

McKee Seniors Recreation Centre

5155 47 Avenue
604-946-1411

Delta

CeleBRate
Seniors Week
June 1-6, 2026

Monday, June 1

Diners Club Info Table

9:30am-12:30pm

Find out about McKee Society's Diners Club who meet monthly at a local restaurant.

Golden Garden Gloves Info Table

9:30am-12:30pm

Get info on how you can volunteer your time and help maintain McKee's new and improved garden.

Beginner Line Dance: Come Try It!*

11:30am-12:30pm Event ID: 113017

Join Liz and Ember for a free one-hour class. No dance partner? No problem! Learn a few easy, low-impact dances to a variety of music.

BC Seniors Advocate Presentation*

11:30am-1:30pm Event ID: 110815

Join Delta Staff and Delta Council Members at Kennedy Seniors Recreation Centre, as Dan Levitt, BC Seniors Advocate, speaks about current issues for BC Seniors. **Book your ride from McKee on Delta's Seniors Bus using Event ID: 110820.**

McKee Seniors Week 2026 ~ Schedule of Activities

Information and registration are available in person, by phone at 604-946-1411, or online at delta.ca/registration

Tuesday, June 2

Nutrition Info Table

9:30am-12:30pm

Learn to optimize balanced eating as you age. Bring your questions.

Fortis BC Info Table

10am-1pm

Get energy-saving tips, conservation ideas and more. Bring your questions about reducing costs. You could win a small prize.

Deltassist Info Table

10:30am-2pm

Learn about the Better At Home Program, which provides non-medical support for Delta residents aged 65+ to stay independent in their homes.

Hot Dog Party!*

12:30-2:30pm Event ID: 113139

Join us for hot dogs on the back patio while supplies last!

Howard and Carol Concert*

3-4:30pm Event ID: 113427

Carol Jones & Howard Solverson will execute an eclectic mix of entertaining songs!

Wednesday, June 3

Delta Seniors Bus Info Table/Show & Tell

10am-1pm

Meet one of our bus drivers and learn about the Delta Seniors Bus service. Take a tour of one of our buses.

Delta Seniors Support Coordinator Info Table

9am-4pm

Visit with Eva for information and resources on aging well, maintaining your health and staying connected to your community.

ICBC Info Table

11am-2pm

Learn about the Enhanced Road Assessment. Play trivia and you could win a prize.

Meet a Local Physiotherapist: Dizziness & Balance Presentation*

11:15am-12:15pm Event ID: 113158

Explore common causes of dizziness, why balance changes with age, and learn simple tips to reduce fall risk and improve wellbeing.

Physiotherapy Info Table

12:30-4pm

Get tips on how to stay active and improve stability; get your health and wellbeing questions answered.

Showcase Performance*

1:30-3pm Event ID: 113153

Don't miss this showcase of McKee's talented musicians, singers and dancers.

Thursday, June 4

Earthwise Society Info Table

9:30am-12:30pm

Featuring McKee's Garden Buddies program, this free horticulture program supports physical activity, social connection and emotional well-being.

Meals Delivery Info Table

11:30am-2:30pm

Check out the free menu give-aways! Enter a draw for a wine and meal basket and sample delicious desserts.

Table Tennis: Come Try It!*

2-5pm Event ID: 113433

Take a whack at Table Tennis! Everyone welcome!

Friday, June 5

ElderDog Info Table

9:30am-12:30pm

ElderDog is dedicated to older people, older dogs, and their important relationships they enjoy. Learn about the supports provided so seniors with dogs can continue to live together at home, fostering and rehoming programs.

ElderDog Presentation*

10:30-11:30am Event ID: 113448

Hear about how ElderDog works and how you can get involved

Move It, Don't Lose it!*

Debbie Cheong Presentation

12:30-2pm Event ID: 113474

Explore strategies to improve mobility, balance and strength. Active participation encouraged.

Very Merry Berry Tea

Honouring McKee Members 90+

2-4pm Event ID: 111240

Join us in honouring our 90+ young members with cake, berries, 50/50 and entertainment by Steve and Liz. Members 90+ **FREE!** Members \$15 / Non-Members \$20

Saturday, June 6

Blackout Bingo

12:30-3:30pm

Join our \$50 Bingo Game!

Kee Café

Now open Monday-Friday, 9am-1pm
Come meet the new kitchen manager and try our tasty treats!

* Space may be limited.
Pre-registration is recommended.