Delta

January 2023

Fostering & Promoting Leisure Activities for Adults 50+

KEENOTES

MCKEE SENIORS RECREATION CENTRE

5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411
frontdesk@mckeesociety.com



CUSTOMER SERVICE OFFICE HOURS

Mon - Fri 9am - 4pm
Sat 9am - 12:30pm

McKee will be Closed for New Years!
Monday, January 2

Have a question, suggestion or comment for the monthly newsletter? We'd like to hear from you—please contact us at mckee@delta.ca

McKEE SENIORS RECREATION CENTRE

Recreation for 50+



RENEW YOUR 2023 MEMBERSHIP $30

Sign up to enjoy a full year of membership benefits!
New Members Welcome!



Visit Customer Service for more details!

McKee Society

NEWS FROM THE BOARD JANUARY 2023

Hello McKee Members,

Once again, a New Year is upon us. A time to reflect on the past and wonder what lies ahead for us.
This upcoming year probably won't change everything in our lives, and we might still feel sad sometimes. But I wholeheartedly wish you never feel sad for long, you deserve to be happy!
At McKee we look forward to seeing the friends we have made and the comradery that goes with it.
As your new Director of Special Events, it has been my pleasure to work with the volunteers who make so many things happen for all of us. From decorating all the Christmas trees that you have seen throughout our Centre, washing table cloths, preparing platters of food, organizing layout for the various luncheons and often providing and serving the food! Thank you all!
Watch for our spring fling luncheon in March and the strawberry tea event in June! The Special Events Committee is always busy searching out new ideas for our members' enjoyment.
On a last note, it has been a pleasure to serve you on the Board of Directors this short while. I encourage anyone interested, to consider being a part of a rewarding experience as a member of the McKee Society Board.

See you soon!

Fran Schiffner
Vice President and
Director Special Events

McKee Board of Directors

Mae Quon-Forsythe	President
Fran Schiffner	Vice President
Jack MacDonald	Treasurer
Kathy Ross	Secretary
Carol Page	Director at Large
Linda Lanoway	Director at Large
Geof Kraemer	Director at Large
Vacant	Director at Large
Vacant	Director at Large
Vacant	Director at Large

City of Delta

HAPPY NEW YEAR TO ALL AND WELCOME TO 2023!

I hope you all have a wonderful holiday season with friends and family, and of course lots of turkey and chocolate! What an exciting year 2022 has been, it wouldn't have been the success without all of the wonderful volunteer support to McKee! Looking forward to 2023 and what it has to bring!
Make sure to come by to renew your 2023 membership and if you want to try something new, purchase a 2023 snooker, table tennis or pickleball membership at the front desk!

I encourage everyone to dust off those new years' resolutions and try something you haven't done before, whether that's a new activity or club, or perhaps become a part of the volunteer team, you may find yourself a new passion! McKee has exciting activities planned this month, Delta Fire Department will be here to present an Emergency Preparedness Workshop on Wednesday, January 11, and there will be a First Aid Info Workshop January 17. The Day Trippers team have a wonderful trip planned for you all, come get your tickets for the ' Lunch n' Munch' day trip on January 19, for a lovely lunch at the Skyhawk Restaurant at the Boundary Bay Airport, followed by a decadent chocolate tasting back at McKee. Tickets are now available at the front desk.
With that, we are sad to see Mimi's Café close her doors on Friday, February 3, she will truly be missed by volunteers, members and staff. Make sure to pop by and grab a coffee and muffin with friends before February 3.

Happy 2023 everyone – lets make some memories!

Dani Mageau
Seniors Centre Coordinator

City of Delta Staff

Seniors Comm Services Supervisor	Lisa Porter
Seniors Centre Coordinator	Dani Mageau
Recreation Programmer	Sara Sochting
City Clerk	Ravi Dhaliwal
Facility Operations Supervisor	Carson McCrum
Building Service Workers	Mike, Blaine, Don, Haiden, Cali, Luke, Gurpinder.

Volunteer

Volunteer Shout Outs!



Les is our Snooker club convenor who does a tremendous job making all players feel welcomed and a part of the McKee family. Besides his awesome snooker playing skills, Les is consistently going above and beyond and most importantly supporting his fellow club members. Thank you for all you do, you are greatly appreciated!



Gian, Iqbal and Kashmir are our McKee Sister convenors who do an outstanding job organizing their club that is continuously growing in popularity. Their positivity, generosity and dedication to what McKee is all about shines through and we can't express how much it means to us. Thank you for everything you do and for keeping McKee such a happy place.

Are you interested in expanding and sharing your knowledge & skills with McKee all the while making an impact on your community? Consider joining the Board of Directors!

McKee Society is currently looking to fill the following portfolios:

- Director of Instructional Programs
- Director of Workshops and Advertisement
- Director of Special Events

If you would like to learn more about this opportunity please see the McKee front desk or speak with Mae or Fran.

volunteer
do good, feel good

McKee Workshops

Acting Under a Planned Document
Wed, Jan 4 10am

Informative Pre-Recorded Webinar highlighting what a power of attorney is, what a representation agreement is, making medical decisions and health care decisions. This will be an online presentation here at McKee Seniors Recreation Centre. Sign up recommended at customer service.

Emergency Preparedness Workshop
Wed, Jan 11 10am

Join Delta Fire & Emergency for a **FREE** workshop that teaches how to be prepared at home in case of a major disaster. The presentation will go into steps to make an emergency plan and what to put in your kit in the event of an emergency or disaster.

Lifelong Literature
Mon, Jan 16 & 30 10:30am



Join FVRL staff member in the McKee Lounge for short story reading and a discussion about the authors and stories read! Everyone Welcome! Sign up recommended at Customer Service.

First Aid Info Session
Tue, Jan 17 3pm

Come learn the basics of First Aid, CPR and how to use an AED in emergency situations led by a certified First Aid Instructor. This is a wonderful opportunity to either brush up on your already acquired skills, or learn something new on how to keep yourself and others safe. Please sign up at customer service starting Tuesday, January 3.

Coffee with Delta Police
Wed, Jan 25 10am



Cst. Geoffrey Young is the Ladner Community Liaison Officer. He will be stopping by McKee to have coffee and visit with our community in the Lounge. We hope you can stop by and visit.

Workshops (cont'd)

Circle of Friends
Wed, Jan 25 11am

Join Eva, Delta's Seniors Support Coordinator, for opportunities to meet others and increase social connections in a fun, supportive way.
Requirements: Be supportive, be kind, care and remember, there's always help available when you need it.

Neighbour Disputes Workshop
Wed, Jan 25 1pm

Informative Pre-Recorded Webinar highlighting how much noise is too much? What about a neighbour's smoking? Who pays to repair the fence? This will be an online presentation here at McKee Seniors Recreation Centre. Sign up recommended at customer service.

McKee Activities

Art Connection NEW!
Weds, Jan 4-Mar 29 12-1:30pm

Art Connection provides members with the opportunity to learn new skills through social connectedness and art! This club is open to any McKee member with interest in watercolour and/or acrylic painting who would like to practise their skills and ongoing projects in a group setting.
Please inquire at the customer service desk!

please note projects cannot be dust producing

Movie Matinée in the Lounge
Fri, Jan 6 & 20 3:30pm
1st & 3rd Friday of the month

Join us for a FREE movie in the Lounge.
*Movie details posted at McKee

McKee Activities (cont'd)

Jammers
Tue, Jan 10 & 24 3pm

Jammers is more than a jam session. It's a concert! Come listen, sing along and dance.
Coffee and treats served at intermission for $1.
Admission $1 - goes towards 50/50 ticket.
Must have a current McKee membership / join us for live music and good times.



Foot Care Nurse
Fri, Jan 13 & 20 9:30am-4pm

$40 per session Contact Customer Service to book your 30 minute appointment in advance.

FOOTCARE

McKee Book Club
Fri, Jan 27 2:30pm

Book name: **TBD**
Author:

Limited quantities are available at the Pioneer Library for McKee members.

WE LOVE YOUR SMILE



Regarding photographs and videos taken at the Centre... Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the Centre in our newsletters, or online.

Wellness

Best New Year Health Resolutions 2023

Health resolutions made at the beginning of the New Year might be difficult to keep. However, by tailoring your objectives to your way of life, you increase the likelihood of achieving them. It takes effort and time to form new, healthy behaviours. To achieve them, you should be: precise, realistic, track your progress and celebrate your accomplishments. This way, you'll have a certainty that you'll make substantial progress toward your goal of a better, happier self.

Spend Some Time Reflecting on Previous Resolutions. Being fair and honest with yourself will help you succeed the next time. Understanding the reasons why you were unable to keep a resolution will help you succeed them.

Invest in a Better Dessert. Try chocolate-covered almonds, chocolate-dipped frozen banana pieces, or chocolate chips combined with popcorn, or pistachios, instead of a chocolate bar to get some heart-healthy fiber in addition to minimizing your intake of added sugar.

Take a 15-minute Nature Break. Staying in the same place for an extended time can exacerbate feelings of social isolation. It has been demonstrated that spending time in nature helps to elevate mood and enhance memory.



Sit Less, Move More. Driving less and walking more can extend your life, lift your spirits, and lower your chance of developing heart disease, diabetes, and several types of cancer.



Establish a Bedtime Alarm and Get More Sleep. A third of us consistently fall short of the recommended minimum of seven hours of sleep each night. The easiest way to achieve more sleep is by setting an alarm for 45 minutes to an hour before you want to go to sleep. Start your wind-down ritual as soon as it goes off.

Making plans and setting health goals for the New Year might help you make the most of 2023. I wish you a Healthy and Happy holiday season

Adapted from Business Yield website:
NEW YEAR RESOLUTIONS .

Please contact Eva, Seniors Support Coordinator, if you require more information. See details below.

Delta's Seniors Support Coordinator



Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- Wellness
- Healthcare
- Housing Options
- Family & Caregiver Support
- Government Services & Benefits

Office Hours: Tue-Thu, 8:30am-4pm. To book an

Happy New Year!

Day Trippers



Lunch 'n Munch
Thu, Jan 19 **11:15am ~ 3pm**





Tickets: $12/person

Join us for **Lunch at the Skyhawk Restaurant** at the Boundary Bay airport, followed by a **Chocolate Seminar** at McKee. Taste your way through the history and art of chocolate making. Each person to order own lunch. Bus leaves McKee at 11:15 am; Seminar ends ~ 3:00pm. See Customer Service for tickets.

Ferry, Friends & Food
Thu, Feb 9 **10am ~ 3pm**







Tickets: $10/person

Join us for **A fun-filled scavenger hunt and lunch aboard the ferry.** This is round trip and we will not be getting off the ferry at Swartz Bay. We'll do the hunt on the way over, and lunch on the way back. Each person to pay for their own lunch bus will leave McKee at **10:00am** and will return to McKee approximately at **3:00pm.** See Customer Service for tickets.

Photos of Holiday Lights Tour 2022











McKee Holiday Events

Thank you to all the vendors and everyone who attended the Christmas Craft held in November. McKee hasn't had a craft fair in many years, but it was brought back to life in response to member requests. We had almost 35 vendors selling their beautiful and creative handmade crafts. We were blessed with sunshine that day and lots of people stopped by McKee for some Christmas shopping. A special Thank You goes out to members of the organizing committee, the raffle table volunteers and the Delta high School volunteers who contributed their time to help make this event a success. We could not have done it without you!

Arla Tanner,
Craft Fair Committee

























McKee Holiday Events

The Holiday Luncheon was a tremendous success!
A HUGE THANK YOU to the Special Events team, the Board members, the volunteers, who helped serve, as well as anyone and everyone who helped.

















In the Community

HERITAGE HIGHLIGHTS



DE2020.5.1. Courtesy of the Delta Heritage Society.

Lloyd Wilson, Hwlitsum artist, carved this artwork in the 1980s. Featuring a salmon in alder wood, this carving highlights Mr. Wilson's steady hand and mastery of the demands of the West Coast form line style. Visit the Douglas J. Husband Discovery Centre to learn more about Delta's storied history. Open daily; free admission.

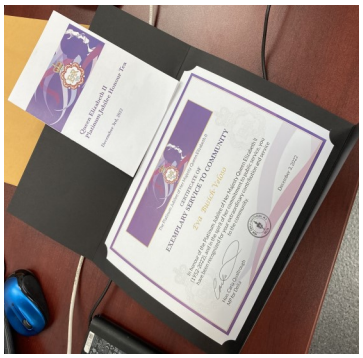
Douglas J. Husband Discovery Centre
delta.ca/DiscoveryCentre

Many thanks to the kindhearted students at Pebble Hill and Ladner Elementary Schools for creating for these beautiful cards for participants of Encouragement in an Envelope.



Selfless service recognized in Delta at Jubilee tea - Delta Optimist (delta-optimist.com)





We are very proud of our Seniors Support Coordinator, Eva and excited to share that Eva was recently recognized with an award for her Exemplary Service to Community by Delta MP, Carla Qualtrough. Eva along with more than 100 individuals and organizations were recognized for their exemplary service of the past three years. Each of the recognized individuals and organizations received the Queen Elizabeth II Platinum Jubilee Pin and certificate. For the past three years, our
community has faced extraordinary challenges and has come together in the face of a pandemic and economic uncertainty. These recognized individuals, including Eva, helped make a tremendous difference for our community's future.

If you see Eva around, please take a moment to congratulate her.

The City of Delta is continuing to mail cards and letters to seniors through this ongoing program, Encouragement in an Envelope, courtesy of a $25,000 federal grant from the New Horizons for Seniors program.

ENCOURAGEMENT IN AN ENVELOPE

If you know someone who may be isolated and would enjoy a card, monthly newsletter or mid-month Brain Games, please let them know about this wonderful program. To register please call Jenna Suzuki at 604-595-8405.

Clubs at McKee

All Attendees must have a current McKee membership card.
Please note due to unforeseen circumstances classes may be cancelled without notice.

MONDAY			**THURSDAY**	
Snooker	9am-4pm		Snooker	9am-4pm
Pickleball (Memorial Park)	10am-12pm		Mah Jong	9:30am-12:30pm
Tap Dance	10:30am-12pm		Carpet Bowling	10am-12pm
Ukulele (Beginners)	12:30-2pm		Pickelball (Memorial Park)	12-2pm
Card Seep	12:30-3pm		Card Seep	12:30-3pm
Canasta	12:30-3pm		Bingo	12:30-3:30pm
Contract Bridge	1:15-3:45pm		McKee Sisters	1:30-4pm
Table Tennis	2-5pm		Table Tennis	2-5pm
TUESDAY			**FRIDAY**	
Walking Club	9am		Walking Club	9am
Snooker	9am-4pm		Snooker	9am-4pm
Mah Jong	9:30am-12:30pm		Pickleball (Memorial Park)	10am-12pm
Pickleball (Memorial Park)	12-2pm		Movie Time	11:30am-1:30pm
Card Seep	12:30-3pm		Card Seep	12:30-3pm
Scrabble	1-4pm		Scrabble	1:30-4pm
Euchre	1:30-3:30pm		Book Club (last Friday)	2:30-4:30pm
Contract Bridge	1:30-4pm			
Jammers	3-4:30pm			
2nd & 4th Tuesday				
WEDNESDAY			**SATURDAY**	
Snooker	9am-4pm		Table Tennis	9am-3pm
Pickleball (Memorial Park)	10am-12pm		Snooker	9:30am-3:30pm
Card Seep	12:30-3pm		Knitting Sisters *(1st & 3rd)*	10am-12pm
Cribbage	12:30-3pm		Tap Dance	10am-12pm
Ukulele (Intermediate)	2:00-4:15pm		Card Seep	11am-3pm
Duplicate Bridge	6:15-9:45pm		Bingo	12:30-3:30pm
Art Connection	12-1:30pm		Contract Bridge	6:30-9:30pm

McKee Guest Pass

Visiting in the area? Want to get a flavour of McKee? The McKee Guest Pass is good for one week from date of purchase and can be purchased at the front desk for $10.00 each. This includes participation in clubs, however not registered classes. Please inquire at the front desk.

Please remember to bring your McKee Membership card each time you come into McKee Seniors Recreation Centre 50+

Programs at McKee

All Attendees must have a current McKee membership card.
Please note due to unforeseen circumstances classes may be cancelled without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am		Core, Balance & Strength				
8:30-9:30am	Fun & Fitness					
8:45-9:45am	Stretch & Strength				Yoga Flow	
9-10am			Fun & Fitness		Fun & Fitness	Stretch & Strength
9:30-10:30am		Yoga Flow				
9:30-11:30am		*Acrylic Art & Watercolour (Intermediate)				
10-11am	M.I.I.T.					
10am-12pm	*Watercolour for Beginners Plus			*Back to Basics *Manage Photos		
10:15-11:15am			Stretch & Strength		Custom Fit	M.I.I.T.
10:30-11:30am			Zumba Gold	Chair Yoga	Line Dance Intermediate	
10:45:11:45am		*Gentle Yoga				
11am-12pm		*Meditation				
11:30am-12:30pm	Line Dance Intermediate					
11:45am-12:45pm					Line Dance* Level 3	
12:30-1:30pm				*Gentle Yoga		
1-2pm		*Get Up & Go		*Get Up & Go	Line Dance* Level 2	
1:30-3:30pm			*Minds In Motion			
2:15-3:15pm					Line Dance* Level 1	
2:30-3:30pm	*Osteo Fit				*Osteo Fit	
5:30pm-6:30pm	Muscle Max			Muscle Max		

There will be no programs on statutory holidays. McKee is closed on the following dates:

Closed for New Years! Jan 1-2



*Registered Program
All registered and drop-in programs are on a first come, first serve basis.

January, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **New Year'S Day!**	2 **McKee Closed**	3	4 **Workshop** Acting Under a Planned Document Webinar	5	6 Movie Matinee	7
8	9	10	11 **Workshop** Emergency Preparedness	12	13 Foot care	14
15	16 **Workshop** Lifelong Literature	17 **Workshop** First Aid info session	18	19	20 Foot care Movie Matinee	21
22	23	24	25 **Workshops** Circle of Friends Coffee with a Cop Neighbour Disputes Webinar	26	27 Book Club	28
29	**30** **Workshop** Lifelong Literature	**31**	**Happy New Year!**			

UPCOMING EVENTS



Wed, Jan 4	Acting Under A Planned Document
Wed, Jan 11	Emergency Preparedness
Fri, Jan 13 & 20	Foot Care
Fri, Jan 16 & 30	Lifelong Literature
Tue, Jan 17	First Aid info session
Wed, Jan 25	Circle of Friends w/Eva
Wed, Jan 25	Coffee with a Cop
Wed, Jan 25	Neighbour Disputes
Fri, Jan 27	Book Club

Mimi's Café will be CLOSING it's doors Friday February 3, 2:00pm We will miss you!

Delta Seniors Bus

The Delta Seniors Bus service is a free curbside service within Delta, for Delta residents 65+. The central booking line is open Monday to Friday, 9am to 4pm. Bookings can be made up to one week in advance. Medical appointments receive priority booking. The City of Delta provides transportation service to local clinics. All rides are subject to availability.



For more information or to book a ride call the central booking line: **604-597-4876**

Delta Seniors Bus Staff

Dispatch: Bev & Lynn

Drivers: Bev, Cal, Chris, Dwight, Gary, George, Karen, Lynn & Pankaj

If you wish to donate a Mah Jong set
Please drop it off at
the Customer service desk!