



Facility Schedule

July 1– Aug 31, 2019

Closed Statutory Holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am – 2pm	Kee Café	Kee Café	Kee Café	Kee Café	Kee Café	
9am-10am	Spanish Club Fun & Fitness Stretch & Strength	Walking Group	Fun & Fitness		Fun & Fitness Walking Group	
9am-11:30am			Ukulele			
9am-4pm	Snooker	Snooker	Snooker	Snooker	Snooker	Snooker (9:30am-3:30pm)
9:30am-10am				Tap Dance		
9:30am-11am	Shop by Phone					
9:30am-12:30pm		Mah Jong		Mah Jong		
10am-11am		*Get up & Go	Tai Chi	*Get up & Go		Tap Dance
10:15am-11:15am					Custom Fit	
10am-12pm	Pickle Ball	Carpet Bowling	Pickle Ball	Carpet Bowling	Pickle Ball	Knitting Sisters (1 st & 3 rd)
10:30am-11:45am	Line Dance Int				Line Dance Int	
11am-12pm		Hatha Yoga				
11:15am-12:15pm			Chair Yoga			
12:15pm-1:15pm		Yoga with Ivan *Gentle Yoga		Yoga with Ivan *Gentle Yoga		
12:30pm-1:30pm			Stretch & Strength	Blood Pressure (4 th)		
12:30pm-3pm	Card Sweep	Card Sweep	Card Sweep Cribbage Quilting & Crafts	Card Sweep Bingo	Card Sweep	Card Sweep
12:30pm-3:30pm				Bingo		Bingo
12:30pm-5:30pm			Table Tennis	Table Tennis		Table Tennis
1:00pm-2:30pm					Sing-A-Long	
1:30pm-2:30pm					Hatha Yoga	
1pm-3pm	Canasta Poker					
1pm-3:30pm		Contract Bridge		McKee Sisters		
1:30pm-4pm		Scrabble			Scrabble	
2pm-3pm			Trivia			
2:45pm-3:45pm						
3pm-4pm		*Osteofit		*Osteofit		
3pm-9pm	Table Tennis					
3:30pm – 5:50pm						
4:00pm-8:30pm						
5pm-6pm		Hatha Yoga	Zumba Gold	Hatha Yoga		
5:15pm-6:15pm		Muscle Max		Muscle Max		
6pm – 8pm						
6pm-9pm			Table Tennis	Table Tennis		
6:30pm-9pm	Cribbage		Duplicate Bridge (6:30-10pm)			Contract Bridge (6:30-9:30pm)
7pm-8:30pm						

***Registered Programs**

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

Facility Schedule Fall 2019

Sept 1 - Dec 31, 2019

Facility Closed on Statutory Holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am – 9am		Core, Balance & Strength				
9am-2pm	Kee Cafe	Kee Cafe	Kee Cafe	Kee Cafe	Kee Cafe	
9am-10am	Fun & Fitness Stretch & Strength Spanish Club	Walking Group	Fun & Fitness		Fun & Fitness Workout Warriors Walking Group	
9am-4pm	Snooker	Snooker	Snooker	Snooker	Snooker	Snooker (9:30am-3:30pm)
9:30am-11:30am		*Acrylic Art & Watercolour				
9:30am-11am	Shop by Phone					
9:30am-12:30pm		Mah Jong		Mah Jong		
10am-11am			Tai Chi			
10am-12pm	Pickle Ball	Pickle Ball Carpet Bowling		Pickle Ball Carpet Bowling	*Mixed Media Art	Knitting Sisters (1 st & 3 rd)
10am-1:00pm				*Upgrade Computer Skills		
10:30am-11:45am	Line Dance Int				Custom Fit (10:30-11:30am) Line Dance Int	
11am-12pm		Hatha Yoga				
11am-1pm			Chair Yoga			
11:15am-12:15pm						
11:30am-12:30pm					Y(oga)Sculpt	
12pm-1pm		Yoga with Ivan		Yoga with Ivan		
12:15pm-1:15pm		Gentle Yoga		Gentle Yoga Osteo	*Line Dance Level 3	
12:30pm-1:30pm			Stretch & Strength	Blood Pressure (4 th)		
12:30pm-3pm	Card Sweep	Card Sweep	Card Sweep Cribbage Quilting & Crafts	Card Sweep Bingo	Card Sweep	Card Sweep
12:30pm-3:30pm				Bingo		Bingo
12:30pm-5:30pm						Table Tennis
1:30pm-2:30pm	Easy Does It	*Get up & Go		*Get up & Go	Hatha Yoga *Line Dance Level 2	
1pm-3pm	Canasta Poker					
1pm-3:30pm		Contract Bridge Gentle Yoga		McKee Sisters	Sing-A-Long (1pm-2:30pm)	
1:30pm-3:30pm	*Minds in Motion					
1:30pm-4pm		Scrabble			Scrabble	
2pm-3pm			Trivia			
2:45pm-3:45pm					*Line Dance Level 1	
3pm-4pm		Osteofit		Osteofit		
4pm-9pm	Table Tennis					
4:00pm-8:30pm						
5pm-6pm		Hatha Yoga	Zumba Gold	Hatha Yoga		
5:15pm-6:15pm		Muscle Max		Muscle Max		
6pm-9pm			Table Tennis	Table Tennis		
6:30pm-9pm	Cribbage		Duplicate Bridge (6:30-10pm)			Contract Bridge (6:30-9:30pm)
7pm-9pm		McKee Modelers				
7pm-10pm				Jammers (2 nd & 4 th)		

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