

McKee Fall 2025

Instructional Programs & Clubs

September 1 – January 4, 2026

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins August 13, 2025 at 9:00am



Holiday Dates McKee will be Closed
Sept 1 & 30, Oct 13, Nov 11, Dec 25 & 26, Jan 1/26

EVENTS:

Spinney Brothers – Sep 13th, 5:00pm – 10:00pm, **Fright Night** Oct 28th, 4:00pm – 8:00pm
Christmas Craft Fair Nov 15th, **Anniversary Gala** Nov 29th, 6:00pm – 9:30pm
Christmas Lunch Dec 12th, 11:30am – 1:30pm
NO CLUBS OR CLASSES Nov 15th & 29th



EMAIL ADDRESS

frontdesk@mckeesociety.com

Register online at delta.ca/registration

****Refund Policy – Pg 4**

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 – 7:00 pm
Saturday 9:00am – 12:30pm

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 or clubs 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 non-member visitor wanting to participate in a **drop-in fitness class or club** must complete an on-line profile with the City Cashier and pay a ten-dollar (\$10) fee. Attendance will depend on available space. This allows the visitor to participate in one drop-in fitness class or a one-time visit in a club. After attending one class or one visit, the ten-dollar (\$10) fee may be credited to a new McKee membership.

A non-member visitor “one time pass” is not issued for Instructional Registered Programs.

As space is carefully monitored Club convenors and instructors will be asked if a non-member visitor can observe and their determination is final. An on-line profile or fee is not required to observe an activity. All non-member visitors must be accompanied by a Volunteer, Board member or Instructor/Convener at all times while in the facility.

Program Costs:

Drop-in clients must purchase a digital drop-in punch pass 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**

McKee 2025 Fees

12-Month Golden 90+ Membership	Free
12-Month Annual Membership	\$30
12-Month Snooker Membership	\$35
12-Month Table Tennis Membership	\$20
12-Month Pickleball Membership	\$20
Daily-Fitness Single Admission	\$5
Fitness 5-Class Pass	\$25
Fitness 10-Class Pass	\$45
Fitness 20-Class Pass	\$85
Fitness 30-Class Pass	\$120
Non-member Visitor One-time Pass	\$10

All memberships and passes expire after 365 days.

Instructional Programs and Clubs at McKee

****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 a 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.

Any questions or concerns regarding physical activity readiness please see/read PAR Q+ posters located in all activity areas or speak with the Class Instructor. PAR Q+ forms are available from the front desk upon request.

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. **Once a class has started late admittance will NOT be permitted.**
- 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 membership card must be scanned at the Front Desk where you will receive a “tag” to give to the instructor of the class. Your digital drop-in punch pass 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 drop-in punch pass.

****IMPORTANT:**

The digital drop-in punch pass 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 pass it is imperative that you have your McKee membership 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 pass 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.**

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 sizes 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 82506– Capacity 15

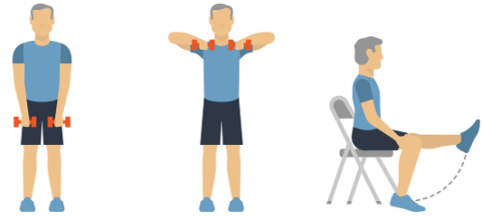
Tuesday: Sep 2 – Dec 30

8:00am – 9:00am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Sep 30 & Nov 11



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 83060 – Capacity 20

Monday: Sep 8 – Dec 29

8:30am – 9:30am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Sep 1 & Oct 13

Event ID 82513 – Capacity 20

Wednesday: Sep 3 – Dec 31

9:00am – 10:00am

Cost: Drop-in Punch Card

Instructor: Bev Hillman

Event ID 81373 – Capacity 20

Friday: Sep 5 – Jan 2

9:00am – 10:00am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Dec 12 & Dec 26



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

Instructional Programs and Clubs at McKee

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 82501 – Capacity 32 Monday: Sep 8 – Dec 29 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Oct 13	Event ID 81315 – Capacity 32 Saturday: Sep 6 – Jan 3 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Nov 15 & 29
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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 82504 - Capacity 16 Monday: Sep 8 – Dec 29 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie No class: Oct 13	Event ID 81408 – Capacity 16 Thursday: Sep 4 – Dec 18 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


Instructional Programs and Clubs at McKee

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 82484 – Capacity 20 Monday: Sep 8 – Dec 29 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Sep 1 & Oct 13	Event ID 82510 – Capacity 14 Wednesday: Sep 3 – Dec 31 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Bev Hillman
Event ID 81311 – Capacity 32 Saturday: Sep 6 – Jan 3 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Nov 15 & 29	

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 81407 - Capacity 12 Thursday: Sep 4 – Dec 18 10:30am – 11:30am Cost: Drop-in Punch Card Instructor: Shigeko Wilson No class: Dec 25 & Jan 1
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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

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.

<p>Event ID 84125 – Capacity 25 Tuesday: Sep 2 – Oct 7 11:00am – 12:00pm – Pioneer Hall* Cost: \$25/5 sessions Instructor: Carol Lepine No class: Sep 30</p> <p>-----</p> <p>Event ID 84129 – Capacity 25 Tuesday: Oct 14 – Nov 18 11:00am – 12:00pm – Pioneer Hall* Cost: \$25/5 sessions Instructor: Carol Lepine No class: Nov 11</p> <p>-----</p> <p>Event ID 84127- Capacity 25 Tuesday: Nov 25 – Dec 16 11:00am – 12:00pm – Pioneer Hall* Cost: \$20/4 sessions Instructor: Carol Lepine</p>	<p>Event ID 82853 – Capacity 12 Thursday: Sep 4 – Oct 9 11:45am – 12:45pm – DogwoodA&B* Cost: \$30/6 sessions Instructor: Shigeko Wilson</p> <p>-----</p> <p>Event ID 82857 – Capacity 12 Thursday: Oct 16 – Nov 20 11:45am – 12:45pm – DogwoodA&B* Cost: \$30/6 sessions Instructor: Shigeko Wilson</p> <p>-----</p> <p>Event ID 83053 - Capacity 12 Thursday: Nov 27 – Dec 18 11:45am – 12:45pm – DogwoodA&B* Cost: \$20/4 sessions Instructor Shigeko Wilson</p>
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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 82508 – Capacity 20

Tuesday: Sep 2 – Dec 30

9:30am – 10:30am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

No class: Sep 30 & Nov 11

Easy Yoga Flow

Hawthorne A&B

Increase flexibility, balance and strength while using props to help deepen your yoga practice. Participants wishing for 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 81371 – Capacity 10

Friday: Sep 5 – Jan 2

8:45am – 9:45am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

No class: Dec 26

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



Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Meditation

***REGISTERED PROGRAM**

Hawthorne A&B

Through this practice you will learn to increase your awareness of your breath, producing quietness of the mind, which will allow the heart to open where love and compassion exist within us all. The benefits of this practice reduces stress, increases awareness, increases relaxation, increases focus ability, and strengthens concentration, quietness of the mind, creating peace, harmony and compassion. Chairs and mats are available for this class.

Event ID 82878 – Capacity 15 Tuesday: Sep 2 – Oct 14 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Ivan Jones <i>No class: Sep 30</i> ----- Event ID 83055 - Capacity 15 Tuesday: Oct 21 – Dec 2 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Ivan Jones <i>No class: Nov 11</i>	Event ID 83056 – Capacity 15 Tuesday: Dec 9 – Dec 30 11:00am – 12:00pm Cost: \$20/4 sessions Instructor: Ivan Jones
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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 81372 – Capacity 15 Friday: Sep 5 – Jan 2 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Dec 26</i>

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

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Get Up & Go * REGISTERED PROGRAM

Pioneer Hall

In cooperation with Fraser Health and BC Women's Health Centre. Get Up & Go is medically endorsed and based on published research. This gentle program is designed for anyone with balance and mobility impairments at high risk of falls.

<p>Event ID 82884 – Capacity 40 Tuesday: Sep 9 – Oct 14 1:00pm – 2:00pm Cost: \$25/5 sessions Instructor: Debbie Cheong Asst. Instructor: Jennifer Rak No class: Sep 30</p> <p>-----</p> <p>Event ID 83241 – Capacity 40 Tuesday: Oct 21 – Nov 25 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong Asst Instructor: Jennifer Rak No class: Oct 28 & Nov 11</p> <p>-----</p> <p>Event ID 83243 - Capacity 40 Tuesday: Dec 2 – Dec 16 1:00pm – 2:00pm Cost: \$15/3 sessions Instructor: Debbie Cheong Asst Instructor: Jennifer Rak</p>	<p>Event ID 82870 – Capacity 40 Thursday: Sep 11 – Oct 16 1:00pm – 2:00pm Cost: \$30/6 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson</p> <p>-----</p> <p>Event ID 82871 - Capacity 40 Thursday: Oct 23 – Nov 27 1:00pm – 2:00pm Cost: \$30/6 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson</p> <p>-----</p> <p>Event ID 83250 - Capacity 40 Thursday: Dec 4 – Dec 18 1:00pm – 2:00pm Cost: \$15/3 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson</p>
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CUSTOMIZED PROGRAMS

Osteofit “New” *REGISTERED PROGRAM

Hawthorne A&B

Osteofit is designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Osteofit is especially safe for those with osteoporosis and/or osteopenia. It is medically endorsed and based on published research.

Event ID 83257 - Capacity 12

Tuesday: Sep 9 – Oct 14

9:30am – 10:30am

Cost: \$25/5 sessions

Instructor: Cherie Raines

No class: Sept 30

Event ID 83259 - Capacity 12

Tuesday: Oct 21 – Nov 25

9:30am – 10:30am

Cost: \$25/5 sessions

Instructor: Cherie Raines

No class: Nov 11

Event ID 83262 - Capacity 12

Tuesday: Dec 2 – Dec 16

9:30am – 10:30am

Cost: \$15/3 sessions

Instructor: Cherie Raines



Instructional Programs and Clubs at McKee

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 83015 - Capacity 12

Tuesday: Sep 9 – Oct 14

12:30pm – 1:30pm

Cost: \$25/5 sessions

Instructor: John Eastman

No class: Sep 30

Event ID 83251 - Capacity 12

Tuesday: Oct 21 – Dec 2

12:30pm – 1:30pm

Cost: \$25/5 sessions

Instructor: John Eastman

No classes: Oct 28 & Nov 11

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 83014 - Capacity 12

Tuesday: Sep 9 – Oct 14

1:45pm – 2:45pm

Cost: \$25/5 sessions

Instructor: John Eastman

No class: Sep 30

Event ID 83253 - Capacity 12

Tuesday: Oct 21 – Dec 2

1:45pm – 2:45pm

Cost: \$25/5 sessions

Instructor: John Eastman

No classes: Oct 28 & Nov 11



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.



Event ID 82875 - Capacity 12 Wednesday: Sep 10 – Oct 15 1:30pm – 3:30pm Cost: \$30/6 sessions – <i>cost includes your partner</i> Coordinated by: Fitness by: Cherie Raines	Event ID 83256 – Capacity 12 Wednesday: Oct 29 – Dec 10 1:30pm - 3:30pm Cost: \$35/7 sessions - <i>cost includes your partner</i> Coordinated by: Fitness by: Cherie Raines
IMPORTANT: All participants for this class must have a current McKee membership. It is MANDATORY to attend each class with a partner, caregiver, friend or relative. The room capacity is maximum 24 people plus staff facilitating the program	



Instructional Programs and Clubs at McKee

ActivAge ***Registered Program (Free)**

Hawthorne A&B

Event ID 82850 – Capacity 15

Friday: Sep 19 – Dec 5

12:00pm– 1:00pm

Free Program

No classes: Oct 31, Nov 14 & Nov 28

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 ***Registered Program (Free)**

Hawthorne A&B

Event ID 82852 – Capacity 15

Friday: Sep 19 – Dec 5

1:00pm– 2:00pm

Free Program

No classes: Oct 31, Nov 14 & Nov 28

*****Sep 12th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow ID 82851***

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 Sep 12th 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 – Advanced *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 83046– Capacity 12 Monday: Sep 8 – Oct 6 10:30am – 12:30pm Cost: \$50/5 sessions Supply list at front desk Instructor: Susan Blessin <i>No class: Sep 1</i> ----- Event ID 83269 - Capacity 12 Monday: Dec 1 – Dec 29 10:30am – 12:30pm Cost: \$50/5 sessions Instructor: Susan Blessin	Event ID 83268 – Capacity 12 Monday: Oct 20 – Nov 24 10:30am – 12:30pm Cost: \$60/6 sessions Supply list at front desk Instructor: Susan Blessin
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Watercolour Painting – Beginner Plus (Formerly Instruction & Basic Beginner) *REGISTERED PROGRAM

Hawthorne A&B

Welcome to the Beginner Plus Watercolour class. This fun and loosely structured style of teaching in a studio setting encourages and promotes personal artistic growth. Participants can expect to learn skills and knowledge which will enable them to eventually proceed onto the Advanced Watercolor Painting class. ALL LEVELS OF BEGINNER ARE INVITED!!

***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 83024 - Capacity 10 Monday: Sep 8 – Oct 6 1:30pm – 3:30pm Cost: \$50/5 sessions Instructor: Susan Blessin <i>No class: Sep 1</i> ----- Event ID 83269 - Capacity 10 Monday: Dec 1 – Dec 29 1:30pm – 3:30pm Cost: \$50/5 sessions Instructor: Susan Blessin	Event ID 83026 - Capacity 10 Monday: Oct 20 – Nov 24 1:30pm – 3:30pm Cost: \$60/6 sessions Instructor: Susan Blessin
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Instructional Programs and Clubs at McKee

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.

<p>Event ID 82886 – Capacity 16 Tuesday: Sep 2 – Oct 14 9:30am – 11:30am Cost: \$60/6 sessions Supply list at front desk Instructor: Bill Miloglav No class: Sep 30</p> <p>-----</p> <p>Event ID 83289 - Capacity 16 Tuesday: Dec 2 – Dec 30 9:30am – 11:30am Cost: \$50/5 sessions Instructor: Bill Miloglav</p>	<p>Event ID 83280 – Capacity 16 Tuesday: Oct 21 – Nov 25 9:30am – 11:30am Cost: \$50/5 sessions Supply list at front desk Instructor: Bill Miloglav No class: Nov 11</p>
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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>Beginner</u>	<u>Level 2</u> <u>Improver</u>	<u>Level 3</u> <u>Easy Intermediate</u>
No dance partner? No problem! Use your mind and body while learning easy, low-impact routines to a variety of music. Newcomers are welcome the first 3 weeks, then we build on that foundation of basic steps and terminology. Regular attendance is encouraged to develop muscle memory and increase confidence. The focus is having fun!	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 81377–Capacity 35 Pioneer Hall Friday: Sep 5 – Dec 5 2:15pm – 3:15pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira	Event ID 81376–Capacity 35 Pioneer Hall Friday: Sep 5 – Dec 5 1:00pm – 2:00pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira	Event ID 81375–Capacity 35 Pioneer Hall Friday: Sep 5 – Dec 5 11:45am – 12:45pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira

Line Dance Intermediate

Pioneer Hall

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

Event ID 82503 – Capacity 25 Monday: Sep 8 – Dec 29 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Sep 1 & Oct 13</i>	Event ID 81374 – Capacity 25 Friday: Sep 5 – Jan 2 10:30am – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Dec 12 & Dec 26</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

MUSIC PROGRAM

LET'S PLAY GUITAR *REGISTERED PROGRAM

Dogwood A&B

This course is designed for beginner with at least one (1) year guitar playing experience 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 82873 – Capacity 8 Wednesday: Sep 3 – Oct 8 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Steve Alexander	Event ID 83365 – Capacity 8 Wednesday: Oct 15 – Nov 19 11:00 am – 12:00 pm Cost: \$30/6 sessions Instructor: Steve Alexander
Event ID 83366 - Capacity 8 Wednesday: Nov 26 – Dec 31 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Steve Alexander	



Instructional Programs and Clubs at McKee

INSTRUCTIONAL PROGRAMS

*Indicates Registered Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am		Core, Balance & Strength				
8:30am-9:30am	Fun & Fitness					
8:45am-9:45am	Strengthen & Stretch				Easy Yoga Flow	
9:00am-10:00am			Fun & Fitness		Fun & Fitness	Strengthen & Stretch
9:30am-10:30am		Yoga Flow *Osteofit				
9:30am-11:30am		*Acrylic Art				
10:00am-11:00am	M.I.I.T.					
10:15am-11:15am			Strengthen & Stretch		Custom Fit	M.I.I.T.
10:30am-11:30am				Chair Yoga	Line Dance Intermediate	
10:30am-12:30pm	*Watercolour Advanced					
11:00am-12:00pm		* Meditation * Gentle Yoga	*Play Guitar			
11:30am-12:30pm	Line Dance Intermediate					
11:45am-12:45pm				* Gentle Yoga	Line Dance Level 3	
12:00pm-1:00pm					*ActivAge	
12:30pm-1:30pm		*Tai Chi Beginner				
1:00pm-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2 *Choose to Move	
1:30pm-3:30pm	*Watercolor Beginner Plus		*Minds in Motion			
1:45pm-2:45pm		*Tai Chi Intermediate				
2:15pm-3:15pm					Line Dance Level 1	
2:30pm-4:00pm			Ukulele Intermediate			
4:30pm-5:15pm						
4:30pm-5:30pm	Muscle Max			Muscle Max		
5:30pm-6:30pm						

There will be no programs on statutory holidays. Sep 1 & 30, Oct 13, Nov 11, Dec 25 & 26, Jan 1
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.

Art Connection – Hawthorne A&B

Wednesday, 12:00pm – 1:30pm

Come work on your latest oil, acrylic or watercolour project. Need to bring your own supplies and clean up your workstation before leaving.

Book Club - Lounge

Last Friday of the month

2:30pm - 4:30pm

Join a group of avid readers to discuss the monthly book. Convenor contacts members with monthly title.

Bridge – Partner/Contract Bridge

Monday, 1:15pm – 3:45pm – Pioneer Hall

Tuesday, 1:00pm – 4:00pm – Dogwood A&B

Saturday, 6:15pm - 9:30pm – Dogwood A&B

Join to have some have fun. Bring a partner! If you don't have a partner, we attempt to find one for you on Mondays.

Bridge – Duplicate – Pioneer Hall

Wednesday, 6:15pm - 9:45pm

For those who enjoy the challenge of duplicate bridge.

Pickleball – *Club Membership Required

Monday, Wednesday & Friday, 9:00am–12:00pm

Thursday, 12:00pm – 2:00pm

Pickleball is a fun and friendly outdoor racquet sport.

Please note: can only be played when courts are dry!!

Snooker – Games Room

***Club Membership Required**

Monday to Friday, 9:00am – 4:00pm

Wednesday, 9:00 am – 9:00 pm

Saturday, 9:30am - 3:30pm

Snooker table open for play.

Table Tennis – Dogwood A&B

***Club Membership Required**

Monday, 1:30pm – 4:30pm

Wednesday, 6:00pm – 8:00pm

Thursday, 2:00pm – 5:00pm

Saturday, 9:00am – 3:00pm

Two tables are set-up. Paddles, balls, and nets provided. Your agility, fitness & strategy will improve with play.

Tap Dance – Hawthorne A&B

Monday, 10:30am – 12:00pm

Saturday, 10:00am – 12:00pm

Join others who share the love for tap dancing & learn new routines. Proper tap shoes & prior tap dance experience mandatory as there is no instructor.

Ukulele Intermediate– Hawthorne A&B

Wednesday, 2:30pm – 4:00pm - Jamming

Come and try out the latest rage in music.

Bring your own ukulele. **Please note:** there is no instructor.

*Club Membership Required. See Customer Service Desk

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.

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.

Canasta

Monday, 12:30pm – 3:00pm – Lounge

Thursday, 9:00am – 11:30am – Hawthorne A&B

Join charm and competitiveness of friendly card games!

Card Seep – Games Room

Monday to Friday, 12:30pm – 3:00pm

Saturday, 11:00am – 3:00pm

An Indian card game played with partners

Carpet Bowling – Pioneer Hall

Thursday, 9:45am – 12:00pm

\$0.50/session

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

Cribbage – Dogwood A&B

Wednesday, 12:30pm – 3:00pm

\$2 / session

Come try to meet or beat a 28 hand.

Dealer's Choice – Lounge

Saturday, 12:30pm – 3:00pm

.10 ante/.25 max raise/\$20 max per game

A fun filled afternoon with new & old friends. Always looking for new members!!

Euchre - Lounge

Tuesday, 1:30pm – 3:30pm

Played using a reduced deck of 24 cards, 4 players.

Golden Gloves Gardening Club

Help plant and tend the seasonal vegetable garden

Jammers - Pioneer Hall

2nd & 4th Tuesday of each month

3:00pm – 5:15pm

Come Play with Us. Attend as an audience member or join as a musician. (Leave contact info at front desk)

Dance and enjoy the music!

\$1 Admission - Coffee by Donation

Knitting Sisters - Lounge

1st & 3rd Saturday of the month

10:00am – 12:00pm

Knitting for worthy causes. Everyone welcome!

Mah Jong - Lounge

Tuesday, 9:30am – 12:30pm

Wednesday, 1:00pm – 4:00pm & 6:00pm – 9:00pm

Thursday, 9:15am – 12:15pm

\$0.05 per game

Play this intriguing game based on a traditional Chinese board game.

McKee Sisters - Lounge

Thursday, 12:30pm – 4:00pm

Social group that talks about health, we laugh together, share ideas and enjoy one another's company.

Mexican Train - Lounge

Monday, 10:00am - 12:00pm

Wednesday, 6:00 pm – 9:00 pm

Come join the fun. Always welcoming new members.

Scrabble

Tuesday, 1:00pm – 4:00pm - Lounge

Friday, 1:00pm – 4:00pm - Dogwood A

An old game with new friends.

Walking Club

Tuesday & Friday, 9:00am – 10:00am

This fun group departs from and returns to McKee.

Join us after for a cup of coffee (even if you can't join the walk)

Mission Statement

Fostering and promoting Leisure activities for adults 50

Knitting Sisters

Book Club

Mah Jong

Ukulele

Snooker

McKee Sisters

Bingo

Cribbage

Gardening Club

Mexican Train

Bridge

Euchre

Carpet Bowling

Gardening

Canasta

Scrabble

Table Tennis

Card Seep

Tap Dance

Walking Club

Puzzles

Jammers

Dealer's Choice