

Thu, Oct 8

6-7:30pm

Event ID: 119765

FREE

Discover the history behind the iconic Cowichan sweater in this documentary about Coast Salish women who transformed wool working and knitting into cultural expression and economic survival.

Adult Watercolour

North Delta Centre for the Arts

Tue, Oct 13-Dec 8

6:30-8pm

Event ID: 115766

\$180

Learn the fundamentals of watercolour techniques including washes, wet-on-wet, and dry brushing. Learn about colour theory, colour mixing, and blending techniques. Paint something inspirational or learn through guided projects. No prior experience painting required, just bring your creativity. All materials are included.

Salmon & The Fraser River

Douglas J. Husband Discovery Centre

Thu, Oct 15

6-7pm

Event ID: 116522

FREE

Join local historian John Stevens for an immersive journey through time, exploring the deep, multi-generational connection between wild salmon and the communities of the Fraser River.

Mindfulness in the Museum

Douglas J. Husband Discovery Centre

Fri, Sep 25-Dec 4

12-1pm

Event ID: 115885

FREE

Join us for a guided mindfulness and movement session inspired by the stories and artifacts of Delta's Museum. All levels of experience are welcome.

Visit [Delta.ca/Registration](https://delta.ca/Registration) to register for any of these programs.

Academy Chamber Players

North Delta Centre for the Arts

Tue, Oct 27

1-2pm

Book with Eventbrite

\$25

Enjoy the second of six concerts in our 2026/27 Delta Matinee Series. Partnering with Vancouver Chamber Music Society, one of the leading concert presenters in the Lower Mainland, featuring world-renowned artists in local communities.



Photo Credit: Garvey, Dodd Family Fonds. (1927)
People standing at Grace Grauer's grave

Boundary Bay Cemetery Halloween Walk

Boundary Bay Cemetery, 856 56 Street

Fri, Oct 30

4:45-5:45pm

Event ID: 121251

FREE

This Halloween, take a walk around Boundary Bay Cemetery led by lantern light. Discover tales of Delta's founding community members with a hint of mystery and suspense.

Intro to Crochet: Adaptable Squares

North Delta Centre for the Arts

Sun, Oct 25-Dec 6

10:30-11:45am

Event ID: 115130

\$157.50

This hands-on fibre arts course emphasizes skill-building through repetition, experimentation, and personal expression. Choose your level of difficulty, from beginner to experienced fibre artist!

McKee News

Customer Service Hours

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

Please note: Program hours may differ from customer service hours. The phone will be answered at 9am by McKee Front Desk Volunteers.

2026 McKee Senior Society Fees

12-Month Golden 90+ Membership	FREE
12-Month Annual Membership	\$30
12-Month Snooker Club Membership	\$35
12-Month Table Tennis Club Membership	\$20
12-Month Pickleball Club Membership	\$25
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
Non-member One-time Participation Pass	
Fitness Class	\$10
Club	\$5
Observation	FREE

All memberships and passes expire after 365 days.

Join the Fun and Create Your Free Profile!

Are you interested in attending one of our events or activities? If you're a guest or non-member we'd love to have you join us!

To participate, simply create a free profile in person at McKee, or visit any Delta recreation facility. It only takes a minute, and it helps us serve you better. Stop by the front desk to set up your account. We look forward to seeing you soon!

50/50 Draw

Support McKee Seniors Society and take your chance to WIN! One lucky chip will be drawn the last Friday of every month. Get your chips today at McKee's front desk. Maximum 10 chips per person.

Annual Membership Renewal Reminders

Annual membership reminder emails are sent out when your membership renewal is coming due. If you receive an email but recently renewed your annual membership, then please disregard.

Have You Scanned In?

All McKee members are required to scan in at the front desk prior to attending any club activity, drop-in class or registered instructional class.

Thank you for your cooperation.

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

Political Activities at McKee

As a public recreation centre, McKee Seniors Recreation Centre may occasionally be visited by political candidates during election periods. Please note that the McKee House Seniors Society does not endorse any political party or candidate.

To maintain a welcoming and neutral environment for all members, political campaign materials may not be posted on McKee bulletin boards or distributed in public areas of the centre.

Thank you for helping us keep McKee an inclusive space for everyone.

**Joyce Branscombe,
McKee House Seniors Society**

Fright Fest

Tuesday, October 27

Fright Fest will affect several regularly scheduled programs:

- Contract Bridge: 1-4pm, Cancelled
- Snooker & Card Seep: End at 2pm
- Tai Chi Intermediate: 1:45-2:45pm, Cancelled
- Muscle Max: 3:30-4:30pm, Cancelled
- Jammers: 3-5:15 pm, Cancelled
- Scrabble: 1-4pm, Cancelled
- Euchre: 1-3pm, Cancelled

We apologize for any inconvenience and appreciate your understanding as we make room for this special event.

McKee Seniors Recreation Centre

5155 47 Avenue, Ladner, BC | 604-946-1411

Hello McKee Members,

We hope everyone enjoyed our wonderful Harvest Luncheon! A big thank you to everyone who attended and helped make it such a great afternoon. A special thank you to Nicole Glazier for providing the entertainment, and thank you to Jaylene and her husband for serving up some great eats! Your time and efforts were truly appreciated.

Planning for 2027 special events is well under way, and we're excited to bring you more dinner dances, great entertainment, good food, and lots of fun!

Our volunteers are working hard to make these events a success. Please support us by purchasing your tickets early. Early ticket sales are very important to our planning process. These events come with many expenses, including entertainment, food, and other arrangements. Knowing in advance how many members are planning to attend helps us determine whether an event can go ahead and allows us to make the necessary commitments. Watch for upcoming event announcements and ticket sales—and don't wait too long to get yours!

We hope to see lots of our members out enjoying the fun at the upcoming events!

Thank you for supporting McKee Seniors Society and all our amazing volunteers!

Fran
Director of Special Events

Attention McKee Members: Please take the time this month to ensure your emergency contact and phone number are up to date on your profile. Please stop by the front desk and ask our cashier to check. This is very important in case of an emergency. Thank you for your understanding.

Sound Travels: Just a quick reminder that sound travels easily through the building. We would appreciate everyone keeping voices to a lower volume to avoid disturbing scheduled programs. Front desk staff will also benefit from this as they try to answer phones and patron queries.

MCKEE SENIORS SOCIETY ***Board of Directors 2026-2027***

President	Joyce Branscombe
Vice President	Lin Jones
Treasurer	Sandy Watson
Secretary	Carol Page
Dir. of Assets	Geof Kraemer
Dir. of Instructional Programs	Denise Foster
Dir. of Workshops	Dorothy McLean
Dir. of Clubs	Theresa Anderson
Dir. of Day Trips	Lynda Hudon
Dir. of Special Events	Fran Schiffner
Dir. at Large	Ted Howe
Dir. at Large	Gwyneth Roodnick

Please note: your annual membership must be active for the date of any McKee Senior Society activity or event.

Kee Café

Mon-Fri

9am-1pm

Rise & Shine at the Kee Café! Breakfast sandwiches are here!

Start your morning with a delicious breakfast sandwich, available daily throughout the month, while supplies last. Come early and enjoy!

- Bacon, Egg & Cheese
- Ham, Egg & Cheese

The Kee Café is open to everyone, join us Monday to Friday, from 9am-1pm and bring your family and friends. We look forward to seeing you!

As a friendly reminder, no outside food or beverages are permitted in the Kee Café during operating hours. Thank you for your understanding.

Day Trippers



The Day Trippers thoroughly enjoyed their tour of CBC Studios.

Instructional Programs

Seated Tai Chi for Modern Life New Drop-in program

Oct 7-Dec 9

9-10am

This program is a seated version of exercise great for individuals who are in wheelchairs or using walkers, or simply have difficulty with balance and standing for long periods of time. It is taught as a gentle exercise good for relieving stress, strengthening the hips and cardiovascular system, flexibility, and focusing the mind. It will focus on the fundamentals of Tai Chi and basic Tai Chi exercises that can be done while seated.



Clubs

Bingo

Mon	6:30-9pm
Thu	12:30-3:30pm
Sat	12:30-3:30pm

Join us at Bingo at our new Monday time!

Table Tennis

Mon	1:30-3:30pm
Wed	6-8pm
Thu	2-5pm
Sat	9am-3pm

Diners Club

Tue, Oct 13 **5pm**
This month will find us at the Niagara Restaurant. Transportation and dinner are at your own cost. Please sign up at the front desk.

Jammers

Tue, Oct 13 **3pm**

Admission is \$1, coffee by donation.

Philosophers Discussion Club

Fri, Oct 2

11:30am-12:30pm

This month's topic for discussion is Healthy Sleep: as seniors, are we sustaining a healthy level of sleep? If so, how and why? If not, why?



Earthwise Pop-Up at McKee with a bounty of local fruit and vegetables.

Workshops & Presentations

Living in Nepal

Tue, Oct 6

1:30-2:30pm

Event ID: 121285

Learn about the triumphs of Nepal and Burma through an informative presentation led by one of our seasoned volunteers.

Chat with a Nurse

Fri, Oct 9

10-11am

Event ID: 120151

Join us in the lounge to speak with a nurse and have your questions answered.

Happiness and Social Media Webinar

Wed, Oct 14

10-11am

Event ID: 113770

An expert panel will explore the links between social media and happiness, highlighting the potential challenges for our wellbeing, as well as practical ways we can all use technology for good. New insights will be shared from the World Happiness Report 2026. Gain tips on how to use social media wisely and have a positive influence on others online.

Circle of Friends

Wed, Oct 14

11:15am-12:15pm

Event ID: 120272

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



Cribbage: a test of my skills versus your luck!

Mobility Aid Presentation

Wed, Oct 21

10-11am

Event ID: 121345

Join Ashley Sharp, physiotherapist, for a presentation about staying active, mobile and independent. Learn about different types of mobility aids, including canes, walkers, crutches and walking poles, and how to choose and use them safely. Discover practical strategies to stay active, improve balance and confidence, and maintain your independence through movement.

Tea & Tales

Wed, Oct 21

11am-12pm

Event ID: 120139

Join Fraser Valley Library staff for a short story and a discussion about the authors and stories read.

Foot Care Clinic

Fri, Oct 23

9am-4:30pm

\$40

Book your appointment now for all your footcare needs. No polish. McKee members only.

Please note: Foot care appointments are booked in 20-minute time slots.

Before you criticize someone, walk a mile in their shoes. That way, when you do criticize them, you're a mile away and you have their shoes.

Eating Healthy Workshop

Wed, Oct 26

11:15am-12:15pm

Event ID: 113792

Learn from a registered dietician what nutrients are needed for a healthy brain, disease prevention and reducing inflammation. This workshop is open to the public 50+ years of age.

Hearing Health Checks

Tue, Nov 3

9:30am-2pm

Multiple sessions are available. Registration is now available.

Special Events



Sock Hop & Dinner

Fri, Oct 23

4-7:30pm

Event ID: 125616 Members \$15/Guests \$18

Join the fun at our first Halloween Sock Hop! Dress in your favourite 50s outfit and add a bit of Halloween! Dance from 4-6pm, then enjoy dinner in the café at 6pm. Buy your tickets in person or online at Delta.ca.

Halloween at McKee

Watch for signs of Halloween on Monday, October 19 when volunteers decorate McKee! Goodie bags will be filled by the committee and then distributed to Trick or Treaters on Fright Night October 27!



Diabetes Info Session.

McKee's Harvest Luncheon was an outstanding success!



Save the Date

Wed, Nov 4	Coffee with a Cop
Sat, Nov 21	Christmas Craft Fair
Wed, Nov 25	DPD Cyber Crime Presentation
Sat, Dec 5	Langley Ukulele Ensemble
Fri, Dec 11	McKee Holiday Lunch

McKee Club Schedule

<u>Monday</u> No facility access after 7pm Snooker Pickleball Mexican Train Tap Dance Card Seep Canasta Contract Bridge Table Tennis Mah Jong Cribbage Bingo	9am-9pm 10am-12pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 1:30-3:30pm 5-8pm 6:30-9pm 6:30-9pm		<u>Thursday</u> Canasta Snooker Mah Jong Carpet Bowling Pickleball Card Seep Bingo McKee Sisters Table Tennis	9-11:30am 9am-4pm 9:15am-12:15pm 9:30am-12pm 12-2pm 12:30-3pm 12:30-3:30pm 12:30-4pm 2-5pm
<u>Tuesday</u> Walking Club Snooker Mah Jong Pickleball Card Seep Scrabble Contract Bridge Euchre Jammers (Oct 13) Diners Club (Oct 13) All Clubs cancelled after 1pm Oct 27	9-10am 9am-9pm 9:30am-12:30pm 12-2pm 12:30-3pm 1-4pm 1-4pm 1-3pm 3-5:15pm 5pm		<u>Friday</u> Walking Club Chess Pickleball Snooker Discussion Group Club (Oct 2) Card Seep Scrabble Book Club	9-10am 9-11am 9am-12pm 9am-4pm 11:30am-12:30pm 12:30-3pm 1-4pm 2-4:30pm
<u>Wednesday</u> No facility access after 7pm Snooker Pickleball Art Connection Card Seep Cribbage Mah Jong Ukulele Intermediate Table Tennis Mah Jong Duplicate Bridge	9am-9pm 9am-12pm 12-1:30pm 12:30-3pm 12:30-3pm 1-4pm 2:30-4pm 6-8pm 6-9pm 6:15-9:45pm		<u>Saturday</u> Table Tennis Snooker Knitting Sisters (Oct 3 & 17) Tap Dance Card Seep Dealers Choice Bingo Contract Bridge	9am-3pm 9:30am-3:30pm 10am-12pm 10am-12pm 11am-3pm 12:30-3pm 12:30-3:30pm 6:15-9:45pm

Reminder: Please arrive early on Monday and Wednesday evenings. No entrance to the facility is permitted after 7pm on Mondays and Wednesdays. Late entrance to any program is not permitted. Please arrive on time for your scheduled class or you risk not being able to attend.

McKee Instructional/Fitness Programs

Day	Name	Program Dates	Time	Event ID
Monday	Fun & Fitness	Sep 14-Dec 21	8:30-9:30am	117183
	Strengthen & Stretch	Sep 14-Dec 21	8:45-9:30am	117182
	M.I.I.T.	Sep 14-Dec 21	10-11am	117185
	*Watercolour Advanced	Oct 26-Nov 23	10:30am-12:30pm	118590
	Line Dance Beginner	Sep 14-Dec 21	11:30am-12:30pm	117186
	*Watercolour Beginner Plus	Oct 26-Mpv 23	1:30-3:30pm	118592
	Muscle Max	Sep 14-Dec 21	4:30-5:30pm	117188
	Low-Impact Easy Aerobic Program	Sep 14-Dec 21	4:30-5:30pm	117187
	*Yoga Therapy for Chronic Pain	Sep 14-Nov 2	4:30-5:30pm	118595
	*Restorative Yoga	Sep 14-Nov 2	5:45-7:00pm	118598
Tuesday	Core, Balance & Strength	Sep 8-Dec 29	8-9am	117174
	Yoga Flow	Sep 8-Dec 29	9:30-10:30am	117177
	*Osteofit	Nov 3-Dec 15	9:30-10:30am	118603
	*Acrylic Art & Watercolour Painting	Oct 13-Nov 10	9:30-10:30am	118600
	*Meditation	Oct 20-Nov 24	11am-12pm	118605
	*Gentle Yoga	Oct 13-Nov 17	11am-12pm	118613
	*Tai Chi Beginner	Oct 7-Dec 8	12:30-1:30pm	118630
	*Get Up & Go	Oct 20-Nov 17	1-2pm	118639
	*Tai Chi Intermediate (no class Oct 27)	Nov 3-Dec 8	1:45-2:45pm	118633
	Muscle Max (no class Oct 27)	Sep 8-Dec 29	3:30-4:30pm	117179
	*Simply Stretch	Nov 3-Dec 15	5-6pm	118642
Wednesday	Seated Tai Chi for Modern Life	Oct 7-Dec 9	9-10am	125381
	Fun & Fitness	Sep 9-Dec 30	9-10am	117201
	Strengthen & Stretch	Sep 9-Dec 30	10:15-11:15am	117206
	Low Impact Easy Aerobic Program	Sep 9-Dec 30	11am-12pm	117208
	*Beginner Ukulele	Oct 21-Nov 25	11am-12pm	118991
	*Minds in Motion	Sep 16-Oct 28	1:30-3:30pm	118899
	*African Hand Drumming: Introduction	Oct 7-28	4:30-5:30pm	118905
	*African Hand Drumming: Level 2	Oct 7-28	6-7pm	118910
Thursday	Chair Yoga	Sep 17-Dec 17	10:30-11:30am	117448
	*Gentle Yoga	Oct 22-Nov 19	11:45am-12:45pm	118913
	*Get Up & Go	Oct 22-Nov 19	1-2pm	118916
	Muscle Max	Sep 10-Dec 17	4:30-5:30pm	117481
	Stiffness Solutions	Sep 10-Dec 17	4:30-5:30pm	117480
Friday	Easy Yoga Flow	Sep 11-Dec 18	8:45-9:45am	117494
	Fun & Fitness	Sep 11-Dec 18	9-10am	117495
	Custom Fit	Sep 11-Dec 18	10:15-11:15am	117496
	Line Dance Intermediate	Sep 11-Dec 4	10:30-11:30am	117497
	Line Dance 3	Sep 11-Dec 4	11:45-12:45pm	117498
	*ActivAge	Oct 2-Dec 4	12-1pm	118920
	*ActivAge	Oct 2-Dec 4	1-2pm	126050
	Line Dance 2	Sep 11-Dec 4	1-2pm	117499
	Line Dance 1 Beginner	Sep 11-Dec 4	2:15-3:15pm	117500
Saturday	Strengthen & Stretch	Sep 12-Dec 19	9-10am	119013
	M.I.I.T.	Sep 12-Jan 2	10:15-11:15am	119010

***Registered Instructional Program**

McKee Volunteers

Volunteer of the Month ~ Brenda ~



A friendly face at McKee Seniors Centre, Brenda keeps everyone connected as our Knitting Sisters convener. When not busy with needles and yarn, you'll find her enjoying a swim or trying her luck at bingo.

Brenda, a Ladner resident, brings warmth, good humour, and plenty of energy to everything she does! She has also been a member of the McKee Snooker Club.

Thank you Brenda for volunteering your time. You never drop the ball...just the occasional stitch!



Happy 95th Birthday to Enid, a long-time McKee members and our Carpet Bowling Convenor.

***Service to others is the rent you pay
for your room here on Earth.***

~ Muhammad Ali ~



Thank You to Our Front Desk Volunteers

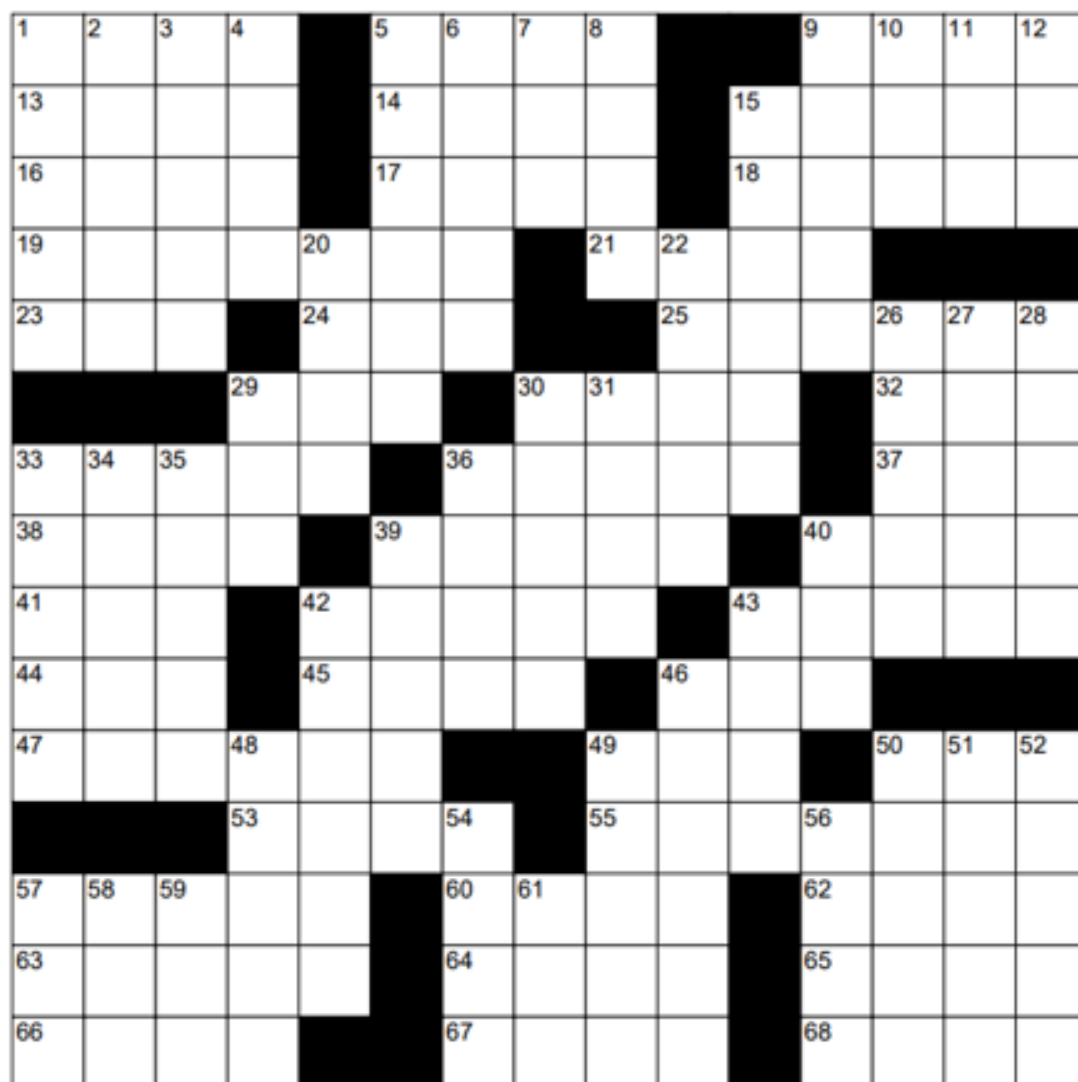
A heartfelt thank you to our wonderful front desk volunteers for the time, care, and warmth you bring to McKee. Your friendly greetings, helpful assistance, and welcoming smiles make everyone who walks through our doors feel valued and at home.

We truly appreciate all that you do to help McKee run smoothly and create such a welcoming community. Your kindness and dedication make a meaningful difference every day. Thank you for being such an important part of our centre!



Front Desk Volunteers hard at work!

Brain Games & Fun



Down

- 1 Sorceress
- 2 Sound of a sneeze
- 3 Engage
- 4 Change
- 5 Fish type
- 6 Weirdo
- 7 Air Cushion Vehicle (abbr.)
- 8 Not that
- 9 Frightening
- 10 9-lived animal
- 11 Bullfight cheer
- 12 Newly ____, Nearly Dead
- 15 Hut
- 20 Onto
- 22 Sugary confection
- 26 Sandwich cookie brand
- 27 Evening
- 28 Kellogg's waffle
- 29 Night flying mammal
- 30 Entertainers
- 31 Small particle
- 33 Dirty areas
- 34 Bird's "thumb"
- 35 Fire stick
- 36 Face covering
- 39 Punitive
- 40 Meat
- 42 Transparent gem
- 43 Earth's natural satellite
- 46 Vegetable
- 48 Halos
- 49 Trite
- 50 Movie award
- 51 San ____
- 52 Went gently
- 54 Bullets
- 56 Wind direction
- 57 Exclude
- 58 Utilize
- 59 Rest in peace
- 61 Okay

By Jimmy and Evelyn Johnson - www.qets.com

Across

- | | | |
|--------------------|-----------------------|--------------------------|
| 1 Wheal | 30 Tip | 49 Startling expression |
| 5 Leave now! | 32 Cheat | 50 Lyric poem |
| 9 Flat-bottom boat | 33 Devil | 53 California university |
| 13 Type of tea | 36 Gloomy | 55 Memory loss |
| 14 Flex | 37 Scrambled food | 57 Donkey |
| 15 Balancer | 38 Secret plan | 60 Asian starling |
| 16 Siamese | 39 Anemic | 62 Pros |
| 17 Jacob's son | 40 Santa call (2 wds) | 63 From Asia |
| 18 Loathed | 41 Possessive pronoun | 64 Sandwich need |
| 19 Halloween garb | 42 Saltines brand | 65 Guru |
| 21 Blemish | 43 Ship poles | 66 Representatives |
| 23 Garden tool | 44 Tender loving care | 67 Capital of Norway |
| 24 Dad | 45 Pen fillers | 68 Walked |
| 25 Anybody | 46 Male cat | |
| 29 ____ voyage | 47 Famous desert | |

Brain Games & Fun

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

#3177

Easy

www.sudoku.name

SUDOKU
数独

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

#17218

Medium

www.sudoku.name

Halloween Word Scramble

1	STHGO		9	PRSID EBW	
2	MIREVAP		10	RNKAEFIETNNS	
3	TUHDNAE HUESO		11	CIWHT	
4	RNTEMOS		12	IKMUPNP	
5	CMSTOUE		13	KLABC TAC	
6	IFALGTHHSL		14	ETOOCBR	
7	NBOLGI		15	LTOEKENS	
8	POSKYO		16	IAPETR	

Punny Halloween Costumes: Can you guess what each one is? Answers on back page.



Autumn Wordsearch

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

ACORN
HIBERNATION
EQUINOX
COLOURFUL
PUMPKIN SPICE
DECIDUOUS
HALLOWEEN
THANKSGIVING
HARVEST MOON
UMBRELLA
CHESTNUTS
CORNUCOPIA
SCARECROW
SWEATER
BONFIRE
HAYRIDE
FOLIAGE
FARMERS MARKET
CIDER
MUSHROOMS

Punny Costumes: 1. French Toast 2. Fake News 3. Hawaiian Punch 4. Iron Chef 5. Dr. Pepper

Word Scramble: 1. Ghost 2. Vampire 3. Haunted House 4. Monster 5. Costume 6. Flashlight 7. Goblin 8. Spooky 9. Spider Web 10. Frankenstein 11. Witch 12. Pumpkin 13. Black Cat 14. October 15. Skeleton 16. Pirate

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

[illegible]