

McKee Winter 2026

Instructional Programs & Clubs

January 5 – March 29, 2026

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins December 10, 2025 at 9:00am



Holiday Dates McKee will be Open
Feb 16th

EVENTS:

Langley Ukulele Concert Jan 31st, 1pm - 3pm
no instructional classes will be cancelled.



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

EMAIL ADDRESS

frontdesk@mckeesociety.com

Register online at delta.ca/registration

****Refund Policy – Pg 3**

Instructional Programs and Clubs at McKee

Table of Contents

Welcome to McKee Seniors Recreation Centre	page 2-5
Code of Conduct	page 5
Fitness Programs	page 6-9
Yoga Programs	page 9-11
Specialized Programs	
Drop-in and Registered Program	
• Meditation	page 12
• Custom Fit	page 12
• Get Up & Go	page 13
• Osteofit	page 14
• Tai Chi	page 15
• Minds in Motion	page 16
• ActivAge	page 17
• Choose to Move	page 17
Art Programs	
• Watercolour – Beginners & Intermediate	page 18
• Acrylic & Watercolour	page 19
Dance Programs	
• Line Dancing	page 20
Music Programs	
• Guitar	page 21
• African Hand Drumming	page 21
Activity Grid	page 22
McKee Clubs	page 23
Drop-In Clubs	page 24-25

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

City of Delta Cashier Customer Service Hours:

Monday, Thursday & Friday 8:30am – 4:00pm
Tuesday 7:45am – 4:00pm
Wednesday 8:30am – 7:00pm
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 up to 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 for a fitness class or five-dollar (\$5) fee for a club.** Attendance will depend on available space. This allows the visitor to a one drop-in participation fitness class or a one-time participation visit in a club. After attending one class or one visit, the ten-dollar (\$10) or five-dollar (\$5) fee may be credited to a new McKee membership, within 30 days of purchase date. A non-member visitor “one time participation 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.

A free observation pass for one-time visit to fitness or club is available, see the front desk volunteer for information.

Instructional Programs and Clubs at McKee

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 up to 72 hours prior to day of class**

McKee 2026 Fees	
12-Month Golden 90+ Membership	Free
12-Month Annual Membership	\$30
12-Month Snooker Club Membership	\$35
12-Month Table Tennis Club Membership	\$20
12-Month Pickleball Club Membership	\$25
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 Participation One-time Pass	\$10 fitness class/\$5 club
<i>All memberships and passes expire after 365 days.</i>	
Observation Only One-time Pass – Fitness or Club	Free

****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.**

Instructional Programs and Clubs at McKee

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, which provides registration options or phoning 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 deducted 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.

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.

Please remember to scan in at Front Desk for all activities

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/mckee.

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 90361 - Capacity 15

Tuesday: Jan 6 – Mar 24

8:00am – 9:00am

Cost: Drop-in Digital Pass

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 90051 – Capacity 20

Monday: Jan 5 – Mar 23

8:30am – 9:30am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng

No class: Feb 16

Event ID 90510 – Capacity 20

Wednesday: Jan 7 – Mar 25

9:00am – 10:00am

Cost: Drop-in Digital Pass

Instructor: Bev Hillman

Event ID 91709 – Capacity 25

Friday: Jan 9 – Mar 27

9:00am – 10:00am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng



Registration is recommended for all Drop-in Classes up to 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 90057 – Capacity 32

Monday: Jan 5 – Mar 23

10:00am – 11:00am

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

No class: Feb 16

Event ID 90508 – Capacity 32

Saturday: Jan 10 – Mar 28

10:15am – 11:15am

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

Muscle Max (Medium-High Intensity Interval Training)

**See Room Location*

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 92405 - Capacity 24

Monday: Jan 5 – Mar 23

4:30pm – 5:30pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Michele Davie

No class: Feb 16

Event ID 96376 – Capacity 12

Tuesday: Jan 13 – Mar 24

3:30pm – 4:30pm Hawthorne

Cost: Drop-in Digital Pass

Instructor: Ally Nicholson

Event ID 90616 – Capacity 24

Thursday: Jan 8 – Mar 26

4:30pm – 5:30pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Michele Davie



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

Please remember to scan in at Front Desk for all activities

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 90003 – Capacity 20 Monday: Jan 5 – Mar 23 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Digital Pass Instructor: Charlaine Badock No class: Feb 16	Event ID 90509 – Capacity 14 Wednesday: Jan 7 – Mar 25 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Digital Pass Instructor: Bev Hillman
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Event ID 90507 – Capacity 32 Saturday: Jan 10 – Mar 28 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Digital Pass Instructor: Charlaine Badock
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LEAP (Low Impact Easy Aerobic Program)

**See Room Locations*

L.E.A.P. is your ultimate feel-good cardio class, blending classic simple low-impact aerobic movements. Gentle on joints and all about consistent movement. The last 15-20 minutes are dedicated to strengthening your power center, transitioning to the mats for a series of effective core exercises. The low-impact format ensures a safe, effective and fun workout. Options for various intensity will be provided. **THE ABILITY TO MOVE SAFELY UP AND DOWN UNASSISTED FROM THE FLOOR IS A PREREQUISITE.**

Event ID 96375 – Capacity 12 Monday: Jan 12 – Mar 23 4:30pm – 5:30pm Hawthorne Rm Cost: Drop-in Digital Pass Instructor: Ally Nicholson No Class: Feb 16th	Event ID 96381 – Capacity 20 Wednesday: Jan 14 – Mar 25 11:00am – 12:00pm Pioneer Hall Cost: Drop-in Digital Pass Instructor: Ally Nicholson
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Registration is Recommended for all Drop-in Classes up to 72 hours prior to day of class

FITNESS PROGRAMS

STIFFNESS SOLUTIONS (Mobility Class)

Hawthorne A&B

This class specializes in improving your range of motion (ROM), joint health and active movement control. Unlike static stretching the class uses dynamic exercises, joint rotations and self-myofascial release to actively build strength and stability throughout the joints full range of motion. The goal is to correct movement imbalances, reduce stiffness and pain, and significantly lower your risk of injury, ultimately enhancing your performance in other physical activities and improving daily function.

EXPECT FLOOR WORK ON THE MATS.

Event ID 96386 – Capacity 12
Thursday: Jan 15 – Mar 26
4:30pm – 5:30pm
Cost: Drop-in Digital Pass
Instructor: Ally Nicholson

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 90615 - Capacity 12
Thursday: Jan 8 – Mar 26
10:30am – 11:30am
Cost: Drop-in Digital Pass
Instructor: Shigeko Wilson



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

YOGA PROGRAMS

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 92406 – Capacity 24
Tuesday: Jan 6 – Feb 10
11:00am – 12:00pm – Pioneer Hall*
Cost: \$30/6 sessions
Instructor: Carol Lepine

Event ID 92408 – Capacity 24
Tuesday: Feb 17 – Mar 24
11:00am – 12:00pm – Pioneer Hall*
Cost: \$30/6 sessions
Instructor: Carol Lepine

Event ID 92412 – Capacity 12
Thursday: Jan 8 – Feb 12
11:45am – 12:45pm – Dogwood A&B*
Cost: \$30/6 sessions
Instructor: Shigeko Wilson

Event ID 92414 – Capacity 12
Thursday: Feb 19 – Mar 26
11:45am – 12:45pm – Dogwood A&B*
Cost: \$30/6 sessions
Instructor: Shigeko Wilson



Please remember to scan in at Front Desk for all activities

YOGA PROGRAMS

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 90364 – Capacity 20

Tuesday: Jan 6 – Mar 24

9:30am – 10:30am

Cost: Drop-in Digital Pass

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 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 91699 – Capacity 10

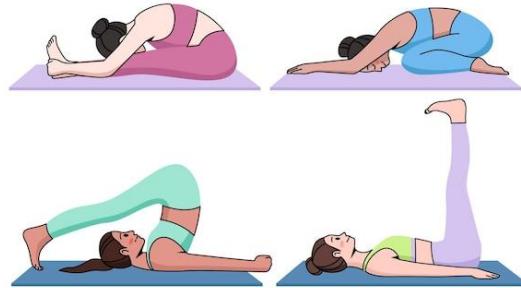
Friday: Jan 9 – Mar 27

8:45am – 9:45am

Cost: Drop-in Digital Pass

Instructor: Carol Lepine

Registration is Recommended for all Drop-in Classes up to 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 92415 – Capacity 15

Tuesday: Jan 13 – Feb 10

11:00am – 12:00pm

Cost: \$25/5 sessions

Instructor: Ivan Jones

Event ID 92416 - Capacity 15

Tuesday: Feb 17 – Mar 24

11:00am – 12:00pm

Cost: \$30/6 sessions

Instructor: Ivan Jones

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 91707 – Capacity 15

Friday: Jan 9 – Mar 27

10:15am – 11:15am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng

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

Please remember to scan in at Front Desk for all activities

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.

Event ID 92454 – Capacity 40

Tuesday: Jan 13 – Feb 10

1:00pm – 2:00pm

Cost: \$25/5 sessions

Instructor: Debbie Cheong

Asst. Instructor: Jennifer Rak

Event ID 92456 – Capacity 40

Tuesday: Feb 17 – Mar 10

1:00pm – 2:00pm

Cost: \$20/4 sessions

Instructor: Debbie Cheong

Asst Instructor: Jennifer Rak

Event ID 92458 – Capacity 40

Thursday: Jan 15 – Feb 12

1:00pm – 2:00pm

Cost: \$25/5 sessions

Instructor: Debbie Cheong

Asst. Instructor: Shigeko Wilson

Event ID 92462 - Capacity 40

Thursday: Feb 19 – Mar 12

1:00pm – 2:00pm

Cost: \$20/4 sessions

Instructor: Debbie Cheong

Asst. Instructor: Shigeko Wilson



Please remember to scan in at Front Desk for all activities

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Osteofit *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 92463 - Capacity 12

Tuesday: Jan 6 – Feb 10

9:30am – 10:30am

Cost: \$30/6 sessions

Instructor: Cherie Raines

Event ID 92464 - Capacity 12

Tuesday: Feb 17 – Mar 24

9:30am – 10:30am

Cost: \$30/6 sessions

Instructor: Cherie Raines



Please remember to scan in at Front Desk for all activities

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 92466 - Capacity 12 Tuesday: Jan 6 – Feb 10 12:30pm – 1:30pm Cost: \$30/6 sessions Instructor: John Eastman	Event ID 92467 - Capacity 12 Tuesday: Feb 17 – Mar 24 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 92468 - Capacity 12 Tuesday: Jan 6 – Feb 10 1:45pm – 2:45pm Cost: \$30/6 sessions Instructor: John Eastman	Event ID 92469 - Capacity 12 Tuesday: Feb 17 – Mar 24 1:45pm – 2:45pm Cost: \$30/6 sessions Instructor: John Eastman
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Please remember to scan in at Front Desk for all activities

Instructional Programs and Clubs at McKee

Minds in Motion

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.



*REGISTERED PROGRAM

Event ID 91482 - Capacity 12

Wednesday: Jan 7 – Feb 11

1:30pm – 3:30pm

Cost: \$30/6 sessions – *cost includes your partner*

Coordinated by: Harsimran Gill

Fitness by: Cherie Raines

Event ID 91484 – Capacity 12

Wednesday: Feb 25 – Mar 25

1:30pm - 3:30pm

Cost: \$25/5 sessions - *cost includes your partner*

Coordinated by: Harsimran Gill

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



Please remember to scan in at Front Desk for all activities

Instructional Programs and Clubs at McKee

****PLEASE NOTE****

The Mandatory Information Session on Jan 9th 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. This course is only available to a participant 1x in a 24-month period unless specifically approved ahead of the class commencing. *Therefore, the Information Session is mandatory as registrants have to be essentially pre-screened and determined qualified to register.*

ActivAge *Registered Program (Free)

Hawthorne A&B

Event ID 91396 – Capacity 15

Friday: Jan 16 – Mar 27

12:00pm– 1:00pm

CANCELLED

Free Program

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 91383 – Capacity 15

Friday: Jan 16 – Mar 27

1:00pm– 2:00pm

CANCELLED

No classes: Jan 23, Mar 6 & Mar 20

Free Program

***Jan 9th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow Event ID 91376*

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.

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 F

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

Event ID 92471 – Capacity 12 Monday: Jan 5 – Feb 9 10:30am – 12:30pm Cost: \$60/6 sessions Supply list at front desk Instructor: Susan Blessin	Event ID 92472 – Capacity 12 Monday: Feb 23 – Mar 23 10:30am – 12:30pm Cost: \$50/5 sessions Supply list at front desk Instructor: Susan Blessin No class: Feb 16
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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 92473 - Capacity 10 Monday: Jan 5 – Feb 9 1:30pm – 3:30pm Cost: \$60/6 sessions Instructor: Susan Blessin	Event ID 92474 - Capacity 10 Monday: Feb 23 – Mar 23 1:30pm – 3:30pm Cost: \$50/5 sessions Instructor: Susan Blessin No class: Feb 16
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Please remember to scan in at Front Desk for all activities

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 92374 – Capacity 16 Tuesday: Jan 6 – Feb 10 9:30am – 11:30am Cost: \$60/6 sessions Supply list at front desk Instructor: Bill Miloglav	Event ID 92375 – Capacity 16 Tuesday: Feb 17 – Mar 24 9:30am – 11:30am Cost: \$60/6 sessions Supply list at front desk Instructor: Bill Miloglav
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Please remember to scan in at Front Desk for all activities

CLINICS/WORKSHOPS

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> Beginner	<u>Level 2</u> Improver	<u>Level 3</u> Easy Intermediate
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 91725 – Capacity 35 Pioneer Hall Friday: Jan 9 – Mar 27 2:15pm – 3:15pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira	ID 91724 – Capacity 35 Pioneer Hall Friday: Jan 9 – Mar 27 1:00pm – 2:00pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira	Event ID 91723-Capacity 35 Pioneer Hall Friday: Jan 9 – Mar 27 11:45am – 12:45pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira

LineDance – Level 1 -

Beginner

Pioneer Hall

See above for Beginner description

Line Dance Intermediate

Pioneer Hall

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

Event ID 90066 – Capacity 25 Monday: Jan 5 – Mar 23 11:30am – 12:30pm Cost: Drop-In Digital Pass Instructor: Liz Salikin No Class: Feb 16

Event ID 91722 – Capacity 25 Friday: Jan 9 – Mar 27 10:30am – 11:30am Cost: Drop-In Digital Pass Instructor: Liz Salikin
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Registration is Recommended for all Drop-in Classes up to 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 92475 – Capacity 8 Wednesday: Jan 7 – Feb 11 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Steve Alexander	Event ID 92476 – Capacity 8 Wednesday: Feb 18 – Mar 25 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Steve Alexander
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INTRODUCTION TO AFRICAN HAND DRUMMING **NEW**

Hawthorne A&B

No previous musical training required. Have fun learning how to make sounds on the djembe and play with a group. Emphasis is on listening, learning traditional (and other) rhythms as well as a 'call and response'. In this short course, we will cover how to produce the 3 most commonly used sounds on the West African djembe drum, basic African djembe rhythm patterns, bell patterns and 2-part combinations, listening and rhythmic independence exercises. Some 'follow the leader' rhythm games and possibly some simple soloing for each participant. The group will experience 'establishing a groove' and what that feels like! ALL PARTICIPANTS WILL BE PROVIDED WITH HAND DRUMS FOR THE SESSION.

Event ID 92342 – Capacity 8 Wednesday: Jan 14 – Feb 4 4:30pm – 5:30pm Cost: \$20/4 sessions Instructor: Rob Ferguson	Event ID 97619 – Capacity 8 Wednesday: Feb 18 – Mar 11 4:30pm – 5:30pm Cost: \$25/5 sessions Instructor: Rob Ferguson
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Please remember to scan in at Front Desk for all activities

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 LEAP			
11:30am-12:30pm	Line Dance Beginner					
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			
3:30pm-4:30pm		Muscle Max				
4:30pm-5:30pm	Muscle Max LEAP		*African Hand Drumming	Muscle Max Stiffness Solutions		

There will be no programs on statutory holidays. Feb 16th

**PLEASE NOTE DUE TO UNFORSEEN CIRCUMSTANCES CLASSES MAY BE CANCELLED WITHOUT NOTICE.
THANK YOU FOR YOUR UNDERSTANDING.**

Instructional Programs and Clubs at McKee

PLEASE NOTE ACCESS TO FACILITY ON WEDNESDAY EVENINGS IS TILL 7PM

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, 12:00pm – 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.</p> <p>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.</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 fun. Bring a partner! If you don't have a partner, we attempt to find one for you on Mondays.</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 **NOTE: RETURNS MARCH 2026** Monday, Wednesday & Friday, 9:00am–12:00pm Pickleball is a fun and friendly outdoor racquet sport. Please note: can only be played when courts are dry!!</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, 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.</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 & learn new routines. Proper tap shoes & prior tap dance experience mandatory as there is no instructor.</p> <p>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.</p>
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*Club Membership Required. See Customer Service Desk

Please remember to scan in at Front Desk for all activities

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, 9:30am – 12:00pm
\$1.00/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!!

Discussion Group Club – Lounge (New name for

1st Friday of the month Philosophy Club)

11:30am – 12:30pm

Monthly topics discussed together. Topics noted in monthly newsletters

Euchre - Lounge

Tuesday, 1:00pm – 3:00pm
Played using a reduced deck of 24 cards, 3 or 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.

Instructional Programs and Clubs at McKee

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

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)

Instructional Programs and Clubs at McKee

Please remember to scan in at Front Desk for all activities