



KEENOTES

MCKEE SENIORS RECREATION CENTRE

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

[McKee Society](https://www.mckeesociety.com)
frontdesk@mckeesociety.com

*Fostering & Promoting Leisure
Activities for Adults 50+*



CUSTOMER SERVICE OFFICE HOURS

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

McKee **Holiday** Customer Service Hours

Sunday	24-Dec	Closed
Monday	25-Dec	Closed
Tuesday	26-Dec	Closed
Wednesday	27-Dec	9am – 4pm
Thursday	28-Dec	9am – 4pm
Friday	29-Dec	9am – 4pm
Saturday	30-Dec	9am – 4pm
Sunday	31-Dec	closed
Monday	1-Jan	closed
Tuesday	2-Jan	9am – 4pm

McKEE SENIORS RECREATION CENTRE Recreation for 50+



McKee Holiday activity details on page 5.

Christmas Luncheon

Thu, Dec 14 12pm

Tickets now on sale.

Tickets sales close December 8 @ 3pm

RENEW YOUR McKEE MEMBERSHIP \$30



Membership renewals
are now on sale
at Customer Service.
See page 2 for a
membership / renewal contest!

Winter registration opens December 13

Register in person,
online Delta.ca/Registration
or call 604-946-1411 for more details.



News From Your Board

Hello McKee Members,

The Board remains mindful of the value and contributions from you as members. In this regard, the Board recently approved a project to gain member feedback on our various activities and services. It appointed a three-person sub-committee to formulate and organize the project and report regularly to the Board.

The intent is to have member engagement and to provide a simple basis to collect information. The committee has just commenced its deliberations. It is considering the format and structure, acknowledging key activity areas and a few sub-categories for response. More information on the approach will be forthcoming when it is launched early in the new year.

This initiative is intended as a first step in formulating a meaningful mission, mandate and values statement to amplify what currently exists. Such a statement, once approved by the Board, will be featured on our printed material for awareness.

Sandy Watson, Treasurer
On behalf of the McKee sub-committee

BIG NEWS!

We would like to **congratulate Mr. Mom's World Catering** for receiving the **Small Business of the Year Award (2023)** from the Delta Chamber of Commerce. We are very fortunate that you operate such a tasty, and well run service in the KeeCafé. Please stop by and congratulate Russell, and team, on receiving such a prestigious award!

Ben Branscombe
Kitchen Services
Liaison



Photo credit: Delta Optimist Nov 2023

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
Vacant	Director at Large



**DOES YOUR MCKEE ANNUAL MEMBERSHIP
EXPIRE BEFORE FEBRUARY 1, 2024?**

**RENEW TODAY AND ENTER TO WIN 1 OF 5
Mr.Mom's GIFT CARDS.**

Winners drawn on December 29 at 3pm

Bring your membership card and we
can extend your membership
for another 365 days for \$30.

If you are unsure when your membership
will expire, please ask at the front desk, log in to your
profile at Delta.ca/Registration
or call 604-946-1411.



City of Delta

Seasons Greetings to McKee Members,

As we approach the holiday season there are a variety of activities planned at McKee. We have a Decoration Exchange, Holiday light tours, Holiday Luncheon, Christmas Sweater days, Holiday Movies, Sing-a-long & Piano, Wrapping Station, and so much more. A list of events are on page 5. We hope you can join in on the fun!

A big shout out to the McKee Special Events committee and all the volunteers for the beautiful holiday decorations around McKee! The festive décor brings smiles to many faces as people enter into the building. Have a look on page 11 of the photos of some of the team!

It is hard to believe that the chapter of 2023 is coming to a close, it has been a memorable year! Thank you all for supporting the McKee Seniors Society and making McKee a great place to be! Happy Holidays.

Lisa Porter
Acting Seniors Community Services Supervisor



Count the holiday ornaments in this newsletter and enter your name and the answer at the McKee front desk.

Draw will take place December 15 @ 1pm.

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 Katie Green at 604-595-8407.



City of 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

Bev, Dwight,
Gary, George,
Karen, Lynn &
Pamela.



We Love Your Smile

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. If you don't want your image published, please let staff know.



City of Delta Staff

Seniors Centre Coordinator
Volunteer & Customer
Service Coordinator
Recreation Programmer
Facility Op. Supervisor
Building Service Workers

Lisa Porter
Sara Sochting
Trudy Buzdon-Barber
Mike Robinson
Blaine, Cali, Don,
Gurpinder, Haiden

Delta



McKee Workshops

November Workshops Review

While our regular offerings of Circle of Friends, Coffee with a Cop, Digital Literacy, Lifelong Literature and health/lifestyle webinars continue, it has been exciting to see many workshops filling up with eager participants. On November 10 a group of ten joined Marcia Bell for a discussion in the lounge. Marcia is a retired interior designer whose expertise helped us focus on the inevitability of change and the comfort of bringing selected life treasures into a new home setting when downsizing.

On November 14 we held a Death Matters evening workshop and met with great success. The Pioneer Hall housed forty people ready to put their affairs in order. Five local professionals shared their expertise on wills and estates, funeral planning, downsizing, finances, tax issues and charitable bequests. The program ran from 7-9pm and everyone managed to stay alert and focused to the end with many lingering to chat with the experts after the formal presentation.

Be sure to watch for upcoming workshops with ICBC and the Seniors Advocacy office and insure your spot by registering online or with the cashier.

- Judith Gerbrandt, Director



Foot Care Nurse

Fri, Dec 1 9:30am-3pm

Book an appointment with the Foot Care Nurse for all your foot care needs.

\$40 per session.



ICBC

Wed, Dec 6 10am

Join us for a discussion about road safety tips during the winter. As the weather turns colder and the days darken, road conditions become more challenging and driving more difficult. We'll hear from ICBC Road Safety and Community Coordinator, for about tips to aid you as both a driver and pedestrian to navigate our roads safely and to ensure your vehicle is prepared for winter weather.

Coffee with a Cop

Wed, Dec 20 10am

Constable Geoffrey Young who has recently been assigned to Ladner, will be stopping by the McKee Lounge to have coffee, visit with our community and discuss scams.

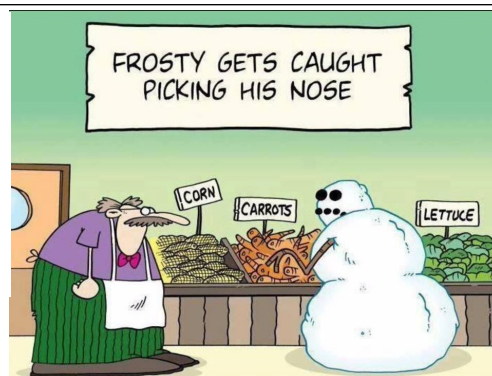
Event ID: 267322



Circle of Friends

Mon, Dec 20 11am

Join Eva, Delta's Seniors Support Coordinator in the lounge for a morning chat.



Register in person, online Delta.ca/Registration or call 604-946-1411 for more details.

Holiday Fun

Christmas Lights Bus Tour

Tue, Dec 5 5-7pm

Thu, Dec 14 5-7pm

Tickets will go on sale November 9 at 9am.
Join us for a Christmas Light Bus Tour around town and then a warm drink and treat at McKee.

Cost: Members only: \$10

Event ID: 31639



Decoration Exchange

Mon, Dec 4 - Mon, Dec 11

If you have Christmas décor that is looking for a new home, or if you are looking to update your holiday ornaments stop by McKee and leave, exchange or pick up décor items. Décor drop offs will be accepted starting December 4. Please only bring items that are the size of a shoe box or smaller. No big items.

Any items left, will be donated to the local thrift shop on December 12.

Jammers

Tue, Dec 12 3-5:30pm

Jammers is more than a jam session; it's a concert! Listen, sing along and dance. Coffee and treats served at intermission for \$1. Must have a current McKee membership / join us for live music and good times.

Holiday Luncheon

Thu, Dec 14 12pm

Join your friends for a delicious turkey luncheon and enjoy, for the first time ever, the Delta Seniors Choir. Who will invite you to sing a-long to your holiday favourites.



Ticket sales end
December 8

Cost: Members \$35 / Guests \$38

Event ID: 31639

Holiday Colouring Sheet Contest

Dec 15 - 22

Stop by to colour a festive winter scene and enter it into a contest for a chance to win a prize!

Draw: 1pm Dec 22

Christmas Sweater - All month long

Wear a tacky, fun, joy-inducing sweater to celebrate the season! Christmas sweaters are fun. They're warm. They're comfortable. They make people smile. We can't wait to see what you'll be wearing!

December 15, 2023 is National Ugly Sweater Day.



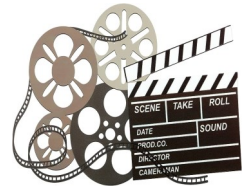
Holiday Movies

Mon, Dec 11 & 20 3:30pm

Fri, Dec 15 & 22 11:30am

Join us for a free movie in the Lounge.

*Movie details posted at McKee.



Christmas Carol Singing & Piano

Wed, Dec 13 10am

Come out to spread some Christmas cheer while singing holiday favorites!

Cost: Free

A Holiday Story Special!

Wed, Dec 13 11am

Join FVRL staff member for a funny *HOLIDAY* short story reading from Stuart McLean, previous host of CBC Radio Program, The Vinyl Café. Join us for a good laugh while listening to the story of "Dave Cooks the Turkey". **Refreshments Served!**

Cost: Free

Christmas Gift Wrapping Station

Tue, Dec 19 11am - 1pm

Wed, Dec 21 11am - 1pm

Bring your gift to be wrapped!

Cost: Free



Register in person, online Delta.ca/Registration or call 604-946-1411 for more details.

McKee Volunteer

VOLUNTEER SHOUT OUT... RHONA!

Rhona is our Mah Jong convenor who goes the extra mile! Rhona has put a lot of effort into organizing free Mah Jong lessons for members in order to learn how to play and join in on the fun, as well as creating and updating important player documents for all the club members. We appreciate all your hard work and very lucky to have you. Thank you!



THANK YOU!

Suzette, Dorothy & Marcia for bagging 20 boxes of bread for the McKee members!

We're looking for volunteers to join the Front Desk to fill morning and afternoon shifts. Could that be you?

For this role, we are looking for McKee members that are available once a week and have basic computer skills. For this opportunity, some of the tasks include, checking emails, answering the phone, returning voice messages and welcoming people into the building.

If you think this would be a good fit, stop by and fill out a Volunteer Application form at the McKee front desk. We can't wait to meet you!

Jackie & Marcia
Front Desk Liaisons

In the Community



Ladner Community Centre
Tue, Dec 5
7 - 8pm

Enjoy an evening concert at the Ladner Community Centre featuring Christmas favourites and a singalong with the Delta Music Makers as part of the City of Delta's Fall Music Series. Entry is free with the donation of a non-perishable food item.



ND Centre for the Arts
Tue, Dec 12
7:30 - 8:30pm

Enjoy an evening concert at the North Delta Centre for the Arts featuring Christmas favourites and a singalong with the Delta Concert Band as part of the City of Delta's Fall Music Series. Entry is free with the donation of a non-perishable food item.

For more details call 604-946-3293.



Wellness

Holiday Health Tips for Seniors: Lighten up Your Holiday Recipes **Choose healthy fats and limit the amount of salt and sugar you use.**

The holidays are often a time to gather and celebrate with family and friends. Food can be a big part of the holiday season, providing enjoyment, comfort and connection. Preparing, sharing, and savouring traditional dishes and meals supports our social, mental, and spiritual well-being.

The holidays can also be an opportunity to build new food traditions. Modifying old recipes or adding new dishes to a traditional meal, helps make sure that everyone at the table has enjoyable options from which to choose.

Here are some ideas for adding new healthful foods to your holiday table:

Serve a new vegetable or fruit side dish. Try:

- * Roasted vegetables like squash, beets and Brussels sprouts
- * Winter green salads using kale or collards
- * Stewed fruit or fruit compotes using dried, fresh or frozen fruit

Include dishes that feature plant proteins. Some ideas include:

- * Shepherd's pie with lentils and mushrooms
- * White bean and walnut meatloaf
- * Peppered tofu steaks

If you're interested in modifying your classic holiday recipes to make them healthier, here are some ideas to get started:

- * Use herbs and spices to add extra flavour instead of salt
- * Try no sodium or low sodium broth for gravies, sauces and soups
- * Rinse canned beans, chickpeas, lentils, and vegetables before using. Or use no sodium or lower sodium versions
- * Make baked goods such as cookies, cakes and

quick breads using ½ of the sugar in the recipe

- * Consider using vegetable oil or non-hydrogenated margarine instead of butter or lard in your cooking and baking
- * Replace some of the white flour in a recipe with whole grain flour
- * Add some ground flaxseed, ground nuts or nut flour to your baked goods
- * Use milk, low-fat evaporated milk or low-fat plain yogurt in place of cream and sour cream.

No matter what's on your holiday table or plate, take the time to practice mindful eating. Eat slowly, and savour the aromas, flavours and textures of your food.

For more information about holiday eating, visit Canada's food Healthy eating for holidays. To learn more, visit Canada's food guide Adjusting recipes to meet your needs

Adapted from www.healthlinkbc.ca. If you require more information, please contact Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, EBusich-Veloso@delta.ca

Have a happy, safe and healthy Holiday season!!!!

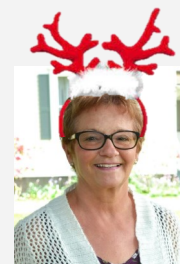
Delta's Seniors Support Coordinator

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.



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 Card Seep Canasta Contract Bridge Table Tennis	9am-4pm 10am-12pm 10:30am-12pm 12:30-3pm 12:30-3pm 1:15-3:45pm 2-5pm	<u>THURSDAY</u> Snooker Canasta Mah Jong Carpet Bowling Card Seep Bingo McKee Sisters Pickleball (Memorial Park) Table Tennis	9am-4pm 9 - 11:30am 9:30am-12:30pm 9:45am-12pm 12:30-3pm 12:30-3:30pm 1:30-4pm 12-2pm 2-5pm
<u>TUESDAY</u> Walking Club Snooker Mah Jong Pickleball (Memorial Park) Card Seep Scrabble Euchre Contract Bridge Jammers (Nov 14 & 28)	9am 9am-4pm 9:30am-12:30pm 12-2pm 12:30-3pm 1-4pm 1:30-3:30pm 1:15-4pm 3-5:30pm	<u>FRIDAY</u> Walking Club Snooker Pickleball (Memorial Park) Card Seep Scrabble Book Club (last Friday)	9am 9am-4pm 10am-12pm 12:30-3pm 1-4pm 2:30-4:30pm
<u>WEDNESDAY</u> Snooker Pickleball (Memorial Park) Card Seep Cribbage MahJong Art Connection Ukulele (Jamming) Duplicate Bridge	9am-4pm 10am-12pm 12:30-3pm 12:30-3pm 1-4pm 12-1:30pm 2-4:15pm 6:15-9:45pm	<u>SATURDAY</u> Table Tennis Snooker Knitting Sisters 1st & 3rd Saturday 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 Winter Instructional
Guide is available Dec 13
[online](#) or at McKee.**



McKee Society Facebook
Club & Program updates are posted online

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. 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 in
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.

** Registered Instructional Program*

Day	Name	Time	Event ID
Monday	Fun & Fitness	8:30 - 9:30am	25444
	Stretch & Strength	8:45 - 9:45am	25447
	M.I.I.T.	10 - 11am	25450
	*Watercolour for Beginners	10:30am - 12:30pm	27828
	Line Dance Intermediate	11:30 am - 12:30pm	25451
	Muscle Max	4:30 - 5:30pm	29196
Tuesday	Core, Balance & Strength	8 - 9am	26823
	Yoga Flow	9:30 - 10:30am	26824
	*Acrylic Art & Watercolour (Intermediate)	9:30 - 11:30am	27318
	*Gentle Yoga	11am - 12pm	27845
	*Meditation	11am - 12pm	27847
	*Get up and Go	1 - 2 pm	27848
Wednesday	Fun & Fitness	9 - 10am	26969
	Stretch & Strength	10:15 - 11:15am	26968
	Zumba Gold	10:30 - 11:30am	26972
	*Minds in Motion	1:30 - 3:30pm	27340
Thursday	Chair Yoga	10:30-11:30am	29703
	*Gentle Yoga	12:30 - 1:30pm	27846
	*Get Up & Go	1 - 2pm	27849
	Muscle Max	4:30 - 5:30pm	26931
Friday	Yoga Flow	8:45 - 9:45am	26974
	Fun & Fitness	9 - 10am	26971
	Custom Fit	10:15 - 11:15am	26976
	Line Dance Intermediate	10:30 - 11:30am	27388
	Line Dancing 3	11:45am - 12:45pm	27389
	Line Dancing 2	1 - 2pm	27393
	*ActivAge	1 - 2pm	26796
	*Choose to Move	2 - 3pm	26798
	Line Dancing 1	2:15 - 3:15pm	27396
Saturday	Stretch & Strength	9 - 10am	27316
	M.I.I.T.	10:15 - 11:15am	27317

There will be no programs on statutory holidays: December 25 & 26

Register in person, online [Delta.ca/Registration](https://delta.ca/Registration) or call 604-946-1411

Space for drop-in programs can be reserved up to 72 hours in advance for fitness programs.

McKee



The two day Christmas Craft Fair was a great success! Thank you to all the vendors, attendees and volunteers that contributed to the event. On behalf of the McKee House Seniors Society, there were seven boxes of donations, and nearly \$900 of cash raised for the Delta Food Bank.



McKEE CAFÉ – HOLIDAY CLOSURE

McKee café will be closed: Dec 24 - Jan 7

McKee café will be re-opening on Jan 8
for regular business hours.

SENIORS SERVICES

Digital Literacy Programs

Cyber Safety

Monday, December 4

10-11am Event ID: 33074

11am-12pm Event ID: 33076

iPad Basics

Friday, December 15

10-11am Event ID: 33079

11am-12pm Event ID: 33084

McKee Seniors Recreation Centre
5155 47 Avenue, Delta BC V4K 0A2

The City of Delta, in partnership with McKee Seniors Society and funded by the Government of Canada's New Horizons for Seniors Program, is proud to provide a slate of Digital Literacy Programs to Delta's Seniors Recreation Centres.



Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada Delta

McKee



Thank you to the Special Events committee for the beautiful decorations.
It's starting to look really festive around here!



The McKee Sisters recently celebrated Diwali with laughter singing, socializing and more in the lounge at McKee. The ladies arrived in their best dressed and enjoyed an afternoon with friends that are family.



PIER 21 was a very successful event that highlighted Canadian immigration history. Thank you to everyone that attended. There were 87 tickets sold and it was lovely to host the Canadiana Musical Theatre Co. last month.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Foot Care	2 Knitting Sisters
3	4 Digital Literacy: Cyber Safety	5 Holiday Light Tour	6 Workshop ICBC Winter Driving	7	8	9
10	11 Holiday Movie	12 Jammers	13 Winter <u>Registration</u> <u>Xmas Carols</u> Lifelong Literature	14 Holiday <u>Luncheon</u> Holiday Light Tour	15 <u>Holiday Movie</u> Digital Literacy: <u>iPad basics</u> Newsletter holiday ornament draw	16 Knitting Sisters
17	18	19 Christmas gift wrapping available.	20 <u>Coffee w/Cop</u> <u>Circle of Friends</u> Holiday Movie	21 Christmas gift wrapping available.	22 <u>Holiday Movie</u> Colouring Contest draw	23
24	25 Christmas Day McKee Closed	26 Boxing Day McKee Closed	27 McKee Open KeeCafé Closed	28 McKee Open KeeCafé Closed	29 McKee Open Draw at 3pm for membership renewals KeeCafé Closed	30 KeeCafé Closed
31	GOODBYE 2023 HELLO 2024					

Read all about it!

Did you know you can receive our monthly newsletter online? Drop by the Customer Service Desk or email McKee@delta.ca and provide your email address to receive the KeeNotes newsletter electronically each month.

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

Save the



Jan 5 **Foot Care service**
Jan 10 **Lifelong Literature**
Jan 12 **Choose to Move Info Session**
Jan 24 **Lifelong Literature**
Jan 31 **Seniors Advocate of BC, Isobel MacKenzie**

