

McKee Fall 2022

Instructional Programs & Clubs

September 1 – December 31

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






McKee Seniors Recreation Centre
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Instructional Programs and Clubs at McKee

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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. A WEEKLY GUEST PASS is available for guests of members or for those wanting to experience McKee for a limited time. Guest Passes are only valid for Free 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 reasons ONLY, a refund may be pro-rated and proof of medical reason will 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.**

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.

Tuesday: Sep 6 – Dec 20

8:00am – 9:00am *NOTE TIME CHANGE

Cost: Drop-in Punch Card

Instructor: Lynn Cheng



Easy Does It

Location TBA

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.

Time - TBA

Cost: Drop-in Punch Card

Instructor: TBA



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.**

<p>Monday: Sep 12 – Dec 19 8:30am – 9:30 am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Oct 10</i></p>	<p>Wednesday: Sep 7 – Dec 21 9:00am – 10:00 am Cost: Drop-in Punch Card Instructor: Bev Hillman</p>	<p>Friday: Sep 2 – Dec 23 9:00am – 10:00 am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Nov 11</i></p>
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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. **No floor exercises in this class.**

Monday: Sep 12 – Dec 19 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>No class: Oct 10</i>	Saturday: Sep 3 – Dec 17 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>Sep 24 class in Dogwood Room</i> <i>No class: Nov 26</i>
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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. **No floor exercises in this class.**

Monday: Sep 12 – Dec 19 8:45am – 9:45am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>No class: Oct 10</i>	Wednesday: Sep 7 – Dec 21 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Bev Hillman
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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!

Saturday: Sep 3 – Dec 17 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>Sep 24 class in Dogwood Room</i> <i>No class: Nov 26</i>
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Instructional Programs and Clubs at McKee

FITNESS PROGRAMS

Zumba Gold

Pioneer Hall

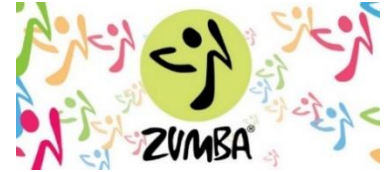
Course Description: Zumba Gold is a fun way to get a cardio workout using Latin dance rhythms like Salsa, Meringue and Cha-Cha. The music is upbeat and the no-impact moves are easy to follow. Be prepared to have a great time while you sweat those calories away!

Wednesday: Sep 7 – Dec 21

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.

Thursday: Sep 1 – Dec 22

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: Sep 6 – Oct 25

10:45am - 11:45am *NOTE TIME CHANGE

Cost:\$35/8 Sessions (*free session on Sep 20*)

Instructor: Carol Lepine



IMPORTANT

Tuesday: Nov 1 – Dec 20

10:45am – 11:45am *NOTE TIME CHANGE

Cost:\$40/8 Sessions

Instructor: Carol Lepine



IMPORTANT

Thursday: Sep 1 – Oct 27

12:30pm – 1:30pm

Cost:\$45/9 Sessions

Instructor: Shigeko Wilson

Thursday: Nov 3 – Dec 22

12:30pm – 1:30pm

Cost:\$40/8 Sessions

Instructor: Shigeko Wilson



Instructional Programs and Clubs at McKee

Hatha Yoga

Pioneer Hall and Hawthorne A&B

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



Tuesday: Sep 6 – Dec 20 9:30am – 10:30am *NOTE TIME CHANGE Pioneer Hall Cost: Drop-in Punch Card Instructor: Carol Lepine		Friday: Sep 2 – Dec 23 8:45am – 9:45am Hawthorne A&B Cost: Drop-in Punch Card Instructor: Carol Lepine No Class: Nov 11	
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CUSTOMIZED PROGRAMS

Meditation

*REGISTERED PROGRAM

Pioneer Hall

Through this practice you will learn to increase your awareness of your breath, producing quietness of the mind, which will allow the heart to open where love and compassion exist within us all. The benefits of this practice reduces stress, increases awareness, increases relaxation, increases focus ability, and strengthens concentration, quietness of the mind, creating peace, harmony and compassion. Chairs and mats are available for this class.

FREE CLASS: September 6th – Sign up at Front Desk

Tuesday: Sep 13 – Oct 25 11:00am – 12:00pm Cost:\$35/7 Sessions Instructor: Ivan Jones	Tuesday: Nov 1 – Dec 20 11:00am – 12:00pm Cost:\$40/8 Sessions Instructor: Ivan Jones
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Custom Fit

Hawthorne A&B

“The Original”! Half of the class in the chair and the other half 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.

Friday: Sep 2 – Dec 23 10:15 – 11:15am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Nov 11</i>
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Instructional Programs and Clubs at McKee

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>Tuesday: Sep 13 – Oct 25 1:00pm – 2:00 pm \$35/7 sessions Instructor: Debbie Cheong -----</p> <p>Tuesday: Nov 1 – Dec 20 1:00pm – 2:00pm \$35/7 sessions Instructor: Debbie Cheong <i>No Class: Nov 15</i></p>	<p>Thursday: Sep 15 – Oct 20 1:00pm – 2:00 pm \$30/6 sessions Instructor: Debbie Cheong -----</p> <p>Thursday: Oct 27 – Dec 22 1:00pm – 2:00pm \$30/6 sessions Instructor: Debbie Cheong <i>No Class: Nov 3, Nov 17, Dec 15</i></p>
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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.

Minds in Motion *REGISTERED PROGRAM

Pioneer Hall

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.



<p>Wednesday: Sep 7 – Oct 19 1:30pm – 3:30 pm \$35/7 sessions - <i>cost includes your partner</i> Instructor: Carol Lepine <i>No Class: Oct 26</i></p>	<p>Wednesday: Nov 2 – Dec 21 1:30pm - 3:30pm \$40/8 sessions Instructor: Carol Lepine</p>
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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

Instructional Programs and Clubs at McKee

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.

Monday: Sep 12 – Oct 31 2:30pm – 3:30pm \$35/7 sessions Instructor: Monica Wong <i>No Class: Oct 10</i>	Monday: Nov 7 – Dec 19 2:30pm – 3:30pm \$35/7 sessions Instructor: Monica Wong
Friday: Sep 2 – Oct 21 2:30pm – 3:30pm \$35/7 sessions Instructor: Monica Wong <i>No Class: Sep 30</i>	Friday: Oct 28 – Dec 23 2:30pm – 3:30pm \$40/8 sessions Instructor: Monica Wong <i>No Class: Nov 11</i>



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.

ART PROGRAMS



Watercolour Painting – Beginners Plus



***REGISTERED PROGRAM**



Dogwood A&B .

NOTE: Art supply list available at time of registration.

This is a follow-up from Beginners Class but all 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.

Monday: Sep 12 – Oct 24 10:00am– 12:00pm \$60/6 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Oct 10</i>		Monday: Oct 31 – Dec 5 10:00am – 12:00pm \$60/6 sessions Supply list at front desk Instructor: Susan Blessin	
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Instructional Programs and Clubs at McKee

Acrylic Art & Watercolour Painting - Intermediate

***REGISTERED PROGRAM**

Dogwood A&B

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

Tuesday: Sep 6 – Oct 25 9:30am – 11:30am \$80/8 sessions Supply list at front desk Instructor: Bill Milloglav	Tuesday: Nov 1 – Dec 20 9:30am – 11:30am \$80/8 sessions Supply list at front desk Instructor: Bill Milloglav
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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 via email, use fonts, symbols etc. Make a pamphlet and insert pictures. Week 4 is Q&A. Then finally let's clean up your computer to make it run better. Learn about C-Cleaner and Malwarebytes, tools to manage 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. Also learn about slide shows.

PLEASE NOTE: These courses are for Windows - not Mac or iPad. There are some loaner computers available if you do not have your own laptop.

<u>BACK TO BASICS</u> Thursday: Sep 15 – Oct 6 10:00am – 12:00pm \$40/4 sessions Instructor: Doug Fraser	<u>PHOTOS</u> Thursday: Oct 20 – Nov 10 10:00am – 12:00pm \$40/4 sessions Instructor: Doug Fraser
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Instructional Programs and Clubs at McKee

DANCE PROGRAMS

LINE DANCE– ALL LEVELS


*REGISTERED PROGRAM

<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>
<p>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!</p> <p><i>Free Sample Class – Sept 16</i> <i>Register at Front Desk</i></p>	<p>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!</p>	<p>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!</p>
<p>Pioneer Hall Friday: Oct 7 – Oct 28 2:15pm – 3:15pm \$20/4 sessions</p> <p style="text-align: center;">-----</p> <p>Friday: Nov 4 – Dec 23 2:15pm – 3:15pm \$35/7 sessions Instructor: Dorothy Russell</p>	<p>Pioneer Hall Friday: Sep 16 – Oct 28 1:00pm – 2:00pm \$25/5 sessions</p> <p style="text-align: center;">-----</p> <p>Friday: Nov 4 – Dec 23 1:00pm – 2:00pm \$35/7 sessions Instructor: Dorothy Russell</p>	<p>Pioneer Hall Friday: Sep 16 – Oct 28 11:45am – 12:45pm \$25/5 sessions</p> <p style="text-align: center;">-----</p> <p>Friday: Nov 4 – Dec 23 11:45am – 12:45pm \$35/7 sessions Instructor: Dorothy Russell</p>
<p><i>No Classes September 23, September 30 and November 11</i></p>		

Line Dance Intermediate

Pioneer Hall

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

<p>Monday: Sep 12 – Dec 19 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No class: October 10</i></p>	 IMPORTANT
<p>Friday: Sep 2 – Dec 23 10:30 – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No class: November 11</i></p>	



Instructional Programs and Clubs at McKee

INSTRUCTIONAL PROGRAMS

*Indicates Registered Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am		Core, Balance & Strength				
8:30-9:30am	Fun & Fitness					
8:45-9:45am	Stretch & Strength				Hatha Yoga	
9:00-10:00am			Fun & Fitness		Fun & Fitness	Workout Warriors
9:30-10:30am		Hatha Yoga				
9:30-11:30am		*Acrylic Art				
10:00-10:50am						
10:00-11:00am	M.I.I.T.					
10:00-12:00pm	*Watercolour for Beginners Plus			*Back to Basics *Photos		
10:15-11:15am			Stretch & Strength		Custom Fit	M.I.I.T.
10:30-11:30am			Zumba Gold	Chair Yoga	Line Dance Intermediate	
11:00-12:00pm		* Meditation				
10:45-11:45am		* Gentle Yoga				
11:30am – 12:30pm	Line Dance Intermediate					
11:45 am – 12:45 pm			Easy Does It		*Line Dance Level 3	
12:30-1:30pm				* Gentle Yoga		
12:45-1:45pm						
1:00-2:00pm		*Get Up & Go		*Get Up & Go	*Line Dance Level 2	
1:30-3:30pm			*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.

September 5 – Labour Day

September 30 – Truth & Reconciliation Day

October 10 – Thanksgiving

November 11 – Remembrance 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>Book Club Last Friday of the month 2:30 - 4:30pm Join a group of avid readers to discuss the monthly book. Monthly book titles can be found at the front desk.</p> <p>Bridge – Partner/Contract Bridge Monday, 1:15 – 3:45pm Tuesday, 1:30 - 4pm Saturday, 6:30 - 9:30pm Join to have some have fun. We can help you find a partner. Bring a partner!</p> <p>Bridge – Duplicate Wednesday, 6:15 - 9:45pm For those who enjoy the challenge of duplicate bridge.</p> <p>Euchre Tuesday, 1:30pm – 3:00pm Played using a reduced desk of 24 cards, 4 players.</p> <p>Pickleball – *Club Membership Required Monday, Wednesday, Friday - 10am – 12pm Thursday, 12:00pm – 2:00pm Pickleball is a fun and friendly outdoor racquet sport.</p>	<p>Snooker - *Club Membership Required Monday to Friday 9am - 4pm Saturday, 9:30am - 3:30pm Snooker table open for play.</p> <p>Table Tennis - *Club Membership Required Monday, 2:00 - 5pm Wednesday, 6:15pm- 9:30pm Saturday, 9am – 3pm Two tables are set-up. Paddles, balls, and nets provided. Your agility, fitness & strategy will improve with play.</p> <p>Tap Dance Monday, 10:30am - 12pm Saturday, 10 – 12pm Join others who share the love for tap dancing! Work on routines together and make new friends!</p> <p>Ukulele - *Club Membership Required Monday, 12:30pm -2:00pm (beginners) Wednesday, 2:00pm – 4:15pm (intermediate) Come and try out the latest rage in music. Bring your own ukulele.</p>
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*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>Bingo Thursday, 12:30 – 3:30pm Saturday, 12:30 – 3:30pm \$0.05/card, plus \$1.00 admission fee All members welcome.</p> <p>Canasta Monday 12:30 - 3:00pm Wednesday 12:30 - 3:00pm Join charm and competitiveness of friendly card games!</p> <p>Card Seep Monday to Friday, 12:30 – 3:00pm Saturday, 11:00am – 3:00pm</p> <p>Carpet Bowling Thursday, 10:00am – 12:00pm \$0.50/session Popular year round indoor sport - easy to learn, newcomers always welcome.</p> <p>Cribbage Wednesday, 12:30pm – 3:00pm \$2 / session Come try to meet or beat a 28 hand.</p> <p>Euchre Tuesday, 1:30pm – 3:00pm Played using a reduced deck of 24 cards, 4 players.</p> <p>Golden Gloves Gardening Club Help Plant and tend the seasonal vegetable garden.</p>	<p>Mini Concerts Local musicians come together to share their talents. Watch newsletter for details.</p> <p>Knitting Sisters 1st & 3rd Saturday of the month 10:00am – 12:00pm Knitting for worthy causes.</p> <p>Mah Jong Tuesday & Thursday 9:30am – 12:30pm \$0.05 per game Play this intriguing game based on a traditional Chinese board game.</p> <p>McKee Sisters Thursdays, 1:30 – 4:00pm Social group talks about health, laugh together, share ideas, and enjoy one another's company.</p> <p>Poker Friday, 11:30am - 1:30pm In Progress – Sign up at front desk if interested</p> <p>Puzzles - Anytime All welcome to assemble any of the puzzles.</p> <p>Scrabble Tuesday & Friday, 1:00 – 4:00pm An old game with new friends.</p> <p>Walking Club Tuesday & Friday 9:00 – 11:00am This fun group departs from and returns to McKee.</p>
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