

Delta June 2023

*Fostering & Promoting Leisure
Activities for Adults 50+*

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 Seniors Recreation centre is now on Facebook

Follow us @ www.mckeesociety.com for hours of operation, events, activities, workshops and updates.



**Follow us on
facebook**

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+



- ➔ **INFORMATION BOOTHS!**
- ➔ **STRAWBERRY TEA!**
- ➔ **CAFÉ DRAWS**
- ➔ **MUSIC PERFORMANCES**
- ➔ **FREE WORKSHOPS!**
- ➔ **DAILY PRIZE DRAWS & MORE!**
- ➔ **...see page 8 for more details**



McKee Society

Hello Members,

June is upon us and with it comes the warmth and sunshine of summer. Members will have noticed that there have been some changes in and around McKee House over the past couple of months. Members will now be able to enjoy the sunshine on the patio outside of the Cafe. It has been power washed so it is sparkling clean and the new patio furniture is awaiting those who wish to enjoy the hospitality and good food of Mr Mom's, outside, on a beautiful day.

As you read this, the final touches will have taken place on the replacement of the lounge furniture. I am happy to say that all of the old furniture found new homes with McKee members and members of the general public, and none went to the landfill. There are now new couches, chairs, side tables and accent items throughout the lounge. A big hat's off to Fran and Debbie, and everyone else, involved in the project.

Events of note that have recently occurred and should be commented on are the Shredding Event held in mid-April. It was the most financially successful shredding event ever held by McKee. The funds will go a long way to helping McKee provide the services and events that make it a wonderful place to be. The weather cooperated until the last few minutes when we had to turn away the last few donations. We didn't want to turn people away but the shredding truck was completely full and couldn't take another boxful. Our thanks to those who volunteered and assisted throughout the day, and to the many members who showed up with their bags, boxes and trailers, yes trailers!, full of papers to be shredded.

Also in April was a very successful Italian Night Event with sixty-five in attendance. With excellent live entertainment and a wonderful meal catered by Mr Mom, it was enjoyed by all. For those of us who only dance occasionally, or not at all, it was fun to watch the many line dancers enjoying themselves and showing off their skills.

Volunteer Appreciation Day was held on April 19th and was well attended by many of the volunteers of McKee House. On behalf of the Board and the many McKee volunteers, I would like to thank the officials and staff of the City of Delta for putting on an excellent and entertaining event in recognition of the hard work by many to help the Center run smoothly. The addition of the 'man in white' - aka Elvis, made for an entertaining afternoon.

As we move into summer, there is change happening in the McKee Board room as well. The AGM was held in April and with it, the loss of two long time serving members, Kathy Ross and Jack McDonald, and the addition of four new members, Joyce Branscombe, Sandy Watson, Ana Lam and Judith Gerbrandt. With one monthly meeting under their belt, they are finding their way with their new roles and responsibilities. We welcome them to the Board and thank them for volunteering.

Upcoming events to look forward to are Seniors Week in early June, with all sorts of activities planned for McKee House, including the Strawberry Tea. And, near the end of July, the summer barbeque and dance gives us the chance to truly celebrate the joys of summer. Watch for notices and newsletters for further details.

Geof Kraemer
Director - Assets

McKee Board of Directors

Mae Quon-Forsythe	President
Fran Schiffner	Vice President
Sandy Watson	Treasurer
Joyce Branscombe	Secretary
Ana Lam	Director at Large
Carol Page	Director at Large
Geof Kraemer	Director at Large
Judith Gerbrandt	Director at Large

City Of Delta

Dear Members,

I hope everyone is enjoying this wonderful weather lately as summer quickly approaches. McKee is a busy place this month with lots of activities to take part in!

Seniors Week is here! Make sure to mark your calendars and stop by McKee anytime between Monday June 5th – Friday June 9th 9am-4pm for an action packed week of FREE activities, events, workshops, prizes, swag and more! It's a wonderful week to participate, socialize and learn. The Ukulele, Tap Dance and McKee Sister Clubs will be putting on a special variety show performance and dance party, you won't want to miss it! The annual Strawberry Tea will also be happening on Friday June 9th, make sure to get your tickets. Hope to see you all week!

The City of Delta and the McKee Seniors Society are working together to bring a new registration system to McKee that will be launching on July 4th, stay tuned for more details around the center, and through notices and newsletters.

Lastly, I would like to wish all the fathers, grandpas, great grandpa's a Happy Father's Day! I hope you get to enjoy it with your loved ones and friends.

Hope to see you around the center this month.
All the best,

Dani Mageau
Seniors Centre Coordinator



**DELTA PARKS,
RECREATION & CULTURE
HAS INTRODUCED A
NEW ONLINE
REGISTRATION SYSTEM!**

Delta Parks, Recreation & Culture, Kennedy Seniors Society and McKee Seniors Society are working together to make registration easier than ever with the new Online Registration system!

McKee Seniors Recreation Centre will begin using Online Registration starting July 4, 2023. In-person registration will continue to be available.

Visit Delta.ca/OnlineRegistration for helpful videos, FAQs, and more!

City of Delta Staff

Seniors Comm Services Supervisor	Lisa Porter
Seniors Centre Coordinator	Dani Mageau
Recreation Programmer	Sara Sochting
Facility Operations Supervisor	Mike Robinson
Building Service Workers	Blaine, Don, Haiden, Cali Luke, Louis & Gurpinder



The City of Delta is continuing to mail cards and letters to seniors through this ongoing program. Encouragement in an Envelope is courtesy of a \$25,000 federal grant from the New Horizons

for Seniors program. If you know someone who may be isolated and would enjoy a card, monthly newsletter or mid-month Brain Games, please let them know about this wonderful **FREE** program. To register please call Jenna Suzuki at 604-595-8405.

Volunteer

Volunteer Shout Outs!



Louise! Louise is one of our wonderful dedicated volunteers in the café, always carving out extra time in her schedule to help where needed. You are very appreciated and couldn't thank you enough for your hard work!

Enid! Enid is our carpet bowling convener who has grown her club tremendously over the past 6 months! Thank you for all your hard work and organization in order to allow the members stay active and enjoy such a fun activity!



volunteer
do good, feel good



Looking for a volunteer opportunity?

If you are interested in volunteering please inquire at the Customer Service Desk or speak with Carol or Dani.



McKee Workshops

Lifelong Literature

Mon, Jun 12 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.

HUB Cycling

Thu, Jun 15 2:45pm

Come learn about how to stay safe riding, cycling rules, how to protect against theft and learn new routes to take in the community. Pre registration required at the front desk.

Coffee with Delta Police

Wed, Jun 21 10am

Join a member of the Delta Police Department to have coffee and visit with our community in the Lounge. We hope you can stop by for a light conversation and visit with others.



Action for Happiness - Mental Health and Happiness Webinar

Wed, Jun 28 11am

Learn about the key to happiness and good mental health. Sign up at the customer service desk.



Reminder: a current membership is required to participate in all instructional programs & club activities

McKee Activities

Jammers

Tue, Jun 6 & 27 3pm

Jammers is more than a jam session; it's a concert! Come listen, sing along and dance. Admission \$1 - goes towards 50/50 ticket.

Foot Care Nurse

Fri, Jun 16 12-4pm



\$40 per session contact customer service to book your appointment in advance. Pre-payment is required at the time of the booking.

McKee Book Club

Fri, Jun 30 2:30pm

Book name: **TBA**

Author:

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

Evening BBQ and Dance

Fri, Jul 28 5pm

Members: \$20 Non Members: \$25

Join us for food, bar, and live entertainment from Tilbury Twist! Tickets go on sale June 25 at customer service.

Garden Gloves Club

Garden club welcomes old and new members to start up this spring!



WE LOVE YOUR SMILE



Regarding photographs and videos taken at the Centre: Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the Centre in our newsletters, or online.

Bridge—Duplicate

Wed

6:15-9:45pm

For those who enjoy the challenge of duplicate bridge.

CBS - Core, Balance & Strength

Tue

8am

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.

Drop in Punch Card

Knitting Sisters

1st & 3rd Sat of the month 10am-12pm

Knitting for worthy causes and make new friends!

Carpet Bowling

Thu

10am-12pm

\$0.50/session

Popular year round indoor sport—easy to learn, newcomers always welcome.

Art Connection

Wed

12 - 1:30pm

Come work on your latest oil, acrylic or watercolor project. Need to bring your own supplies and clean up your workstation before leaving. This is a free drop in club.

Walking Club

Tue & Fri

9 - 10am

This fun group departs from and returns to McKee.



Wellness



The average man pays less attention to his health than the average woman. Compared to women, men are more likely to: drink alcohol and use tobacco, make risky choices, not see a doctor for regular checkups.

Men are assailed by the diseases that can affect anyone—heart disease, stroke, diabetes, cancer, depression... But they also have unique issues such as prostate cancer and benign prostate enlargement. Many of the major health risks that men face can be prevented with a healthy lifestyle. So don't be an average man — get on board with protecting your health.

Tips for Good Health in Later Life: For Older Men

See your Doctor regularly. Even if you feel perfectly healthy, you should see your Doctor at least once a year for a checkup.

Call or see your healthcare provider when you're feeling sick. Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well.

Take medications, vitamins, and supplements only as directed. When you visit your provider, bring a complete list of these. The longer you live, and the more medicines you take, the more likely you are to experience some side effects, even from medicines bought over-the-counter at the pharmacy.

Get your shots! Check with your healthcare provider to make sure you're getting: a **flu** shot every year, the **shingles** (herpes zoster) vaccine—once when 60 or older, a combination **tetanus/diphtheria** booster shot— every 10 years, **Pneumonia** vaccination—once after age 65.

Use sunscreen. Aging skin is more susceptible to sun damage, which increases risks of skin cancer.

Lower your risk of falls and fractures. Be sure to get plenty of bone-healthy calcium and vitamin D daily

Don't smoke; quit if you do. Tell your healthcare provider if you smoke; he or she can help you stop. It's never too late to quit.

Eat right. In later life, you still need to eat healthy foods, though you need fewer calories.

Exercise your brain. Join a book or discussion club. Make sure you challenge your brain by trying new things, and playing against the clock rather than just repeating the same exercises over and over again.

Exercise your body. Regular exercise is important for good health, no matter how old you are. It tones up your heart, circulation, and muscles; strengthens bones; boosts brain function; lifts your mood; and can help prevent and ease depression. If you exercise with others you also get the fun and benefits of their company.

For more information see the Wellness Board or please contact Eva, details below.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

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

In the Community

Bandfest (Delta Music Makers)

Sat, Jun 3 & Sun, Jun 4

8am—9pm

Visit deltamusicmakers.org for more details. Held at Memorial Park.



Delta Fire Department Open House's

Sat, Jun 10 Hall 3

10am—3pm

11375 84 Ave



Sat, Jun 17 Hall 1

10am—3pm

4654 Harvest Drive

Ladner Village Market

Sun, Jun 11 & 25

10am-4pm

Bring a reusable bag
No pets within the market area
Exception to this is certified service dogs



Concerts in the Park

Tue, Jun 13

7pm

Memorial Park
Delta Music Makers
Free Community Concert



Boundary Bay Airshow

Sat, Jul 22

Gates open at 11am

The City of Delta and Alpha Aviation are thrilled to feature the USAF Air Combat Command A10 Thunderbolt II at the 2023 Boundary Bay Airshow. 7800 Alpha Way.

McKee



Bring a friend, or meet a new friend at Mr. Mom's World Kee Café
Serving Breakfast & Lunch
Mon-Fri, 9am-2pm

McKee

June 5-9

10% OFF all
week
at Mr. Mom's

CeleBRate Seniors Week

Mon, Jun 5

Mr. Mom's Kee Café
Spa Gift Card Draw

9am-4pm
10am-2pm
2-5pm

Delta Fire Department Information Booth
Fraser Health Advanced Care Planning Information Booth
Try it Table Tennis

Tue, Jun 6

Mr. Mom's Kee Cafe
Flowers Draw

9-10am
9am-4pm
10am-2pm
11am-12pm
2-4pm
3-4:30pm

Retirement Community Living Information Booth
Delta Fire Department Information Booth
ICBC Information Booth
Delta Fire Department Truck
Retirement Living Information Booth
Jammers Concert

Wed, Jun 7

Mr. Mom's Kee Café
Lunch Draw

9am-4pm
10am-12pm
11am-12pm
11am-12:30pm
12-1:30pm
2-4pm

Delta Fire Department Information Booth
Cyber Fraud Presentation
Caregiver Services Information Booth
"Cookies & Play" Debbie Cheong Presentation
Art Connection - Open House Art Viewing
Retirement Living Information Booth

Thu, Jun 8

Mr. Mom's Kee Café
Chocolate Draw

9am-12pm
9am-3pm
10-11am
12-2pm
2-5pm
3-3:30pm
3-3:30pm
3:30-4:15pm

Physiotherapy Information Booth
Delta Fire Department Information Booth
Naturopathic and Wellness Presentation
Horticultural Information Booth and Seed Giveaway
Try it Table Tennis
Ukulele Performance
Tap Dance Performance
McKee Sisters Dance Party

FREE

Fri, Jun 9

Mr. Mom's Kee Café
Local Beauty Gift Card
Ukrainian Products Draw

9-10am
12-1:30pm
12-2pm
1-3pm

Spring Herb Gardening Presentation
Fraser Health Fall Prevention Presentation
Delta Lifeline Information Booth
Strawberry Tea - tickets available for purchase,
members 90+ complimentary. Registration required.

Day Trippers

Mon, Jun 19

10:30am-2pm

Mystery Garden Tour

Followed by lunch at Mario's Kitchen

Come join us on this secret location day trippers event! Bus leaves at 10:30am and returns approximately at 2:00pm, rain or shine. Tickets on sale June 1st.

Cost: \$10/ lunch not included



Please note: You must be a member of McKee Seniors Recreation Centre to participate in bus trips.



Digital Literacy: Does it Compute?



Digital literacy is recognized as a critical skill set that supports life-long learning.

At Delta's Seniors Recreation Centres, we are aiming to provide instructional and self-directed programs that build digital literacy skills and confidence in using technology.

As there are a variety of digital platforms, applications, and tools available we would like to know what *you* would like to learn! Our objective is to increase the confidence of our 50+ members in navigating websites, commonly used apps, search engines and much more!

We welcome you to the Digital Literacy: Does it Compute program* If you are 50+ and have suggestions of what technology you would like to learn about, please come in to the location below or email us:

Kennedy Seniors Recreation Centre

11760 88 Ave, Delta BC V4C 3C5

Email: kennedy@delta.ca

McKee Seniors Recreation Centre

5155 47 Ave, Delta BC V4K 0A2

Email: mckee@delta.ca

The Digital Literacy: Does it Compute program was created courtesy of a \$25,000 federal grant from the New Horizons for Seniors program.

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 (Beginners) Card Seep Canasta Contract Bridge Table Tennis	9am-4pm 10am-12pm 10:30am-12pm 12:30-2pm 12:30-3pm 12:30-3pm 1:15-3:45pm 2-5pm		<u>THURSDAY</u> Snooker Mah Jong Carpet Bowling Pickleball (Memorial Park) Card Seep Bingo McKee Sisters Table Tennis	9am-4pm 9:30am-12:30pm 10am-12pm 12-2pm 12:30-3pm 12:30-3:30pm 1:30-4pm 2-5pm
<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 3pm		<u>FRIDAY</u> Walking Club Snooker Pickleball (Memorial Park) Card Seep Scrabble Book Club (last Friday)	9am 9am-4pm 10am-12pm 12:30-3pm 1:30-4pm 2:30-4:30pm
<u>WEDNESDAY</u> Snooker Pickleball (Memorial Park) Art Connection Card Seep Cribbage Ukulele Jamming Duplicate Bridge	9am-4pm 10am-12pm 12-1:30pm 12:30-3pm 12:30-3pm 2:00-4:15pm 6:15-9:45pm		<u>SATURDAY</u> Table Tennis Snooker Knitting Sisters (1st & 3rd) 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

Please remember to bring your McKee Membership card each time you come into McKee Seniors Recreation Centre 50+

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.



Club & Program
updates are
posted online.

[McKee Society Facebook](#)

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				Yoga Flow	
9-10am			Fun & Fitness		Fun & Fitness	Stretch & Strength
9:30-10:30am		Yoga Flow				
9:30-11:30am		*Acrylic Art & Watercolour (Intermediate)				
10-11am	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	
10:30am-12:30pm	*Watercolour for Beginners					
11am-12pm		*Gentle Yoga *Meditation				
11:30am-12:30pm	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	
1:30-3:30pm			*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.

SPRING INSTRUCTIONAL GUIDE

The McKee Spring Program Guide is available to view online: <https://www.mckeesociety.com/>

Registration is open for Spring activities; come to the front desk and register for your favorite program.

*Registered Program

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

June, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	Seniors Week June 5-9 2023					
		Jammers			Strawberry Tea	
11	12	13	14	15	16	17
	<u>Workshops</u> Lifelong Literature			<u>Workshops</u> HUB Cycling	Foot Care	
18	19	20	21	22	23	24
Father's Day			<u>Workshops</u> Coffee with a Cop			
25	26	27	28	29	30	
		Jammers	<u>Workshops</u> Action for Happiness Webinar		Book Club	

UPCOMING EVENTS



- July 4** New Delta Registration Program Launch!
- July 7** Concert in the Park
- July 8** Movie Night
- July 22** Boundary Bay Airshow
- July 28** Summer BBQ & Dance

Free Bread Program!

Mon, June 5 & 19 11:30am

Bread donation by a local bakery, every second Monday. Stop by McKee to pick up a free loaf of bread while quantities last!

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, Dwight, Gary, George, Jim & Karen



BEAT THE HEAT

EXTREME HEAT CAN KILL.



GET PREPARED

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



HOT CARS KILL

Never leave kids, adults, or pets in hot cars. The temperature inside a parked car can double within minutes.



HELP OTHERS

Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.



DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



KEEP COOL

Seek out air-conditioned buildings, draw your blinds, take cool showers, and dress in light and loose clothing made from natural fabrics.

BEAT THE HEAT

Delta.ca/beattheheat
Hotline: 604-946-3200

For more information, visit
climateredyybc.gov.bc.ca.

In an emergency, call 9-1-1.

