

Delta

JUNE 2022



## KEENOTES

### MCKEE SENIORS RECREATION CENTRE

5155 47 Avenue  
Delta, BC V4K 0A2  
604-946-1411

*Fostering & Promoting Leisure Activities  
for Adults 50+*



#### CUSTOMER SERVICE OFFICE HOURS

Mon - Fri 9am - 4pm

Sat 9am - 12:30pm

**Closed Fri July 1**

**HAPPY CANADA DAY!**

Have a question, suggestion or comment for the monthly newsletter? We'd like to hear from you—please contact us at

DON'T FORGET TO COME INTO MCKEE AND  
RENEW YOUR 2022 MEMBERSHIP!

## MCKEE SENIORS RECREATION CENTRE Recreation for 50+



# SENIORS WEEK!

## June 6-10

### FREE WORKSHOPS!



FEATURING ISOBEL  
MACKENZIE, SENIORS  
ADVOCATE FOR BC!



INFORMATION DISPLAYS!



FREE HEARING CLINIC!



STRAWBERRY TEA!



DAILY PRIZE DRAWS &  
MORE!

...see page 11 for more details

# News From Your Board

**Hello McKee Members,**

Welcome to Michelle and Jessica joining the McKee family in Mimi's Café. When the café opens be sure to stop by to join your friends for a meal, or maybe just coffee after a walk! Watch the notice boards for more announcements.

There are lots of program changes for the next quarter – consult the Summer Program Guide for the latest details. Why not try out the new Watercolor Painting for Beginners class with new instructor Susan Blessin! Not artistically inclined? Perhaps a relaxing yoga class with new instructor Carol LePine is more your style. Most of the classes will continue through the summer, but check the Instructional Guide for specifics as a few will drop off until September.

Of course the spring flowers are in full bloom, the grass is growing and summer is just around the corner. And that means the McKee Garden across the street will soon be thriving and members are encouraged to join the garden club to tend that garden. Feel free to help yourselves to the bounty of the garden when ready, but remember to leave some for everybody.

And while you are relaxing this summer, think about joining the McKee Board of Directors this fall at our AGM scheduled for September 24<sup>th</sup>. McKee is run entirely by volunteers and we need your help to fill Board positions that will become vacant this year. Is it time for you to do your part for McKee? More information will follow in future KeeNotes.

Have a great summer!

Kathy Ross  
Board Secretary

## Annual General Meeting

**September 24, 2022**

**More details to come!**



### McKee Board of Directors

Mae Forsythe	President (Acting)
Fran Schiffner	Vice President
Jack MacDonald	Treasurer
Kathy Ross	Secretary
Carol Page	Director at Large
Barbara Ghent	Director at Large
Linda Lanoway	Director at Large
Debbie Lindsey	Director at Large
Andy Pinch	Director at Large

### SEEKING VOLUNTEER SUPPORT

Looking for a new volunteer opportunity?  
We are actively seeking wonderful volunteers in the following areas:

**Café & Customer Service**  
**Director of Special Events**  
**Director of Kitchen Services**

If you are interested in lending your support please inquire at Customer Service or see Dani.

# Delta Parks & Recreation

## Dear Members,

It has been a busy time here at McKee. We have had a successful Spring session and look forward to starting the Summer sessions! Clubs are in full swing and we enjoy having returning and new members join in on the fun!

Remember to mark your calendars and join us for Seniors Week this month. There are many additional activities and presentations available to the community including Isobel Mackenzie, BC Seniors Advocate! Additionally the Special Events Committee are also planning the annual Strawberry Tea, honouring our members that are 90+. You will find detailed information on the variety of options on the bulletin boards at McKee or stop by the Customer Service Desk.

Later this month we will host the McKee Volunteer Appreciation event. We invite all McKee volunteers to pick up their invitations at the McKee Customer Service desk. This years event will be at a new location, Deas Island Park, on June 22. We encourage carpooling with your friends or you could book a ride on the bus (details available at Customer Service).

Have a wonderful June and be sure to stay active. Happy Father's Day to all the Dads and Grandads!!

Lisa Porter,  
Acting Seniors Community Services Supervisor




## City of Delta Staff

Seniors Centre Coordinator	Lisa Porter
Volunteer Coordinator	Dani Mageau
Recreation Programmer	Trudy Buzdon-Barber
Clerk	Ravi Dhaliwal
Facility Operations Supervisor	Carson McCrum
Building Service Workers	Mike, Blaine, Don, Haiden, Kali, Luke, Louis & Gulpinder



## Delta Seniors Bus

The Delta Seniors Bus service is a  free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am to 4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. Should you need a vaccination, the City of Delta continues to provide transportation service to the Delta Immunization Clinic. All rides are subject to availability.

For more information or to book a ride call the central booking line: **604-597-4876**



## Delta Seniors Bus Staff

**Dispatch:** Lynn  
**Drivers:** Bev, Cal, Chris, Dwight,  
George & Karen



Delta Parks, Recreation & Culture has commenced with the implementation of a brand-new online registration system.

Learn more about Delta's new online registration system, including important dates, frequently asked questions, and tutorial videos at [URL Delta.ca/OnlineRegistration](http://URL Delta.ca/OnlineRegistration).

For more information on this news release, contact Delta Parks, Recreation & Culture at 604-946-3293 or e-mail [prc@delta.ca](mailto:prc@delta.ca).

# McKee

## VOLUNTEER SHOUT-OUT!

Jackie is one of our new volunteers at the front desk and proves herself to be a strong, reliable and wonderful customer service volunteer! Jackie has gone above and beyond to help cover extra shifts, proactively taking on extra tasks and showing her dedication to McKee. You're a joy to work with and we appreciate you at McKee!



Mae has been doing a tremendous job of carrying 3 Board of Director positions and being an integral part of getting the Café open for the members! Mae, your dedication to the McKee Centre doesn't go unnoticed – you are the glue to McKee and are excellent at what you do. McKee appreciates you! Please consider taking on a Board of Director's role so Mae has time to garden!

## INSTRUCTOR SHOUT-OUT!

Charlaine Badock for assisting in covering multiple fitness classes over the past few weeks to keep our McKee members fitness classes going! Thanks Charlaine for all your extra help! It is appreciated!



volunteer  
*do good, feel good*

## Volunteers Needed



### VOLUNTEER WEBMASTER!

McKee is looking for a volunteer interested in managing the McKee Society website by keeping information up to date on a regular basis. If you have website experience please reach out to our Volunteer Coordinator, Dani.



Join us for  
McKee's Annual



## *Strawberry Tea Social!*

**Fri Jun 10**



**2 pm**

**Members \$10 Guests \$12**

Tickets available at  
the Customer Service Desk.

**Members 90+ are FREE!**

## **WELCOME TO BOTH OUR RETURNING AND NEW CAFÉ VOLUNTEERS!**

We are excited to have you back volunteering in  
Mimi's Café!

If you are interested in volunteering in the café,  
please see Customer Service or Dani.



# In the Community

## SHRINER'S CLUB SALMON BBQ

Sun June 5  
12-4pm  
Ladner Harbour Park

Fundraising salmon barbeque,  
games and face painting.



## DOCUFILM CLUB

Sun June 12  
1pm



Ladner Pioneer Library  
Registration required 604-946-6215

## FATHER'S DAY PANCAKE BREAKFAST!

Sun June 19

For Details visit  
[www.tbblions.com](http://www.tbblions.com)

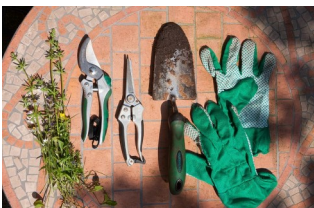


## McKEE GOLDEN GLOVES GARDEN CLUB

The garden in the parking lot area has been  
planted with the following vegetables:

Zucchini  
Sugar Pumpkin  
Green Beans  
Yellow Beans  
Purple Beans  
Swiss Chard

Carrots  
Beets  
Tomatoes  
Eggplants  
Lettuce



We welcome new members. If you are  
interested sign up at Customer Service!

## KEEP IN TOUCH PROGRAM (KIT)

The KIT program was created to establish daily contact  
with seniors in our community who live alone and/or  
have medical issues.

Throughout the week a DPD volunteer phones clients at  
a scheduled time to provide camaraderie and in some  
cases remind them to take medication. This service is  
free and an interview is conducted with each client  
before beginning the program. Do you know someone  
that would benefit from this service?

Please email [kit@deltapolice.ca](mailto:kit@deltapolice.ca)  
or call 604.946.4411



## FOOD BANK

Drop off donations  
of nonperishable food at the  
Customer Service at McKee!



# BC's Seniors Advocate Isobel Mackenzie

**Thursday June 9, 1:00 pm**

Attend this **FREE** worthwhile  
presentation to hear about the  
current challenges and  
initiatives of seniors' programs  
and services across BC,  
including Delta.



Everyone welcome!

# McKee Activities

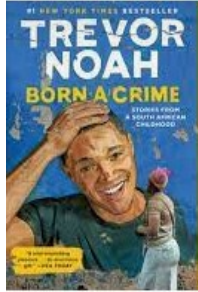
## McKee BOOK CLUB

Fri June 24

2:30pm

Book name: Born a Crime

Author: Trevor Noah



Available at the Pioneer Library  
For McKee Book Club pickup.

Number of copies are limited quantities.

## CARPET BOWLING

Thursdays

10am - 12pm

Pioneer Hall

Great way to stay active  
and meet new people!

Register at Customer Service.



## EUCHRE

Interested in playing or  
organizing Euchre  
Inquire at Customer  
Service.



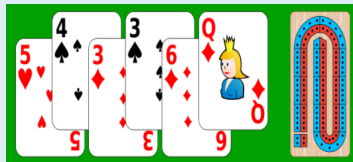
## CRIBBAGE

Wednesdays

12:30pm-3pm

Pioneer Hall

Great way to stay active and meet new people!



## KNITTING SISTERS

1<sup>st</sup> & 3<sup>rd</sup> Sat  
of the month  
10am - 12pm

New Members Welcome!  
2022 McKee membership  
required.



## LIFELONG LITERATURE

Mon June 6 & 13

10:30 - 11:30am

Lounge



Join FVRL staff member in the McKee Lounge for  
short story reading and discussion about the  
authors and stories read!

Everyone Welcome!

## CIRCLE OF FRIENDS

Coming Soon!



Watch for details at McKee.

Studies have shown a correlation between physical  
well-being and your social circle. Seniors are  
reporting that during the Covid pandemic, their  
social life decreased. Join Eva, Delta Seniors Support  
Coordinator for a drop-in to discuss post Covid  
challenges, opportunities, meet others and increase  
your social connections in a fun, supportive way.

**Requirements:** Be supportive, be kind, care and  
remember, there's always help available when you  
need it.

## WATERCOLOR FOR BEGINNERS!

Mon June 13 - July 11

9:30-11:30am

5 sessions/\$50

With Instructor: Susan Blessin



Sign up for a trial class

Mon June 6, \$10.

See Customer Service.



## WE LOVE YOUR SMILE

Regarding photographs and videos  
taken at the Centre... Please be  
informed that from time to time, our staff and  
volunteers will be taking photographs and videos of  
activities, clubs, sporting events, individuals and  
general gatherings of our members. We may use  
these photos to promote the activities of the Centre  
in our newsletters, or online.



# McKee Activities

## FOOT CARE NURSE

Fri June 17  
9am - 12:30pm

\$40 per session  
Contact Customer  
Service to book your 30  
minute appointment in  
advance.



## COFFEE WITH A COP & GUEST

Wed June 8  
10:30am Lounge

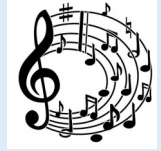
Kim Gramlich, MA., has been the Coordinator of Delta Police Victim Services for the past 22 years. Kim's first facility dog, Caber, was the first Victim Services dog in Canada. Caber is now happily retired and Kim's new facility dog is Puma, a lovely golden retriever from the Pacific Assistance Dog Society.



## McKEE MINI CONCERTS

Tues June 7  
3pm

**Seniors Week** with singer Manfred Maretzki. Howard will be his accompanist on guitar. Manfred is a member of Jammers and does a wide variety of songs.



Tues June 14  
3pm

Join Jackie Oldhaver a member of Jammers. Country, Bluegrass and Folk are some of her favourites. Jackie plays the Mandolin.

# WE ARE BACK!

## HIDDEN TREASURES OPEN SENIORS' WEEK

### JUNE 6 - 10

10am-2pm Cash/Debit

Donation are being accepted.

*NO: CLOTHING, SHOES or FURNITURE!*

**We want to celebrate you and all your hard work!**

## **Volunteer Appreciation Picnic**

Wednesday, June 22, 2022  
1:00-3:00pm

**Deas Island Regional Park**  
6090 Deas Island Road, Delta  
Fisher's Field Picnic Area

Join us for food, photos and fun yard games.  
Carpooling is encouraged. If you need a ride call the  
Customer Service Desk at 604-946-1411.

**Please RSVP by June 8, 2022. Volunteers can pick up their  
invitations at the customer service desk.**





# Wellness

## JUNE IS THYROID AWARENESS MONTH IN CANADA!



The thyroid gland is a small butterfly-shaped gland at the base of the neck. It weighs only about 20 grams. However, the hormones it secretes are essential to growth and metabolism and regulate body function.

Thyroid disease takes on many forms, including nodules and Thyroid Cancer. Recent studies indicate that 1 in 10 Canadians suffer from a thyroid condition and as many as 50% of individuals go undiagnosed.

Signs and symptoms can fall under:

**Hypothyroidism;** dry skin, goiter, depression, fatigue, sensitivity to cold and weak slow heartbeat.

**Hyperthyroidism;** weight loss, anxiety, rapid forceful heartbeat, fatigue, depression, tremor and eye changes.

### THYROID DISEASE IS A FAMILY AFFAIR

Thyroid disease is hereditary and commonly affects other members in the family, but may show up in another form. Until this gland goes awry, very little attention is given to its small, butterfly shaped presence at the base of the neck. The hormones it secretes are essential to all growth and metabolism.

### THE DOMINO EFFECT

Most people are unaware that cardiac disease, lupus, reproductive difficulties, diabetes, arthritis as well as many other health issues are associated with a poor functioning thyroid gland. Research has shown that early thyroid assessment can, in many cases, reduce the incidence or severity of these high profile diseases.

### HOW COMMON ARE THYROID PROBLEMS IN OLDER PEOPLE? THE FACTS:

- Several studies referring to those over the age of 65 show that thyroid illness is very much a disease of the elderly.
- Correct diagnosis is extremely difficult but critical.
- To avoid possible confusion and misdiagnosis, patients over the age of 50 should be screened with the best blood test available today – the Thyroid Stimulating Hormone Test, or TSH test.
- Older patients particularly should be aware of the effects of interactions of various drugs and dyes.
- There may be emotional reactions to thyroid illness. Hyperthyroid patients often feel unusually nervous or irritable. Hypothyroid patients can feel unusual fatigue or depression.

### PROGNOSIS

Most patients with significant hypothyroidism need lifelong therapy with thyroid hormone replacement, and lifelong monitoring to ensure that the dose of thyroid hormone maintains thyroid function tests in the normal range.

Adapted from: Thyroid Foundation of Canada. [Thyroid Disease: Know the Facts | Thyroid Foundation Of Canada](#) If you require more information, please contact Eva, see details below.



#### Delta's Seniors Support Coordinator

Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- ◆ Wellness
- ◆ Healthcare
- ◆ Housing Options
- ◆ Family & Caregiver Support
- ◆ Government Services & Benefits



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



# Seniors Week



McKee Café now known as **Mimi's Café** will be open through the week.

The popular **Hidden Treasures** sale is returning each weekday from 10am-2pm. Come find that special thrift store treasure you've been looking for!

<b>MONDAY</b>	<b>June 6</b>	9:30-11:30am 10am-12pm 10:30-11:30am	Beginners Watercolor trial class* Delta Lifeline -"Help Alert Button" <i>Info booth</i> Lifelong Literature
<b>TUESDAY</b>	<b>June 7</b>	1:30-4pm 3pm	Bridge -Open House McKee Mini concert
<b>WEDNESDAY</b>	<b>June 8</b>	10am-12pm 10am-12pm  10am-12pm	Emergency Preparedness Display <i>info booth</i> Coffee with a Cop with a special Guest Puma from Pacific Assistance Dog Society ICBC—Safe Driving for Seniors <i>Info booth</i>
<b>THURSDAY</b>	<b>June 9</b>	9am-3pm 10am 10am-1pm 1pm 3pm 3:20pm	Mobile Hearing Clinic* Mobile Hearing Clinic Presentation Ladner Physio info booth Isobel Mackenzie, Seniors Advocate of BC Ukulele concert McKee Sisters Bhangra dance presentation
<b>FRIDAY</b>	<b>June 10</b>	2pm	Strawberry Tea*

\*sign up at Customer Service

# Clubs at McKee

All Attendees must have a current McKee membership card.

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

<p><b><u>MONDAY</u></b>            Snooker            Pickleball            (Memorial Park)            Tap Dance            Card Sweep            Canasta            Contract Bridge            Table Tennis</p>	<p>9am-4pm            10am-12pm              10:30am-12pm            12:30pm-3pm            12:30pm-3pm            1:15pm-3:45pm            2pm-5pm</p>		<p><b><u>THURSDAY</u></b>            Snooker            Mah Jong            Carpet Bowling            Card Sweep            McKee Sisters            Bingo            Pickleball            (Memorial Park)</p>	<p>9am-4pm            9:30am-12:30pm            10am-12pm            12:30pm-3pm            1:30pm-4pm            12:30pm-3:30pm            3pm-5pm</p>
<p><b><u>TUESDAY</u></b>            Walking Club            Snooker            Mah Jong            Pickleball            (Memorial Park)            Card Sweep            Scrabble            Contract Bridge</p>	<p>9am-11am            9am-4pm            9:30am-12:30pm            12pm-2pm              12:30pm-3pm            1pm-4pm            1:30pm-4pm</p>		<p><b><u>FRIDAY</u></b>            Walking Club            Snooker            Pickleball            (Memorial Park)            Poker            Card Sweep            Scrabble            Book Club (last Friday)</p>	<p>9am-11am            9am-4pm            10am-12pm              11:30am-1:30pm            12:30pm-3pm            1pm-4pm            2:30pm-4:30pm</p>
<p><b><u>WEDNESDAY</u></b>            Pickleball            (Memorial Park)            Snooker            Card Sweep            Cribbage            Ukulele (beginner)            Ukulele (intermediate)            Duplicate Bridge            Table Tennis</p>	<p>10am-12pm              9am-4pm            12:30pm-3pm            12:30pm-3pm            2pm-4pm            3:15pm-4:15pm            6:15pm-9:45pm            6:15pm-9:30pm</p>		<p><b><u>SATURDAY</u></b>            Table Tennis            Snooker            Knitting Sisters            (first and third Saturday)            Tap Dance            Card Sweep            Bingo            Contract Bridge</p>	<p>9am-3pm            9:30am-3:30pm            10am-12pm              10am-12pm            11am-3pm            12:30pm-3:30pm            6:30pm-9:30pm</p>

Please remember to bring your McKee Membership card each time you come in.

McKee Seniors Recreation Centre 50+



# Programs at McKee

All Attendees must have a current McKee membership card.  
Please note due to unforeseen circumstances classes may be cancelled without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:45am		Core, Balance & Strength				
8:30-9:30am	Fun & Fitness					
8:45-9:45am	Stretch & Strength					
9-10am			Fun & Fitness		Fun & Fitness	Workout Warriors
9:15-10:15am			Stretch & Strength			
9:30-11:30am	*Watercolour for Beginners					
10-11am	M.I.I.T.					
10:15-11:15am					Custom Fit	M.I.I.T.
10:30-11:30am		<u>Hatha Yoga</u> Chair Yoga	<u>Custom Fit</u> Zumba Gold	Chair Yoga	Line Dance Intermediate	
11:15-12:15pm	Line Dance Intermediate					
11:45-12:45pm			Easy Does It		Line Dance Level 3	
12-1pm		*Gentle Yoga				
12:30-1:30pm				*Gentle Yoga		
1-2pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2	
1:15-3:15pm			*Minds In Motion			
2:15-3:15pm					Line Dance Level 1	
2:30-3:30pm	*Osteo Fit				*Osteo Fit	

There will be no programs on statutory holidays.

July 1 - Canada Day

August 1 - BC Day

PLEASE NOTE DUE TO UNFORSEEN CIRCUMSTANCES CLASSES MAY BE CANCELLED WITHOUT NOTICE.



THANK YOU FOR YOUR UNDERSTANDING.

\*Registered Program

All registered and drop-in programs are on a first come, first serve basis.



# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>WELCOME SUMMER</b>			1	2	3	4 Knitting Sisters
5	6 <u>Delta Lifeline info booth</u> Beginners Watercolor class 9:30-11:30am	7 McKee Mini Concert 3pm Bridge Open House 1:30-4pm	8 <u>ICBC info booth</u> Coffee with a Cop	9 <u>Hearing Clinic</u> Ladner Physio <u>info booth</u> Isobel Mackenzie Seniors Advocate	10 Strawberry Tea! 	11
12	13	14 McKee Mini Concert 3pm	15	16	17 Father's Day <u>Treat</u> Foot Care 9am-12:30pm	18 Knitting Sisters
19 	20	21	22	23	24 Book Club 2:30pm	25
26	27	28	29	30		

**Now available!**

**McKee Summer 2022  
Instructional Programs & Clubs  
June 1 – August 31**



**HAPPY  
FATHER'S  
Day!**

**IMPORTANT**

For some extra fun, watch for the June Brain Games Bulletin later this month!

**save the date**

**July 16**

**BOUNDARY BAY  
AIRSHOW**

*Flying, Family & Fun!*

