

McKee Summer 2026

Instructional Programs & Clubs

June 29 – Sept 6, 2026

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins May 27th, 2026 at 9:00am



Holiday Dates McKee will be Closed
Canada Day Jul 1st, Labour Day Sept 7th

EVENTS:

McKee Annual Maintenance Shutdown – Aug 2nd – Aug 9th

(all instructional classes & clubs will be cancelled)

Summer BBQ – Aug 22nd



EMAIL ADDRESS

frontdesk@mckeesociety.com

Register online at delta.ca/registration

****Refund Policy – Pg 3**

McKee Seniors Recreation Centre
5155 47th Avenue, Delta, BC V4K 0A2

Phone: 604-946-1411

Fax: 604-946-1409

Online at: delta.ca/McKee

Or: mckeesociety.com

Instructional Programs and Clubs at McKee

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Instructional Programs and Clubs at McKee

WELCOME TO McKEE SENIORS RECREATION CENTRE

McKee House Seniors Society offers its membership a variety of quality Instructional Programs at reasonable prices. Please see the Customer Service desk for the current membership fees.

McKee Customer Service Office Hours:

Monday to Friday 9:00am – 4:00pm
Wednesday Evening 4:00pm – 7:00 pm
Saturday 9:00am – 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 cheque, 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 yrs & older 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 109221 - Capacity 14

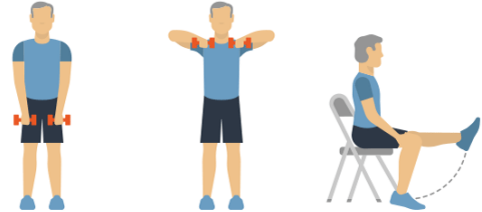
Tuesday: Jun 30 – Sep 1

8:00am – 9:00am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng

No class: Aug 4



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 110155 – Capacity 20

Monday: Jun 29 – Aug 31

8:30am – 9:30am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng

No class: Aug 3

Event ID 110218 – Capacity 25

Wednesday: Jul 8 – Sep 2

9:00am – 10:00am

Cost: Drop-in Digital Pass

Instructor: Bev Hillman

No classes: Jul 1 & Aug 5

Event ID 110410 – Capacity 25

Friday: Jul 3 – Sep 4

9:00am – 10:00am

Cost: Drop-in Digital Pass

Instructor: Lynn Cheng

No class: Aug 7



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 110156 – Capacity 32

Monday: Jun 29 – Aug 31

10:00am – 11:00am

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

No class: Aug 3

Event ID 110423 – Capacity 32

Saturday: Jul 4 – Sep 5

10:15am – 11:15am

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

No class: Aug 8

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 110161-Capacity 24

Monday: Jun 29 – Aug 31

4:30pm – 5:30pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Michele Davie

No class: Aug 3

Event ID 110174-Capacity 12

Tuesday: Jun 30 – Sep 1

3:30pm – 4:30pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Ally Nicholson

No class: Jul 28 & Aug 4

Event ID 110354-Capacity 24

Thursday: Jul 2 – Sep 3

4:30pm – 5:30pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Michele Davie

No class: Aug 6



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 110152 – Capacity 20

Monday: Jun 29 – Aug 31

8:45am – 9:45am – Hawthorne

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

No class: Aug 3

Event ID 110221 – Capacity 14

Wednesday: Jul 8 – Sep 2

10:15am – 11:15am – Hawthorne

Cost: Drop-in Digital Pass

Instructor: Bev Hillman

No class: Jul 1 & Aug 5

Event ID 110422 – Capacity 32

Saturday: Jul 4 – Sep 5

9:00am – 10:00am – Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Charlaine Badock

No class: Aug 8



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 110154 – Capacity 12

Monday: Jun 29 – Aug 31

4:30pm – 5:30pm Hawthorne

Cost: Drop-in Digital Pass

Instructor: Ally Nicholson

No class: Jul 27, Aug 3 & Aug 10

Event ID 110222 – Capacity 22

Wednesday: Jul 8 – Sep 2

11:00am – 12:00pm Pioneer Hall

Cost: Drop-in Digital Pass

Instructor: Ally Nicholson

No class: Jul 29 & Aug 5

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

FITNESS PROGRAMS

STIFFNESS SOLUTIONS (Mobility Class)

Hawthorne

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 110352 – Capacity 12 Thursday: Jul 2 – Sep 3 4:30pm – 5:30pm Cost: Drop-in Digital Pass Instructor: Ally Nicholson <i>No class: Jul 30 & Aug 6</i>
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YOGA PROGRAMS

Chair Yoga

Dogwood

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 110240 - Capacity 14 Thursday: Jul 2 – Sep 3 10:30am – 11:30am Cost: Drop-in Digital Pass Instructor: Shigeko Wilson <i>No class: Aug 6</i>



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.

<p>Event ID 110450– Capacity 20 Tuesday: Jun 30 – Sep 1 11:00am – 12:00pm – Pioneer Hall Cost: Drop-in Digital Pass Instructor: Carol Lepine <i>No class: Aug 4</i></p> <p>-----</p>	<p>Event ID 110232 – Capacity 14 Thursday: Jul 2 – Jul 30 11:45am – 12:45pm – Dogwood Cost: \$25/5 sessions Instructor: Shigeko Wilson</p> <p>-----</p> <p>Event ID 110233 – Capacity 14 Thursday: Aug 13 – Sep 3 11:45am – 12:45pm – Dogwood Cost: \$20/4 sessions Instructor: Shigeko Wilson</p>
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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 109224 – Capacity 20

Tuesday: Jun 30 – Sep 1

9:30am – 10:30am

Cost: Drop-in Digital Pass

Instructor: Carol Lepine

No class: Aug 4

Easy Yoga Flow

Hawthorne

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 110408 – Capacity 10

Friday: Jul 3 – Sep 4

8:45am – 9:45am

Cost: Drop-in Digital Pass

Instructor: Carol Lepine

No class: Aug 7

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



CUSTOMIZED PROGRAMS

Meditation

***REGISTERED PROGRAM**

Hawthorne

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 110165 – Capacity 15 Tuesday: Jun 30 – Jul 28 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Ivan Jones	Event ID 110166 - Capacity 15 Tuesday: Aug 11 – Sep 1 11:00am – 12:00pm Cost: \$35/7 sessions Instructor: Ivan Jones
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Custom Fit

Hawthorne

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 110409 – Capacity 15 Friday: Jul 3 – Sep 4 10:15am – 11:15am Cost: Drop-in Digital Pass Instructor: Lynn Cheng <i>No class: Aug 7</i>

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 110167 – Capacity 30 Tuesday: Jun 30 – Jul 28 1:15pm – 2:15pm Cost: \$25/5 sessions Temp. Instructor: Jennifer Rak Temp. Asst. Instructor: Ally Nicholson ----- Event ID 110169 – Capacity 40 Tuesday: Aug 11 – Aug 25 1:00pm – 2:00pm Cost: \$15/3 sessions Instructor: Debbie Cheong Asst Instructor: Jennifer Rak	Event ID 110227 – Capacity 14 Thursday: Jul 2 – Jul 30 1:00pm – 2:00pm Cost: \$25/5 sessions Temp. Instructor: Shigeko Wilson ----- Event ID 110230 - Capacity 40 Thursday: Aug 13 – Aug 27 1:00pm – 2:00pm Cost: \$15/3 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson
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Please remember to scan in at Front Desk for all activities

Instructional Programs and Clubs at McKee

CUSTOMIZED PROGRAMS

Osteofit *REGISTERED PROGRAM

Hawthorne

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 110163 - Capacity 12

Tuesday: Jul 7 – Jul 28

9:30am – 10:30am

Cost: \$20/4 sessions

Instructor: Cherie Raines

Event ID 110164 - Capacity 12

Tuesday: Aug 11 – Sep 1

9:30am – 10:30am

Cost: \$20/4 sessions

Instructor: Cherie Raines

No class: Aug 4



Please remember to scan in at Front Desk for all activities

Instructional Programs and Clubs at McKee

Tai Chi Beginner *REGISTERED PROGRAM

Hawthorne

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 - Capacity 12 Tuesday: SUMMER BREAK Cost: Instructor: John Eastman	Event ID - Capacity 12 Tuesday: SUMMER BREAK Cost: Instructor: John Eastman
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Tai Chi Intermediate *REGISTERED PROGRAM

Hawthorne

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 - Capacity 12 Tuesday: SUMMER BREAK Cost: Instructor: John Eastman	Event ID - Capacity 12 Tuesday: SUMMER BREAK Cost: Instructor: John Eastman
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Please remember to scan in at Front Desk for all activities

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 110238 - Capacity 12	Event ID 110239 – Capacity 12
Wednesday: Jul 8 – Jul 29	Wednesday: Aug 12 – Sep 2
1:30pm – 3:30pm	1:30pm - 3:30pm
Cost: \$20/4 sessions – <i>cost includes your partner</i>	Cost: \$20/4 sessions - <i>cost includes your partner</i>
Coordinated by: Harsimran Gill	Coordinated by: Harsimran Gill
Fitness by: Cherie Raines	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 Jul 3 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**

Event ID 110326 – Capacity 15

Friday: Jul 10 – Sep 4

12:00pm– 1:00pm

Free Program

No class: Aug 7

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**

Event ID 110437 – Capacity 15

Friday: Jul 10 – Sep 4

1:00pm– 2:00pm

Free Program

No classes: Aug 7

*****Jul 3 (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow Event ID 110438***

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

Dogwood

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 110443 – Capacity 10 Monday: Jun 29 – Aug 17 10:30am – 12:30pm Cost: Drop-In – 2 Digital Passes - \$10.00 Supply list at front desk Instructor: Susan Blessin <i>No class: Aug 3</i>	
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Watercolour Painting – Beginner Plus (Formerly Instruction & Basic Beginner

Hawthorne

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 110445 - Capacity 10 Monday: Jun 29 – Aug 17 1:30pm – 3:30pm Cost: Drop-In – 2 Digital Passes - \$10.00 Instructor: Susan Blessin <i>No class: Aug 3</i>	
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Please remember to scan in at Front Desk for all activities

ART PROGRAMS

Acrylic Art & Watercolour Painting

***REGISTERED PROGRAM**

Dogwood

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 – Capacity 16 Tuesday: SUMMER BREAK Cost: Supply list at front desk Instructor: Bill Miloglav	Event ID – Capacity 16 Tuesday: SUMMER BREAK Cost: 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/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 110414 – Capacity 45 Pioneer Hall Friday: Jul 3 – Sep 4 2:15pm – 3:15pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira <i>No classes: Aug 7</i>	Event ID 110413 - Capacity 45 Pioneer Hall Friday: Jul 3 – Sep 4 1:00pm – 2:00pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira <i>No classes: Aug 7</i>	Event ID 110412 - Capacity 45 Pioneer Hall Friday: Jul 3 – Sep 4 11:45am – 12:45pm Cost: Drop-In Digital Pass Instructors: Dorothy Russell/Ember Schira <i>No classes: Aug 7</i>

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.

Event ID 110157 – Capacity 25 Monday: Jun 29 – Aug 31 11:30am – 12:30pm Cost: Drop-In Digital Pass Instructor: Liz Salikin <i>No class: Aug 3</i>	Event ID 110411 – Capacity 25 Friday: Jul 3 – Sep 4 10:30am – 11:30am Cost: Drop-In Digital Pass Instructor: Liz Salikin <i>No classes: Aug 7</i>
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Registration is Recommended for all Drop-in Classes up to 72 hours prior to day of class

MUSIC PROGRAM

BEGINNER UKULELE FOR SENIORS *REGISTERED PROGRAM

Dogwood

This friendly, low-pressure program introduces seniors to the joy of playing the ukulele, even with no prior musical experience. Over 6 weeks participants learn the basics; how to hold the instrument comfortably, strum simple patterns, play easy chords and follow along with familiar songs. Each session builds confidence at a relaxed pace, with plenty of encouragement, repetition and group play. By the end of the course everyone will be able to play a handful of well-loved tunes and enjoy the fun and connection that making music together brings. There will be handouts for each class.

Participants, please bring a notebook, pen or pencil, ukulele and a tuner for a ukulele.

Event ID – Capacity 8 Wednesday: SUMMER Cost: BREAK Instructor: Steve Alexander	Event ID – Capacity 8 Wednesday: SUMMER Cost: BREAK Instructor: Steve Alexander
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INTRODUCTION TO AFRICAN HAND DRUMMING

Hawthorne

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 110242 – Capacity 8 Wednesday: Aug 12 – Sep 2 4:30pm – 5:30pm 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						
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	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						
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						
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 Jul 1st & Sep 7th

or during Maintenance Shutdown Aug 2nd – Aug 9th

PLEASE NOTE DUE TO UNFORSEEN CIRCUMSTANCES CLASSES MAY BE CANCELLED WITHOUT NOTICE.

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

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

Saturday, 6:15pm - 9:30pm – Dogwood

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

Monday, Wednesday, Friday 9:00am –12:00pm

Tuesday & Thursday 12:00pm – 2:00pm

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

Monday 4:00pm – 9:00pm

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

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

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

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.

<p>Bingo Thursday, 12:30pm – 3:30pm – Hawthorne Saturday, 12:30pm – 3:30pm – Pioneer Hall \$0.15/card, plus \$1.50 admission fee All members welcome.</p> <p>Canasta Monday, 12:30pm – 3:00pm – Lounge Thursday, 9:00am – 11:30am – Hawthorne Join charm and competitiveness of friendly card games!</p> <p>Card Seep – Games Room Monday to Friday, 12:30pm – 3:00pm Saturday, 11:00am – 3:00pm An Indian card game played with partners</p> <p>Carpet Bowling – Pioneer Hall Thursday, 9:30am – 12:00pm \$1.00/session Popular year-round indoor sport - easy to learn, newcomers always welcome.</p> <p>Chess Club – Maple Room Friday, 9:00am – 11:00 am Whether you're a seasoned player or looking to learn the 'Game of Kings' come join us for a fun time learning strategy, getting mental exercise and mixing with new and old friends.</p> <p>Cribbage Monday 6:30pm – 9:00pm Pioneer Hall Wednesday, 12:30pm – 3:00pm Dogwood \$2 / session Come try to meet or beat a 28 hand.</p>	<p>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!!</p> <p>Philosophers Discussion Group – Lounge 1st Friday of the month 11:30am – 12:30pm & 1:00pm – 2:00pm Monthly topics discussed together. Topics noted in monthly newsletters</p> <p>Euchre - Lounge Tuesday, 1:00pm – 3:00pm Played using a reduced deck of 24 cards, 3 or 4 players</p> <p>Golden Gloves Gardening Club Help plant and tend the seasonal vegetable garden</p> <p>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</p> <p>Knitting Sisters - Lounge 1st & 3rd Saturday of the month 10:00am – 12:00pm Knitting for worthy causes. Everyone welcome!</p>
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Instructional Programs and Clubs at McKee

Mah Jong - Lounge

Monday 4:45pm – 7:45pm

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.

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)

Please remember to scan in at Front Desk for all activities