

Facility Schedule
Seniors Week June 6 – June 11, 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---------------------------------|---|--|-----------------------------------|------------------|
| 9am-2:30pm | Mimi's Café | Mimi's Café | Mimi's Café | Mimi's Café | Mimi's Cafe | |
| 7:45am-8:45am | | Core Balance & Strength | | | | |
| 8:30am-9:30am | Fun & Fitness | | | | | |
| 8:45am-9:45am | Stretch & Strength | | | | | |
| 9am-10am | | | Fun & Fitness | | Fun & Fitness | Workout Warriors |
| 9:15am-10:15am | | | Stretch & Strength | | | |
| 9am-11am | | Walking Club | | *Mobile Hearing Clinic | Walking Club | |
| 9am-3pm | | | | | | Table Tennis |
| 9am-4pm | Snooker | Snooker | Snooker | Snooker | Snooker | Snooker |
| 9:30am-11:30am | *Watercolour for Beginners | | | | | |
| 9:30am-12:30pm | | Mah Jong | | Mah Jong | | |
| 10am-11am | M.I.I.T | | | Mobile Hearing Clinic Presentation | | |
| 10am-12pm | <u>Pickleball (Memorial Park)</u> Delta Lifeline | | Pickleball (Memorial Park) <u>ICBC – booth</u> Emergency Preparedness-booth | Carpet Bowling | Pickleball (Memorial Park) | Tap Dance |
| 10am-2pm | Hidden Treasures | Hidden Treasures | Hidden Treasures | <u>Hidden Treasures</u> Physio info booth | Hidden Treasures | |
| 10:15am-11:15am | | | | | Custom Fit | M.I.I.T |
| 10:30am-11:30am | Lifelong Literature | <u>Hatha Yoga</u> Chair Yoga | <u>Custom Fit</u> Zumba Gold | Chair Yoga | Line Dance <u>Intermediate</u> | |
| 10:30am-12pm | Tap Dance | | | | | |
| 11am-3pm | | | | | | Card Seep |
| 11:15am-12:15pm | Line Dance Intermediate | | | | | |
| 11:30am-1:30pm | | | | | Poker | |
| 11:45am-12:45pm | | | Easy Does It | | Line Dance Level 3 | |
| 12pm-1pm | | *Gentle Yoga | | | | |
| 12pm-2pm | | Pickleball Memorial Park | | | | |
| 12:30pm-1:30pm | | | | *Gentle Yoga | | |
| 12:30pm-3pm | <u>Card Seep</u> Canasta | Card Seep | <u>Card Seep</u> Cribbage | Card Seep | Card Seep | |
| 12:30pm-3:30pm | | | | Bingo | | Bingo |
| 1pm-2pm | | *Get Up & Go | | * <u>Get Up & Go</u> Isabel Mackenzie | Line Dance Level 2 | |
| 1pm-4pm | | Scrabble | | | Scrabble | |
| 1:15pm-3:15pm | | | *Minds In Motion | | | |
| 1:15pm-3:45pm | Contract Bridge | | | | | |
| 1:30pm-3pm | | Euchre | | | | |
| 1:30pm-4pm | | Open House Contract Bridge | | McKee Sisters | | |
| 2pm-3pm | | | Ukulele (Beginner) | | Strawberry Tea* | |
| 2pm-5pm | Table Tennis | | | | Line Dance Level 1 | |
| 2:15pm-3:15pm | | | | | *Osteo Fit | |
| 2:30pm-3:30pm | *Osteo Fit | | | | | |
| 3pm-5pm | | McKee Mini Concert | | Pickleball (Memorial Park) | | |
| 3:15pm-4:15pm | | | Ukulele (Intermediate) | Ukulele Concert 3-3:30pm | | |
| 6:15pm-9:30pm | | | Table Tennis | | | |
| 6:15pm-9:45pm | | | Duplicate Bridge | Bhangra Dancing 3:30-4pm | | |
| 6:30pm-9:30pm | | | | | | Contract Bridge |

*Registered Program

All programs are subject to change/for more information, please call McKee Seniors Recreation Centre at 604-946-1411