

# McKee Spring 2024 Programs & Clubs April 1 – June 30

**A Valid McKee Membership is required for all Programs and Clubs**

Registration begins March 13th



McKee Seniors Recreation Centre  
5155 47<sup>th</sup> Avenue, Delta, BC V4K 0A2  
Phone: 604-946-1411  
Fax: 604-946-1409  
On line at: [delta.ca/McKee](http://delta.ca/McKee)  
Or: [mckeesociety.com](http://mckeesociety.com)

**EMAIL ADDRESS**  
**[frontdesk@mckeesociety.com](mailto:frontdesk@mckeesociety.com)**

# Instructional Programs and Clubs at McKee

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# Instructional Programs and Clubs at McKee

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## 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  
Saturday 9:00am – 12:30pm (Cashier & scanning only)

Registration is available on-line or in person by check, cash, Visa, MasterCard 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.

**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 WEEKLY GUEST PASS is available for guests of members or for those wanting to experience McKee for a limited time. Guest Passes are only valid for Free Clubs. AN OBSERVATION PASS is available which allows for the observation only of three different classes on a one-time basis for those considering joining McKee.**

### **Program Costs:**

Drop-in clients must purchase a digital punch card for \$45 for 10 sessions, \$85 for 20 sessions or \$120 for 30 sessions. These digital punch cards can be purchased online or at the Front Desk with your McKee membership facility card and 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.

### **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 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.

## **Mission Statement**

**Fostering and promoting leisure activities for adults 50+.**

# Instructional Programs and Clubs at McKee

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## **HEALTH & SAFETY**

### **For your safety and those of others in the building:**

- Do not attend if you are ill.
- A mask is strongly recommended while in the building.
- Provincial Health Orders are being followed
- 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 facility card must be scanned at the Front Desk where you will receive a “tag” to give to the instructor of the class. Your digital punch card 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) on line 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 punch card.

### **IMPORTANT:**

**The digital punch card 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 card it is imperative that you have your McKee facility 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 card allows McKee to offer a wide selection of classes for your enjoyment.**

## **ONLINE**

- Visit the McKee Seniors Recreation Centre Facebook Page or Website for program and activity updates
- All classes can be registered on line as well as bookings for drop-in classes at [CityofDelta.perfectmind.com](http://CityofDelta.perfectmind.com)

## Instructional Programs and Clubs at McKee

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### **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 on line 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.**

# Instructional Programs and Clubs at McKee

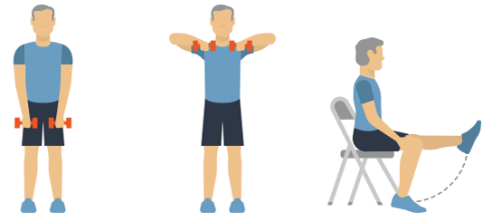
## FITNESS PROGRAMS

### 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 size 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, 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 40379 - Capacity 15 <b>Tuesday: Apr 2 – Jun 25</b> <b>8:00am – 9:00am</b> Cost: Drop-in Punch Card Instructor: Lynn Cheng
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### 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. **No floor exercises during the Monday classes only.**

Event ID 40380 – Capacity 25 <b>Monday: Apr 8 – Jun 24</b> <b>8:30am – 9:30am</b> Cost: Drop-in Punch Card Instructor: Lynn Cheng <i>No class: May 20</i>	Event ID 40381– Capacity 20 <b>Wednesday: Apr 3 – Jun 26</b> <b>9:00am – 10:00am</b> Cost: Drop-in Punch Card Instructor: Bev Hillman	Event ID 40382 – Capacity 25 <b>Friday: Apr 5 – Jun 28</b> <b>9:00am – 10:00am</b> Cost: Drop-in Punch Card Instructor: Lynn Cheng
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### 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 40384 – Capacity 32 <b>Monday: Apr 8 – Jun 24</b> <b>10:00am – 11:00am</b> Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: May 20</i>	Event ID 40391 - Capacity 32 <b>Saturday: Apr 6 – Jun 29</b> <b>10:15am – 11:15am</b> Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: Apr 13, Apr 20 &amp; June 8</i>
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# Instructional Programs and Clubs at McKee

## FITNESS PROGRAMS

### Muscle Max

#### **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.

Event ID 40392 – Capacity 16 <b>Monday: Apr 8 – Jun 24</b> <b>4:30pm – 5:30pm</b> Cost: Drop-in Punch Card Instructor: Michele Davie <i>No class: May 20</i>	Event ID 40393 – Capacity 16 <b>Thursday: Apr 4 – Jun 27</b> <b>4:30pm – 5:30pm</b> Cost: Drop-in Punch Card Instructor: Michele Davie
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### Stretch & Strength

#### *\*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 limitation and actually ENJOY exercising your body. Become strong and happy. **No floor exercises in this class.**

Event ID 40446 – Capacity 20 <b>Monday: Apr 8 – Jun 24</b> <b>8:45am – 9:45am – Hawthorne A&amp;B</b> Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No class: May 20</i>	Event ID 40443 – Capacity 14 <b>Wednesday: Apr 3 – Jun 26</b> <b>10:15am – 11:15am – Hawthorne A&amp;B</b> Cost: Drop-in Punch Card Instructor: Bev Hillman
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Event ID 40444 – Capacity 32 <b>Saturday: Apr 6 – Jun 29</b> <b>9:00am – 10:00am – Pioneer Hall</b> Cost: Drop-in Punch Card Instructor: Charlaine Badock <i>No Class: Apr 13, Apr 20 &amp; Jun 8</i>
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# Instructional Programs and Clubs at McKee

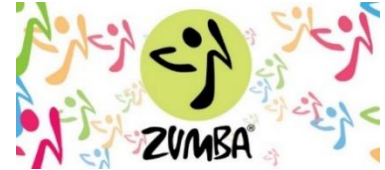
## FITNESS PROGRAMS

### Zumba Gold

#### **Pioneer Hall**

*Course Description:* Zumba Gold is a fun way to get a cardio workout using Latin dance rhythms like Salsa, Meringue and Cha-Cha. The music is upbeat and the no-impact moves are easy to follow. Be prepared to have a great time while you sweat those calories away!

Event ID 40453 – Capacity 35 <b>Wednesday: Apr 3 – Jun 26</b> <b>10:30am – 11:30am</b> Cost: Drop-in Punch Card Instructor: Robin Douglas
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## YOGA PROGRAMS

### Gentle Yoga

**\* REGISTERED PROGRAM**

*\*See Room Locations*

This therapeutic yoga class is designed for anyone challenged by arthritis, stiffness, limited mobility due to surgery, injury or simply loss of function. Modifications are provided for chair, standing or seated. The program provides gentle warm ups, posture reinforcement techniques, strengthening, stretching, breathing and relaxation techniques, all served up in a relaxed but challenging manner. All levels welcome!

Event ID 40454 – Capacity 20 <b>Tuesday: Apr 2 – May 14</b> <b>11:00am - 12:00pm - Pioneer Hall*</b> Cost:\$35/7 Sessions Instructor: Carol Lepine	Event ID 40456 – Capacity 12 <b>Thursday: Apr 4 – May 16</b> <b>12:30pm – 1:30pm – Dogwood A&amp;B*</b> Cost:\$35/7 Sessions Instructor: Shigeko Wilson
Event ID 40455 – Capacity 20 <b>Tuesday: May 21 – Jun 25</b> <b>11:00am – 12:00pm – Pioneer Hall*</b> Cost:\$30/6 Sessions Instructor: Carol Lepine	Event ID 40459 – Capacity 12 <b>Thursday: May 23 – Jun 27</b> <b>12:30pm – 1:30pm – Dogwood A&amp;B*</b> Cost:\$30/6 Sessions Instructor: Shigeko Wilson





## Instructional Programs and Clubs at McKee

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### 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 40461 – Capacity 12

**Thursday: Apr 4 – Jun 27**

**10:30am – 11:30am**

Cost: Drop-in Punch Card

Instructor: Shigeko Wilson



### Yoga Flow

#### *\*See Room Locations*

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 recommended.

Event ID 40463 – Capacity 25 <b>Tuesday: Apr 2 – Jun 25</b> <b>9:30am – 10:30am - Pioneer Hall*</b> Cost: Drop-in Punch Card Instructor: Carol Lepine	Event ID 40465 – Capacity 10 <b>Friday: Apr 5– Jun 28</b> <b>8:45am – 9:45am - Hawthorne A&amp;B</b> Cost: Drop-in Punch Card Instructor: Carol Lepine
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## 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 40466 – Capacity 15 <b>Tuesday: Apr 2 – May 14</b> <b>11:00am – 12:00pm</b> Cost:\$35/7 Sessions Instructor: Ivan Jones	Event ID 40469 – Capacity 15 <b>Tuesday: May 21 - Jun 25</b> <b>11:00am – 12:00pm</b> Cost:\$30/6 Sessions Instructor: Ivan Jones
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# Instructional Programs and Clubs at McKee

## Custom Fit

### **Hawthorne A&B**

A class for all fitness levels. Three-quarters of the class will be done standing behind the chair for balance if necessary. One-quarter 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 functional training. There will be minimal flexibility training.

Event ID 40471 – Capacity 15 <b>Friday: Apr 5 – Jun 28</b> <b>10:15am – 11:15am</b> Cost: Drop-in Punch Card Instructor: Lynn Cheng
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## 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 40472 – Capacity 30 <b>Tuesday: Apr 9 - May 14</b> <b>1:00pm – 2:00pm</b> \$30/6 sessions Instructor: Debbie Cheong ----- Event ID 40473 – Capacity 30 <b>Tuesday: May 21 - Jun 25</b> <b>1:00pm – 2:00pm</b> \$30/6 sessions Instructor: Debbie Cheong	Event ID 40475 – Capacity 30 <b>Thursday: Apr 11 – May 16</b> <b>1:00pm – 2:00pm</b> \$25/5 sessions Instructor: Debbie Cheong <b>No Class: April 18</b> ----- Event ID 40479 – Capacity 30 <b>Thursday: May 23 – Jun 27</b> <b>1:00pm – 2:00pm</b> \$30/6 sessions Instructor: Debbie Cheong
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<p><b>IMPORTANT:</b> Participants for the Get Up &amp; Go Program REQUIRE HEALTH SCREENING and MAY require a MEDICAL CLEARANCE to participate in the Get Up &amp; Go Program. Please see Customer Service for more information.</p>
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# Instructional Programs and Clubs at McKee

## CUSTOMIZED PROGRAMS

### 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>Item ID 40483 – Capacity 12 <b>Wednesday: Apr 3 – May 8</b> <b>1:30pm – 3:30 pm</b> \$30/6 sessions-<i>cost includes your partner</i> Coordinated by: Cortney Moreno Fitness by: Carol Lepine</p>	<p>Item ID 40485 - Capacity 12 <b>Wednesday: May 15 – Jun 19</b> <b>1:30pm - 3:30pm</b> \$30/6 sessions-<i>cost includes your partner</i> Coordinated by: Cortney Moreno Fitness by: Carol Lepine.</p>
<p><b>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.</b></p>	



**ART PROGRAMS**

**Watercolour Painting – Beginners Plus \*REGISTERED PROGRAM**

**Dogwood A&B .**

*NOTE: Art supply list available at time of registration.*

This is a follow-up from Beginners Class but all Beginner Artists are Welcome! 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 to other concepts using watercolors.

Event ID 40488 – Capacity 16 <b>Monday: Apr 8 – May 13</b> <b>10:30am– 12:30pm</b> \$60/6 sessions Supply list at front desk Instructor: Susan Blessin	Event ID 40492 – Capacity 16 <b>Monday: May 27 – Jun 24</b> <b>10:30am – 12:30pm</b> \$50/5 sessions Supply list at front desk Instructor: Susan Blessin
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**Acrylic Art & Watercolour Painting–Beginner/Intermediate \*REGISTERED PRORAM**

**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 40496 – Capacity 14 <b>Tuesday: Apr 2 – Apr 30</b> <b>9:30am – 11:30am</b> \$50/5 sessions Supply list at front desk Instructor: Bill Milloglav	Event ID 40500 - Capacity 14 <b>Tuesday: May 7 – May 28</b> <b>9:30am – 11:30am</b> \$40/4 sessions Supply list at front desk Instructor: Bill Milloglav
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**McKee Art Show**

Registration Opens April 2<sup>nd</sup> – 15<sup>th</sup> Event #40172

Public viewing April 22<sup>nd</sup> – May 4

**Art Show Luncheon & Awards**

**May 4<sup>th</sup> – 1 pm**

McKee Members - \$22

Non Members - \$25

**\*\*Details at McKee\*\***



# 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 one 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 three years of experience. We will continue practicing the routines we have learned and add some new ones. Even more fun!
Event ID 40514 – Capacity 35 <b>Pioneer Hall</b> <b>Friday: Apr 5– Jun 28</b> <b>2:15pm – 3:15pm</b> Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jun 7</i>	Event ID 40515–Capacity 35 <b>Pioneer Hall</b> <b>Friday: Apr 5 – Jun 28</b> <b>1:00pm – 2:00pm</b> Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jun 7</i>	Event ID 40516–Capacity 35 <b>Pioneer Hall</b> <b>Friday: Apr 5 – Jun 28</b> <b>11:45am – 12:45pm</b> Cost: Drop-In Punch Card Instructors: Dorothy Russell/Ember Schira <i>No Class: Jun 7</i>

### Line Dance Intermediate

#### **Pioneer Hall**

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

Event ID 40513– Capacity 25 <b>Monday: Apr 8 – Jun 24</b> <b>11:30am – 12:30pm</b> Cost: Drop-In Punch Card Instructor: Liz Salikin <i>No Class: Apr 1 or May 20</i>	Event ID 40512 – Capacity 25 <b>Friday: Apr 5 – Jun 28</b> <b>10:30am – 11:30am</b> Cost: Drop-In Punch Card Instructor: Liz Salikin
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**SATURDAY, APRIL 13<sup>th</sup> – DANCIN’ IN THE COUNTRY**

**11:00pm – 3:00 pm (Doors open at 10:00am)**

**ALL LEVELS LINE DANCE PARTY – Cost – \$10.00**

**EVENT ID 37170 – TICKETS ON MARCH 1<sup>ST</sup>**



## Instructional Programs and Clubs at McKee

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### DANCE PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am		Core, Balance & Strength				
8:30-9:30am	Fun & Fitness					
8:45-9:45am	Stretch & Strength				Yoga Flow	
9:00-10:00am			Fun & Fitness		Fun & Fitness	Stretch & Strength
9:30-10:30am		Yoga Flow				
9:30-11:30am		*Acrylic Art				
10:00-11:00am	M.I.I.T.					
10:15-11:15am			Stretch & Strength		Custom Fit	M.I.I.T.
10:30-11:30am			Zumba Gold		Line Dance Intermediate	
10:30am-12:30pm	*Watercolour for Beginners Plus			Chair Yoga		
11:00-12:00pm		* Meditation * Gentle Yoga				
11:30am – 12:30pm	Line Dance Intermediate					
11:45 am – 12:45 pm					Line Dance Level 3	
12:30-1:30pm				* Gentle Yoga		
1:00-2:00pm		*Get Up & Go		*Get Up & Go	Line Dance Level 2	
1:30-3:30pm			*Minds In Motion			
2:15-3:15pm					Line Dance Level 1	
4:30-5:30pm	Muscle Max			Muscle Max		

\*Indicates Registered Class

### INSTRUCTIONAL PROGRAMS

There will be no programs on statutory holidays.

April 1 – Easter Monday

May 20 – Victoria Day

**PLEASE NOTE DUE TO UNFORSEEN CIRCUMSTANCES CLASSES MAY BE CANCELLED WITHOUT NOTICE.  
THANK YOU FOR YOUR UNDERSTANDING.**

# Instructional Programs and Clubs at McKee

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## CLUBS AT MCKEE

Most clubs operate on a drop-in basis however some have a maximum number of players which varies 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><b>Art Connection – Hawthorne A&amp;B</b> <b>Wednesday, 12:00 – 1:30pm</b> Come work on your latest oil, acrylic or watercolour project. Need to bring your own supplies and clean up your work station before leaving.</p> <p><b>Book Club - Lounge</b> <b>Last Friday of the month</b> <b>2:30 - 4:30pm</b> Join a group of avid readers to discuss the monthly book. Check at the front desk for monthly book titles.</p> <p><b>Bingo</b> <b>Thursday, 12:30 – 3:30pm – Hawthorne A&amp;B</b> <b>Saturday, 12:30 – 3:30pm – Pioneer Hall</b> <b>\$0.05/card, plus \$1.00 admission fee</b> All members welcome.</p> <p><b>Bridge – Partner/Contract Bridge</b> <b>Monday, 1:15 – 3:45pm – Pioneer Hall</b> <b>Tuesday, 1:15 – 4:00pm – Dogwood A&amp;B</b> <b>Saturday, 6:30 - 9:30pm – Dogwood A&amp;B</b> Join to have some have fun. Bring a partner!</p> <p><b>Bridge – Duplicate – Pioneer Hall</b> <b>Wednesday, 6:15 - 9:45pm</b> For those who enjoy the challenge of duplicate bridge.</p>	<p><b>Canasta</b> <b>Monday 12:30 - 3:00pm – Lounge</b> <b>Thursday 9:00 – 11:30am – Hawthorne A&amp;B</b> Join charm and competitiveness of friendly card games!</p> <p><b>Card Seep – Game Room</b> <b>Monday to Friday, 12:30 – 3:00pm</b> <b>Saturday, 11:00am – 3:00pm</b></p> <p><b>Carpet Bowling – Pioneer Hall</b> <b>Thursday, 9:45am – 12:00pm</b> <b>\$0.50/session</b> Popular year round indoor sport - easy to learn, newcomers always welcome.</p> <p><b>Cribbage – Dogwood A&amp;B</b> <b>Wednesday, 12:30 – 3:00pm</b> <b>\$2 / session</b> Come try to meet or beat a 28 hand.</p> <p><b>Euchre – Hawthorne A&amp;B</b> <b>Tuesday, 1:30 – 3:30pm</b> Played using a reduced deck of 24 cards, 4 players.</p> <p><b>Friendship Club - Lounge</b> <b>Wednesday, 2:00 – 4:00pm</b> Meet up with long-time friends in the Lounge</p>
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## Instructional Programs and Clubs at McKee

### **Jammers – Pioneer Hall**

**Tuesday – 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month  
3:00 – 5:15pm**

Come Play with Us. Bring an instrument, or just come to Listen. Dance, and Enjoy the music!  
\$1 Admission - Coffee by Donation

### **Knitting Sisters - Lounge**

**1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month  
10:00am – 12:00pm**

Knitting for worthy causes.

### **Mah Jong - Lounge**

**Tuesday & Thursday 9:30am – 12:30pm  
Wednesday 1:00 – 4:00pm**

**\$0.05 per game**

Play this intriguing game based on a traditional Chinese board game.

### **McKee Sisters - Lounge**

**Thursdays, 1:30 – 4:00pm**

Social group talks about health, laugh together, share ideas, and enjoy one another's company.

### **Pickleball – Memorial Park (Courts 2&3)**

**\*Club Membership Required**

**Monday, Wednesday, Friday–8:00am–12:00pm  
Tuesday & Thursday, 12:00 – 2:00pm**

Pickleball is a fun and friendly outdoor racquet sport.

### **Puzzles – Anytime – Lounge**

Anyone welcome to assemble any of the puzzles.

### **Scrabble**

**Tuesday. 1:00 – 4:00pm – Lounge  
Friday, 1:30 – 4:00pm – Dogwood A**  
An old game with new friends.

### **Snooker - Games Room**

**\*Club Membership Required**

**Monday to Friday 9:00am – 4:00pm  
Saturday, 9:30am - 3:30pm**

Snooker table open for play.

### **Table Tennis – Dogwood A&B**

**\*Club Membership Required**

**Monday, 2:00 – 5:00pm**

**Thursday, 2:00 – 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 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!

### **Ukulele – Hawthorne A&B**

**Wednesday, 2:00 – 4:15pm - Jamming**

Come and try out the latest rage in music.  
Bring your own ukulele.

### **Walking Club**

**Tuesday & Friday  
9:00 – 10:00am**

This fun group departs from and returns to McKee

\*Club Membership Required. See Customer Service Desk

