

# **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 Closed**  
**Feb 16<sup>th</sup>**

#### **EVENTS:**

**Langley Ukulele Concert Jan 31<sup>st</sup>, 1pm - 3pm**  
no instructional classes will be cancelled.



#### **EMAIL ADDRESS**

**frontdesk@mckeesociety.com**

**Register online at [delta.ca/registration](https://delta.ca/registration)**

**\*\*Refund Policy – Pg 3**

**McKee Seniors Recreation Centre**  
**5155 47<sup>th</sup> Avenue, Delta, BC V4K 0A2**  
**Phone: 604-946-1411**  
**Fax: 604-946-1409**  
**Online at: [delta.ca/McKee](https://delta.ca/McKee)**  
**Or: [mckeesociety.com](https://mckeesociety.com)**

# Instructional Programs and Clubs at McKee

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## Table of Contents

Welcome to McKee Seniors Recreation Centre	page 2-5
Code of Conduct	page 5
Fitness Programs	page 6-8
Yoga Programs	page 8-10
Specialized Programs	
Drop-in and Registered Program	
• Meditation	page 11
• Custom Fit	page 11
• Get Up & Go	page 12
• Osteofit	page 13
• Tai Chi	page 14
• Minds in Motion	page 15
• ActivAge	page 16
• Choose to Move	page 16
Art Programs	
• Watercolour – Beginners & Intermediate	page 17
• Acrylic & Watercolour	page 18
Dance Programs	
• Line Dancing	page 19
Music Programs	
• Guitar	page 20
• African Hand Drumming	page 20
Activity Grid	page 21
McKee Clubs	page 22
Drop-In Clubs	page 23-24

# Instructional Programs and Clubs at McKee

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## 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

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### **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

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## 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

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### 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](http://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 Punch Card

Instructor: Lynn Cheng



#### **Fun & Fitness**

##### **Pioneer Hall**

A fun fitness class for men and women involving cardio, muscular strength, balance, endurance and flexibility training modified to your needs. Expect floor work on mats or an alternative provided by the instructor.

Event ID 90051 – Capacity 20

**Monday: Jan 5 – Mar 23**

**8:30am – 9:30am**

Cost: Drop-in Punch Card

Instructor: Lynn Cheng

***No class: Feb 16***

Event ID 90510 – Capacity 20

**Wednesday: Jan 7 – Mar 25**

**9:00am – 10:00am**

Cost: Drop-in Punch Card

Instructor: Bev Hillman

Event ID 91709 – Capacity 20

**Friday: Jan 9 – Mar 27**

**9:00am – 10:00am**

Cost: Drop-in Punch Card

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 Punch Card

Instructor: Charlaine Badock

**No class: Feb 16**

Event ID 90508 – Capacity 32

**Saturday: Jan 10 – Mar 28**

**10:15am – 11:15am**

Cost: Drop-in Punch Card

Instructor: Charlaine Badock

#### **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 92405 - Capacity 24

**Monday: Jan 5 – Mar 23**

**4:30pm – 5:30pm**

Cost: Drop-in Punch Card

Instructor: Michele Davie

**No class: Feb 16**

Event ID 90616 – Capacity 24

**Thursday: Jan 8 – Mar 26**

**4:30pm – 5:30pm**

Cost: Drop-in Punch Card

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 Punch Card  
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 Punch Card  
Instructor: Bev Hillman

Event ID 90507 – Capacity 32  
**Saturday: Jan 10 – Mar 28**  
**9:00am – 10:00am – Pioneer Hall**  
Cost: Drop-in Punch Card  
Instructor: Charlaine Badock



### 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 Punch Card  
Instructor: Shigeko Wilson



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

## Instructional Programs and Clubs at McKee

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### 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 <b>Tuesday: Jan 6 – Feb 10</b> <b>11:00am – 12:00pm – Pioneer Hall*</b> Cost: \$30/6 sessions Instructor: Carol Lepine  ----- Event ID 92408 – Capacity 24 <b>Tuesday: Feb 17 – Mar 24</b> <b>11:00am – 12:00pm – Pioneer Hall*</b> Cost: \$30/6 sessions Instructor: Carol Lepine	Event ID 92412 – Capacity 12 <b>Thursday: Jan 8 – Feb 12</b> <b>11:45am – 12:45pm – DogwoodA&amp;B*</b> Cost: \$30/6 sessions Instructor: Shigeko Wilson  ----- Event ID 92414 – Capacity 12 <b>Thursday: Feb 19 – Mar 26</b> <b>11:45am – 12:45pm – DogwoodA&amp;B*</b> Cost: \$30/6 sessions Instructor: Shigeko Wilson
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## Instructional Programs and Clubs at McKee

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### **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 Punch Card

Instructor: Carol Lepine

### **Easy Yoga Flow**

#### **Hawthorne A&B**

Increase flexibility, balance and strength while using props to help deepen your yoga practice. Participants wishing 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

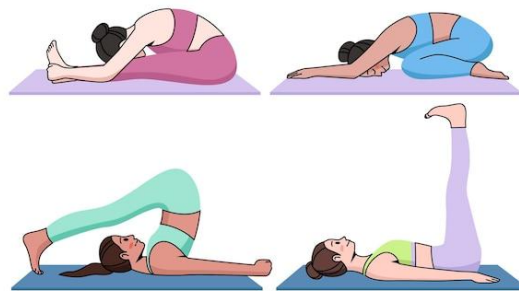
**Friday: Jan 9 – Mar 27**

**8:45am – 9:45am**

Cost: Drop-in Punch Card

Instructor: Carol Lepine

**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

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### **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 <b>Tuesday: Jan 13 – Feb 10</b> <b>11:00am – 12:00pm</b> Cost: \$25/5 sessions Instructor: Ivan Jones ----- Event ID 92416 - Capacity 15 <b>Tuesday: Feb 17 – Mar 24</b> <b>11:00am – 12:00pm</b> Cost: \$30/6 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 91707 – Capacity 15 <b>Friday: Jan 9 – Mar 27</b> <b>10:15am – 11:15am</b> Cost: Drop-in Punch Card Instructor: Lynn Cheng
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**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 <b>Tuesday: Jan 13 – Feb 10</b> <b>1:00pm – 2:00pm</b> Cost: \$25/5 sessions Instructor: Debbie Cheong Asst. Instructor: Jennifer Rak ----- Event ID 92456 – Capacity 40 <b>Tuesday: Feb 17 – Mar 10</b> <b>1:00pm – 2:00pm</b> Cost: \$20/4 sessions Instructor: Debbie Cheong Asst Instructor: Jennifer Rak	Event ID 92458 – Capacity 40 <b>Thursday: Jan 15 – Feb 12</b> <b>1:00pm – 2:00pm</b> Cost: \$25/5 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson ----- Event ID 92462 - Capacity 40 <b>Thursday: Feb 19 – Mar 12</b> <b>1:00pm – 2:00pm</b> Cost: \$20/4 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson
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## Instructional Programs and Clubs at McKee

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### 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

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Event ID 92464 - Capacity 12

**Tuesday: Feb 17 – Mar 24**

**9:30am – 10:30am**

Cost: \$30/6 sessions

Instructor: Cherie Raines



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**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 <b>Tuesday: Jan 6 – Feb 10</b> <b>12:30pm – 1:30pm</b> Cost: \$30/6 sessions Instructor: John Eastman	Event ID 92467 - Capacity 12 <b>Tuesday: Feb 17 – Mar 24</b> <b>12:30pm – 1:30pm</b> 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 <b>Tuesday: Jan 6 – Feb 10</b> <b>1:45pm – 2:45pm</b> Cost: \$30/6 sessions Instructor: John Eastman	Event ID 92469 - Capacity 12 <b>Tuesday: Feb 17 – Mar 24</b> <b>1:45pm – 2:45pm</b> Cost: \$30/6 sessions Instructor: John Eastman
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## Instructional Programs and Clubs at McKee

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### 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 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





## Instructional Programs and Clubs at McKee

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### **\*\*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**  
***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**  
***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.

**Please remember to scan in at Front Desk for all activities**

## Instructional Programs and Clubs at McKee

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### 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 <b>Monday: Jan 5 – Feb 9</b> <b>10:30am – 12:30pm</b> Cost: \$60/6 sessions Supply list at front desk Instructor: Susan Blessin	Event ID 92472 – Capacity 12 <b>Monday: Feb 23 – Mar 23</b> <b>10:30am – 12:30pm</b> Cost: \$50/5 sessions Supply list at front desk Instructor: Susan Blessin <i>No class: Feb 16</i>
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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 <b>Monday: Jan 5 – Feb 9</b> <b>1:30pm – 3:30pm</b> Cost: \$60/6 sessions Instructor: Susan Blessin	Event ID 92474 - Capacity 10 <b>Monday: Feb 23 – Mar 23</b> <b>1:30pm – 3:30pm</b> Cost: \$50/5 sessions Instructor: Susan Blessin <i>No class: Feb 16</i>
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### **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



### **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> <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 91725 – Capacity 35 <b>Pioneer Hall</b> <b>Friday: Jan 9 – Mar 27</b> <b>2:15pm – 3:15pm</b> Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira	ID 91724 – Capacity 35 <b>Pioneer Hall</b> <b>Friday: Jan 9 – Mar 27</b> <b>1:00pm – 2:00pm</b> Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira	Event ID 91723-Capacity 35 <b>Pioneer Hall</b> <b>Friday: Jan 9 – Mar 27</b> <b>11:45am – 12:45pm</b> 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 90066 – Capacity 25 <b>Monday: Jan 5 – Mar 23</b> <b>11:30am – 12:30pm</b> Cost: Drop-In Punch Card Instructor: Liz Salikin <b>No Class: Feb 16</b>	Event ID 91722 – Capacity 25 <b>Friday: Jan 9 – Mar 27</b> <b>10:30am – 11:30am</b> Cost: Drop-In Punch Card 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

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### 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	Event ID 92476 – Capacity 8
<b>Wednesday: Jan 7 – Feb 11</b>	<b>Wednesday: Feb 18 – Mar 25</b>
<b>11:00am – 12:00pm</b>	<b>11:00am – 12:00pm</b>
Cost: \$30/6 sessions	Cost: \$30/6 sessions
Instructor: Steve Alexander	Instructor: Steve Alexander

#### 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
<b>Wednesday: Jan 14 – Feb 4</b>
<b>4:30pm – 5:30pm</b>
Cost: \$20/4 sessions
Instructor: Rob Ferguson

**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			
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		*African Hand Drumming	Muscle Max		
5:30pm-6:30pm						

**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.

#### **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**

**\*\*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!!

#### **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, 9:30am – 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**

**Saturday, 12:30pm – 3:00pm Lounge**

**.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, 1:00pm – 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**

**2<sup>nd</sup> & 4<sup>th</sup> 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**

**1<sup>st</sup> & 3<sup>rd</sup> 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.



## Instructional Programs and Clubs at McKee

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### **Mexican Train - Lounge**

**Monday, 10:00am - 12:00pm**

Come join the fun. Always welcoming new members.

### **Philosophers Club – Lounge**

**1<sup>st</sup> Friday of the month**

**11:30 – 12:30 pm**

Monthly topics discussed together. Topics noted in monthly newsletters

### **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)

**Please remember to scan in at Front Desk for all activities**