

McKee Fall 2023

Instructional Programs & Clubs

September 5 – December 31

A Valid 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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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 (Cashier & scanning only)

Registration is available on-line or 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 digital punch card for \$45 for 10 sessions, \$85 for 20 sessions or \$120 for 30 sessions. These digital punch cards can be purchased online or at the Front Desk with your McKee membership facility card and have an expiry date of one year from date of purchase. 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. A credit on your account will be applied for all approved refunds.

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

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

- Some drop-in classes have a maximum number of participants.
- When attending a drop in class your McKee facility card must be scanned at the Front Desk where you will receive a “tag” to give to the instructor of the class. Your digital punch card will then be reduced by one visit.
- Booking is not mandatory however a reserved space for a drop in class can be obtained by booking (registering) on line up to 72 hours in advance. If you have not cancelled your booking and do not arrive for your booked class one pass will be debited from your digital punch card.

IMPORTANT:

The digital 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 your McKee facility card scanned at the Front Desk each time you attend a drop-in-class at which time you will receive a fitness “tag” to give to the Instructor. 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 or Website for program and activity updates
- All classes can be registered on line as well as bookings for drop-in classes at CityofDelta.perfectmind.com

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 register, either on line or in person at the Front Desk, 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 fitness class for intermediate to advanced members who also attend the Fun & Fitness classes. Smaller class size much like Group Personal Training to focus on mastering good form and technique. All types of equipment such as medicine balls, gliding discs, bands, dumbbells, 1/2 foam rollers are used to challenge balance and core. Expect floor work on the mats and to be challenged in this class.

Event ID 26823 Tuesday: Sep 5 – Dec 19 8:00am – 9:00am Cost: Drop-in Punch Card Instructor: Lynn Cheng
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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.**

Event ID 25444 Monday: Sep 11 – Dec 18 8:30am – 9:30am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Oct 2 & 9 & Nov 13</i>	Event ID 26969 Wednesday: Sep 6 – Dec 20 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Bev Hillman	Event ID 26971 Friday: Sep 8 – Dec 22 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Lynn Cheng
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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.**

Event ID 25450 Monday: Sep 11 – Dec 18 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>No class: Oct 2 & 9 & Nov 13</i>	Event ID 27317 Saturday: Sep 9 – Dec 23 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>No class: Sep 30 & Nov 11 & 25</i>
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Instructional Programs and Clubs at McKee

FITNESS PROGRAMS

Muscle Max

*** REGISTERED PROGRAM**

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.

Event ID 29196 Monday: Sep 11 – Dec 19 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie <i>No class: Oct 2 & 9 & Nov 13</i>	Event ID 26931 Thursday: Sep 7 – Dec 21 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie <i>No Class: Oct 26 & Nov 9</i>
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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.**

Event ID 25447 Monday: Sep 11 – Dec 18 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Oct 2 & 9 & Nov 13</i>	Event ID 26968 Wednesday: Sep 6 – Dec 20 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Bev Hillman
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Event ID 27316 Saturday: Sep 9 – Dec 23 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Sep 30 & Nov 11 & 25</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!

Event ID 26972

Wednesday: Sep 6 – Dec 20

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Robin Douglas



YOGA PROGRAMS

Gentle Yoga

*** REGISTERED PROGRAM**

**See Room Locations*

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!

Event ID 27319

Tuesday: Sep 5 – Oct 24

11:00am - 12:00pm - Pioneer Hall*

Cost:\$40/8 Sessions

Instructor: Carol Lepine

Event ID 27845

Tuesday: Oct 31 – Dec 19

11:00am – 12:00pm – Pioneer Hall*

Cost:\$40/8 Sessions

Instructor: Carol Lepine

Event ID 27387

Thursday: Sep 7 – Oct 19

12:30pm – 1:30pm – Dogwood A&B*

Cost:\$35/7 Sessions

Instructor: Shigeko Wilson

Event ID 27846

Thursday: Oct 26 – Dec 21

12:30pm – 1:30pm – Dogwood A&B*

Cost:\$40/8 Sessions

Instructor: Shigeko Wilson

No Class: Nov 9



Instructional Programs and Clubs at McKee

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.



Event ID 29703

Thursday: Sep 14 – Dec 21

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Shigeko Wilson

No Class: Nov 9

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.

Event ID 26824

Tuesday: Sep 5 – Dec 19

9:30am – 10:30am - Pioneer Hall*

Cost: Drop-in Punch Card

Instructor: Carol Lepine

Event ID 26974

Friday: Sep 8 – Dec 22

8:45am – 9:45am - Hawthorne A&B

Cost: Drop-in Punch Card

Instructor: Carol Lepine

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.

Event ID 25453

Tuesday: Sep 5 – Oct 24

11:00am – 12:00pm

Cost:\$40/8 Sessions

Instructor: Ivan Jones

Event ID 27847

Tuesday: Oct 31 – Dec 19

11:00am – 12:00pm

Cost:\$40/8 Sessions

Instructor: Ivan Jones

Instructional Programs and Clubs at McKee

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.

Event ID 26976 Friday: Sep 8 – Dec 22 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Lynn Cheng

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.

Event ID 26965 Tuesday: Sep 19 – Oct 24 1:00pm – 2:00pm \$30/6 sessions Instructor: Debbie Cheong ----- Event ID 27848 Tuesday: Oct 31 – Dec 19 1:00pm – 2:00pm \$40/8 sessions Instructor: Debbie Cheong	Event ID 27385 Thursday: Sep 21 – Oct 19 1:00pm – 2:00pm \$25/5sessions Instructor: Debbie Cheong ----- Event ID 27849 Thursday: Oct 26 – Dec 14 1:00pm – 2:00pm \$35/7 sessions Instructor: Debbie Cheong No Class: Nov 9
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<p>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.</p>

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

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>Item ID 27335 Wednesday: Sep 6 – Oct 11 12:30pm – 2:30 pm \$30/6 sessions-<i>cost includes your partner</i> Coordinated by: Cortney Moreno Fitness by: Carol Lepine.</p>	<p>Item ID 27340 Wednesday: Oct 25 – Dec 13 12:30pm - 2:30pm \$40/8 sessions-<i>cost includes your partner</i> Coordinated by: Cortney Moreno Fitness by: Carol Lepine.</p>
<p>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</p>	



Instructional Programs and Clubs at McKee

ActivAge

Hawthorne A&B

Event ID 26796

Friday: Sep 29 – Dec 1

1:00pm– 2:00pm

Free Program

*****September 22 (2:00-3:00pm) is a Mandatory Information Session with registration for program to follow ID27373***

ActivAge™ is a group-led physical activity program for inactive older adults. The program is progressive with planned physical activities (stretching, activity, and cool-down) based on *ActivAge™* training. This fun and social program will help get participants moving in a relaxed environment. The program focuses on improving activities associated with daily living, strengthening muscles used day-to-day (i.e. bending, lifting, stretching, etc.). Each class incorporates physical activities and features in-class discussions and resources to improve overall health and physical well-being.

Choose to Move

Hawthorne A&B

Event ID 26798

Friday: Sep 29, Oct 13 to 27, Nov 3, 24 & 17 and Dec 1 ** (No Class Nov 10) **

2:00pm– 3:00pm

Free Program

*****September 22 (2:00-3:00pm) is a Mandatory Information Session with registration for program to follow ID 27373***

Choose to Move is free and flexible and provides you with the motivation and support to become more active. *Choose to Move* can help you to integrate activity into your daily routine, meet new friends and make a positive change.

****PLEASE NOTE****

The Mandatory Information Session on September 22nd is from 2:00-3:00pm during which the instructor will assess the attendees to determine which program(s) is best suited to each individual. Patrons who have been given the go ahead to register can then register for *ActivAge* and/or *Choose to Move* based on the Instructor's assessment. *Therefore the Information Session is mandatory as registrants have to be essentially pre-screened and determined qualified to register.*

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.

Event ID 25452 Monday: Sep 11 – Oct 23 10:30am– 12:30pm \$50/5 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Oct 2 & 9</i>	Event ID 27828 Monday: Oct 30 – Dec 11 10:30am – 12:30pm \$60/6 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Nov 13</i>
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Acrylic Art & Watercolour Painting *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.

Event ID 26967 Tuesday: Sep 5 – Oct 24 9:30am – 11:30am \$80/8 sessions Supply list at front desk Instructor: Bill Milloglav	Event ID 27318 Tuesday: Oct 31 – Dec 19 9:30am – 11:30am \$80/8 sessions Supply list at front desk Instructor: Bill Milloglav
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DANCE PROGRAMS

LINE DANCE– ALL LEVELS

<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!	For those who have at least one year of line dance experience and are familiar with the step patterns and terminology. 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 three years of experience. We will continue practicing the routines we have learned and add some new ones. Even more fun!
Event ID 27396 Pioneer Hall Friday: Sep 8 – Dec 15 2:15pm – 3:15pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: September 15</i>	Event ID 27393 Pioneer Hall Friday: Sep 8 – Dec 15 1:00pm – 2:00pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: September 15</i>	Event ID 27389 Pioneer Hall Friday: Sep 8 – Dec 15 11:45am – 12:45pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: September 15</i>

Line Dance Intermediate

Pioneer Hall

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

Event ID 25451 Monday: Sep 11 – Dec 11 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Oct 2 & 9 & Nov 13</i>	Event ID 27388 Friday: Sep 8 – Dec 15 10:30am – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Sep 15</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			Zumba Gold		Line Dance Intermediate	
10:30am-12:30pm	*Watercolour for Beginners Plus			Chair Yoga		
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		
12:30-2:30pm			*Minds In Motion			
1:00-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2 *ActivAge	
2:00-3:00pm					*Choose to Move	
2:15-3:15pm					Line Dance Level 1	
4:30-5:30pm	Muscle Max			Muscle Max		

There will be no programs on statutory holidays.

September 4 – Labour Day

October 2 – Truth & Reconciliation Day

October 9 – Thanksgiving

November 13 – Remembrance Day

December 25 & 26– Christmas Day & Boxing Day

PLEASE NOTE DUE TO UNFORSEEN CIRCUMSTANCES CLASSES MAY BECANCELLED 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>Art Connection Wednesday, 12:00 – 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>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 – 4:00pm Saturday, 6:30 - 9:30pm Join to have some have fun. Bring a partner!</p> <p>Bridge – Duplicate Wednesday, 6:15 - 9:45pm For those who enjoy the challenge of duplicate bridge.</p> <p>Pickleball – *Club Membership Required Monday, Wednesday, Friday–10:00am–12:00pm Thursday, 12:00 – 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, 2:00 – 5:00pm Thursday, 2:00 – 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 Wednesday, 2:00 – 4:15pm - Jamming 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 CLUBS 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 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, 9:45am – 12:00pm \$0.50/session Popular year round indoor sport - easy to learn, newcomers always welcome.</p> <p>Cribbage Wednesday, 12:30 – 3:00pm \$2 / session Come try to meet or beat a 28 hand.</p> <p>Euchre Tuesday, 1:30 – 3:00pm Played using a reduced deck of 24 cards, 4 players.</p> <p>Friendship Club Wednesday, 2:00 – 4:00pm Meet up with long-time friends in the Lounge</p> <p>Golden Gloves Gardening Club Help Plant and tend the seasonal vegetable garden</p>	<p>Jammers – <i>Beginning Sept 26th</i> Tuesday – 2nd & 4th Tuesday of each month 3:00 – 5:15pm Come Play with Us. Bring an instrument, or just come to Listen. Dance, and Enjoy the music! \$1 Admission - Coffee by Donation</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 Wednesday 1:00 – 4:00pm \$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>Puzzles - Anytime Anyone welcome to assemble any of the puzzles.</p> <p>Scrabble Tuesday & Friday, 1:30 – 4:00pm An old game with new friends.</p> <p>Walking Club Tuesday & Friday 9:00 – 10:00am This fun group departs from and returns to McKee</p>
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