

McKee Spring 2023 Programs & Clubs April 3 – June 30

A Valid 2023 McKee Membership is required for all Programs and Clubs



EMAIL ADDRESS
frontdesk@mckeesociety.com

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

Instructional Programs and Clubs at McKee

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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. AN OBSERVATION PASS is available which allows for the observation only of three different classes on a one-time basis for those considering joining McKee.

Program Costs:

Drop-in clients must purchase a punch card for \$45 for 10 sessions, \$85 for 20 sessions or \$120.00 for 30 sessions. These punch cards have no expiry date and 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.

Refund Policy:

Refunds will only be considered for members in good standing according to our Refund Policy. Refunds will automatically be issued to registered program participants if a session has been cancelled by McKee. Any other request for refund, including for medical reasons, must be accompanied by a Refund Request Application which will include proof of medical reason. All refunds, including those for cancelled classes, will be available for 60 days from the date of issue, after which time any outstanding refund will be forfeited.

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:

HEALTH & SAFETY

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.

ONLINE

- Visit the McKee Seniors Recreation Centre Facebook Page for program and activity updates

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

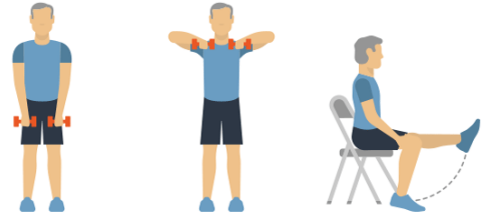
A functional class that will focus on more core work on the floor and standing to improve balance to prevent falls. No cardio will allow more time to build strength through the use of dumbbells, bands, gliders and assorted equipment.

Tuesday: April 4 – Jun 27

8:00am – 9:00am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng



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: Apr 3 – Jun 26
8:30am – 9:30am
Cost: Drop-in Punch Card
Instructor: Lynn Cheng
No class: April 10 & May 22

Wednesday: Apr 5 – Jun 28
9:00am – 10:00 am
Cost: Drop-in Punch Card
Instructor: Bev Hillman
No class: April 19

Friday: Apr 14 – Jun 30
9:00am – 10:00 am
Cost: Drop-in Punch Card
Instructor: Lynn Cheng

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 to keep yourself fit and active. **No floor exercises in this class.**

Monday: Apr 3 – Jun 26
10:00am – 11:00am
Cost: Drop-in Punch Card
Instructor: Charlaune Badock
No class: April 10 & May 22

Saturday: Apr 8 – Jun 24
10:15am – 11:15am
Cost: Drop-in Punch Card
Instructor: Charlaune Badock
No class: April 22

Instructional Programs and Clubs at McKee

FITNESS PROGRAMS



Muscle Max

Pioneer Hall

All levels welcome. An energetic one hour class designed to work all the muscle groups to the max using assorted equipment and includes core work. This class starts with a warm-up and finishes with stretches and relaxation.

Tuesday: Apr 4 – Jun 27

6:15pm – 7:15pm

Cost: Drop-in Punch Card

Instructor: Michele Davie

Thursday: Apr 6 – Jun 29

5:30pm – 6:30pm

Cost: Drop-in Punch Card

Instructor: Michele Davie

Stretch & Strength - *See room locations

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: Apr 3 – Jun 26

8:45am – 9:45am – Hawthorne A&B*

Cost: Drop-in Punch Card

Instructor: Charlaine Badock

No class: Apr 10 & May 22

Wednesday: Apr 5 – Jun 28

10:15am – 11:15am - Hawthorne A&B*

Cost: Drop-in Punch Card

Instructor: Bev Hillman

No class: Apr 19

Saturday: Apr 8 – Jun 24

9:00am – 10:00am – Pioneer Hall*

Cost: Drop-in Punch Card

Instructor: Charlaine Badock

No class: April 22

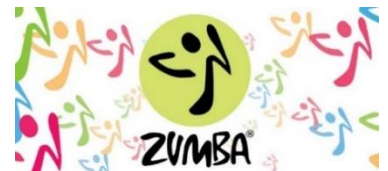


Zumba Gold – *Temporarily Postponed*

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!

***Temporarily
Postponed***



Instructional Programs and Clubs at McKee

YOGA PROGRAMS

Chair Yoga

Hawthorne A&B

Gain confidence and increase mobility while performing gentle yoga postures while seated in a chair, or using a chair as a prop for support. Individuals who are dealing with joint issues or age-related health conditions can benefit from this soothing class that does not include any mat work. .

Thursday: Apr 6 – Jun 29

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Monica Wong



Gentle Yoga

*** REGISTERED PROGRAM**

****See Room Locations***

Learn basic yoga, breathing and relaxation techniques while improving balance and joint mobility in a safe and supportive environment. A chair and other props are incorporated for support and to aid body positioning during seated and standing postures, while some mat work will usually be offered to finish the class. Modifications are provided as needed.

Tuesday: Apr 4 – May 16

11:00am - 12:00pm – Pioneer Hall*

Cost:\$35/7 Sessions

Instructor: Carol Lepine

Tuesday: May 23 – Jun 27

11:00am – 12:00pm – Pioneer Hall*

Cost:\$30/6 Sessions

Instructor: Carol Lepine

Thursday: Apr 6 – May 18

12:30pm – 1:30pm – Dogwood A&B*

Cost:\$35/7 Sessions

Instructor: Shigeko Wilson

Thursday: May 25 – June 29

12:30pm – 1:30pm – Dogwood A&B*

Cost:\$30/6 Sessions

Instructor: Shigeko Wilson

Yoga Flow - **See Room locations*

Flow through sun salutations and other seated and standing yoga postures to improve balance, strength and flexibility while closing the class with relaxation techniques. The ability to move up and down from the floor and some previous yoga experience is recommended.

Tuesday: Apr 4 – Jun 27

9:30am – 10:30am

Pioneer Hall *

Cost: Drop-in Punch Card

Instructor: Carol Lepine

Friday: Apr 14 – Jun 30

8:45am – 9:45am

Hawthorne A&B *

Cost: Drop-in Punch Card

Instructor: Carol Lepine



Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Meditation

***REGISTERED PROGRAM**

Hawthorne A&B

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.

Tuesday: Apr 4 – May 16

11:00am – 12:00pm

Cost:\$35/7 Sessions

Instructor: Ivan Jones

Tuesday: May 23 – Jun 27

11:00am – 12:00pm

Cost:\$30/6 Sessions

Instructor: Ivan Jones

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: Apr 14 – Jun 30

10:15 – 11:15am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng



Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

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.

Tuesday: Apr 4 – May 16 1:00pm – 2:00 pm \$35/7 sessions Instructor: Debbie Cheong ----- Tuesday: Jun 6 – Jun 27 1:00pm – 2:00pm \$20/4 sessions Instructor: Debbie Cheong	Thursday: Apr 6 – May 18 1:00pm – 2:00 pm \$35/7 sessions Instructor: Debbie Cheong ----- Thursday: Jun 8 – Jun 29 1:00pm – 2:00pm \$20/4 sessions Instructor: Debbie Cheong
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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.



Wednesday: Apr 5 – May 17 1:30pm – 3:30 pm \$30/6 sessions – <i>cost includes your partner</i> Instructor: Carol Lepine No class: Apr 19	Wednesday: May 24 – Jun 28 1:30pm – 3:30pm \$30/6 sessions Instructor: Carol Lepine
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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 24 people plus staff facilitating the program

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

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: Apr 3 – May 15 2:30pm – 3:30pm \$30/6 sessions Instructor: Monica Wong <i>No class: Apr 10</i>	Monday: May 29 – Jun 26 2:30pm – 3:30pm \$25/5 sessions Instructor: Monica Wong
Friday: Apr 14 – May 19 2:30pm – 3:30pm \$30/6 sessions Instructor: Monica Wong	Friday: May 26 – Jun 30 2:30pm – 3:30pm \$30/6 sessions Instructor: 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.

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: Apr 3 – May 15 10:30am– 12:30pm \$60/6 sessions Supply list at front desk Instructor: Susan Blessin <i>No class: Apr 10</i>	Monday: May 29 – Jun 26 10:30am – 12:30pm \$50/5 sessions Supply list at front desk Instructor: Susan Blessin
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ART PROGRAMS



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: Apr 4 – May 30

9:30am – 11:30am

\$90/9 sessions

Supply list at front desk

Instructor: Bill Milloglav



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>
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!
Pioneer Hall Friday: Apr 14 – May 19 2:15pm – 3:15pm \$30/6 sessions ----- Friday: May 26 – Jun 30 2:15pm – 3:15pm \$25/5 sessions Instructor: Dorothy Russell <i>No class: Jun 9</i>	Pioneer Hall Friday: Apr 14 – May 19 1:00pm – 2:00pm \$30/6 sessions ----- Friday: May 26 – Jun 30 1:00pm – 2:00pm \$25/5 sessions Instructor: Dorothy Russell <i>No class: Jun 9</i>	Pioneer Hall Friday: Apr 14 – May 19 11:45am – 12:45pm \$30/6 sessions ----- Friday: May 26 – Jun 30 11:45am – 12:45pm \$25/5 sessions Instructor: Dorothy Russell <i>No class: Jun 9</i>

Line Dance Intermediate

Pioneer Hall

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

Monday: Apr 3 – Jun 26 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No class: Apr 10 & May 22</i>	Friday: Apr 14 – Jun 30 10:30 – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Jun 9</i>
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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				Yoga Flow	
9:00-10:00am			Fun & Fitness		Fun & Fitness	Stretch & Strength
9:30-10:30am		Yoga Flow				
9:30-11:30am		*Acrylic Art				
10:00-11:00am	M.I.I.T.					
10:15-11:15am			Stretch & Strength		Custom Fit	M.I.I.T.
10:30-11:30am				Chair Yoga	Line Dance Intermediate	
10:30-12:30pm	*Watercolour for Beginners Plus					
11:00-12:00pm		* Meditation * Gentle Yoga				
11:30am – 12:30pm	Line Dance Intermediate					
11:45 am – 12:45 pm					*Line Dance Level 3	
12:30-1:30pm				* Gentle Yoga		
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	
5:30-6:30pm				Muscle Max		
6:15-7:15pm		Muscle Max				

There will be no programs on statutory holidays.

April 7 – Good Friday

April 10 – Easter Monday

May 22 – Victoria 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 2:30pm - 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, 1:15pm – 3:45pm Tuesday, 1:30pm – 4:00pm Saturday, 6:30pm - 9:30pm Join to have some have fun. We can help you find a partner. Bring a partner!</p> <p>Bridge – Duplicate Wednesday, 6:15pm - 9:45pm For those who enjoy the challenge of duplicate bridge.</p> <p>Pickleball – *Club Membership Required Monday, Wednesday, Friday–10:00am – 12:00pm Tuesday, Thursday, 12:00pm – 2:00pm Pickleball is a fun and friendly outdoor racquet sport.</p>	<p>Snooker - *Club Membership Required Monday to Friday 9:00am – 4:00pm Saturday, 9:30am - 3:30pm Snooker table open for play.</p> <p>Table Tennis - *Club Membership Required Monday, 2:00pm – 5:00pm Thursday, 2:00pm – 5:00pm Saturday, 9:00am – 3:00pm 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 – 12:00pm Saturday, 10:00am – 12:00pm 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



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>Art Connection Wednesday, 12:00pm – 1:30pm Come work on your latest oil, acrylic or watercolour project. Need to bring your own supplies and clean up your work station before leaving.</p> <p>Bingo Thursday, 12:30pm – 3:30pm Saturday, 12:30pm – 3:30pm \$0.05/card, plus \$1.00 admission fee All members welcome.</p> <p>Canasta Monday 12:30pm - 3:00pm Join charm and competitiveness of friendly card games!</p> <p>Card Seep Monday to Friday, 12:30pm – 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 – 3:30pm 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>Jammers 2nd & 4th Tuesday of the month 3:00pm – 5:15 pm Local musicians come together to share their talents.</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 Thursday, 1:30pm – 4:00pm Social group talks about health, laugh together, share ideas, and enjoy one another's company.</p> <p>Puzzles - Anytime All welcome to assemble any of the puzzles.</p> <p>Scrabble Tuesday, 1:00pm-4:00pm & Friday, 1:30–4:00pm An old game with new friends.</p> <p>Walking Club Tuesday & Friday 9:00am – 10:00am This fun group departs from and returns to McKee.</p>
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