

McKee Spring 2025

Instructional Programs & Clubs

March 31 – June 29

A Valid McKee Membership is required for all Programs and Clubs

Registration Begins March 12, 2025 at 9:00am



Holiday Dates McKee will be Closed
Good Friday April 18th, Victoria Day May 19th

EVENTS:

DANCIN IN THE COUNTRY – APRIL 26, 2025, SAT 10:00am-3:00pm
AGM – MAY 3, 2025 10:30am – 12:30pm **Doors Open** 10:00 am (no morning classes or clubs)
HIGH TEA – JUNE 6, 2025, 2:00pm-4:00pm



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 – 3:00pm

Registration is available online or in person by check, cash, major credit cards or debit, during regular office hours at the Customer Service Desk.

There will be no classes 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 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, sign a (FormA) waiver and pay a ten dollar (\$10) fee. Attendance will depend on available space. This allows the visitor to participate in one drop-in fitness class or a one-time visit in a club. After attending one class or one visit, the ten dollar (\$10) fee may be credited to a new McKee membership.

A non-member visitor “one time pass” is not issued for Instructional Registered Programs.

An on-line profile, fee or waiver is not required to observe an activity. Club convenors and instructors will be asked if a non-member visitor can observe. All non-member visitors must be accompanied by a Volunteer, Board member or Instructor/Convener at all times while in the facility.

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 the pass 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 72 hours prior to day of class**

****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.

****Waiver Forms:**

All participants **MUST** sign a Waiver Form at the Customer Service Desk prior to starting an exercise class. You only need to sign a form once.

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.

Instructional Programs and Clubs at McKee

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.**

ALL PROGRAMS

- Be respectful to instructors and other members by arriving on time for class.
- 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 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 debited 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.

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/registration.

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.

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.**

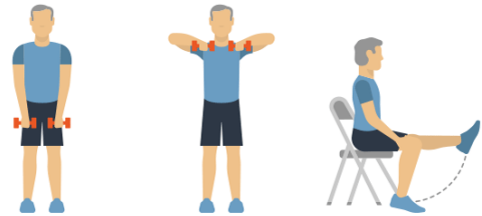
FITNESS PROGRAMS

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 65994– Capacity 15
Tuesday: Apr 8 – Jun 24
8:00am – 9:00am
 Cost: Drop-in Punch Card
 Instructor: Lynn Cheng



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 65881–Capacity 25 Monday: Mar 31 – Jun 23 8:30am – 9:30am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: May 19</i>	Event ID 66003– Capacity 25 Wednesday: Apr 2 – Jun 25 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Bev Hillman	Event ID 66317– Capacity 25 Friday: Apr 4 – Jun 27 9:00am – 10:00am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Apr 18 & Jun 6</i>
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Registration is recommended for all Drop-in Classes 72 hours prior to day of class

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 65860 – Capacity 32 Monday: Mar 31 – Jun 23 10:00am – 11:00am Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: May 19</i>	Event ID 66010 – Capacity 32 Saturday: Apr 5 – Jun 28 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Apr 26 & May 3</i>
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Muscle Max (Medium-High Intensity Interval Training)

Pioneer Hall

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 65887- Capacity 16 Monday: Mar 31 – Jun 23 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie <i>No class: Apr 21 & May 19</i>	Event ID 66006 – Capacity 16 Thursday: Apr 3 – Jun 26 4:30pm – 5:30pm Cost: Drop-in Punch Card Instructor: Michele Davie
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

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 65857 – Capacity 20 Monday: Mar 31 – Jun 23 8:45am – 9:45am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: May 19</i>	Event ID 66002 – Capacity 14 Wednesday: Apr 2 – Jun 25 10:15am – 11:15am – Hawthorne A&B Cost: Drop-in Punch Card Instructor: Bev Hillman
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Event ID 66007 – Capacity 32 Saturday: Apr 5 – Jun 28 9:00am – 10:00am – Pioneer Hall Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Apr 26 & May 3</i>
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

Core Conditioning for a Healthy Back * REGISTERED PROGRAM

Pioneer Hall

Discover the anatomy and learn exercises to build a strong and stable core and help maintain a healthy, pain-free back. This preventative class, that includes both education and floor exercises, is not recommended for those with an acute back injury, however is valuable for anyone with mild to moderate osteoarthritis or osteoporosis. Focus will be on learning how to stabilize the core and maintain neutral posture. Please bring a thin blanket or large towel to class.

Event ID 67574 – Capacity 12 Wednesday: Apr 9 – May 14 4:30pm – 5:15pm Cost: \$30/6 sessions Instructor: Carol Lepine

Instructional Programs and Clubs at McKee

YOGA PROGRAMS

Chair Yoga

Dogwood A&B

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 66005 - Capacity 12

Thursday: Apr 3 – Jun 26

10:30am – 11:30am

Cost: Drop-in Punch Card

Instructor: Shigeko Wilson



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

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.

Event ID 67584 – Capacity 25

Tuesday: Apr 1 – May 6

11:00am – 12:00pm – Pioneer Hall*

Cost: \$30/6 sessions

Instructor: Carol Lepine

Event ID 67586 – Capacity 25

Tuesday: May 13 – Jun 24

11:00am – 12:00pm – Pioneer Hall*

Cost: \$35/7 sessions

Instructor: Carol Lepine

Event ID 67588 – Capacity 12

Thursday: Apr 3 – May 8

11:45am – 12:45pm – DogwoodA&B*

Cost: \$30/6 sessions

Instructor: Shigeko Wilson

Event ID 67589 – Capacity 12

Thursday: May 15 – Jun 26

11:45am – 12:45pm – DogwoodA&B*

Cost: \$35/7 sessions

Instructor: Shigeko Wilson



Instructional Programs and Clubs at McKee

Yoga Flow

Hawthorne A&B

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 65997 – Capacity 12

Tuesday: Apr 1 – Jun 24

9:30am – 10:30am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

Easy Yoga Flow

Hawthorne A&B

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 66016 – Capacity 12

Friday: Apr 4 – Jun 27

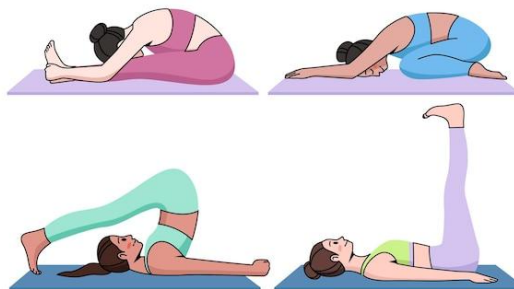
8:45am – 9:45am

Cost: Drop-in Punch Card

Instructor: Carol Lepine

No class: Apr 18

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



CUSTOMIZED PROGRAMS

Meditation ***REGISTERED PROGRAM**

Hawthorne A&B

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 67594 – Capacity 15 Tuesday: Apr 1 – May 6 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Ivan Jones -----	Event ID 67611 – Capacity 15 Wednesday: Apr 2 – May 7 5:30pm – 6:30pm Cost: \$30/6 sessions Instructor: Ivan Jones -----
Event ID 67599 - Capacity 15 Tuesday: May 13 – Jun 24 11:00am – 12:00pm Cost: \$35/7 sessions Instructor: Ivan Jones	Event ID 67619 - Capacity 15 Wednesday: May 14 – Jun 25 5:30pm – 6:30pm Cost: \$35/7 sessions Instructor: Ivan Jones

Custom Fit

Hawthorne A&B

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 66021 – Capacity 15 Friday: Apr 4 – Jun 27 10:15am – 11:15am Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: Apr 18</i>
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

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 67634– Capacity 30 Tuesday: Apr 1 – May 6 1:00pm – 2:00pm Cost: \$30/6 sessions Instructor: Debbie Cheong ----- Event ID 67640 – Capacity 30 Tuesday: May 13 – Jun 24 1:00pm – 2:00pm Cost: \$35/7 sessions Instructor: Debbie Cheong -----	Event ID 67642 – Capacity 40 Thursday: Apr 3 – May 8 1:00pm – 2:00pm Cost: \$30/6 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson ----- Event ID 67647 - Capacity 40 Thursday: May 15 – Jun 26 1:00pm – 2:00pm Cost: \$35/7 sessions Instructor: Debbie Cheong Asst. Instructor: Shigeko Wilson -----
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CUSTOMIZED PROGRAMS

Tai Chi Beginner *REGISTERED PROGRAM

Hawthorne A&B

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 67651 - Capacity 12 Tuesday: Apr 1 – May 6 12:30pm – 1:30pm Cost: \$30/6 sessions Instructor: John Eastman	Event ID 67652 - Capacity 12 Tuesday: May 13 – Jun 17 12:30pm – 1:30pm Cost: \$35/7 sessions Instructor: John Eastman
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Tai Chi Intermediate *REGISTERED PROGRAM

Hawthorne A&B

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.



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.



<p>Event ID 66779 - Capacity 12 Wednesday: Apr 9 – May 14 1:30pm – 3:30pm Cost: \$30/6 sessions – <i>cost includes your partner</i> Coordinated by: Celia Toews Fitness by: Carol Lepine</p>	<p>Event ID 66780 – Capacity 12 Wednesday: May 21 – Jun 18 1:30pm - 3:30pm Cost: \$25/5 sessions - <i>cost includes your partner</i> Coordinated by: Celia Toews Fitness by: Carol Lepine.</p>
<p>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 26 people plus staff facilitating the program</p>	



Instructional Programs and Clubs at McKee

ActivAge ***Registered Program (Free)**

Hawthorne A&B

Event ID 67233 – Capacity 15

Friday: May 2 – Jun 27

12:00pm– 1:00pm

Free Program

*****April 11th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow ID 67231***

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 A&B

Event ID 67232

Friday: May 2 – Jun 27

1:00pm– 2:00pm

Free Program

*****April 11th (1:00-2:00pm) is a Mandatory Information Session with registration for program to follow ID 67231***

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.

****PLEASE NOTE****

The Mandatory Information Session on April 11th 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. *Therefore, the Information Session is mandatory as registrants have to be essentially pre-screened and determined qualified to register.*

ART PROGRAMS

Watercolour Painting – Intermediate *REGISTERED PROGRAM

Dogwood A&B

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 painting landscapes, flowers, animals and other concepts using watercolors

*NOTE – Student to provide their own supplies; supply list available from McKee front desk.

Event ID 65846– Capacity 12 Monday: Apr 7 – May 12 10:30am – 12:30pm Cost: \$50/5 sessions Supply list at front desk Instructor: Susan Blessin <i>No Class: Apr 21</i>	Event ID 65848 – Capacity 12 Monday: May 26 – Jun 23 10:30am – 12:30pm Cost: \$50/5 sessions Supply list at front desk Instructor: Susan Blessin
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Watercolour Painting - Introduction & Basics Beginner *REGISTERED PROGRAM

Hawthorne A&B

Welcome to the **new** and **exciting** Beginner Watercolour class. This class teaches the basics in a fun and relaxed atmosphere.

*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 65854 - Capacity 10 Monday: Apr 7 – May 12 1:30pm – 3:30pm Cost: \$50/5 sessions Instructor: Susan Blessin <i>No class: Apr 21</i>	Event ID 65855 - Capacity 10 Monday: May 26 – Jun 23 1:30pm – 3:30pm Cost: \$50/5 sessions Instructor: Susan Blessin
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**Watercolor
Painting**

Easy Step-by-Step Lessons and Techniques



ART PROGRAMS

Acrylic Art & Watercolour Painting

***REGISTERED PROGRAM**

Dogwood A&B

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 67668 – Capacity 16 Tuesday: Apr 1 – Apr 29 9:30am – 11:30am Cost: \$50/5 sessions Supply list at front desk Instructor: Bill Miloglav	Event ID 67673 – Capacity 16 Tuesday: May 6 – May 27 9:30am – 11:30am Cost: \$40/4 sessions Supply list at front desk Instructor: Bill Miloglav
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Wellness

Foot Care Nurse/Blood Pressure Clinic/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>Introduction and Basics</u>	<u>Level 2</u> <u>Beginner / Improver</u>	<u>Level 3</u> <u>Easy Intermediate</u>
No dance experience? No dance partner? No problem! This class teaches the basics in a fun and relaxed atmosphere. Use your mind and body while learning easy, low-impact routines to a variety of music. Everyone is welcome, even if you have two left feet!	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 66321–Capacity 35 Pioneer Hall Friday: Apr 4 – Jun 27 2:15pm – 3:15pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Apr 18 & Jun 6</i>	Event ID 66320–Capacity35 Pioneer Hall Friday: Apr 4 – Jun 27 1:00pm – 2:00pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Apr 18 & Jun 6</i>	Event ID 66319-Capacity35 Pioneer Hall Friday: Apr 4 – Jun 27 11:45am – 12:45pm Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Apr 18 & Jun 6</i>

Line Dance Intermediate

Pioneer Hall

For the dancer who has been line dancing for a few years. Everyone welcome!

Event ID 65884 – Capacity 25 Monday: Mar 31 – Jun 23 11:30am – 12:30pm Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: May 19</i>	Event ID 66318 – Capacity 25 Friday: Apr 4 – Jun 27 10:30am – 11:30am Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Apr 18 & Jun 6</i>
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Registration is Recommended for all Drop-in Classes 72 hours prior to day of class

Instructional Programs and Clubs at McKee

Nordic Pole Walking Class *REGISTERED PROGRAM

Pioneer Hall

Learn pole walking posture, poleing technique and how to adjust your poles to the proper height. Improve posture, coordination and relieve joint pain all with additional stability. All this with the added benefit of total body muscle recruitment for a complete workout. Workshop includes 30 minutes of outdoor pole walking regardless of conditions, so please dress appropriately. Participants must have their own Nordic or Urban Poles (not hiking poles), feel comfortable walking outdoors and have medical clearance for the exercise. (Nordic/Urban Poles have a rubberized tip).

Event ID 67724 – Capacity 15 Saturday: April 5th 11:30am – 12:30pm Cost: \$15.00 Instructor: Carol Lepine



MUSIC PROGRAM

LET'S PLAY GUITAR *REGISTERED PROGRAM

Dogwood A&B

This course is designed for beginner and intermediate guitar players. The course will cover: the quickest way to play scales and make chords, the Nashville Number system, strumming, playing in the right musical key for your voice, best ways to build your repertoire, playing in groups etc. The course will respond to the attendees input. While the acoustic guitar can play many different styles of music, hundreds of songs can be played with a knowledge of only 3-4 chords to accompany singing. Along with the ukulele, it is among the most favorite instruments to learn for beginners. Let's play guitar and have fun!

Participants, please bring 6 string acoustic guitar, a tuner, a capo is recommended and a note pad & pencil.

Event ID 67714 – Capacity 8 Wednesday: Apr 2 – May 7 11:00am – 12:00pm Cost: \$30/6 sessions Instructor: Steve Alexander
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Event ID 67715 – Capacity 8 Wednesday: May 14 – Jun 25 11:00 am – 12:00 pm Cost: \$35/7 sessions Instructor: Steve Alexander
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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				
9:30am-11:30am		*Acrylic Art				
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 Intermediate					
11:00am-12:00pm		* Meditation * Gentle Yoga	*Play Guitar			
11:30am-12:30pm	Line Dance Intermediate					
11:45am-12:45pm				* Gentle Yoga	Line Dance Level 3	
12:00pm-1:00pm					*ActivAge	
12:30pm-1:30pm		*Tai Chi Beginner				
1:00pm-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2 *Choose to Move	
1:30pm-3:30pm	*Watercolor Beginner		*Minds in Motion			
1:45pm-2:45pm		*Tai Chi Intermediate				
2:15pm-3:15pm					Line Dance Level 1	
2:00pm-3:30pm						
4:30pm-5:15pm			*Core Conditioning			
4:30pm-5:30pm	Muscle Max			Muscle Max		
5:30pm-6:30pm			*Meditation			

There will be no programs on statutory holidays. Apr 18, 21 & May 19

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

THANK YOU FOR YOUR UNDERSTANDING.

Instructional Programs and Clubs at McKee

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.

<p>Art Connection – Hawthorne A&B 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.</p> <p>Book Club - Lounge Last Friday of the month 2:30pm - 4:30pm Join a group of avid readers to discuss the monthly book. Monthly book titles can be found at the front desk.</p> <p>Bridge – Partner/Contract Bridge Monday, 1:15pm – 3:45pm – Pioneer Hall Tuesday, 1:00pm – 4:00pm – Dogwood A&B Saturday, 6:15pm - 9:30pm – Dogwood A&B Join to have some have fun. Bring a partner!</p> <p>Bridge – Duplicate – Pioneer Hall Wednesday, 6:15pm - 9:45pm For those who enjoy the challenge of duplicate bridge.</p> <p>Pickleball – *Club Membership Required Monday, Wednesday & Friday, 9:00am–12:00pm Thursday, 12:00pm – 2:00pm Pickleball is a fun and friendly outdoor racquet sport</p>	<p>Snooker – Games Room *Club Membership Required Monday to Friday, 9:00am – 4:00pm Wednesday, 9:00 am – 8:30 pm Saturday, 9:30am - 3:30pm Snooker table open for play.</p> <p>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.</p> <p>Tap Dance – Hawthorne A&B Monday, 10:30am – 12:00pm Saturday, 10:00am – 12:00pm Join others who share the love for tap dancing! Work on routines together and make new friends!</p> <p>Ukulele – Hawthorne A&B Wednesday, 2:30pm – 4:00pm - Jamming Come and try out the latest rage in music. Bring your own ukulele.</p>
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*Club Membership Required. See Customer Service Desk

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 A&B 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 A&B 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, 9:45am – 12:00pm \$0.50/session Popular year-round indoor sport - easy to learn, newcomers always welcome.</p> <p>Cribbage – Dogwood A&B Wednesday, 12:30pm – 3:00pm \$2 / session Come try to meet or beat a 28 hand.</p> <p>Dealer's Choice – Lounge (starting April 5th) *NEW Saturday, 12:30pm – 3:00pm .10 ante/.25 max raise/\$20 max per game Come join the fun with this new club</p> <p>Euchre - Lounge Tuesday, 1:30pm – 3:30pm Played using a reduced deck of 24 cards, 4 players.</p> <p>Friendship Club - Cafe Wednesday, 2:00pm – 4:00pm Meet up with new and long-time friends in the Lounge</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. Bring an instrument or just come to Listen. 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.</p> <p>Mah Jong - Lounge Tuesday, 9:30am – 12:30pm Thursday, 9:15am – 12:15pm Wednesday, 1:00pm – 4:00pm & 6:00pm – 9:00pm \$0.05 per game Play this intriguing game based on a traditional Chinese board game.</p> <p>McKee Sisters - Lounge Thursday, 12:30pm – 4:00pm Social group talks about health, laugh together, share ideas, and enjoy one another's company.</p> <p>Mexican Train - Lounge Monday, 10:00am - 12:00pm Come join the fun. Games played with original rules, no variations, to avoid confusion.</p> <p>Puzzles - Anytime Anyone welcome to assemble any of the puzzles.</p> <p>Scrabble Tuesday, 1:00pm – 4:00pm - Lounge Friday, 1:00pm – 4:00pm - Dogwood A An old game with new friends.</p> <p>Walking Club Tuesday & Friday, 9:00am – 10:00am This fun group departs from and returns to McKee</p>
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Mission Statement

Fostering and promoting Leisure activities for adults 50

Knitting Sisters

Book Club

Mah Jong

Ukulele

Snooker

Bingo

Friendship Club

Cribbage

Gardening Club

Mexican Train

Bridge

Carpet Bowling

Card Seep

Canasta

Scrabble

Table Tennis

Tap Dance

Walking Club

Euchre

Jammers

Dealer's Choice