

Delta

November
2022



KEENOTES

MCKEE SENIORS RECREATION CENTRE

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

frontdesk@mckeesociety.com



CUSTOMER SERVICE OFFICE HOURS

Mon - Fri 9am - 4pm
Sat 9am - 12:30pm

**McKee will be Closed for
Remembrance Day
Friday, November 11
Lest We Forget**

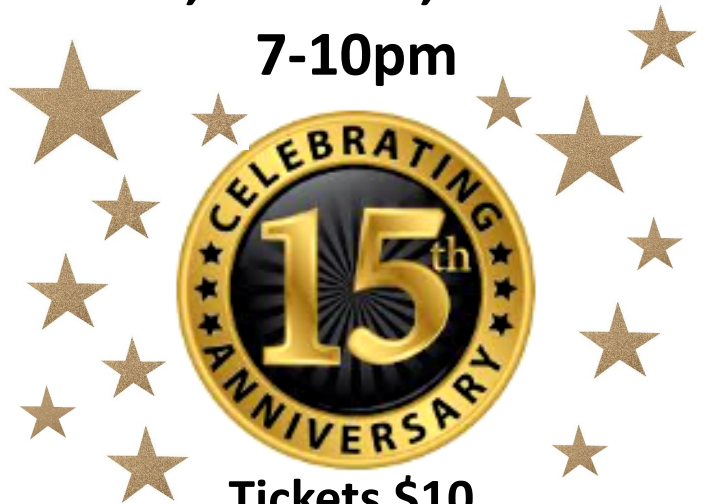
Have a question, suggestion or comment for the monthly newsletter? We'd like to hear from you—please contact us at mckee@delta.ca

MCKEE SENIORS
RECREATION CENTRE
Recreation for 50+

McKee Seniors Society's Anniversary Gala Celebration

Sat, Nov 19, 2022

7-10pm



Tickets \$10

Celebrate 15 years of McKee Seniors Recreation Centre! Enjoy 50s and 60s music from *Cut 'n Dried*, appetizers, beverages and dancing. Dress up for the occasion! This event is open to all 50+ members of the public.

Limited tickets available, get yours today at McKee Customer Service Desk.

Cash Bar available: Beer & Wine

McKee House Seniors Society is co-sponsored with the City of Delta for this event.

News From Your Board

Hello McKee members,

McKee House Seniors Society Annual General meeting was held September 24, 2022. All candidates for the Board were elected by acclamation. The results were as follows:

- * Mae Quon-Forsythe, President
- * Fran Schiffner, Vice-President
- * Jack MacDonald, Treasurer
- * Kathy Ross, Secretary
- * Linda Lanoway, Director at Large
- * Chris Carter, Director at Large

The McKee Board of Directors were able to meet with DSS graduate, Arshdeep Pannu, who was the McKee House Seniors Society Scholarship award winner! Arshdeep has goals of becoming a lawyer in the future and is grateful for this award.

Unfortunately, Chris Carter has since chosen to resign from his Board position due to personal reasons. We thank Chris for his brief time on the Board and wish him well in his future endeavours.

As you can see the make-up of the Board is sparse and we continue to encourage anyone that may be interested in participating in the planning of the many activities and programs of McKee House to join us. Let the front desk know if you are interested in volunteering in any capacity.

The Board requested and received a very generous sponsorship from the City of Delta for our delayed 15th Anniversary Celebration. Thanks to this we are planning a Gala event on November 19, 2022! Tickets are currently on sale for this event and more details are available in the newsletter as well as posters throughout the building.

Other social events that will be happening next month are the Delta Music Makers, December 4, and Holiday Luncheon December 15. Stay tuned for more details.

Mae Quon-Forsythe
President

McKee House Seniors Society Scholarship award winner, Arshdeep Pannu.



BACK ROW: Jack MacDonald, Carol Page, Fran Schiffner, Kathy Ross, & Chris Carter.

FRONT ROW: Mae Quon-Forsythe, Arshdeep Pannu & Linda Lanoway.



McKee Board of Directors

Mae Forsythe	President
Fran Schiffner	Vice President
Jack MacDonald	Treasurer
Kathy Ross	Secretary
Carol Page	Director at Large
Linda Lanoway	Director at Large
Vacant	Director at Large
Vacant	Director at Large
Vacant	Director at Large
Vacant	Director at Large

City of Delta

Hello McKee members,

Here we are in November. What a run of amazing weather we have had the past few months. With the warmer days of autumn now behind us we are now getting ready for some cooler days. When it's cold, it's best to wear a hat, mittens and remember to keep your face and neck warm too. Layers are good along with waterproof footwear to help keep us toasty! Also the City of Delta has organized the Snow Angel program for those that are not able to shovel their walkway or sidewalk. More details on this program are on page 9.

There are lots of activities planned for the upcoming months. Together with your Board of Directors we are working on a variety of activities, but need your help. There are a lot of vacancies on the board and as you are aware board recruitment and retention is the key to a successful board. Please stop by McKee and pick up a description of the variety of roles that are needing your support.

This month we have the 15 Year Anniversary Gala, very exciting to have an evening event and celebrate all the accomplishments that the Society has made towards the community. There is also the first Holiday Craft Fair too. Keep in mind that we will also get an extra hour of rest this month as Daylight Savings Time ends on Sunday, November 6, 2022, at 2:00 am. Since the time changes at 2:00 am., we generally change our clocks before bed on Saturday.

Stop by McKee and join in on the variety of programs, there is something for everyone and we are always looking for suggestions for new programming. Being active gives us a physical and mental boost for the day.

Lisa Porter
Acting Seniors Community Services Supervisor

City of Delta Staff

Seniors Centre Coordinator	Lisa Porter
Volunteer Coordinator	Dani Mageau
Clerk	Ravi Dhaliwal
Facility Operations Supervisor	Carson McCrum
Building Service Workers	Mike, Blaine, Don, Haiden, Cali, Luke, Gurpinder.



Remembrance Day Ceremony
Friday, November 11
10:15am Parade/10:45 Ceremony
Memorial Park
5010 47 Ave, Delta, BC



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. The City of Delta provides transportation service to local clinics. 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: Bev & Lynn
Drivers: Bev, Cal, Chris, Dwight, Gary, George, Karen, Lynn & Pankaj

Wellness

November is Falls Prevention Awareness Month Winter Safety Tips

Common Causes of Winter Falls:

Hypothermia: Older adults are particularly susceptible to hypothermia which can lead to dizziness, confusion, shallow breathing and a slow or irregular heartbeat, resulting in an increased risk of falling.

Sub-optimal vitamin D status: The reduced number of sunlight hours in winter can lead to lower vitamin D levels that reduce the muscle and bone strength necessary to deal with tougher walking conditions and minimize the chance of injury after a fall.

Bringing winter risks indoors: Winter boots can track snow indoors where it melts and can lead to a fall.

Reduced sense of touch: Age-related conditions such as poor circulation, arthritis and diabetes can cause a decreased sense of touch that can interfere with the ability to “feel” ground conditions through winter boots.

Vision problems: Visual acuity diminishes with age and older adults have more difficulty distinguishing hazardous patches of snowy or icy ground that can appear to be nothing more than varying shades of white and grey. In addition, average light levels are lower in the colder months, further impeding the ability to see risks and negotiate them safely.

Winter Safety Tips You Should Know:

To reduce the chance of falling in winter, at-risk patients should take the following steps:

Get traction: The best defence against falling when it’s snowy and icy outside is to wear boots that provide a good grip on the ground.

Stay fit and active: When it’s cold outside, it’s tempting to stay indoors and hibernate. However, an older person’s inactivity can lead to a loss of muscle strength that may lead to a fall.

Eat well: Eating well-balanced, nutritious meals and foods rich in Vitamin D and calcium will help prevent dry, tight skin and minimize loss of bone density.

Prevent hypothermia: Dress warmly in layers when outdoors and be sure to stay hydrated to help blood circulation reach extremities.

Be aware: Older adults should avoid rushing and watch for hazards such as icy patches and uneven snow.

Adapted from the Lifeline Canada website. For more information, please contact Eva (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



Volunteer

Volunteer Shout Outs!

Lin is one of our Café volunteers who has gone above and beyond to help support Mimi's Café. She has been a tremendous help to Michelle in the kitchen upon getting her Food Safe Certificate. Thank you Lin for all your hard work and dedication to McKee!



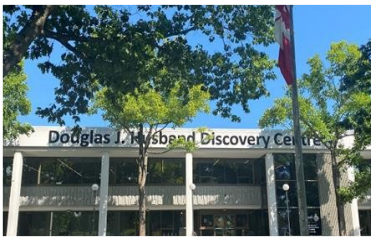
Maureen is one of our special event volunteers where her day to day hard work does not go unnoticed.

Maureen consistently goes the extra mile when planning, organizing and helping run all of the wonderful McKee events. Thank you for giving McKee members the opportunity to participate in social events throughout the year, you are greatly appreciated!



Travel

Douglas J. Husband Discovery Centre & Pat Quinns



Mon, Nov 21 10:30am-3pm

Cost: \$5

Tickets go on sale Fri, Oct 21

Lunch: Order off the menu

Come join us on an adventure to the Discovery Centre followed by lunch at Pat Quinns in Tsawwassen.

The bus will leave McKee for the Douglas J. Husband Discovery Centre at 10:30am. The centre features authentic objects, digital experiences and fascinating stories about Delta's history.

The bus will depart the Douglas J. Husband Discovery Centre for Pat Quinns at 12:15pm and then board the bus at 2:30pm for a return to McKee at approximately 3pm.

Lunch and gratuity are not included in the price of the trip. For more information and to purchase a ticket see the customer service desk.

Please give a warm welcome to our newest volunteers; WELCOME to the team:

Betty-Lou	Kelvin
Chris	Maureen
Darlene	Rob
Harbans	Sam
Kashmir	William
	Yvonne



McKee Seniors Recreation Centre Christmas Craft Fair

**Saturday, November 26
10am-4pm**

35 vendors with fabulous gift ideas for Christmas: Jewelry, Woodworking, Textiles, Greeting Cards, Christmas Décor and more!

Admission by donation
Non-perishable items for the South Delta Food Bank will be gratefully accepted.

Bring cash for purchases.

Mimi's Café open 10am-2pm

McKee Workshops

Lifelong Literature

Mon, Nov 14 & 28 **10:30am**

Join FVRL staff member in the McKee Lounge for short story reading and a discussion about the authors and stories read! Everyone Welcome! Sign up recommended at Customer Service.



Acting as an Attorney or Representative Under a Planning Document

Webinar Host: Peoples Law School

Tue, Nov 15 **12pm**

Learn what you need to know to carry out your responsibilities, how to best support your loved ones and how to navigate often conflicting input from others. This will be an online presentation here at McKee Seniors Recreation Centre.

Coffee with a Cop

Wed, Nov 16 **10am**

Cst. Young from Delta Police will be stopping by the McKee Lounge to have coffee and visit with our community.



Circle of Friends

Wed, Nov 16 & Dec 7 **11am**

Join Eva, Delta's 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.

BC Alzheimer's Society - Healthy Brain

Wed, Nov 16 **12:30pm**

Sign up today for the Free Workshop "An introduction to Brain Health" led by Alzheimer Society of B.C. It's never too soon or too late to make changes. Learn strategies to maintain or improve your brain health. Sign up at Customer Service!

Road Safety for Seniors at McKee

Wed, Nov 23 **10am**

Cost: Free

Road Safety for Seniors. We'll be joined by Driver Licence Examiner Carmen L.

Join us for a Road Safety for Seniors presentation. We'll discuss how to remain a safe driver for as long as possible and learn lots about the Enhanced Road Assessment process as well as some tips and tricks to assist you if you're requested to have an enhanced road assessment. Additionally, we'll discuss the road rules for navigating our roads including locations with traffic circles and the signs and light sequences you see when you're on the road.

Sign up recommended at Customer Service.

Christmas Craft Workshop

Fri, Dec 2 **1:30 – 3:30pm**

Members \$12/Guests \$15

We're so excited to have Holly share her creative talents with us again this year. We will be making a decorative wooden door hanger using Christmas greenery, ribbons and carrying a festive



message. In 2 hours you will have a lovely door hanger for your own home or for gifting. All supplies are included, but please bring a glue gun (if you have one), and a ruler. Light refreshments and Christmas music are also provided. Please register at the Customer Service Desk by Friday, Nov 25.

**Wisdom... comes
not from age, but
from education
and learning.**

McKee Activities

Jammers are Back!
Tue, Nov 8 & 22 3pm
Dec 13



The 2nd and 4th Tuesday of the month

Jammers is more than a jam. It's a concert!
Come listen, sing along, dance.
Coffee and treats served at intermission for \$1.
Admission \$1 - goes towards 50/50 ticket.

Must have a current McKee membership / join us for live music and good times.

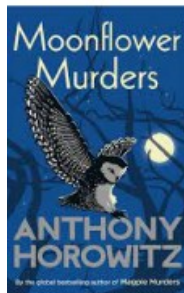
Foot Care Nurse
Fri, Nov 18 9:30am-4pm

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



McKee Book Club
Fri, Nov 30 2:30pm

Book name: Moonflower Murders
Author: Anthony Horowitz



Limited quantities are available at the Pioneer Library for McKee members.

Delta Music Makers
Sun, Dec 4

Wine & Cheese
Stay tuned for more information!



Christmas Luncheon
Thu, Dec 15



We are so pleased to announce that our Christmas Luncheon social event is coming back! The details are still being finalized, but we thought you'd like to save the date – Thu Dec 15 – for this annual and very popular party. Stay tuned for more information to come.

Free Movie
Fridays, 11:30am



Join us for a free movie every Friday at 11:30am in the Lounge.

*Movie details available at McKee.

Euchre
Tues 1:30-3pm



Interested in playing cards?
You are welcome to join. Great way to stay active and meet new people!
Sign up at Customer Service!

Bingo
Thu & Sat 12:30-3:30pm

\$0.05/card, plus \$1.00 admission fee
Everyone Welcome!



Expression of Interest
Diner's Club & Convenor

Are you interested in going out for lunch or dinner with other members?
Sign up at the customer service desk!



The society is looking for someone interested in being the convenor of the Diners Club!
If you are interested please speak with either Fran or Dani.



McKee Walking Club all set for their morning walk.

McKee

Fright Fest

Thank you everyone who donated their time and candy to support the City of Delta and the McKee House Seniors Society with Fright Fest this past month. The McKee House Society's involvement in this annual event, a special shout out to the Special Events Team who packaged over 750 bags of treats! The night was a great success!



Volunteer First Aid & AED Workshop



McKee volunteers were invited to attend a First Aid & AED workshop in October. Thank you to all those that attended, it was a great session. We look forward to hosting more events in the future. If you are not yet a McKee volunteer, and would like more information please see the front desk or speak with Debbie or Dani.

In the Community

Do you need a Snow Angel?

The application period is October 17-November 14.

The service is available to Delta residents 65+ who have physical limitations and do not have others in their household or nearby who are able to assist with shoveling their walking or sidewalk; residents 70+ with physical limitations will receive first priority. Snow Angel availability is limited. Snow Angels are assigned on a priority basis.

Call 604-952-3000 for more information and/or to apply for the program.

Call for Snow Angel Volunteers

Snow Angel Volunteers help seniors who are unable to shovel their walkway/sidewalk. To learn more about volunteer requirements call 604-946-3288 or visit Delta.ca/snowangels.



Senior Health Fair at Ladner United Church Sat, Nov 19 9am-3pm

The Delta Division of Family Practice, in collaboration with community partners Ladner United Church, Deltassist, Fraser Health, Delta Seniors Planning Team and the City of Delta invite residents to participate in the Transition Years and Healthy Living: Resource and Information Fair. The goal of the event is to help support seniors and their families to become more informed and proactive in their own health care by providing information on local resources and supports available in their area.

Ladner United Church
4960 48th Avenue
Delta, BC

HERITAGE HIGHLIGHTS



2022-050-003. Courtesy of the Delta Heritage Society.

This 1970s aerial photograph depicts Dennis Elsom's gravel pit in North Delta which was later developed into the Sunstone neighbourhood, with Sunstone Park at the centre of the development. This photo demonstrates the vast change that has occurred in North Delta's landscape. Visit the Archives at the Discovery Centre for more information.

Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

FALL EVENTS

HOSTED BY THE
DOUGLAS J. HUSBAND
DISCOVERY CENTRE

4450 CLARENCE TAYLOR CRESCENT, DELTA, BC, V4K 3W3
DJHDC@delta.ca / 604-952-3836

November

Indoor Growing with West Coast Seeds

Sun, Nov 6 1-2pm 8yrs+

Fraser River Talk with John Horton

Sun, Nov 20 3-5pm 12yrs+

Clubs at McKee

All Attendees must have a current McKee membership card.

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

<u>MONDAY</u> Snooker Pickleball (Memorial Park) Tap Dance Ukulele (Beginner) Card Seep Canasta Contract Bridge Table Tennis	9am-4pm 10am-12pm 10:30am-12pm 12:30-2pm 12:30-3pm 12:30-3pm 1:00-3:45pm 2-5pm		<u>THURSDAY</u> Snooker Mah Jong Carpet Bowling Card Seep Bingo McKee Sisters Pickleball (Memorial Park)	9am-4pm 9:30am-12:30pm 10am-12pm 12:30-3pm 12:30-3:30pm 1:30-4pm 12-2pm
<u>TUESDAY</u> Walking Club Snooker Mah Jong Pickleball (Memorial Park) Card Seep Scrabble Euchre Contract Bridge Jammers 2nd & 4th Tuesday	9am 9am-4pm 9:30am-12:30pm 12-2pm 12:30-3pm 1-4pm 1:30-3:30pm 1:30-4pm 3-5:30pm		<u>FRIDAY</u> Walking Club Snooker Pickleball (Memorial Park) Movie Time Card Seep Scrabble Book Club (last Friday)	9am 9am-4pm 10am-12pm 11:30am-1:30pm 12:30-3pm 1-4pm 2:30-4:30pm
<u>WEDNESDAY</u> Snooker Pickleball (Memorial Park) Card Seep Cribbage Ukulele (Intermediate) Duplicate Bridge	9am-4pm 10am-12pm 12:30-3pm 12:30-3pm 3:15-4:15pm 6:15-9:45pm		<u>SATURDAY</u> Table Tennis Snooker Knitting Sisters (<i>1st & 3rd</i>) Tap Dance Card Seep Bingo Contract Bridge	9am-3pm 9:30am-3:30pm 10am-12pm 10am-12pm 11am-3pm 12:30-3:30pm 6:30-9:30pm

McKee Guest Pass

Visiting in the area? Want to get a flavour of McKee?

The McKee Guest Pass is good for one week from date of purchase and can be purchased at the front desk for \$10.00 each. This includes participation in clubs, however not registered classes. Please inquire at the front desk.

Please remember to bring your McKee Membership card each time you come into 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
8:00-9:00am		Core, Balance & Strength				
8:30-9:30am	Fun & Fitness					
8:45-9:45am	Stretch & Strength				Hatha Yoga	
9-10am			Fun & Fitness		Fun & Fitness	Workout Warriors
9:30-10:30am		Hatha Yoga				
9:30-11:30am		*Acrylic Art & Watercolour (Intermediate)				
10-11am	M.I.I.T.					
10am-12pm	*Watercolour Painting (Beginners)			*Back to Basics		
10:15-11:15am			Stretch & Strength		Custom Fit	M.I.I.T.
10:30-11:30am			Zumba Gold	Chair Yoga	Line Dance Intermediate	
10:45-11:45am		*Gentle Yoga				
11am-12pm		*Meditation				
11:15am-12:15pm	Line Dance Intermediate					
11:45am-12:45pm					Line Dance* Level 3	
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. McKee is closed on the following dates:




Fri, Nov 11, Remembrance Day
Closed for Christmas Sun Dec 25-Tue Dec 27

*Registered Program

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



November, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Movie Matinee 11:30am	5	
6 Time to fall back Remember to set your clocks back one hour. 	7	8 Jammers 3pm	9	10	11 Remembrance Day! McKee Closed	12
13	14 Workshop Lifelong Literature 10:30am	15 Workshop Acting as an Attorney or Representative Under a Planning Document	16 Workshops Healthy Brain, <u>BC Alzheimer Society</u> <u>Circle of Friends</u> Coffee with a Cop	17	18 <u>Foot Care</u> Movie Matinee	19 McKee 15 year Anniversary Party!
20	21 Day Trippers Discovery Centre & Lunch Pat Quinns	22 Jammers 3pm	23 Workshop Road Safety for sen- iors 10am	24	25 <u>Movie Matinee</u> <u>11:30am</u> Book Club 2:30pm	26 McKee Holiday Craft Fair
27	28 Workshop Lifelong Literature 10:30am	29	30			

UPCOMING EVENTS



- Dec 4 Delta Music Makers
- Dec 13 Jammers
- Dec 15 McKee Christmas Luncheon
- Dec 21 Circle of Friends with Eva
- Dec 21 Coffee with a Cop
- Dec 25-27 McKee Closed



**Stop by Mimi's Café inside McKee Seniors
Recreation Centre! Open to the Public!**
Mon – Fri, 9am – 2pm

Debit and Credit accepted
Follow us for updates on Facebook and on Instagram
[@mimiscafe2022](#)

