

KeeNotes May 2012

5155 47th Avenue
Delta, BC V4K 1R4
604.946.1411

mckeecentre@dccnet.com

McKee Seniors Recreation Centre accepts debit and credit cards as well as cheques for instructional programs, special events and membership payments.

Holiday Hours

Monday, May 21 – Victoria Day CLOSED

Centre Hours

Mon-Fri – 9am–9pm

Sat – 9:30am-9pm

Office Hours

Mon-Fri – 9am-4pm

Sat – 9:30am-3:30pm

Thank you for helping McKee go 'greener.' We now print less newsletters each month as members and guests look on-line to read the KeeNotes newsletter in full color.

The first 50 people to request to have the newsletter on-line rather than a hard copy will receive a beautiful 'McKee' pen. Please drop by the Customer Service Desk to share your email address and pick up your pen.

On Line – ALL THE TIME

Kee Notes on line:

www.corp.delta.bc.ca/mckee

McKee Seniors Recreation Centre Recreation 50+

Seniors Week

June 4-10, 2012

(Details on Page 4)



DUES ARE DUE!

Please note that 2012 dues are now payable at the Customer Service Desk.

Thank you.

Membership

McKEE HOUSE SENIORS SOCIETY

McKee House Seniors Society - 2012 / 2013 Board of Directors

Executive

Chair, Don MacAllister
Vice Chair, A.J. Tanner
Secretary, Peggy Knight
Treasurer, Jean Thompson
Past Chair, Pearl MacPherson



Directors at Large

Dave Farlow
Tom Griffing
Will Kwantes
Donald McPhadyen
Ken Oldhaver
John Ranger

*The next meeting of the McKee House Seniors Society Board of Directors
will be Wednesday, May 16 at 9:00am.*

News from Your Board

MESSAGE FROM YOUR CHAIR

I think May is one of my favorite garden times of the year. Everything is in bloom and it looks like we will have another good flower season throughout Delta.

I want to do some shout outs to the following volunteers: Kay Gorse and the front desk volunteers, members, and Delta staff that looked after registration, early voting and all the work required to have a successful AGM. Thank you all so very much. McKee volunteers are just fantastic. Our Society would not be the best there is without all of you. As well, thank you to all the Kee Café volunteers that keep our café running smoothly when Velma and I go on vacation.

We will have a very busy few months ahead with lots of great programs. During the next five months, many of our regular volunteers will be on Summer break. If you can spare two or three hours a week, please come on in and pick up a volunteer form at the Customer Service Desk. It would be very much appreciated. Hope you all have a great May. Take all your meds, stay healthy and drive safely.

Cheers.

Don MacAllister, Chair, McKee House Seniors Society

FROM THE DESK OF THE VICE-CHAIR

As the weather warms up, our thoughts go to the pool. It's not too late to join an exercise program and shed those added pounds and inches. Most programs can be joined at any time and pro-rated. On Friday, May 11, we are hosting a Karaoke afternoon sing-along. Join in the free fun and meet the hosts, May and Harry Ho.

Seniors Week is June 4-10. Check out the schedule of **free** events throughout the week. Many community businesses are recognizing seniors in their establishments. Join the fun at the Jamboree on Saturday. We have more workshops coming up in June that deal with funeral and cremation arrangements. As well, duties of the Executor are discussed at this free seminar. We highly recommend you bring family members or your Executor. To all the gardeners, happy planting.

A.J. Tanner, Vice Chair, McKee House Seniors Society

Centre News

NEWS FROM YOUR COORDINATOR

Hopefully those April showers will bring us an abundance of May flowers.

Thank you volunteers for attending the best ever Volunteer Appreciation event. We were treated to fine fare prepared by Velma and served by those that truly appreciate all that you do to make McKee Seniors Recreation Centre all that it is. Thank you to my co-workers...Liz, Patti, Jan, Christina, Craig and all of the Building Service Worker staff who helped set up and serve you all. Thanks to Mayor Jackson, Councillor Kanakos, Parks Commissioner, Jack Smythe, and Ken Kuntz and Judi Stene with Parks, Recreation & Culture who all took time out of their busy work week to help us recognize all the volunteers.

Thanks to Dan, Ian, Andy and Coby of the March Hare Band. I had many comments, emails and thank you cards telling me that they were the most amazing entertainers. Awesome, I agree!

We truly do have a wonderful facility here in the heart of Ladner. We have a great partnership with the Corporation of Delta and because of the hard work of many, many volunteers, McKee Seniors Recreation Centre continues to be the best place to play.



Gail McEwan, Coordinator

Volunteer Tea 2012



At McKee

Seniors Week June 4-10

DATE	EVENT	TIME
Mon Jun 4	Learn to Play Mah Jong	10am-Noon
Tue Jun 5	Bridge Tournament (members only) Sample Yoga with Ivan – FREE	1-3:30pm 12:15-1:15pm
Wed Jun 6	Cribbage Tournament (members only)	12-3:30pm
Thu Jun 7	Sample Yoga with Ivan - FREE <i>Death Matters Workshop with Murray Lott</i> Free Seminar. Please sign up at customer service desk	 12:15-1:15pm 9:30-11:30am
Fri Jun 8	Afternoon at the Movies – <i>The Help</i> (FREE)	3-5pm
Sat Jun 9	BBQ Dinner Country Western Jamboree (Entertainment) Line Dancing, McKee Tappers, Square Dancers of BC and McKee Jammers Members: \$7 Guests \$8 (Pre-register at Customer Service Desk)	5-6pm 6-10pm
		
*** Come out and try our FREE programs available through Seniors Week! ***		
Mon Jun 4	Fun & Fitness Sample an Art Class – Watercolor Fitness@Five – Zumba Gold	9-10am 10am-Noon 12:30-2:30pm 5-6pm
Tue Jun 5	Sample an Art Class - Acrylic Art Sample Yoga with Ivan Hatha Yoga Sample an Art Class – Acrylic Art	 9:30-11:30am 12:15-1:15pm 5-6pm 6:30-8:30pm
Wed Jun 6	Sample Beginners Tap Dance Jazzercise on the Ball Fun & Fitness	1:45-2:45pm 5-6pm 9-10am
Thu Jun 7	Sample Yoga with Ivan Hatha Yoga	12:15-1:15pm 5-6pm
Fri Jun 8	Fitness@Five – Zumba Gold Fun & Fitness	5-6pm 9-10am

Clubs & Drop-in Programs

DINERS CLUB

Tue May 22 5:30pm

Boston Pizza. Did you know that we often cook with wine? Sometimes we even put it in the food. Come along with us and sample the fare at Boston Pizza in Ironwood Mall. Hope to see you there. Bon Appetit!

Marlene & Inge

MAY BIRTHDAY LUNCH

Fri May 25 12:30pm

Eldercollege Choir Entertaining.

Menu: Quiche, salad, dessert and beverage.

Members: \$7 Guests: \$8



MAY TRIVIA

General Knowledge Questions!

Name _____

Phone Number _____

Name the corresponding baby of the following animals.

1. Antelope _____

14. Hawk _____

2. Beasts of Prey _____

15. Hen _____

3. Beaver _____

16. Kangaroo _____

4. Codfish _____

17. Owl _____

5. Deer _____

18. Partridge _____

6. Eagle _____

19. Pidgeon _____

7. Eel _____

20. Rat _____

8. Elephant Seal _____

21. Rooster _____

9. Fish _____

22. Salmon _____

10. Frog _____

23. Seal _____

11. Goat _____

24. Swan _____

12. Goose _____

25. Turkey _____

13. Zebra _____

Have fun!

GREEN CAN PROGRAM

Thu May 10 6:30-7:30pm

Your Food Isn't Garbage! Learn more about Delta's new food waste curbside recycling program and how you can divert all your food waste, from vegetable peelings to bones and seafood, from the garbage. Discover methods to 'wrap your scraps' including how to make your own newspaper kitchen liner. This program is offered at the Municipal Hall.

Delta's **free** sustainable gardening workshops provide local, expert advice to help you enhance your yard and garden. Come out, meet your neighbours, and share gardening tips!

Special Events

THE RICK HANSEN RELAY HITS DELTA!

SUNDAY, MAY 20

FREE ACTIVITIES AT CELEBRATION SITE

FREE PANCAKE BREAKFAST
MEDAL BEARER WELCOME
DELTA POLICE PIPE BAND
FAMILY ENTERTAINMENT
ADAPTIVE ACTIVITIES & CRAFTS

9 – 11:30 AM

DELTA MUNICIPAL HALL



WEAR YELLOW & CHEER ON THE MEDAL BEARERS



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Delta

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[Twitter.com/CorpDelta](https://twitter.com/CorpDelta)



Watch us on
[youtube.com/CorpDelta](https://www.youtube.com/CorpDelta)



Neighbourhood News

SOUTH DELTA LOW VISION SUPPORT GROUP

Tue May 15 1:30pm Ladner Pioneer Library

This special meeting will host Kathleen Jordan who operates the CNIB supply store in Vancouver. This will be your opportunity to avail yourself of small items which are necessary and helpful for low vision persons. Any interested persons, friends and family are invited and welcome to attend. Coffee and light refreshments will be offered. For further information, please contact Matt at 604.946.9934.

Matt Yole

TRAVEL NEWS

Reminder that all overnight trip tickets must be bought at KinVillage Recreation Centre. Casino trip and day trip tickets will be sold at McKee on Tuesdays and Thursdays from 10:30am - 12:30pm.

Thu Jul 19 Buffet Lunch at Newlands Golf & Country Club + Visit to the Historical Fort and the town of Fort Langley

Bus leaves White Spot in Tsawwassen at 9:00am and leaves McKee at 9:15am returning at approximately 5pm.

Members Only \$55 (all gratuities included). Space is limited so buy your tickets early.

Mon Aug 13 Minter Gardens & Buffet Lunch in the Conservatory with a trip to Harrison Hot Springs. For a walk about or shopping or just enjoying the view.

Bus leaves White Spot in Tsawwassen at 8:30am and leaves McKee at 8:45am returning at approximately 5:30pm.

Members Only \$60 (all gratuities included). Space is limited so buy your tickets early.

FRASER RIVER INTERPRETIVE CRUISE

Sun May 20 and Mon May 21 9am-3pm \$45 Per Person (Members receive a 10% discount)

Explore Delta's history from a new perspective. Join the Delta Museum & Archives Society's Program Coordinator to learn about the rich and fascinating history of the Fraser River while you cruise on the routes followed by many early pioneers. You will view Ladner's Landing, Port Guichon, Canoe Pass, Westham Island, Reifel Island and Steveston's Cannery Row from the same perspective as these early pioneers.

Register early as this program will sell out fast! For more information or to register, call 604.946.9322 or email info@deltamuseum.ca. Tour starts at Captain's Cove Marina at 6100 Ferry Road, Delta.



May Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10am	Fun + Fitness Tap Practice	Walking Group	Fun + Fitness		Walking Group Fun + Fitness	
8:45-9:45am		Indoor Walking		Indoor Walking		
9am-11:30am				Diabetes Self Mgmt		
9am-1pm					Foot Care Nurse	
9am-4pm	Snooker	Snooker	Snooker	Snooker	Snooker	Snooker (9-3:30)
9:30-11:30am		Acrylic Art	Table Tennis			
9:30am-12:30pm		Mah Jong		Mah Jong		
10:00-11:00am			Jazzercise Lite Tai Chi	Pilates		
10:00-11:30am					Card Making	
10:00am-Noon	Pickleball Shop by Phone Craft Club Water Color	Carpet Bowling Pickleball		Carpet Bowling Pickleball	Whist	Knitting Sisters 1&3wk
10:30-11:30am					Sit & Fit (10:15-11:15am)	
10:30am-Noon	Adv Line Dancing				Adv Line Dance	
11:00am-Noon	Tai Chi Practice	Hatha Yoga				
11:15-12:15pm			Adv. Tap			
Noon-1:00pm						
12-2pm						Pickleball
12-3pm			Cribbage			Card Sweep
12:15-1:15pm		Fit After 50 Yoga		Fit After 50 Yoga		
12:30-1:30pm			Stretch & Strength		Birthday Lunch (last Fri)	
12:30-2:30pm	Water Color		Quilting (12:30-3:30pm)		Floor Curling	
12:30-3:30pm						Table Tennis
1:00-3:00pm	Poker	Partner Bridge (1-3:30pm)		Bingo	Sing A Long	Bingo
1:00-4:00pm	Canasta Card Sweep	Card Sweep	Card Sweep	Card Sweep Canasta	Card Sweep	
1:30-2:30pm			Beginners Tap	Meditation	Hatha Yoga	
1:45-3:34pm			Mixed Media Art			
1:30-4:00pm		Scrabble			Scrabble	
2:00-3:00pm		Get Up and Go Osteofit	Trivia	Get Up and Go		
2:30-3:30pm					Hatha Yoga	
3:00-4:00pm				Osteofit		
5:00-6:00pm	Fitness@Five Zumba Gold	Fitness@Five Hatha Yoga	Fitness@Five On the Ball	Fitness@Five Hatha Yoga	Fitness@Five On Zumba Gold	
6:00-9:00pm	Table Tennis			Table Tennis		
6:30-7:30pm				Yoga		
6:30-8:30pm	Pickleball	Acrylic Art				
6:30-9:00pm	Cribbage					
6:30-10:00pm			Dup Bridge			
7:00-9:00pm		Computer Club				
7:00-10:00pm				Jammers (2 nd & 4 th Week)		Bridge

Courses are subject to change or cancellation.