



May 2024

South Surrey
SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

South Surrey Recreation & Arts Centre

Our state-of-the-art Intergenerational expanded facility offers an abundance of programs for all ages. This facility features an 8,000 square foot fitness centre, designated arts space, pottery studio, three gymnasiums, two fitness studios, an indoor cycling studio, an open lobby area, two preschools with natural outdoor play space, youth lounge, and an Intergenerational Therapeutic Garden.



Hours of Operation

Monday-Friday: 6:00am-9:00pm
Saturday: 8:00am-8:00pm
Sunday: 8:00am-6:00pm

Statutory Holiday

Mon, May 20 8:00am-8:00pm

South Surrey Recreation & Arts Centre Senior Reps

Representatives meet every two months.

Steve & Val: Badminton
Angela & Bob: Bridge
Bill & Sharon: Pickleball
Charanjit & Gurmeet: S.A.L.S.A
(South Asian Ladies Social Association)
Bryan: Table Tennis

South Surrey Recreation & Arts Centre
14601 20 Ave, Surrey, BC V4A 9P5
604-592-6970

Seniors Services Memberships

For \$27.50 per year, enjoy access to free, registered drop-in activities, events, and clubs, as well as discount pricing on select 55+ registered programs.

Drop-in Activities for May

Monday	Badminton 8:00-10:00am Duplicate Bridge 9:15am-1:15pm Pickleball 12:30-2:30pm
Tuesday	Badminton 7:30-9:30am (cancelled May 7) Table Tennis 12:30-2:30pm
Wednesday	Badminton 11:30am-1:00pm Pickleball 1:15-3:15pm
Thursday	Badminton 8:00-10:00am Pickleball 10:15-11:45am S.A.L.S.A 12:00-2:30pm (1st & 3rd Thurs/month)
Friday	Pickleball 11:30am-1:30pm

Badminton and Pickleball Coffee Times

Enjoy a coffee and socialize after the 55+ play times for \$1.00.

Badminton: Tuesdays 9:30am
Thursdays 10:00am

Pickleball: Fridays 1:30pm

South Asian Ladies Social Association

The South Asian Ladies Social Association (SALSA) group meets on the 1st and 3rd Thursday of every month to take part in various activities and educational talks. In May, the SALSA group will host a speaker who works with the University of Victoria's Self-Management BC program to discuss the topic of diabetes.

Meetings are generally conducted in Punjabi. A Seniors Services Membership is required.

Seniors Week June 2-8

Join us for a variety of activities as we celebrate those 55+ in British Columbia. For more information, view www.surrey.ca/seniors. The following Try It activities are free of charge but do require registration.



Forum 55+ - Health and Wellness

At this Seniors' Week Kick Off event, engage in knowledge sharing and social connections while having access to educational information on community programs, services and relevant topics. Includes information booths, door prizes, complimentary refreshments and lunch.

Sat, June 1, 9:30am-2:30pm #382394
Fleetwood Community Centre

Try It Duplicate Bridge

Everything you always wanted to know about Duplicate Bridge. Bring a partner and join us for a question-and-answer session and play a few fun hands to try it out.

Mon, June 3, 1:00-2:00pm #390912
South Surrey Recreation & Arts Centre

Try It Walking Soccer

Learn the rules of this low-impact sport where participants walk instead of run and play with a smaller sized net. All skill levels and abilities welcome

Tues, June 4, 11:00am-12:00pm #381873
BMO Coastal Soccer Centre, SSAP

Gardening in Small Spaces: Vegetables

Create a practical garden for your balcony, deck or condo. Learn about soil, planting techniques, plant selection and maintenance.

Wed, June 5, 10:30-11:30am #392426
South Surrey Recreation & Arts Centre

Try It Aquafit

Enjoy a high impact Aquafit workout. Work on developing your cardio, strength, and endurance. Aquafit experience not required.

Thu, June 6, 1:00-2:00pm #385771
Grandview Heights Aquatic Centre

Registered Fitness

To register for the following classes visit www.surrey.ca/register, call 604-501-5100 or go in person to any recreation centre.

Meditation

Improve your overall wellbeing through meditation and relaxation techniques. Learn how to practice mindfulness and deep breathing to feel calmer and develop a deeper level of consciousness and awareness.

Kwomais Point Park

5 Sessions: \$45.75

M 7:15–8:15pm May 27 #371387



Restorative Yoga

Improve wellbeing through the release of tension and gentle realignment. Adapt classic yoga poses and use breathing exercises and relaxation techniques with an emphasis on healing. **Kwomais Point Park.**

6 Sessions: \$67.80

Tu 10:15–11:30am May 21 #371375

W 7:15–8:30pm May 22 #371383

Adult Circuit Training

Get a full-body workout while learning safe and effective training techniques. Move through stations in the weight room using a variety of equipment. **South Surrey Recreation & Arts Centre.**

8 sessions: \$67.20

Tu, Th 6:30-7:30pm May 28 #371545

Tu, Th 11:45am-12:45pm May 28 #371539

6 sessions: \$50.40

W 11:45am-12:45pm May 15 #371549

4 sessions: \$33.60

M 1:00-2:00pm May 27 #371547

VIEW *Online*

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at surrey.ca/enews.

Mother's Day in the Garden



May 11-12, Sat & Sun, 10:00am-4:00pm.

Mother's Day at The Glades Woodland Garden.

Discover one of South Surrey's garden gems during our annual Mother's Day celebration. Enjoy live music, a picnic area, and coffee vendors onsite as you take in the amazing spring colour of over 3,500 mature rhododendrons. 457 – 172 St. **Preregistration is required.** www.surrey.ca/glades.

May 12, Sun, 10:00am-4:00pm.

Mother's Day at Darts Hill Garden Park.

Enjoy live music in the garden as you explore a wondrous collection of rare mature trees, shrubs and perennials. 1633 – 170 St.

Entry by donation. www.surrey.ca/dartshill

Music in the Garden

Visit Darts Hill Garden Park on these special days to enjoy some live music from local artists along with your stroll through the garden, 10:00am-4:00pm:

- Sat, May 25
- Sat, June 15
- Sat, August 17

Darts Hill Garden is located at 1633 – 170 St.

Entry by donation. www.surrey.ca/dartshill

WALKit 55+

Join us for free group walks on **Wednesdays** to work on mobility, meet new people, and explore different neighbourhoods in Surrey.

Two start times are available for each walk: 10am and 12noon. Upcoming walks include:

- May 1: Crescent Beach/Blackie Spit
- May 8: Fleetwood Walk
- May 15: Kwomais Nature Walk
- May 22: Bear Creek Walk
- May 29: Serpentine Greenway

For more information and to preregister, visit www.surrey.ca/walkit.

55+ Bus Trips

Dickens Sweets & British Museum

Take a trip down memory lane at the Dickens Sweets & British Museum—the original British sweet and grocery store in the Fraser Valley. Member: \$24.95; non-member \$29.95

Wed, May 15, 10:30am-2:30pm #370076

Departs from the Newton Seniors Centre

Steveston Village

Enjoy the historic charm of Steveston Village. Visit shops and restaurants, or bring your own lunch. Dress for the weather.

Member: \$24.95; non-member \$29.95

Thu, June 6, 10:30am-2:30pm #371798

Departs from Cloverdale Recreation Centre

Ocean Park Library Sunday Drop-In

Ocean Park Library offers **Seniors' Social Sundays** every Sunday from 1:00-2:30pm.

Come and join other like-minded locals for an afternoon of cards, board games and puzzles.

Craft 'n' Yarn follows at 3:00-4:30pm; bring your current project to work on in the company of others. No registration required.

Ocean Park Library, 12854 17 Avenue

Surrey Seed Library

The Seed Library offers free access to seeds and supports local gardeners in saving seeds at home. We are a living exchange currently sharing 60 varieties of regionally adapted, open pollinated and self-fertile seed.

FREE. Ocean Park Library, 12854 17 Avenue

Sat, May 11, 11:00am-2:30pm.

Seniors Spotlight

In April we celebrated the dedicated volunteers that help throughout the City of Surrey. In 2023, close to 80,000 volunteer hours were contributed across all ages and all services in the City. The South Surrey Recreation & Arts Centre hosted a celebratory coffee for our volunteers on April 17 to thank them for their dedication to the community.

