

McKee Winter 2025 Instructional Programs & Clubs January 6 – March 31

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins December 11, 2024



Holiday Dates McKee will be Closed
February 17th



EMAIL ADDRESS

frontdesk@mckeesociety.com

Register online at delta.ca/registration

****Refund Policy – Pg 3**

**McKee Seniors Recreation Centre
5155 47th Avenue, Delta, BC V4K 0A2
Phone: 604-946-1411
Fax: 604-946-1409
Online 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
Wednesday Evening 4:00pm – 7:30 pm
Saturday 9:00am – 3:00pm

Registration is available online or in person by check, cash, major credit cards 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. Drop-in classes can be reserved 72 hours prior to class.

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 from the Cashier either in-person or online, have a valid McKee membership card and they will 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. **Registration is recommended for all Drop-In Classes 72 hours prior to day of class**

****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.

SAMPLE ONLY

PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

- Please read the 7 questions below carefully and answer each one honestly: check Yes or No.**
- | | YES | NO |
|---|--------------------------|--------------------------|
| 1) Has your doctor ever said you have a heart condition __ OR high blood pressure ____? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? Please List Condition(s) Here: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Are you currently taking prescribed medications for a chronic medical condition?
Please list Condition(s) and Medications Here: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Do you currently have (or have had within the past 12 months) a bone, joint or soft tissue (muscle, ligament or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be active.
Please List condition(s) Here: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Has your doctor ever said that you should only do medically supervised physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |

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.
- 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) online 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.

Instructional Programs and Clubs at McKee

ONLINE

- Visit the McKee Seniors Recreation Centre Facebook Page or Website for program and activity updates
- All classes can be registered online as well as bookings for drop-in classes at delta.ca/registration.

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 online 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.**

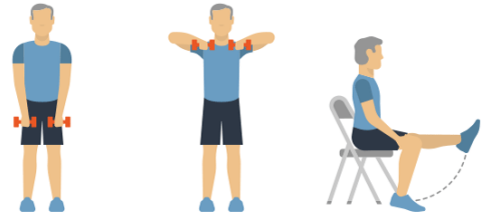
FITNESS PROGRAMS

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, and 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 59933– Capacity 15 Tuesday: Jan 7 – Mar 25 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. Expect floor work on mats or an alternative provided by the instructor

Event ID 59934– Capacity 25 Monday: Jan 6 – Mar 31 8:30am – 9:30am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Feb 17</i>	Event ID 59935– Capacity 20 Wednesday: Jan 8 – Mar 26 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Bev Hillman	Event ID 59936– Capacity 25 Friday: Jan 10 – Mar 28 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Jan 24</i>
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Registration is recommended for all Drop-in Classes 72 hours prior to day of class

FITNESS PROGRAMS

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 59937 – Capacity 32 Monday: Jan 6 – Mar 31 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaïne Badock <i>No class: Feb 17</i>	Event ID 59938– Capacity 32 Saturday: Jan 11 – Mar 29 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaïne Badock
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Muscle Max (Medium-High Intensity Interval Training)

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. The ability to move up and down from the floor as well as kneel is a prerequisite.

Event ID 59939- Capacity 16 Monday: Jan 6 – Mar 31 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie <i>No class: Feb 17</i>	Event ID 59940 – Capacity 16 Thursday: Jan 9 – Mar 27 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

FITNESS PROGRAMS

Strengthen & Stretch

**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 limitations and actually ENJOY exercising your body. Become strong and happy. **No floor exercises in this class.**

Event ID 59941 – Capacity 20 Monday: Jan 6 – Mar 31 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Feb 17</i>	Event ID 59942 – Capacity 20 Wednesday: Jan 8 – Mar 26 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Bev Hillman
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Event ID 59943 – Capacity 32 Saturday: Jan 11 – Mar 29 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Punch Card Instructor: Charlaine Badock
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

Core Conditioning for a Healthy Back * NEW REGISTERED PROGRAM

Pioneer Hall

Discover the anatomy and learn exercises to build a strong and stable core and help maintain a healthy, pain-free back. This preventative class, that includes both education and floor exercises, is not recommended for those with an acute back injury, however is valuable for anyone with mild to moderate osteoarthritis or osteoporosis. Focus will be on learning how to stabilize the core and maintain neutral posture. Please bring a thin blanket or large towel to class.

Event ID 59759 – Capacity 12 Wednesday: Jan 8 – Feb 12 4:30pm – 5:15pm Cost: \$30/6 sessions Instructor: Carol Lepine

YOGA PROGRAMS

Chair Yoga

Dogwood 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 59945 - Capacity 12

Thursday: Jan 9 – Mar 27

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Shigeko Wilson



Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

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.

Event ID 59946 – Capacity 20

Tuesday: Jan 7 – Feb 11

11:00am – 12:00pm – Pioneer Hall*

Cost: \$30/6 sessions

Instructor: Carol Lepine

Event ID 59947 – Capacity 20

Tuesday: Feb 18 – Mar 25

11:00am – 12:00pm – Pioneer Hall*

Cost: \$30/6 sessions

Instructor: Carol Lepine

Event ID 59948 – Capacity 12

Thursday: Jan 9 – Feb 13

12:00pm – 1:00pm – Dogwood A&B*

Cost: \$30/6 sessions

Instructor: Shigeko Wilson

Event ID 59949 – Capacity 12

Thursday: Feb 20 – Mar 27

12:00pm – 1:00pm – Dogwood A&B*

Cost: \$30/6 sessions

Instructor: Shigeko Wilson



Instructional Programs and Clubs at McKee

Yoga Flow

Pioneer Hall

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 required.

Event ID 59952 – Capacity 25

Tuesday: Jan 7 – Mar 25

9:30am – 10:30am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

Easy Yoga Flow

Hawthorne A&B

Increase flexibility, balance and strength while using props to help deepen your yoga practice. Participants wishing a step up from Gentle Yoga, or a modified version of Flow Yoga will feel the physical and emotional benefits and leave the class feeling rejuvenated. Experienced yoga practitioners will be given more advanced options if requested. Prior yoga experience as well as the ability to move up and down from the floor, and to kneel, is a prerequisite.

Event ID 59953 – Capacity 10

Friday: Jan 10 – Mar 28

8:45am – 9:45am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

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 59954 – Capacity 15

Tues: Jan 7 – Feb 11

11:00am – 12:00pm

Cost: \$30/6 sessions

Instructor: Ivan Jones

Event ID 59955 – Capacity 15

Tues: Feb 18 – Mar 25

11:00am – 12:00pm

Cost: \$30/6 sessions

Instructor: Ivan Jones

Event ID 62400 – Capacity 15

Wed: Feb 19 – Mar 26

5:30 – 6:30pm

Cost: \$30/6 sessions

Instructor: Ivan Jones

Instructional Programs and Clubs at McKee

Custom Fit

Hawthorne A&B

A Class for all fitness levels. 3/4 of the class will be done standing behind the chair for balance if necessary. 1/4 of the class will be on the chair. There is no cardio or any floor work. Focus will be on building strength using dumbbells, exercise bands, loop bands, yoga blocks and gliders. Attention to building confidence in balance through core training to help minimize falls. All exercises will focus on the functional training. There will be minimal flexibility training.

Event ID 59956 – Capacity 15

Friday: Jan 10 – Mar 28

10:15am – 11:15am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

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 59803– Capacity 30 Tuesday: Jan 7 – Jan 28 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong -----	Event ID 59805 – Capacity 30 Thursday: Jan 9 – Jan 30 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong -----
Event ID 59804 – Capacity 30 Tuesday: Feb 18 – Mar 11 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong -----	Event ID 59806 - Capacity 30 Thursday: Feb 20 – Mar 13 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong -----

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Tai Chi Beginner *REGISTERED PROGRAM

Hawthorne A&B

The beginner's class will focus on fundamental principles and the first part of the Tai Chi form developed last century by a student of the Yang Family, Cheng, Man-ching. The modern Yang Style version taught in the class is a slow, constant, circular form of gentle exercise that is good for relieving stress, strengthening the legs, hips and cardiovascular system, improving flexibility and focusing the mind. Instructor has been teaching Tai Chi in Ladner since 1989.

Event ID 59957 - Capacity 12 Tuesday: Jan 7 – Feb 11 12:30pm – 1:30pm Cost: \$30/6 sessions Instructor: John Eastman	Event ID 59959 - Capacity 12 Tuesday: Feb 18 – Mar 25 12:30pm – 1:30pm Cost: \$30/6 sessions Instructor: John Eastman
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Tai Chi Intermediate *REGISTERED PROGRAM

Hawthorne A&B

The intermediate class will continue refining the principles and complete the tai chi form. The modern Yang Style version taught in the class is a slow, constant, circular form of gentle exercise that is good for relieving stress, strengthening the legs, hips and cardiovascular system, improving flexibility and focusing the mind. Anyone who has practiced almost any form of Tai Chi before should be able to fit into the intermediate class, but everyone is welcome to start in the beginner's class if they wish. The instructor has been teaching Tai Chi in Ladner since 1989.

Event ID 59960 - Capacity 12 Tuesday: Jan 7 – Feb 11 1:45pm – 2:45pm Cost: \$30/6 sessions Instructor: John Eastman	Event ID 59961 - Capacity 12 Tuesday: Feb 18 – Mar 25 1:45pm – 2:45pm Cost: \$30/6 sessions Instructor: John Eastman
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Instructional Programs and Clubs at McKee

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>Event ID 59484 - Capacity 13 Wednesday: Jan 8 – Feb 12 1:30pm – 3:30pm Cost: \$30/6 sessions – <i>cost includes your partner</i> Coordinated by: Celia Toews Fitness by: Carol Lepine</p>	<p>Event ID 59485 – Capacity 13 Wednesday: Feb 19 – Mar 19 1:30pm - 3:30pm Cost: \$25/5 sessions - <i>cost includes your partner</i> Coordinated by: Celia Toews 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 26 people plus staff facilitating the program</p>	



Instructional Programs and Clubs at McKee

ActivAge

Hawthorne A&B

Event ID 59481 – Capacity 15

Friday: Jan 24 – Mar 28

12:00pm– 1:00pm

Free Program

*****January 17th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow ID59482***

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 59483

Friday: Jan 24 – Mar 28

1:00pm– 2:00pm

Free Program

*****January 17th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow ID 59482***

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 January 17th is from 1:00-2:00pm 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.*

Instructional Programs and Clubs at McKee

ART PROGRAMS

Watercolour Painting – Intermediate *REGISTERED PROGRAM

Dogwood A&B

This is a follow-up from the Beginner Introduction & Basics Class. 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 other concepts using watercolors

***NOTE** – Student to provide their own supplies; supply list available from McKee front desk.

Event ID 59963 – Capacity 12 Monday: Jan 6 – Feb 10 10:30am– 12:30pm Cost: \$60/6 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Feb 17</i>	Event ID 59964 – Capacity 12 Monday: Feb 24 – Mar 31 10:30am – 12:30pm Cost: \$60/6 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Feb 17</i>
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Watercolour Painting - Introduction & Basics Beginner *REGISTERED PROGRAM

Hawthorne A&B

Welcome to the **new** and **exciting** Beginner Watercolour class. This class teaches the basics in a fun and relaxed atmosphere.

***NOTE** – Student to provide their own supplies; supply list available from McKee front desk.

****NO LATE REGISTRATION WILL BE CONSIDERED AFTER CLASS START DATE.**

Event ID 59965 - Capacity 10 Monday: Jan 6 – Feb 10 1:30pm – 3:30pm Cost: \$60/6 sessions Instructor: Susan Blessin <i>No class: Feb 17</i>	Event ID 59966 - Capacity 10 Monday: Feb 24 – Mar 31 1:30pm – 3:30pm Cost: \$60/6 sessions Instructor: Susan Blessin <i>No class: Feb 17</i>
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Watercolor Painting

Easy Step-by-Step Lessons and Techniques



ART PROGRAMS

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 59967 – Capacity 16 Tuesday: Jan 7 – Feb 11 9:30am – 11:30am Cost: \$60/6 sessions Supply list at front desk Instructor: Bill Miloglav	Event ID 59968 – Capacity 16 Tuesday: Feb 18 – Mar 25 9:30am – 11:30am Cost: \$60/6 sessions Supply list at front desk Instructor: Bill Miloglav
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Wellness

Foot Care Nurse/Blood Pressure Clinic/Workshops – check with McKee front desk for dates and availability.

Instructional Programs and Clubs at McKee

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 1 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 3 years of experience. We will continue practicing the routines we have learned and add some new ones. Even more fun!
Event ID 59969 – Capacity 35 Pioneer Hall Friday: Jan 10 – Mar 28 2:15pm – 3:15pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jan 24</i>	Event ID 59970–Capacity35 Pioneer Hall Friday: Jan 10 – Mar 28 1:00pm – 2:00pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jan 24</i>	Event ID 59971-Capacity35 Pioneer Hall Friday: Jan 10 – Mar 28 11:45am – 12:45pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jan 24</i>

Line Dance Intermediate

Pioneer Hall

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

Event ID 59972 – Capacity 25 Monday: Jan 6 – Mar 31 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Feb 17</i>	Event ID 59973 – Capacity 25 Friday: Jan 10 – Mar 28 10:30am – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Jan 24</i>
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

Instructional Programs and Clubs at McKee

Hula Dance – Beginner 1 *REGISTERED PROGRAM

Hawthorne A&B

Aloha! The Hula art is also an excellent form of soft exercise for the mind, body and memory. Komo Mai, join in and learn the history of Hawai'i the Language of Hawai'i.

It's all in the easy step by step class. A perfect blend of exercise, fitness, co-ordination, form, grace, with an education in language, culture, customs and fun with Tiffany Puali'i of Tavai's Polynesia Canada.

Event ID 60106 – Capacity 12

Tuesday: Jan 21 – Mar 11

9:30am – 10:30am

Cost: \$40/8 sessions

Instructor: Tiffany Puali'i



MUSIC PROGRAM

LET'S PLAY GUITAR *NEW REGISTERED PROGRAM

Dogwood A&B

This course is designed for beginner and intermediate guitar players. The course will cover: the quickest way to play scales and make chords, the Nashville Number system, strumming, playing in the right musical key for your voice, best ways to build your repertoire, playing in groups etc. The course will respond to the attendees input. While the acoustic guitar can play many different styles of music, hundreds of songs can be played with a knowledge of only 3-4 chords to accompany singing. Along with the ukulele, it is among the most favorite instruments to learn for beginners. Let's play guitar and have fun!

Participants, please bring 6 string acoustic guitar, a tuner, a capo is recommended and a note pad & pencil.

Event ID 59758 – Capacity 8

Wednesday: Jan 8 – Feb 12

11:00am – 12:00pm

Cost: \$30/6 sessions

Instructor: Steve Alexander

Event ID 59923 – Capacity 8

Wednesday: Feb 19 – Mar 26

11:00 am – 12:00 pm

Cost: \$30/6 sessions

Instructor: Steve Alexander

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	Strengthen & Stretch				Easy Yoga Flow	
9:00-10:00am			Fun & Fitness		Fun & Fitness	Strengthen & Stretch
9:30-10:30am		Yoga Flow *Hula Dance				
9:30-11:30am		*Acrylic Art				
10:00-11:00am	M.I.I.T.					
10:15-11:15am			Strengthen & Stretch		Custom Fit	M.I.I.T.
10:30-11:30am				Chair Yoga	Line Dance Intermediate	
10:30am-12:30pm	*Watercolour Intermediate					
11:00-12:00pm		* Meditation * Gentle Yoga	*Play Guitar			
11:30am – 12:30pm	Line Dance Intermediate					
11:45 am – 12:45 pm					Line Dance Level 3	
12:00-1:00pm				* Gentle Yoga	*ActivAge	
12:30-1:30pm		*Tai Chi Beginner				
1:00-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2 *Choose to Move	
1:30-3:30pm	*Watercolor Beginner		*Minds in Motion			
1:45-2:45pm		*Tai Chi Intermediate				
2:15-3:15pm					Line Dance Level 1	
2:00-3:30pm						
4:30-5:15pm			*Core Conditioning			
4:30-5:30pm	Muscle Max			Muscle Max		
5:30-6:30pm			*Meditation			

There will be no programs on statutory holidays. February 17 – Family 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>Art Connection – Hawthorne A&B 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 workstation before leaving.</p> <p>Book Club - Lounge 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, 1:15pm – 3:45pm – Pioneer Hall Tuesday, 1:15pm – 4:00pm – Dogwood A&B Saturday, 6:15pm - 9:30pm – Dogwood A&B Join to have some have fun. Bring a partner!</p> <p>Bridge – Duplicate – Pioneer Hall Wednesday, 6:15pm - 9:45pm For those who enjoy the challenge of duplicate bridge.</p> <p>Pickleball – *Club Membership Required Monday, Wednesday, Friday 9:00am–12:00pm Thursday, 12:00 – 2:00pm Pickleball is a fun and friendly outdoor racquet sport</p>	<p>Snooker – Games Room *Club Membership Required Monday to Friday, 9:00am – 4:00pm Wednesday, 9:00 am – 8.30 pm Saturday, 9:30am - 3:30pm Snooker table open for play.</p> <p>Table Tennis – Dogwood A&B *Club Membership Required Monday, 2:00 – 5:00pm Wednesday, 6:00pm – 8:00pm 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 – Hawthorne A&B 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 – Hawthorne A&B Wednesday, 2:30pm – 4:00pm - 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

DROP-IN CLUBS AT MCKEE

Instructional Programs and 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 12:30pm – 3:30pm – Hawthorne A&B Saturday 12:30pm – 3:30pm – Pioneer Hall \$0.15/card, plus \$1.50 admission fee All members welcome.</p> <p>Canasta Monday 12:30pm – 3:00 pm – Lounge Thursday 9:00am – 11:30am – Hawthorne A&B Join charm and competitiveness of friendly card games!</p> <p>Card Seep – Games Room Monday to Friday 12:30pm – 3:00pm Saturday 11:00am – 3:00pm An Indian card game played with partners</p> <p>Carpet Bowling – Pioneer Hall Thursday 9:45am – 12:00pm \$0.50/session Popular year-round indoor sport - easy to learn, newcomers always welcome.</p> <p>Cribbage – Dogwood A&B Wednesday 12:30pm – 3:00pm \$2 / session Come try to meet or beat a 28 hand.</p> <p>Euchre - Lounge Tuesday 1:30pm – 3:30pm Played using a reduced deck of 24 cards, 4 players.</p> <p>Friendship Club - Cafe 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 - Pioneer Hall 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 - Lounge 1st & 3rd Saturday of the month 10:00am – 12:00pm Knitting for worthy causes.</p> <p>Mah Jong - Lounge Tuesday 9:30am – 12:30pm Thursday 9:15am – 12:15pm Wednesday 1:00pm – 4:00pm & 6:00pm – 9:00pm \$0.05 per game Play this intriguing game based on a traditional Chinese board game.</p> <p>McKee Sisters - Lounge Thursday 12:30 – 4:00pm Social group talks about health, laugh together, share ideas, and enjoy one another's company.</p> <p>Mexican Train - Lounge Monday 10:00am-12:00pm Come try these new drop-in card games</p> <p>Puzzles - Anytime Anyone welcome to assemble any of the puzzles.</p> <p>Scrabble Tuesday 1:00pm – 4:00pm - Lounge Friday 1:00pm – 4:00pm - Dogwood A 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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