

Facility Schedule

April 3 – June 30, 2023

Facility is Closed on all Statutory Holidays (Fri, Apr 7, Mon, Apr 10 and Mon, May 22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am- 2pm	Mr. Moms World Kee café	Mr. Moms World Kee café	Mr. Moms World Kee café	Mr. Moms World Kee café	Mr. Moms World Kee café	
8am-9am		Core Balance & Strength				
8:30am-9:30am	Fun & Fitness					
8:45am-9:45am	Stretch & Strength				Yoga Flow	
9am-10am		Walking Club	Fun & Fitness		Fun & Fitness Walking Club	Stretch & Strength
9am-3pm						Table Tennis
9am-4pm	Snooker	Snooker	Snooker	Snooker	Snooker	
9am-3:30pm						Snooker
9:30am-10:30am		Yoga Flow				
9:30am-11:30am		*Acrylic Art & Watercolour Painting				
9:30am-12:30pm		Mah Jong		Mah Jong		
10am-11am	M.I.I.T					
10am-12pm	Pickleball (Mem Park)		Pickleball (Mem Park)	Carpet Bowling	Pickleball (Mem Park)	Knitting Sisters (1 st & 3 rd Sat)
10am-12pm						Tap Dance
10:15am-11:15am			Stretch & Strength		Custom Fit	M.I.I.T
10:30am-11:30am				Chair Yoga	Line Dance Intermediate	
10:30am-12pm	Tap Dance					
10:30am-12:30pm	*Watercolour Painting for Beginners					
11am-12pm		*Meditation *Gentle Yoga				
11am-3pm						Card Seep
11:30am-12:30pm	Line Dance Intermediate					
11:45am-12:45pm					*Line Dance Level 3	
12pm-1:30pm			Art Connection			
12pm-2pm		Pickleball (Mem Park)		Pickleball (Mem Park)		
12:30pm-1:30pm				*Gentle Yoga		
12:30pm-2pm	Ukulele (Beginner)					
12:30pm-3pm	Card Seep Canasta	Card Seep	Card Seep Cribbage	Card Seep	Card Seep	
12:30pm-3:30pm				Bingo		Bingo
1pm-2pm		*Get Up & Go		*Get Up & Go	*Line Dance Level 2	
1pm-4pm		Scrabble				
1:15pm-3:45pm	Contract Bridge					
1:30pm-3:30pm		Euchre	*Minds In Motion			
1:30pm-4pm		Contract Bridge		McKee Sisters	Scrabble	
2pm-4:15pm			Ukulele (Intermediate)			
2pm-5pm	Table Tennis			Table Tennis		
2:15pm-3:15pm					*Line Dance Level 1	
2:30pm-3:30pm	*Osteo Fit				*Osteo Fit	
2:30pm-4:30pm					Book Club (Last Friday)	
3pm-4:30pm		Jammers (2 nd & 4 th Tue)				
5:30pm-6:30pm				Muscle Max		
6:15pm-7:15pm		Muscle Max				
6:15pm-9:45pm			Duplicate Bridge			
6:30pm-9:30pm						Contract Bridge

***Registered Programs**

All programs are subject to change/for more information, please call McKee Seniors Recreation Centre at 604-946-1411