

McKee Spring 2025 Instructional Programs & Clubs June 30 – August 31

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins May 28 2025 at 9:00am



Holiday Dates McKee will be Closed
Canada Day July 1st, BC Day Aug 4th

EVENTS:

EVENING BBQ – Sat. Jul 26, 2025 5:00 pm – 9:30 pm
MCKEE MAINTENANCE CLOSURE – Aug 4 -8, 2025
No Drop-In Classes – Sat Aug 2, 2025



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 – 7:00 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 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**

****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.

****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.

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.

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. **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 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.
- Please see reference to late attendance under All Programs on page 4. This also applies to Registered Classes.

Thank you for participating in and supporting the programs at McKee Seniors Recreation Centre.

McKee Seniors Recreation Centre is committed to providing members with many program options for their social, physical and mental well-being. If you have any ideas for future programs and/or clubs, we want to hear about them. Likewise, if you have a passion that you would like to share with other members, we would like to hear about that too! Feel free to speak to any member of the Board or fill out a suggestion card at Customer Service.

~ McKee Board of Directors

CODE OF CONDUCT

The City of Delta wants to ensure that your visit to any Delta facility is an enjoyable experience. Delta has a Code of Conduct whereby all patrons are expected to behave in an appropriate manner and be respectful of each other, our staff and volunteers, and our facilities.

There will be **ZERO TOLERANCE of inappropriate behaviour**, which includes:

- **OFFENSIVE LANGUAGE**
- **UNSAFE ACTIONS**
- **LOITERING**
- **DAMAGE / VANDALISM / THEFT / LITTERING**
- **DISREGARDING FACILITY RULES**
- **UNDER THE INFLUENCE OF DRUGS AND/OR ALCOHOL**
- **FIGHTING / BULLYING AND/OR HARASSMENT**

**FAILURE TO COMPLY WITH THE CODE OF CONDUCT WILL
RESULT IN BANISHMENT FROM ALL DELTA FACILITIES.**

Instructional Programs and Clubs at McKee

FITNESS PROGRAMS

C.B.S. – Core, Balance & Strength

Pioneer Hall

A functional fitness class for intermediate to advanced members who also attend the Fun & Fitness classes. Smaller class size much like Group Personal Training to focus on mastering good form and technique. All types of equipment such as medicine balls, gliding discs, bands, dumbbells, 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 73553– Capacity 15

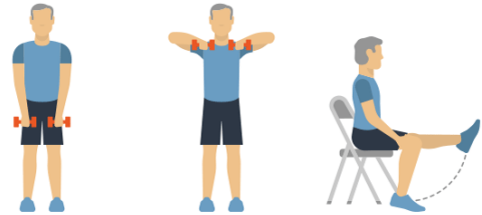
Tuesday: Jul 8 – Aug 26

8:00am – 9:00am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Aug 5



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 73551– Capacity 25

Monday: Jun 30 – Aug 25

8:30am – 9:30am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Aug 4

Event ID 73552– Capacity 25

Wednesday: Jul 2 – Aug 27

9:00am – 10:00am

Cost: Drop-in Punch Card

Instructor: Bev Hillman

No class: Aug 6

Event ID 74900– Capacity 25

Friday: Jul 4 – Aug 29

9:00am – 10:00am

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

No class: Aug 8



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 73541 – Capacity 32 Monday: Jun 30 – Aug 25 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Aug 4	Event ID 73542 – Capacity 32 Saturday: Jul 5 – Aug 30 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaine Badock No class: Aug 2
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Muscle Max (Medium-High Intensity Interval Training)

Pioneer Hall

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. Class is **NOT** recommended for those who have not participated in any strenuous exercise activity for a period of 12 months or more.

Event ID 73555- Capacity 16 Monday: Jun 30 – Aug 25 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie No class: Aug 4	Event ID 73556 – Capacity 16 Thursday: Jul 3 – Aug 28 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie No class: Aug 7
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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 73538 – Capacity 20 Monday: Jun 30 – Aug 25 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Aug 4</i>	Event ID 73539 – Capacity 14 Wednesday: Jul 2 – Aug 27 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Bev Hillman <i>No class: Aug 6</i>
Event ID 73540 – Capacity 32 Saturday: Jul 5 – Aug 30 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Aug 2</i>	



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

Instructional Programs and Clubs at McKee

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 73557 - Capacity 12

Thursday: Jul 3 – Aug 28

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Shigeko Wilson

No class: Aug 7



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 74756 – Capacity 25

Tuesday: Jul 8 – Jul 29

11:00am – 12:00pm – Pioneer Hall*

Cost: \$20/4 sessions

Instructor: Carol Lepine

Event ID 74757 – Capacity 25

Tuesday: Aug 12 – Aug 26

11:00am – 12:00pm – Pioneer Hall*

Cost: \$15/3 sessions

Instructor: Carol Lepine

No class: Jul 1 & Aug 5

Event ID 74887 – Capacity 12

Thursday: Jul 3 – Jul 31

11:45am – 12:45pm – DogwoodA&B*

Cost: \$25/5 sessions

Instructor: Shigeko Wilson

Event ID 74888 – Capacity 12

Thursday: Aug 14 – Aug 28

11:45am – 12:45pm – DogwoodA&B*

Cost: \$15/3 sessions

Instructor: Shigeko Wilson

No class: Aug 7



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 73554 – Capacity 13

Tuesday: Jul 8 – Aug 26

9:30am – 10:30am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

No class: Aug 5

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 74895 – Capacity 13

Friday: Jul 4 – Aug 29

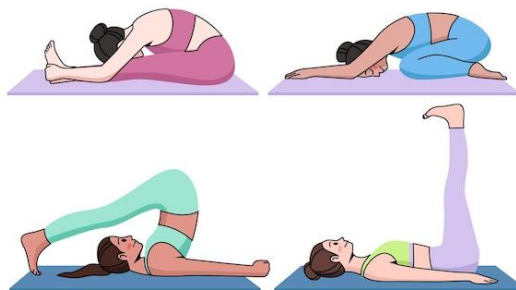
8:45am – 9:45am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

No class: Aug 8

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



CUSTOMIZED PROGRAMS

Meditation ***REGISTERED PROGRAM**

Hawthorne A&B

Meditation practice involves focusing on the breath which calms the mind, increases your awareness allowing the experience of the heart opening where love and compassion exist within us all. You will be given various techniques to assist in training the mind to stay focused which allows the mind to become quiet, reducing stress, improving concentration and increasing relaxation. Observations and questions welcomed. Chairs and mats are available for this class.

Event ID 74921 – Capacity 15 Tues: Jul 8 – Jul 29 11:00am – 12:00pm Cost: \$20/4 sessions Instructor: Ivan Jones	Event ID 74922 – Capacity 15 Tue: Aug 12 – Aug 26 11:00am – 12:00pm Cost: \$15/3 sessions Instructor: Ivan Jones <i>No class: Aug 5</i>
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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 74897 – Capacity 15 Friday: Jul 4 – Aug 29 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Aug 8</i>

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

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 74884– Capacity 25 Tuesday: Jul 8 – Jul 29 1:00pm – 2:00pm Cost: \$20/4 sessions Instructor: Debbie Cheong <i>No class: Jul 1</i></p> <p>-----</p> <p>Event ID 74885 – Capacity 25 Tuesday: Aug 19 – Aug 26 1:00pm – 2:00pm Cost: \$10/2 sessions Instructor: Debbie Cheong <i>No class: Aug 12</i></p> <p>-----</p>	<p>Event ID 74892 – Capacity 25 Thursday: Jul 3 – Jul 31 1:00pm – 2:00pm Cost: \$25/5 sessions Instructor: Debbie Cheong Asst. Instruction: Shigeko Wilson</p> <p>-----</p> <p>Event ID 74893 - Capacity 25 Thursday: Aug 21 – Aug 28 1:00pm – 2:00pm Cost: \$10/2 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson <i>No class: Aug 7 & Aug 14</i></p> <p>-----</p>
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CUSTOMIZED PROGRAMS

Minds in Motion

*REGISTERED PROGRAM

Pioneer Hall

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs.



Event ID 74201 - Capacity 12 Wednesday: Jul 2 – Jul 30 1:30pm – 3:30pm Cost: \$25/5 sessions – <i>cost includes your partner</i> Coordinated by: Celia Toews Fitness by: Carol Lepine	NO AUGUST CLASSES
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	



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 74752– Capacity 12 Monday: Jun 30 – Jul 21 10:30am– 12:30pm Cost: \$40/4 sessions Supply list at front desk Instructor: Susan Blessin	Event ID 74753 – Capacity 12 Monday: Jul 28 – Aug 18 10:30am – 12:30pm Cost: \$30/3 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Aug 4</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 74754 - Capacity 10 Monday: Jun 30 – Jul 21 1:30pm – 3:30pm Cost: \$40/4 sessions Instructor: Susan Blessin	Event ID 74755 - Capacity 10 Monday: Jul 28 – Aug 18 1:30pm – 3:30pm Cost: \$30/3 sessions Instructor: Susan Blessin <i>No class: Aug 4</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. All levels welcome, including Beginners!

NO JULY CLASSES	NO AUGUST CLASSES
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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 74905 – Capacity35 Pioneer Hall Friday: Jul 4 – Aug 29 2:15pm – 3:15pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Aug 8</i>	Event ID 74904–Capacity35 Pioneer Hall Friday: Jul 4 – Aug 29 1:00pm – 2:00pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Aug 8</i>	Event ID 74903-Capacity35 Pioneer Hall Friday: Jul 4 – Aug 29 11:45am – 12:45pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Aug 8</i>

Line Dance Intermediate

Pioneer Hall

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

Event ID 73537 – Capacity 25 Monday: Jun 30 – Aug 25 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Aug 4</i>	Event ID 74902 – Capacity 25 Friday: Jul 4 – Aug 29 10:30am – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Aug 8</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

INSTRUCTIONAL PROGRAMS

*Indicates Register 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				
9:30-11:30am						
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				
11:30am – 12:30pm	Line Dance Intermediate					
11:45 am – 12:45 pm				* Gentle Yoga	Line Dance Level 3	
12:00-1:00pm						
12:30-1:30pm						
1:00-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2	
1:30-3:30pm	*Watercolor Beginner		*Minds in Motion			
1:45-2:45pm						
2:15-3:15pm					Line Dance Level 1	
2:00-3:30pm						
4:30-5:15pm						
4:30-5:30pm	Muscle Max			Muscle Max		
5:30-6:30pm						

There will be no programs on statutory holidays, Jul 1

Closed for Maintenance Aug 4 –8, 2025

***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, 1:00pm – 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 – 9:00 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

Instructional Programs and Clubs at McKee

DROP-IN CLUBS AT MCKEE

The following activities are offered at McKee on a drop-in basis. Check the daily schedule to find out which activities are in which rooms and just drop in and enjoy the fun.

<p>Bingo Thursday 12:30pm – 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>Dealer's Choice – Lounge Saturday 12:30 pm – 3:00 pm .10 ante/.25 max raise/\$20 max per game A fun filled afternoon with new & old friends</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 new and 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 See you in September, have a great summer! 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 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.</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 join the fun with this new club</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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Mission Statement

Fostering and promoting Leisure activities for adults 50

Dealer's Choice

Mah Jong

Ukulele

Snooker

Bingo

McKee Sisters

Friendship Club

Cribbage

Mexican Train

Bridge

Carpet Bowling

Card Seep

Canasta

Table Tennis

Tap Dance

Walking Club

Euchre

Knitting Sisters

Jammers

Puzzles

Gardening