

# McKee Summer 2022

## Instructional Programs & Clubs

### June 1 – August 31

A Valid 2022 McKee Membership is required for all Programs and Clubs



McKee Seniors Recreation Centre  
5155 47<sup>th</sup> Avenue, Delta, BC V4K 0A2  
Phone: 604-946-1411  
Fax: 604-946-1409  
On line at: [delta.ca/McKee](http://delta.ca/McKee)  
Or: [mckeesociety.com](http://mckeesociety.com)

**EMAIL ADDRESS**  
**[frontdesk@mckeesociety.com](mailto:frontdesk@mckeesociety.com)**

# Instructional Programs and Clubs at McKee

---

## Table of Contents

Welcome to McKee Seniors Recreation Centre	page 2-3
Code of Conduct	page 4
Fitness Programs	page 5-7
Yoga Programs	page 7-8
Specialized Programs	
Drop-in and Registered Program	
• Custom Fit	page 8
• Get Up & Go	page 8
• Minds in Motion	page 9
• Osteo Fit	page 9
Art Programs	
• Watercolour - Beginners	page 10
• Acrylic & Watercolour - Intermediate	page 10
Computer Programs	page 10
Dance Programs	
• Line Dancing	page 11
Activity Grid	page 12
McKee Clubs & Drop In's	page 13-14



WATCH FOR NEW CLASSES!



# Instructional Programs and Clubs at McKee

---

## WELCOME TO McKEE SENIORS RECREATION CENTRE

McKee House Seniors Society offers its membership a variety of quality Instructional Programs at reasonable prices. Please see the Customer Service desk for the current membership fees.

McKee Customer Service Office Hours: Monday to Friday 9:00am – 4:00pm  
Saturday 9:00am – 12:30pm

Please register in person by check, cash, Visa, MasterCard or Debit, during regular office hours at the Customer Service Desk.

There will be no classes on statutory holidays.

Except for drop-ins, all Instructional Programs require pre-registration. Courses may be cancelled due to insufficient registration. It may be necessary to substitute your regular instructor.

**MCKEE RESERVES THE RIGHT TO ADOPT STRICTER SAFETY PROTOCOLS AS PROVINCIAL HEALTH ORDERS ARE UPDATED.**

**A CURRENT McKEE SENIORS RECREATION CENTRE MEMBERSHIP IS MANDATORY FOR PARTICIPATION IN ALL PROGRAMS AND CLUBS.**

### **Program Costs:**

Drop-in clients must purchase a punch card for \$45 for 10 sessions or \$85 for 20 sessions. This card must be presented to the instructor to process each time you attend a class. Registered classes have minimum class sizes to ensure they operate on a break-even basis. Some programs have maximum class sizes to ensure safety of the participants. All previous drop-in cards are still valid and have no expiry date.

### **Refund Policy:**

If a member can no longer attend an instructional program due to a medical reason, a pro-rated refund may be requested. All refunds may be subject to an administrative fee.

### **Waiver Forms:**

All participants **MUST** sign a Waiver Form at the Customer Service Desk prior to starting an exercise class. You only need to sign a form once.

## **Mission Statement**

**Fostering and promoting leisure activities for adults 50+.**

# Instructional Programs and Clubs at McKee

---

## PLEASE TAKE NOTE OF THE FOLLOWING:

### COVID PROTOCOLS

#### For your safety and those of others in the building:

- **Do not attend if you are ill.**
- **A mask is strongly recommended** while in the building.
- Provincial Health Orders are being followed
- All fitness participants will be issued wipes to sanitize equipment. Equipment and mats **MUST** be sanitized by participants before and after each use. **Classes may end 5 minutes early to provide time for this.**

### ALL PROGRAMS

- Be respectful to instructors and other members by arriving on time for class.
- Leave the activity room promptly to allow for set up of the next class.
- Proper foot attire is required for most exercise classes – covered toes and heels, and non-slip soles.
- Please note if the class you plan to attend requires a Health Screening Form, the form must be completed with the instructor at the first class. The instructor will then determine if medical approval is required from your doctor. More information is available from the customer service desk.

### DROP-IN CLASSES

- Punch cards **MUST** be punched prior to beginning the class by the instructor or designated participant.
- Some drop-in classes have a maximum number of participants.

#### **IMPORTANT:**

**We are very fortunate here at McKee to run on an “Honour System” for our drop-in classes. We would like to see this continue. The punch card allows members the flexibility to attend a variety of classes without being committed to only one registered class. If you enjoy the flexibility offered by the punch card it is imperative that you have the card punched each time you attend a drop-in-class. The revenue from the punch card allows McKee to offer a wide selection of classes for your enjoyment.**

# Instructional Programs and Clubs at McKee

---

## **REGISTERED CLASSES**

- Some registered classes have a minimum number of participants, as well as a maximum. McKee reserves the right to cancel a class if the minimum number of participants has not been met.
- If you plan to take a registered class please sign up prior to the start of the class to prevent delays at Customer Service.

**Thank you for participating in and supporting the programs at McKee Seniors Recreation Centre.**

McKee Seniors Recreation Centre is committed to providing members with many program options for their social, physical and mental well being. If you have any ideas for future programs and/or clubs, we want to hear about them. Likewise, if you have a passion that you would like to share with other members, we would like to hear about that too! Feel free to speak to any member of the Board or fill out a suggestion card at Customer Service.

~ McKee Board of Directors

## **CODE OF CONDUCT**

The City of Delta wants to ensure that your visit to any Delta facility is an enjoyable experience. Delta has a Code of Conduct whereby all patrons are expected to behave in an appropriate manner and be respectful of each other, our staff and volunteers, and our facilities.

There will be ZERO TOLERANCE of inappropriate behaviour, which includes:

- **OFFENSIVE LANGUAGE**
- **UNSAFE ACTIONS**
- **LOITERING**
- **DAMAGE / VANDALISM / THEFT / LITTERING**
- **DISREGARDING FACILITY RULES**
- **UNDER THE INFLUENCE OF DRUGS AND/OR ALCOHOL**
- **FIGHTING / BULLYING AND/OR HARASSMENT**

**FAILURE TO COMPLY WITH THE CODE OF CONDUCT WILL  
RESULT IN BANISHMENT FROM ALL DELTA FACILITIES.**

# Instructional Programs and Clubs at McKee

---

## FITNESS PROGRAMS

### C.B.S. – Core, Balance & Strength

#### **Pioneer Hall**

A functional class that will focus on more core work on the floor and standing to improve balance to prevent falls. No cardio will allow more time to build strength through the use of dumbbells, bands, gliders and assorted equipment. **\*Front Entrance (Main doors) will open at 7:35 am.**

**Tuesday: June 7 – Aug 30**

**7:45am - 8:45am**

Cost: Drop-in Punch Card

Instructor: Lynn Cheng



### Easy Does It

#### **Hawthorne A&B**

Stretch your body from head to toe, using safe methods that can be easily adapted to individual needs and concerns. As a result, you may notice reduced back pain, improved posture, increased flexibility and better range of motion.

**Wednesday: June 1 – Aug 31**

**11:45am – 12:45pm**

Cost: Drop-in Punch Card

Instructor: Lori Nicholls

*No Class: June 22*



### Fun & Fitness

#### **Pioneer Hall**

A fun fitness class for men and women involving cardio, muscular strength, balance, endurance and flexibility training modified to your needs. **No floor exercises during the Monday classes only.**

**Monday: June 6 – Aug 29**

**8:30am – 9:30 am**

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

*No class: August 1*

**Wednesday: June 1 – Aug 31**

**9:00am – 10:00 am**

Cost: Drop-in Punch Card

Instructor: Bev Hillman

(Lynn Cheng)

**Friday: June 3 – Aug 26**

**9:00am – 10:00 am**

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

*No class: July 1*

# Instructional Programs and Clubs at McKee

## FITNESS PROGRAMS

### M.I.I.T. (Medium Intensity Interval Training)

#### **Pioneer Hall**

Come exercise to “Oldies but Goodies” music, feel the beat and enjoy yourself while helping you be fit and active.

<b>Monday: June 6 - Aug 29</b> <b>10:00am – 11:00am</b> Cost: Drop-in Punch Card Instructor: Charlene Badock <i>No class: August 1</i>	<b>Saturday: June 4 - Aug 27</b> <b>10:15am – 11:15am</b> Cost: Drop-in Punch Card Instructor: Charlene Badock
--	---

### Stretch & Strength

#### **Hawthorne A&B**

Feel great, live better and maintain your ability to take care of yourself as you grow older. There’s never a dull moment in this creative, pain free, non-competitive class. Using hand weights, resistance bands and chairs, you will improve your bone and muscle strength, balance, flexibility, heart and brain health and your body’s ability to burn fat. Learn to work safely with any limitation and actually ENJOY exercising your body. Become strong and happy.

<b>Monday: June 6 - Aug 29</b> <b>8:45am – 9:45am</b> Cost: Drop-in Punch Card Instructor: Charlene Badock <i>No class: August 1</i>	<b>Wednesday: June 1 - Aug 31</b> <b>9:15am – 10:15am *NOTE TIME CHANGE</b> Cost: Drop-in Punch Card Instructor: Lori Nicholls <i>No Class: June 22</i>
--	---



### Workout Warriors (WOW)

#### **Pioneer Hall**

A work at your own pace exercise class geared for men and women. Gain muscle strength, improve your cardio vascular and flexibility. The improvements you make in the class will give you a better quality of life and will enable you to keep doing the things you love to do. You have nothing to lose and everything to gain. What a way to start your weekend off – bring your partner with you and have some fun!

<b>Saturday: June 4 - Aug 27</b> <b>9:00am – 10:00am</b> Cost: Drop-in Punch Card Instructor: Charlene Badock
--



# Instructional Programs and Clubs at McKee

## FITNESS PROGRAMS

### Zumba Gold

#### **Pioneer Hall**

*Course Description:* Zumba Gold is a fun way to get a cardio workout using Latin dance rhythms like Salsa, Meringue and Cha-Cha. The music is upbeat and the no-impact moves are easy to follow. Be prepared to have a great time while you sweat those calories away!

**Wednesday: June 1 - Aug 31**

**10:30 am – 11:30 am**

Cost: Drop-in Punch Card

Instructor: Robin Douglas



## YOGA PROGRAMS

### Chair Yoga

#### **Hawthorne A&B**

Chair Yoga, a form of yoga done seated in a chair or standing using a chair as a prop for support. It offers a practical way to gain the benefits of the yoga discipline for a wide spectrum of levels and personal circumstances. Chair yoga can be practiced by and benefit those individuals who are dealing with joint issues or age-related health conditions.

**Tuesday: June 7 - Aug 30**

**10:30am – 11:30am**

Cost: Drop-in Punch Card

Instructor: Monica Wong

**Thursday: June 2 - Aug 25**

**10:30am – 11:30am**

Cost: Drop-in Punch Card

Instructor: Monica Wong



### Gentle Yoga:

#### **REGISTERED PROGRAM**

**Hawthorne A&B, TUESDAYS. Dogwood A&B, THURSDAYS.**

This therapeutic yoga class is designed for anyone challenged by arthritis, stiffness, limited mobility due to surgery, injury or simply loss of function. Modifications are provided for chair, standing or seated. The program provides gentle warm ups, posture reinforcement techniques, strengthening, stretching, breathing and relaxation techniques, all served up in a relaxed but challenging manner. All levels welcome!

**Tuesday: June 7 – July 19**

**12pm–1pm \*NOTE TIME CHANGE**

Cost:\$35/7 Sessions

Instructor: Carol Lepine



**Thursday: June 2 – July 14**

**12:30pm – 1:30 pm**

Cost:\$35/7 Sessions

Instructor: Shigeko Wilson

**Tuesday: July 26 – August Aug 30**

**12pm – 1pm \*NOTE TIME CHANGE**

Cost:\$30/6 Sessions

Instructor: Carol Lepine



**Thursday: July 21 – Aug 25**

**12:30pm – 1:30 pm**

Cost:\$30/6 Sessions

Instructor: Shigeko Wilson



# Instructional Programs and Clubs at McKee

---

## Hatha Yoga:

### **Pioneer Hall**

These stretching exercises will increase your flexibility and breathing techniques. You conclude the class with total relaxation.

**Tuesday: June 7 - Aug 30**  
**10:30am – 11:30am \*NOTE TIME CHANGE**  
 Cost: Drop-in Punch Card  
 Instructor: Carol LePine



## CUSTOMIZED PROGRAMS

## Meditation

### **REGISTERED PROGRAM**

### **Pioneer Hall**

Feeling stressed? Need to relax? Join us in the seated position of guided meditation. Learn to cultivate recognition and awareness in the present moment. Deepen your connection to mindful awareness and learn the teachings of mindfulness to all moments of life.



## Custom Fit

### **Hawthorne A&B**

“The Original”! ½ the class in the chair and the other ½ the chair can be used to hold onto. This is a great class for keeping and or maintaining full range of motion in your joints. We work on exercises that concentrate on life skills in a fun way! (Hac-e-sac anyone?) Balance work, strength training, core stabilizers and reaction time are all part of this great class.

<p><b>Wednesday: June 1 - Aug 31</b>  <b>10:30am – 11:30am</b>                  Cost: Drop-in Punch Card                  Instructor: Lori Nicholls  <i>No Class: June 22</i></p>	<p><b>Friday: June 3 – Aug 26</b>  <b>10:15 – 11:15am</b>                  Cost: Drop-in Punch Card                  Instructor: Lynn Cheng  <i>No class: June 17 and July 1</i></p>
---	--

## Get Up & Go:

### **REGISTERED PROGRAM**

### **Pioneer Hall**

In cooperation with Fraser Health and BC Women’s Health Centre. Get Up & Go is medically endorsed and based on published research. This gentle program is designed for anyone with balance and mobility impairments at high risk of falls.

<p><b>Tuesday: June 14 - Aug 16</b>  <b>1:00pm – 2:00 pm</b>                  \$45/9 sessions                  Instr: Debbie Cheong  <i>No class: July 26</i></p>	<p><b>Thursday: June 16 - Aug 18</b>  <b>1:00pm – 2:00 pm</b>                  \$45/9 sessions                  Instr: Debbie Cheong  <i>No class: July 28</i></p>
---	--

**IMPORTANT:** Participants for the Get Up & Go Program REQUIRE HEALTH SCREENING and MAY require a MEDICAL CLEARANCE to participate in the Get Up & Go Program.  
 Please see Customer Service for more information.

## Instructional Programs and Clubs at McKee

---

### **Minds in Motion REGISTERED PROGRAM**

#### **Hawthorne Room**

A fitness and social program for people living with any form of **early-stage dementia** along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs.

<b>Wednesday: June 1 - July 13</b> <b>1:15pm – 3:15 pm</b> \$30 / 6 sessions - <i>cost includes your partner</i> Instructor: Lori Nichols <b>No Class: June 22</b>	<b>Wednesday: July 20 – Aug 31</b> <b>1:15pm - 3:15pm</b> \$35 / 7 sessions Instructor: Lori Nichols
--	---



**IMPORTANT: All participants for this class must have a current McKee membership. It is MANDATORY to attend each class with a partner, caregiver, friend or relative.**  
 The room capacity is maximum 14 people plus staff facilitating the program.

### **OSTEO Fit REGISTERED PROGRAM**

#### **Hawthorne A&B**

This program is clinically supported and medically endorsed by BC Women’s Hospital and Health Centre. The basic premise is fall prevention. It is suited to those diagnosed with osteoporosis but also appropriate for those looking to improve their muscular strength and endurance, balance, agility and coordination in a fun but safe environment.

<b>Monday</b> <b>Jun 6 - Jul 11</b> <b>2:30pm – 3:30pm</b> \$30/6 sessions Instr: Monica Wong	<b>Monday</b> <b>Jul 18 - Aug 29</b> <b>2:30pm – 3:30pm</b> \$30/6 sessions Instr: Monica Wong <b>No class: August 1</b>
<b>Friday</b> <b>Jun 3-Jul 15</b> <b>2:30pm – 3:30pm</b> \$30/ 6 sessions Instr: Monica Wong <b>No class: July 1</b>	<b>Friday</b> <b>Jul 22-Aug 26</b> <b>2:30pm – 3:30pm</b> \$30/6 sessions Instr: Monica Wong



**IMPORTANT: Participants for Osteo Fit REQUIRE HEALTH SCREENING and MAY require a MEDICAL CLEARANCE to participate in the Osteo Fit Program. See Customer Service for more information.**

# Instructional Programs and Clubs at McKee

## ART PROGRAMS



### Watercolour Painting - Beginners REGISTERED PROGRAM

**Dogwood A&B**

**NOTE:** Art supply list available at time of registration.

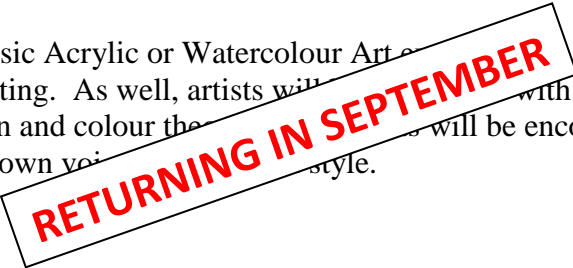
Beginner Artists are Welcome! You will learn step by step how to paint with this wonderful medium including how to add pen to enhance some of your painting. You will be painting landscapes, flowers, animals and to other concepts using watercolors.

<p><b>INTRODUCTORY SESSION</b>  <b>Monday: June 6</b>  <b>9:30 am – 11:30 am</b>                  Cost: \$10                  Supplies Included                  Instructor: Susan Blessin</p>	<p><b>Monday: June 13- July 11</b>  <b>9:30am– 11:30am</b>                  \$50/5 sessions                  Supply list at front desk                  Instructor: Susan Blessin</p>	<p><b>Monday: July 18 - Aug 15</b>  <b>9:30am– 11:30am</b>                  \$40/4 sessions                  Supply list at front desk                  Instructor: Susan Blessin  <i>No class: Aug 1</i></p>
--	---	---

### Acrylic Art & Watercolour Painting - Intermediate REGISTERED PROGRAM

**Dogwood A&B**

The course provides a basic Acrylic or Watercolour Art in a loosely structured, enriching, and supportive studio setting. As well, artists will participate with exercises to develop their skills in technique, composition and colour theory. Artists will be encouraged to work on personal projects to develop their own voice and style.



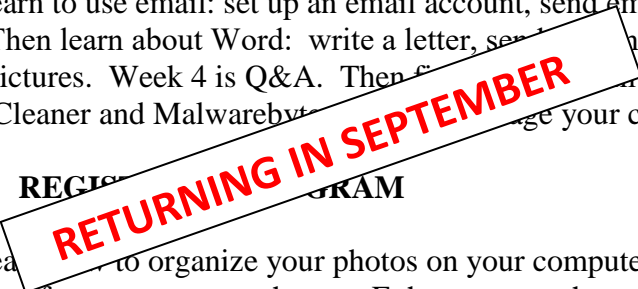
## COMPUTER PROGRAMS



### Back to Basics REGISTERED PROGRAM

**Dogwood A&B**

*Course Description:* Learn to use email: set up an email account, send emails, add photos etc. Practice what you've learned. Then learn about Word: write a letter, send an email, use fonts, symbols etc. Make a pamphlet and insert pictures. Week 4 is Q&A. Then learn how to defragment and clean up your computer to make it run better. Learn about C-Cleaner and Malwarebytes to help you clean up your computer.



### Managing Your Photos REGISTERED PROGRAM

**Dogwood A&B**

*Course Description:* Learn how to organize your photos on your computer – by subject or by date. Create new folders, move photos from cameras or phones. Enhance your photos for brightness, contrast etc. as well as cropping and noting info on the photo. Learn about slide shows too

# Instructional Programs and Clubs at McKee

## DANCE PROGRAMS

### Line Dance

### DROP IN PROGRAM FOR SUMMER – ALL LEVELS

<u>Level 1</u> <u>Introduction and Basics</u>	<u>Level 2</u> <u>Beginner / Improver</u>	<u>Level 3</u> <u>Easy Intermediate</u>
No dance experience? No dance partner? No problem! This class teaches the basics in a fun and relaxed atmosphere. Use your mind and body while learning easy, low-impact routines to a variety of music. Everyone is welcome, even if you have two left feet!	If you've learned the basics of line dance, this is the class for you. Refresh your memory with easy routines and learn some slightly more challenging ones. The emphasis is still on fun!	This class is for line dancers with at least two years of experience. We will continue practicing the routines we have learned and add some new ones. Even more fun!
<b>Pioneer Hall</b>	<b>Pioneer Hall</b>	<b>Pioneer Hall</b>
<b>Friday: June 17 - Aug 26</b> <i>No class: July 1</i>	<b>Friday: June 17 - Aug 26</b> <i>No class: July 1</i>	<b>Friday: June 17- Aug 26</b> <i>No class: July 1</i>
<b>2:15 – 3:15 pm</b>	<b>1:00 – 2:00 pm</b>	<b>11:45 am – 12:45 pm</b>
Instructor: Dorothy Russell	Instructor: Dorothy Russell	Instructor: Dorothy Russell
<b>Cost: Drop-in Punch Card</b>	<b>Cost: Drop-in Punch Card</b>	<b>Cost: Drop-in Punch Card</b>

### Line Dance Intermediate

#### **Pioneer Hall**

For the dancer who has been line dancing for a few years. Everyone welcome!

<b>Monday: June 6 - Aug 22</b> <b>11:15am – 12:15pm</b> Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No class: August 1</i>	<b>Friday: June 3 - Aug 26</b> <b>10:30 – 11:30am</b> Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No class: July 1</i>
--	--



# Instructional Programs and Clubs at McKee

## INSTRUCTIONAL PROGRAMS

\*Indicates Registered Class

	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					
10-10:50am						
10-11am	M.I.I.T.					
10:15-11:15am					Custom Fit	M.I.I.T.
10:30-11:30am		Hatha Yoga Chair Yoga	Custom Fit Zumba Gold	Chair Yoga	Line Dance Intermediate	
11:15am – 12:15pm	Line Dance Intermediate					
11:45 am – 12:45 pm			Easy Does It		Line Dance Level 3	
12pm – 1pm		* Gentle Yoga				
12:30-1:30pm				* Gentle Yoga		
12:45-1:45pm						
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	

\*Indicates Registered Class

**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.**

# Instructional Programs and Clubs at McKee

## CLUBS AT MCKEE

Clubs have a maximum number of players which vary from club to club. If you are interested in a club, please leave your name and number at Customer Service, along with the date and time of the club you are interested in. You will then be contacted by the club convener to explain how the club operates, any special requirements and/or fees, and whether there is space available to join right away.

<p><b>Book Club</b> <b>Last Friday of the month</b> <b>2:30 - 4:30pm</b> Join a group of avid readers to discuss the monthly book. Monthly book titles can be found at the front desk.</p> <p><b>Bridge – Partner/Contract Bridge</b> <b>Monday, 1:15 – 3:45pm</b> <b>Tuesday, 1:30 - 4pm</b> <b>Saturday, 6:30 - 9:30pm</b> Join to have some have fun. We can help you find a partner. Bring a partner!</p> <p><b>Bridge – Duplicate</b> <b>Wednesday, 6:15 - 9:45pm</b> For those who enjoy the challenge of duplicate bridge.</p> <p><b>Golf - *Club Membership Required</b> <b>In Progress – Sign up at front desk if interested</b></p> <p><b>Pickleball – *Club Membership Required</b> <b>10am – 12pm Monday, Wednesday, Friday</b> <b>12 – 2pm Tuesday</b> <b>3 – 5pm Thursday</b> Pickleball is a fun and friendly outdoor racquet sport.</p>	<p><b>Snooker - *Club Membership Required</b> <b>Monday to Friday 9am - 4pm</b> <b>Saturday, 9:30am - 3:30pm</b> Snooker table open for play.</p> <p><b>Table Tennis - *Club Membership Required</b> <b>Monday, 2:00 - 5pm</b> <b>Wednesday, 6:15pm- 9:30pm</b> <b>Saturday, 9am – 3pm</b> Two tables are set-up. Paddles, balls, and nets provided. Your agility, fitness &amp; strategy will improve with play.</p> <p><b>Tap Dance</b> <b>Monday, 10:30am - 12pm</b> <b>Saturday, 10 – 12pm</b> Join others who share the love for tap dancing! Work on routines together and make new friends!</p> <p><b>Ukulele - *Club Membership Required</b> <b>Wednesday, 2 -3pm (beginners)</b> <b>Wednesday, 3:15 – 4:15pm (intermediate)</b> Come and try out the latest rage in music. Bring your own ukulele.</p>
---	---

\*Club Membership Required. See Customer Service Desk



Join  
a Club!

## Instructional Programs and Clubs at McKee

### DROP-IN'S AT MCKEE

The following activities are offered at McKee on a drop-in basis. Check the daily schedule to find out which activities are in which rooms and just drop in and enjoy the fun.

<p><b>Bingo</b> <b>Thursday, 12:30 – 3:30pm</b> <b>Saturday, 12:30 – 3:30pm</b> <b>\$0.05/card, plus \$1.00 admission fee</b> Everyone welcome.</p> <p><b>Canasta</b> <b>Monday 12:30 - 3:00pm</b> Join charm and competitiveness of friendly card games!</p> <p><b>Card Seep</b> <b>Monday to Friday, 12:30 - 3pm</b> <b>Saturday, 11am - 3pm</b></p> <p><b>Carpet Bowling</b> <b>Thursday, 10am - 12pm</b> <b>\$0.50/session</b> Popular year round indoor sport - easy to learn, newcomers always welcome.</p> <p><b>Cribbage</b> <b>Wednesday, 12:30pm – 3:00pm</b> <b>\$2 / session</b> Come try to meet or beat a 28 hand.</p> <p><b>Euchre</b> <b>In Progress –Sign up at front desk if interested</b> Played using a reduced deck of 24 cards, 4 players.</p> <p><b>Golden Gloves Gardening Club</b> Help Plant and tend the seasonal vegetable garden.</p>	<p><b>Mini Concerts</b> Local musicians come together to share their talents.</p> <p><b>Knitting Sisters</b> <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Saturday of the month</b> <b>10am – 12pm</b> Knitting for worthy causes.</p> <p><b>Mah Jong</b> <b>Tuesday &amp; Thursday 9:30am – 12:30pm</b> <b>\$0.05 per game</b> Play this intriguing game based on a traditional Chinese board game.</p> <p><b>McKee Sisters</b> <b>Thursdays, 1:30 – 4pm</b> Social group talks about health, laugh together, share ideas, and enjoy one another's company.</p> <p><b>Poker</b> <b>Friday, 11:30am - 1:30pm</b> <b>In Progress – Sign up at front desk if interested</b></p> <p><b>Puzzles - Anytime</b> All welcome to assemble any of the puzzles.</p> <p><b>Scrabble</b> <b>Tuesday &amp; Friday, 1 - 4pm</b> An old game with new friends.</p> <p><b>Walking Club</b> <b>Tuesday &amp; Friday</b> <b>9 – 11am</b> This fun group departs from and returns to McKee.</p>
---	--