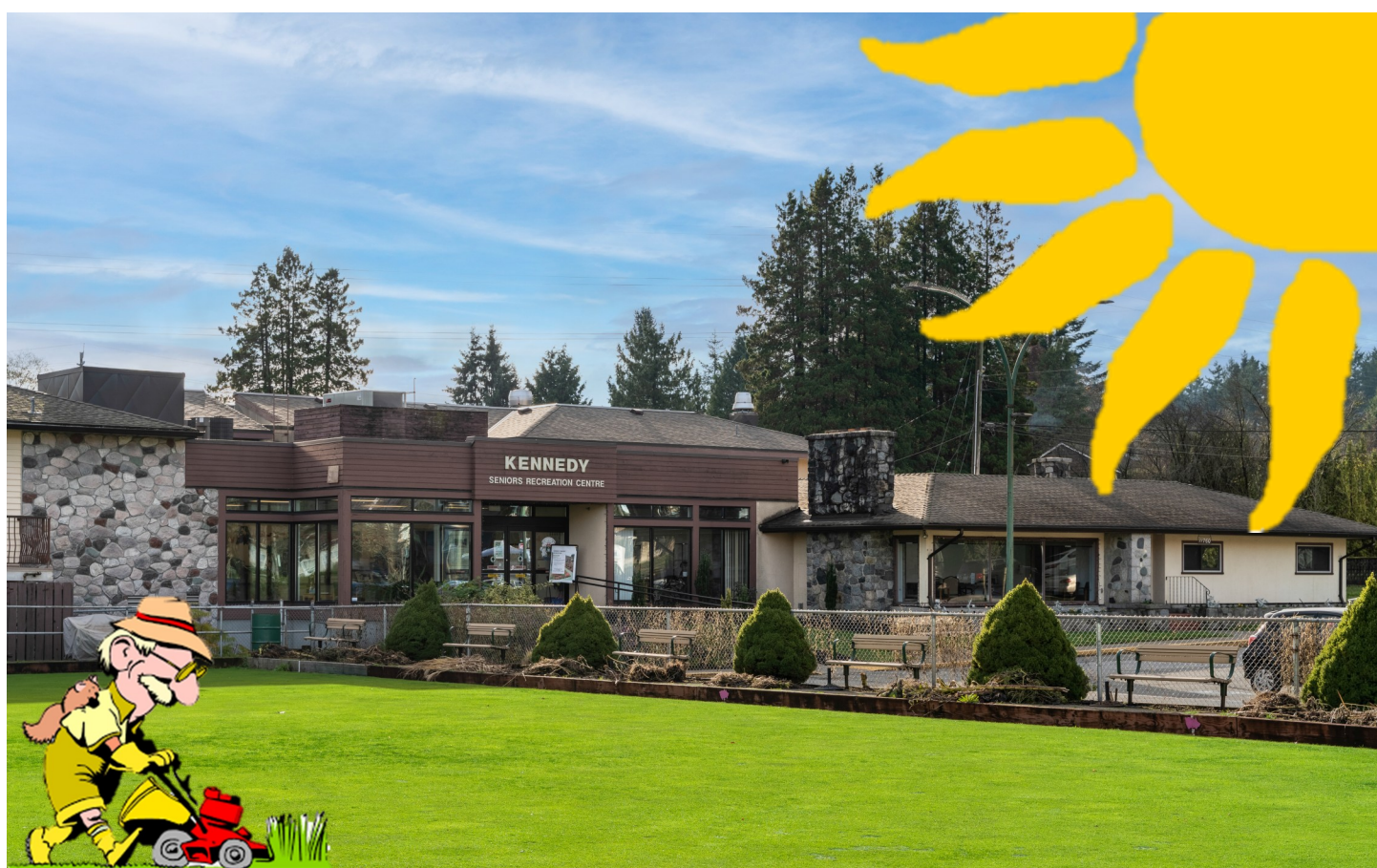


**KENNEDY SENIORS RECREATION CENTRE**

# Summer 2026



## Program Guide

*Kennedy Seniors Society*  
**Fifty+**  
Fit  
Fun &  
Fabulous

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! 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:
  - Mon/Wed/Fri 9am-1pm
  - Tue/Thu 9am-1:30pm
- 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, by calling Kennedy Seniors Recreation Centre at **604-594-2717** or online at [Delta.ca/registration](https://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 Passes. Drop-in Passes can be purchased at the Customer Service Desk for \$7.00 for 20 or \$17.50 for 50 passes.

**Please note: Kennedy's Annual Shutdown is scheduled for Monday, July 27 to Sunday, August 2. No programs will be running during this time.**



More details are available person, online [delta.ca/registration](https://delta.ca/registration), or by calling 604-594-2717

# DROP-IN ACTIVITIES

All Drop-in Activities require a Drop-in Fee or a Guest Pass unless noted in the program description.  
A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

Please note: Kennedy's Annual Shutdown is scheduled for Monday, July 27 to Sunday, August 2. No programs will be running during this time.

## ACRYLIC ART DROP IN

**Wed Apr 28-Jun 24 10:30am-12:30pm**

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

## BINGO

**Mon/Fri 12:15-3:30pm**

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

## BOOK CLUB

**Thu (1<sup>st</sup>) 11am-12pm**

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**

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**

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**

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

**Mon 1-3pm**

**Tue 10am-12pm**

**Sat 10am-12pm**

Purchase 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**

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

## CRAFTY LADIES

**Tue 12:15-3pm**

**Fri 9-11:30am**

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

## CRIBBAGE

**Wed 6:30-8:30pm**

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.

## DARTS

**Mon, Tue, Wed 12:30-4pm**

**Sat 10am-12:30pm**

Drop in for a friendly game of darts!

## DEALERS CHOICE

**Wed/Fri 12-3:30pm**

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

## DROP-IN ART (ACRYLIC & WATERCOLOUR)

**Wed 4-8pm**

**Thu 1-3pm**

**Sat 1-3pm**

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**

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

# DROP-IN ACTIVITIES (Cont'd)

All Drop-in Activities require a Drop-in Fee or a Guest Pass unless noted in the program description.  
A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

Please note: Kennedy's Annual Shutdown is scheduled for Monday, July 27 to Sunday, August 2. No programs will be running during this time.

## EUCHRE

**Tue 1:30-3:15pm**

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.

## MAHJONG

**Fri 1:15-3:30pm**

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

## MEXICAN TRAIN

**Tue 1:15-4pm**

This fun domino game combines tile matching, strategy, and a touch of competition.

## PHOTOGRAPHY INTEREST GROUP

**Wed (1<sup>st</sup> & 3<sup>rd</sup>) 7-9pm**

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.

## PICKLEBALL

**Mon 1:15-4pm**

**Tue 1:15-4pm**

**Wed 6:30-8:30pm**

**Thu 1:45-4:15pm**

**Sat 1:30-3:45pm**

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 1:30-4:15pm**

Samba, a variation on canasta, allows melding of sequences of three or more cards in the same suit.

## SNOOKER

**Mon/Tue/Thu/Fri 9am-4pm**

**Wed 9am-8:30pm**

**Sat 9am-3:45pm**

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

## SCRABBLE

**Sat 1-3pm**

Wordsmith with others in a fun, social setting.



## TABLE TENNIS

**Tue 3:30-5:30pm**

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

**Thu 1:45-4:15pm**

**Sat 9:30-11:30am**

Enjoy 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**

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

## WOMEN'S FRIENDS GROUP

**Tue 12:30-2:30pm**

Activities include discussion, guest speakers and social interaction. Interpretation provided if required. Everyone is welcome!

## WOODSHOP

**Mon/Tue/Thu/Fri/Sat 9am-3:45pm**

**Wed 9am-8pm**

Got a woodworking project? Our fully equipped woodshop may be the perfect place to complete your work! A general orientation and waiver form are required in order to actively use the woodshop.

# SUMMER INSTRUCTIONAL PROGRAMS

Instructional Programs begin April 6-June 29, 2026.

Please register in advance at our Customer Service Desk or online at [Delta.ca/reg](http://Delta.ca/reg).

Please note: Kennedy's Annual Shutdown is scheduled for Monday, July 27 to Sunday, August 2. No programs will be running during this time.

## CHAIR YOGA (Blended)

Wed, Jul 8-Aug 26 12-1pm  
Event ID: 108727 \$30

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. (No class Jul 29 or Aug 12.)



## CHAIR YOGA (Seated)

Fri, Jul 3-Aug 28 10-11am  
Event ID: 108565 \$30

Join Carol for a calming, seated yoga class. Focus on flexibility, deepening breath and relaxation. (No class Jul 31, Aug 7 or 14.)

## CHINESE FOLK DANCE

Wed, Jul 8-Sep 6 4-6pm  
Event ID: 108819 \$5

Join us for an introduction to the diverse world of Chinese folk dance. This is a mix of beginner and intermediate participants. Everyone is welcome. (No class Jul 29.)



## GUITAR EXPERIENCE-INTERMEDIATE

Thu, Jul 9-Sep 3 9-10:30am  
Event ID: 108802 \$5/class

Intermediate guitar playing emphasizes triads and chord knowledge, helping players navigate the fretboard and achieve cleaner execution for richer rhythm and harmony. (No class Jul 30.)

## HAWAIIAN DANCE FOR BEGINNERS

Wed, Jul 8-Aug 12 9:15-10:15am  
Event ID: 108553 \$25

Interested in learning Hawaiian Dance? Join our fun and welcoming beginner class. Learn gentle hula movements, improve balance and flexibility. (No class Jul 29.)

## HAWAIIAN DANCE

Wed, Jul 8-Aug 12 10:15-11:30am  
Event ID: 108562 \$25

Dance and exercise to music from the South Seas. Previous Hawaiian Dance experience recommended. (No class Jul 29.)

## LINE DANCE LEVEL 3-INTERMEDIATE

Wed, Jul 8-Aug 26 1:30-2:30pm  
Event ID: 108729 \$5/class

An intermediate line dance class for dancers with 2+ years of experience. (No class Jul 29.)



## LINE DANCE LEVEL 2-IMPROVER

Wed, Jul 8-Aug 26 2:35-3:35pm  
Event ID: 108730 \$5/class

If you have the basics and would like to learn and practice more, this is the class! (No class Jul 29.)

## LINE DANCE LEVEL 1-BEGINNER

Wed, Jul 8-Aug 26 3:40-4:40pm  
Event ID: 108732 \$5/class

No experience? No partner? No problem! The focus of this class is on fun! (No class Jul 29.)

# INSTRUCTIONAL PROGRAMS

A Kennedy Membership is required to participate in Drop-in and Instructional Programs.

Please note: Kennedy's Annual Shutdown is scheduled for Monday, July 27 to Sunday, August 2. No programs will be running during this time.

## MINDS IN MOTION

**Thu, Jul 9-Sep 3** 11:30-1:15pm  
**Event ID: 108804** \$40

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. (No class Jul 30)

## SPANISH INTERMEDIATE LEVEL 1

**Thu, Jul 2-23** 11am-12:30pm  
**Event ID: 108790** \$20

Building on Beginner Spanish, this class is for those familiar with Spanish and with existing knowledge of common words, phrases and grammar.

## TAP DANCE

**Mon, Jun 29-Aug 31** 9-10:30am  
**Event ID: 108557** \$5

Build coordination, balance, musicality and memory. This fun, social and energizing activity supports both physical and cognitive wellness. This program is for all levels. Wear pants with close-fitting legs and bring your own tap dance board/tile and tap shoes. This class will be taught in Mandarin. (No class Jul 28.)

## TAI CHI

**Thu, Jul 9-Aug 27** 9-10am  
**Event ID: 108792** \$35

*This class is for those who are new to Tai Chi.*

**Thu, Jul 9-Aug 27** 10:10-11:10am  
**Event ID: 108793** \$35

*This class is for returning students.*

Tai Chi Quan is characterized by its softness, smoothness, circularity and continuity. The exercise calls for coordination of body parts, integration of mind, body and Qi (energy). By continual practice of Tai Chi, you can improve your health and mobility, while enjoying the beauty of synchronized movements. (No class Jul 30.)

## WATERCOLOUR PAINTING

**Tue, Jul 7-21** 1-3pm  
**Event ID: 108547** \$30  
**Tue, Aug 4-18** 1-3pm  
**Event ID: 108551** \$30

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

