



Summer
SENIORS *Guide*

REGISTRATION STARTS JUNE 1

JUL - AUG 2015

RECREATION SURREY
Healthy Communities. Active Together.



FAMILY FUN

LIVE MUSIC

GREAT FOOD

STRAWBERRY TEA

FREE

SURREY
CANADA
PRESENTED BY
 **coastcapital**
SAVINGS
DAY

WEDNESDAY, JULY 1 2015
BILL REID MILLENNIUM AMPHITHEATRE
CORNER OF 176 STREET & 64 AVENUE

WWW.SURREY.CA/CANADADAY

FREE

8TH ANNUAL SURREY
FUSION
FESTIVAL

PRESENTED BY
 **coastcapital**
SAVINGS

THE ULTIMATE
CELEBRATION

OF **MUSIC** • **FOOD** • **CULTURE**

AWARDED BEST INTERNATIONAL CULTURAL EVENT

JULY 18-19 2015

HOLLAND PARK / SURREY BC

WWW.SURREY.CA/FUSIONFESTIVAL

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RECREATION FACILITIES

Whalley - City Centre

Bear Creek Pavilion

604-502-6385 | 88 Avenue & King George Blvd.

Bridgeview Community Centre

604-591-4080 | 11475 - 126A Street

Mon - Fri: 9:00am - 8:00pm

Sat - Sun: 10:00am - 2:00pm

Chuck Bailey Recreation Centre

604-598-5898 | 13458 - 107A Avenue

Mon - Fri: 9:00am - 9:00pm

Sat - Sun: 9:00am - 5:00pm

North Surrey Recreation Centre

604-502-6300 | 10275 City Parkway

Mon - Fri: 6:00am - 9:00pm

Sat: 7:00am - 9:00pm

Sun: 8:00am - 9:00pm

Cloverdale

Cloverdale Recreation Centre

604-598-7960 | 6188 - 176 Street

Mon - Fri: 6:00am - 10:00pm

Sat - Sun: 8:00am - 8:00pm

Stat. Holidays: 8:00am - 8:00pm

Fleetwood

Fleetwood Community Centre

604-501-5030 | 15996 - 84 Avenue

Mon - Fri: 7:00am - 10:00pm

Sat - Sun: 8:00am - 5:00pm

Stat. Holidays: Closed

Surrey Sport and Leisure Complex

604-501-5950 | 16555 Fraser Highway

Pool: Mon - Fri: 5:30am - 10:00pm

Sat - Sun: 6:00am - 10:00pm

Weight room: Mon - Fri: 5:30am - 10:00pm

Sat - Sun: 7:00am - 8:00pm

Guildford

Fraser Heights Community Centre

604-592-6920 | 10588 - 160 Avenue

Mon - Fri: 7:00am - 10:00pm

Sat - Sun: 8:00am - 8:00pm

Guildford Recreation & Aquatic Centre

604-502-6360 | 15105 - 105 Avenue

Mon - Fri: 6:00am - 10:00pm

Sat - Sun: 8:00am - 8:00pm

Newton

Newton Seniors Centre

604-501-5010 | 13775 - 70 Avenue

Mon - Fri: 9:00am - 4:00pm

Sat: 12:00pm - 4:00pm

Newton Recreation Centre

604-501-5540 | 13730 - 72 Avenue

Mon/Wed: 6:00am - 10:00pm

Tues/Thu: 6:00am - 9:30pm

Fri/Sat: 6:00am - 9:00am

Sun/Holidays: 8:00am - 8:00pm

South Surrey

South Surrey Recreation & Arts Centre

604-592-6970 | 14601 20 Avenue

Mon - Fri: 6:00am - 10:00pm

Sat - Sun: 8:00am - 8:00pm

South Surrey Indoor Pool

604-502-6220 | 14655 - 17 Avenue

Mon/Wed: 6:00am - 10:30pm

Tues/Thu: 6:00am - 11:00pm

South Surrey Arena

604-502-6200 | 2199 - 148 Street

Please call for hours

For more information about the amenities at each recreation facility please visit our website:
www.surrey.ca/recreation

Become a Member

EASY & AFFORDABLE!

Seniors Services Memberships	Type	Seniors 55+
Town Centre Specific Seniors Services Membership	1 year	\$21.75
City Wide Seniors Services Membership*	1 year	\$61.00

*Valid at all seniors' lounges and centres.

LOOK WHAT YOU GET FROM A MEMBERSHIP!

Site specific members will receive the Seniors Discount rate on a variety of seniors programs, bus trips and special events.

- Great value for a low annual fee
- Enjoy a healthy lifestyle
- Volunteer opportunities at your centre and in your community
- A great place to connect with friends or make new ones

All programs welcome new participants at any time of the year. We invite you to drop in and try any of these activities.

Please note:

Some programs vary with each facility and seniors group, please contact the centre individually to learn more about their programs.

Refer to pages 6-15 for site specific membership activities.

Volunteer Led Activities Descriptions

Cards and Games

Billiards/Snooker

This 8 ball, pool, and snooker room is open to all levels of play. We are encouraging women and men to join and welcome new members.

Cards and Board Games*

Various card games and clubs are offered at each of the facilities, they include, Bridge, Duplicate/ Partners Bridge, Canasta, Tosh, Cards Club, Cribbage, Poker, Rummoli, Whist and Scrabble.

*Bingo**

Join our enthusiastic bingo players and get ready for your chances to win. More players lead to bigger prizes!

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

VOLUNTEER LED ACTIVITIES DESCRIPTIONS

Sports

Badminton

This program is co-ed and hosts all skill levels.

Carpet Bowling

Carpets and other equipment are included in this active and engaging social activity.

Pickleball

This easy to learn indoor tennis style sport places emphasis on coordination, patience and strategy. There are racquets for you to borrow.

Table Tennis

There are tables set up for playing either singles or doubles.

Personal & Educational Development

Computer Club

Some sites have volunteer computer club members and a computer lab. Volunteers are available to help you with many of your questions. Others have weekly meetings with guest speakers and knowledge sharing seminars with fellow members.

Web S.I.G.

This sub-division of the Computer Club at Cloverdale meets weekly to explore the Internet and learn all about the world-wide web.

Book Club

Do you enjoy reading? The book club can be a great opportunity to meet new people and share book reviews and discussions of various subjects.

Stamp/Philatelic Club

Anyone interested in stamps is welcome. Please save your postage stamps, as they sort and donate them to a variety of charities.

Writing Club

We encourage, support and inspire members to write their memoirs or to write for pleasure. We share writing strategies/tools to aid and embellish written work.

Visual and Performing Arts

Ballroom Dance

This drop in program is for singles or couples to enjoy International Ballroom Dancing.

*Choir**

Do you enjoy music and singing? No singing experience required and most sites have scheduled performances throughout the year.

Silvertones Singers/Nutones Choir/Gold's Sing-Along Group/Sunrise Choir/Pizzaz

**Choir name varies at each facility*

Guitar Club

If you enjoy playing guitar join this fun group who like to get together to learn songs and jam. Bring your own guitar in good working order.

Jammers / Music Makers

We are a fun group of seniors who love to play some of our favourite country, bluegrass and other music from the early years. We have a wide array of instruments ranging from piano, harmonics, violins, guitars, mandolins, and vocals. Bring your own musical instrument and join a lively ensemble of talented musicians. Audience members are always welcome.

VOLUNTEER LED ACTIVITIES DESCRIPTIONS

Painting for Pleasure

This club uses a variety of mediums. Odourless oil paints only please, due to fumes. Some groups are self-directed, others have an instructor.

Pottery

This program is designed for potters interested in a non-instructional class with time to work on their own projects. There is a volunteer available to show some basic instructions to help get you started.

Woodcarvers/Woodcarving Club

Bring your carving tools and your favorite piece of wood and join a great group of wood carvers. Learn new techniques or share your knowledge.

Wheeling & Square Dance

Come join this adventurous group of wheelchair and able body square dancers. You are welcome to come and watch or take part. We do different events such as demos at Hospitals, Malls and Nursing Homes. We have special parties for Halloween, Christmas, Valentine's Day, St. Patrick's Day, Easter and Club Picnics. New dancers are welcome, so wheel on over or walk on into this fun night of dancing.

Health and Nature

Blood Pressure Testing/Clinic

This drop in services offers an opportunity for you to have your blood pressure taken in a safe comfortable environment.



Walking Club

Get some fresh air and exercise! This self-directed club meets rain or shine. The walking route is chosen by the group day of to accommodate all interests, needs, and abilities. Skywalkers at Guildford walk an indoor 200 metre track.

Gardening Club

Join this fun group and share tips, cuttings/seeds and ideas for successful gardening. Some out-trips are planned.

Socials and Events

Each area offers a wide variety of social drop ins that host theme dinners, coffee socials, hot lunch programs, birthday celebrations, guest speakers, dinner and dances. Some of the social groups are offered in various sites throughout the community.

Arts and Crafts

Knitting/Crochet/Quilting/Sewing*

Each seniors group hosts various knitting, crochet and craft activities. The groups meet weekly in a social environment and make a wide range of projects. Many of the groups support the community through donating to local charities or sold from the display cases located at the facilities.

***Each centre offers a different club name that includes, Happy Hookers, Knit and Chat, Sunrise Crafters, P.U.R.L.S., Quilting Social Club, Bazaar Crafters, Krazy Krafters and Card Making.**

55+ MEMBERSHIP ACTIVITIES

Membership activities are listed by facility and require a town centre-specific or city-wide senior's membership for participation. Nominal admission or membership fees may be charged for these activities.

Clouerdale Recreation Centre



Monday	Tuesday
Seniors Lounge 9:00am - 4:00pm	Seniors Lounge 9:00am - 4:00pm
Reflexology Service 9:00am - 4:00pm (by appt. only)	Bridge Tournament* 11:00am - 3:00pm (Last Tues)
Computer Club (SIG) 9:30am - 11:30am	Lunch Service (Last Tues) 11:30am - 12:45pm
Quilters 9:30am - 12:00pm	Table Tennis 1:00pm - 3:00pm
Stamp Club 1:00pm - 3:00pm (2 nd & 4 th Mon)	
Cribbage (5-Card)* 1:00pm - 3:00pm	
Pickleball (1 Gym Only) 1:00pm - 3:00pm	

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

Wednesday	Thursday	Friday
Seniors Lounge 9:00am - 4:00pm	Seniors Lounge 9:00am - 4:00pm	Seniors Lounge 9:00am - 4:00pm
Knit and Chat 9:30am - 11:30am	Computers Club 10:00am - 12:00pm	Woodcarvers 9:00am - 12:00pm
Lunch Service 11:30am - 12:45pm	Pickleball (1 Gym Only) 12:30pm - 2:30pm	Pickleball (1 Gym Only) 9:00am - 11:00am
Poker* 12:30pm - 4:00pm	Cribbage (5-Card)* 1:00pm - 3:00pm	Lunch Service 11:30am - 12:45pm (2 nd Fri)
Scrabble 12:30pm - 3:30pm	Walking Club 1:00pm - 2:00pm	Crib Tournament* 12:00pm - 3:00pm (2 nd Fri)
Bingo* 1:00pm - 3:00pm	Guitar Club 1:00pm - 3:00pm	Table Tennis 1:00pm - 3:00pm
Pickleball (1 Gym Only) 1:00pm - 3:00pm	Table Tennis 1:30pm - 3:30pm	

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

55+ MEMBERSHIP ACTIVITIES

Bridgeview Community Centre

Monday	Tuesday	Wednesday	Thursday
	Seniors Services Connector 1:30pm - 3:30pm (2 nd & 4 th Tues)		Bridge* 12:30pm - 2:30pm

Chuck Bailey Recreation Centre

Monday	Tuesday	Wednesday
Billiards 9:00am - 9:00pm	Billiards 9:00am - 9:00pm	Billiards 9:00am - 9:00pm
Pottery 10:15am - 2:15pm	Carpet Bowling 9:00am - 12:00pm	Hot Lunch Program 10:30am - 12:30pm (4 th Wed)
Computer Club 1:00pm - 3:00pm	Painting for Pleasure 9:00am - 12:00pm	Tosh 12:00pm - 3:00pm
Book Club 1:30pm - 3:00pm (3 rd Mon)	Choir 12:15pm - 2:15pm	Bridge* 12:45pm - 3:00pm
	Poker* 12:30pm - 4:00pm	Whist 12:45pm - 3:00pm
	Ballroom Dance 1:00pm - 3:00pm	
	Table Tennis 1:00pm - 4:00pm	

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

604.591.4080

Friday

Seniors Social
10:00am - 12:00pm



604.598.5898

Thursday	Friday	Saturday
Billiards 9:00am - 9:00pm	Billiards 9:00am - 5:00pm	Billiards 9:00am - 5:00pm (also on Sundays)
Carpet Bowling 9:00am - 12:00pm	Tosh 12:00pm - 3:00pm	Bingo* 1:00pm - 3:00pm
Crafters 1:00pm - 3:00pm	Whist 12:30pm - 3:00pm	
Table Tennis 1:00pm - 4:00pm	Bridge* 12:30pm - 3:00pm	
Wheeling 8s 7:00pm - 9:00pm		



*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

55+ MEMBERSHIP ACTIVITIES

Fleetwood Community Centre



Monday	Tuesday
Ballroom Dance 1:00pm - 4:00pm	Computer Club 12:30pm - 2:30pm (3 rd Tues)
Bridge* 6:45pm - 9:45pm	Partners Bridge* 12:30pm - 3:30pm (1 st , 2 nd , & 3 rd Tues)
	Ballroom Dance 1:00pm - 4:00pm
Seep (in Punjabi) 12:00pm - 4:30pm	Seep (in Punjabi) 12:00pm - 4:30pm



*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

Wednesday	Thursday	Friday
Happy Hookers 9:30am - 12:00pm	Seniors Services Connector 9:30am - 12:00pm	Friday Drop-in Activity Group 10:30am - 12:30pm
Canasta* 12:30pm - 3:00pm	Blood Pressure Clinic 9:30am - 12:00pm (1 st Thurs)	Cribbage Tournament* 12:00pm - 4:00pm (4 th Fri)
Cribbage* 6:30pm - 9:00pm	Lunch Program Birthday Celebration 11:30am - 1:30pm (3 rd Thurs - August Only)	Rummoli* 1:00pm - 3:00pm
	Jammers* 11:30am - 1:30pm (August Only)	
	Carpet Bowling 1:30pm - 3:30pm	
Seep (in Punjabi) 12:00pm - 4:30pm	Seep (in Punjabi) 12:00pm - 4:30pm	Seep (in Punjabi) 12:00pm - 4:30pm



*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

55+ MEMBERSHIP ACTIVITIES

Guildford Recreation & Aquatic Centre

Monday	Tuesday	Wednesday
Badminton 8:45am - 11:45am	Badminton 8:45am - 11:45am	Badminton 8:45am - 11:45am
Sky Walkers 9:00am - 3:00pm	Sky Walkers 9:00am - 3:00pm	Seniors Lounge 9:00am - 3:00pm
Seniors Lounge 9:00am - 3:00pm	Seniors Lounge 9:00am - 3:00pm	Sky Walkers 9:00am - 3:00pm
Senior's Connector 10:15am - 12:15pm	Dining Out Club 12:30pm (1 st Tues)	Carpet Bowling 12:30pm - 3:00pm
Scrabble 12:00pm - 3:00pm	Bridge 12:00pm - 3:00pm	P.U.R.L.S (Knitting) 1:00pm - 3:00pm
Pickleball 12:00pm - 3:00pm	Pickleball 12:00pm - 3:00pm	
Carpet Bowling 12:30pm - 3:00pm	Cards Club 1:00pm - 3:00pm	
Cards Club/Canasta 1:00pm - 3:00pm		



Thursday	Friday
Badminton 8:45am - 11:45am	Badminton 8:45am - 11:45am
Seniors Lounge 9:00am - 3:00pm	Seniors Lounge 9:00am - 3:00pm
Sky Walkers 9:00am - 3:00pm	Sky Walkers 9:00am - 3:00pm
Pickleball 12:00pm - 3:00pm	Jammers (July only) 10:30am - 12:30pm
Bridge 12:00pm - 3:00pm	Pickleball 12:00pm - 3:00pm
Ballroom Dance 2:00pm - 4:00pm	



55+ MEMBERSHIP ACTIVITIES

Newton Seniors Centre

Monday	Tuesday	Wednesday	Thursday
Billiards 9:15am - 3:45pm	Billiards 9:15am - 3:45pm	Billiards 9:15am - 3:45pm	Golf ♦ 6:00am - 10:00am
Wood Carving 9:15am - 12:00pm	Tennis ♦ 10:00am - 12:00pm	Nutones Choir 9:30am - 11:30am	Billiards 9:15am - 3:45pm
Walking Club 9:30am - 11:30am	Writing Group 10:00am - 12:00pm (4 th Tues)	Stamp Group 10:00am - 12:00pm (3 rd Wed)	Card Making 9:15am - 12:00pm (1 st Thurs)
Carpet Bowling 10:00am - 12:00pm	Krazy Krafters 10:00am - 12:00pm	Carpet Bowling 1:00pm - 3:00pm	Pizzaz! 9:15am - 12:00pm
Womens Social + 11:00am - 1:00pm	Bingo* 12:30pm - 3:45pm	10 Card Cribbage* 1:00pm - 3:30pm	Craft Group 1:00pm - 3:00pm
Computer Group 1:00pm - 3:00pm	Guitar Group 1:00pm - 2:30pm		Canasta* 1:00pm - 3:30pm
Social Bridge* 1:00pm - 3:30pm			Cribbage* 1:00pm - 3:00pm
Whist* 1:00pm - 3:30pm			

+ Held at Newton Recreation Centre - Wave Pool

♦Held Offsite: Golf - Sunshine Woods Golf Centre
Tennis

South Surrey Recreation & Arts Centre



Monday	Tuesday
Badminton 6:15am - 9:30am	Badminton 8:00am - 10:30am
Duplicate Bridge 9:00am - 1:00pm	Pickleball (4 courts) 10:45am - 12:45pm
Pickleball (4 courts) 9:45am - 12:45pm 4 courts	

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

Friday	Saturday
Billiards 9:15am - 3:45pm	Billiards 12:00pm - 3:45pm
Painting Group 9:15am - 12:15pm	Table Tennis 12:15pm - 3:45pm
Tennis ♦ 10:00am - 12:00pm	
Cribbage Tournament* 12:00pm - 3:30pm (3 rd Fri)	
Rummoli* 1:00pm - 3:30pm	
Music Makers 1:00pm - 3:30pm	
Dinner/Dance 5:30pm - 9:00pm (2 nd Fri)	



Wednesday	Thursday	Friday
Pickleball (4 courts) 6:15am - 8:45am	Badminton 8:00am - 10:30am	Pickleball (4 courts) 6:15am - 8:45am 10:45am - 12:45pm
Badminton 10:45am - 12:45pm	Pickleball 10:45am - 12:45pm	
	Table Tennis 1:00pm - 3:30pm	

*Know your limit, play within it. Must be 19+ to play. Problem Gambling Helpline 1-888-795-6111

FEATURED ACTIVITIES



Cloverdale - Bus Trips

Looking for an adventure this summer? Hop aboard the tour bus for an exciting day trip! We are offering the following trips this summer: Best of Whidbey Island (USA), Food Truck Fun in Vancouver, Sea to Sky Gondola, and Chihuly Garden & Glass (USA). The bus picks up at Cloverdale, Fleetwood or South Surrey. A great opportunity to explore some new sights. If you prefer to stay local, there's plenty to keep you active and occupied at the Cloverdale Recreation Centre. Check out our monthly newsletter or drop in for a tour or call us at 604-598-7960 or check online at www.surrey.ca/cloverdale to find out all we offer.

Newton Seniors' Centre - Great Outdoors

It's time to take the game outdoors.

The summer is an ideal time to reconnect with others and play outdoor games such as Bocce Ball, Croquet, Frisbee and other classic lawn games. Come to the Newton Seniors' Centre and check out our 'games' lending library and enjoy a game or two outside. The Centre also has plenty of indoor activities, events and bus trips to keep you active and engaged all year long. For more information contact the Newton Seniors' Centre call at 604.501.5010 or online at www.surrey.ca



Fleetwood Community Centre - Drop in Activities

Join this group of Punjabi speaking ladies and take part in activities such as singing, dancing, poetry reading, and more. Meet new friends and learn about community activities. This group meets from 10:30am-12:30pm every Friday except for the 4th Friday of each month. This group is offered in Punjabi.





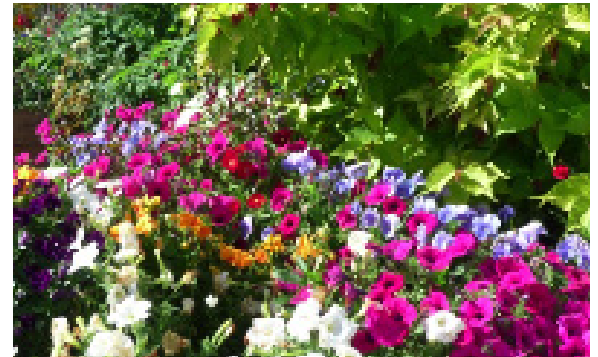
Pool now Open!

Guildford Recreation & Aquatic Centre

Come and check out our new pool in Guildford. We are now open! We have a wide variety of aquatic classes to choose from, such as Gentle Joints and Water Walking. Gentle Joints, helps you improve your balance and range of motion through gentle movements to help you with your daily activities - Tuesday and Thursday 10:00-10:45am. Water walking, a low impact, low intensity class. Walk through the water to improve your flexibility, posture and range of motion - Monday, Wednesday and Friday 10:45-11:30am. Our pool features, a 50 metre Olympic size pool with 2 diving boards, a leisure pool, water slide, hot tub, sauna, and steam room. Please come by to check us out!

South Surrey Recreation & Arts Centre - Connections Café

Connections Café is located inside the lobby area of South Surrey Recreation & Arts Centre. This café is a social enterprise venture whose objective is to combine Seniors' and Youth in a working environment. Both generations will gain work experience and opportunities to develop their work skills with onsite training provided by the Sources Café staff. This summer the café will feature fresh garden salads with greens and vegetables grown on site in our Intergenerational Garden. Please support this wonderful community resource and join us for lunch or a special coffee, knowing that all profits are returned back to our community.



Chuck Bailey Recreation Centre - Sunrise Garden in full bloom!

Now that Summer is here, our beautiful garden is showing us the colours of nature. Visit the garden and relax to the sounds of the trickling fountain, or put on a pair of gloves and join our avid gardeners in maintaining this hidden oasis.

REGISTERED & DROP-IN PROGRAMS

Join an activity at your local recreation centre. Get active in any of our fitness classes, weight rooms, gymnasiums, swimming pools or ice arenas.

Ask your local recreation centre about seniors clubs and activities that may include:

*Cards & Games
Select 55+ Sports
Personal Development programs
Visual and Performing Arts
Walking Clubs
Arts and Crafts
Social Events*



Registered & Drop-In Programs

Challenge your body and mind through Surrey's Seniors' activities and recreation programs.

We offer a variety of recreation programs including:

Fitness Health & Wellness

Bus Trips

Sports

Music & Dance

Languages

Visual Arts

For more information

- Visit us online at www.surrey.ca/seniors
- Ask us about programs in person at any Recreation Centre
- Pick up a copy of the Surrey Recreation Guide for Schedules and Program Listings
- Sign up to receive news & updates by email at www.surrey.ca/enews
We will keep you up to date on recreation programs, events, services and other important opportunities available to seniors in Surrey.

SURREY doorsopen

DISCOVER THE STORY BEHIND EVERY DOOR

BE A TOURIST IN YOUR OWN CITY

SATURDAY JUNE 27, 2015 11am-4pm



FREE EVENT

Explore 39 sites offering a behind-the-scenes look into Surrey's rich culture, history, art and architecture.

CITY CENTRE | BEAR CREEK | NEWTON | CLOVERDALE

- Activities for everyone
- Free hop-on, hop-off trolley
- Festivals, entertainment, and much more!

www.surrey.ca/doorsopen

Thank You To Our Sponsors



City Wide Seniors Information

For more information about Seniors Services in Surrey check out each Centre's individual monthly newsletter. Information can also be found online at www.surrey.ca/seniors.

This City of Surrey committee, chaired by Councillor Barbara Steele, includes 30 members representing City departments, community resource agencies, Provincial government agencies, safety services (police and fire), and related community groups. The purpose of the committee is to provide networking opportunities for individuals, service agencies, and organizations working with our seniors, and further to undertake initiatives to provide information with regard to the many programs and services available to seniors through the City of Surrey and other various service agencies and organizations. The committee works collaboratively with passion and resources to facilitate a wide range of community forums, workshops, events and programs that will help support our aging population and their families/caregivers in Surrey.



Focus on Seniors Forums

The Forums were initiated in 2008 with the focus of preventing and responding to elder abuse. As part of a series, the forums raise awareness of issues impacting seniors, as well as provide valuable information about legal, safety, and support resources available to seniors and their caregivers in Surrey. Adult family members are welcome to attend. The forums are offered in various languages throughout Surrey.



Caregiver Workshops

These workshops, presented by Seniors Come Share Society, focus on refreshing your spirit, validating your efforts, and assisting you in your journey as a caregiver. Specific topics vary by workshop, but may include: "The Do's and Don'ts of Dementia", "Educate Yourself: It May Not Be Dementia", and "Remaining Healthy and Successful While Caring for Another", among others. Come share your wisdom and make connections with others in a similar role. Seniors, caregivers, and families are all welcome to attend these sessions, as valuable information is provided.

A Roof Over My Head Sessions

These sessions are offered in collaboration with agencies and organizations that provide seniors with information that includes, but is not limited to: safety in your home, fire prevention, home care, assisted living and facility care, Home is Best Program, and Home Service Line. Housing information for seniors and caregivers will be provided.

Mobile Outreach

These 'mini mobile information sessions' provide an integrated approach to the delivery of resources and services to seniors within various neighbourhoods in Surrey. The mobile outreach program increases awareness of services and resources available to prevent isolation and abuse. Each session consists of one or more Seniors Advisory and Accessibility Committee members' presentations, totalling 45 minutes to 2 hours in length. Subjects may include, but are not limited to, elder abuse, finances, and housing/transportation issues.

Please Note:

The dates and locations of these forums, programs and workshops are posted at www.surrey.ca/seniors and are advertised in local newspapers and at City recreation facilities. All sessions require pre-registration.

4th Annual Aging in Place Conference

Fleetwood Community Centre
Saturday June 6, 2015

Supporting healthy, active aging. This event is brought to you through the support of the Seniors Advisory and Accessibility Committee. The Conference will focus on 3 key areas:

- Healthy Lifestyles
- Education & Advocacy
- Safety

All workshops are free and require pre-registration.

To register call 604-501-5100. All registered participants will receive an age-friendly package.

Mature Drivers Workshop

BCAA's Living Well, Driving Well workshops are designed to increase your awareness about the effects of aging on driving. This workshop will provide information and tools to assist you to: adapt to age-related changes, review your own driving, and plan to keep mobile. A Drivers Examiner may be present to answer any questions about DriveABLE and Driver Testing after age 80. Pre-registration required as space is limited.



SENIORS COME SHARE SOCIETY

Senior Services Connector/People Helping People

This program helps to preserve independence for seniors by providing information, support, and connections to services available in our community to seniors and/or their caregivers and families.



This program is offered in partnership through the City of Surrey Recreation Facilities and Seniors Come Share Society.

Bridgeview Community Centre

2nd & 4th Tuesday of the month
By appointment

Fleetwood Community Centre

Thursday
9:30am - 12:00pm

Chuck Bailey Recreation Centre

Monday - Thursday
9:30am - 12:30pm

Guildford Recreation Centre

Monday
10:15am - 12:15pm

Friday
1:00pm - 3:30pm

Newton Seniors Centre

Wednesday
10:30am - 12:30pm

Clouerdale Recreation Centre

Available by appointment.

South Surrey Recreation & Arts Centre

Regular weekly service will be available
in Fall 2015

2nd & 4th Monday of the month
10:30am - 1:00pm

For more information or to book an appointment call 604-531-9400 ext. 204



MEAL PROGRAM

Try one of our Seniors Community Lunches!

Join us for great food, live entertainment, and an opportunity to meet new people and socialize!

For more information about our Community Lunches for Seniors or to register for a lunch, contact our meal program coordinator at 604-531-9400 ext 205. or at Mealprogram@comeshare.ca



Whalley - City Centre		\$7.00
Chuck Bailey Rec. Centre	13458 107A Ave., Surrey	
10:30am - 12:30pm <i>Except Stat. Holidays</i>	4th Wednesday of each month	

Whalley - City Centre		By Donation
Oak Avenue Hub	12740 102 Ave., Surrey	
11:30am - 1:30pm <i>Except Stat. Holidays</i>	2nd & 4th Monday of each month	

Cloverdale		\$8.00
Cloverdale Rec. Centre	6188 176 St., Surrey	
11:30am - 2:00pm (Except Stat. Holidays, July, and August) Program Resumes Sept 24.	2nd & 4th Thursday of each month	

South Surrey & White Rock		\$7.00
Kent Street Centre	1475 Kent St., White Rock	
12:00pm - 2:30pm <i>Except Stat. Holidays, July, and August. Transportation can be arranged!</i>	First 3 Fridays of each month	

Newton		\$7.75
Newton Seniors Centre	13775 70 Ave., Surrey	
10:30am - 1:00pm <i>Except Stat. Holidays</i>	1st & 3rd Wednesday of each month	

Pre-registration required for some lunches.

We can pay for your lunch!

(Subsidy available for individuals with low income)

Call for more information!

Featured Park

Clayton Park 18513 70th Avenue

Clayton Park, dating back to 1939, features a number of amenities, including a hall, lawn bowling field, walking trails, tennis courts, a soccer field and baseball diamond, a playground, and green space with sheltered picnic tables.

Clayton Hall hosts a number of programs, including fitness and cooking classes, camps, birthday parties, and parent and tot drop-ins. It is also available for special event room rentals.

The lawn bowling field and hall, operated by the Surrey Lawn Bowling Club, offers leagues and play, and is always looking for new players.

Additionally, the park features a number of natural area trails, including a looping path that leads through a grove of Douglas Fir trees.



There is also a path that leads through the forest and connects to the Clayton Dog Off-leash Park.

Clayton Park has something for the whole family and is a great place to spend the day!

Featured Volunteer Opportunity

English Conversation Program - Welcoming all Volunteers & Participants



Thanks to the significant contributions and dedication of volunteers, the English Conversation Program continues to grow and develop each season. During the spring, there were 13 free classes for women only, and both men and women offered. This program is designed for those who are looking to practice speaking English in a comfortable environment while they learn about Canadian culture, meet others from around the world and share their experiences. This is not a structured English class and some knowledge of English is required. Classes are held once a week for 8 weeks at different locations in Surrey.

If you're the kind of person that wants to give back to your community, meet new people from all around the world, learn about new cultures and assist others by offering a comfortable learning environment, then please contact us about joining our team and become an English Conversation Program Facilitator.

For more information please email ynasimi@surrey.ca or call 604.591.4176

Are You Protected?

It's as easy as 1, 2, 3

1. Install a smoke alarm outside all sleeping areas and on each floor of the home.
2. Test your smoke alarms once a month to ensure they are working.
3. Replace smoke alarms that are more than ten years old, even if they are hard-wired.
4. Replace batteries twice a year.



If your smoke alarms are not working or are more than ten years old, the Surrey Fire Service will install at least one new smoke alarm in your home for **free**.

Surrey RCMP

Observe it. Report it.

*It's probably nothing.
I don't want to bother police with something minor
Nothing will come of reporting this - why even bother?*

**OBSERVE IT.
REPORT IT.**

REPORTING MATTERS

We often hear people question whether it's worth reporting suspicious people, theft from vehicles, or other crime types. They feel it won't make a difference, or is an inconvenience to police. In reality, we need that information to do our jobs more effectively, solve crimes, and to keep Surrey safe.

WHY REPORT

All reports of crime and suspicious incidents get entered into a database that is shared by police agencies across the province. While not all reports require police attendance, every incident reported to us is analyzed and assessed to identify crime trends and public safety issues. When you file a report, you are helping the Surrey RCMP better understand and address what is happening in your community. This information allows us to make informed decisions on resource deployment and crime reduction initiatives.

HOW TO REPORT

There are five ways to report crime in Surrey:

9-1-1 for emergencies	In person at any of our six Surrey offices
For non-emergencies 604-599-0502	Anonymously through Crime Stoppers 1-800-222-8477
Text 9-1-1 for pre-registered deaf, hard of hearing, speech impaired persons	

**You can play an important role in keeping Surrey safe.
Engage with your Surrey RCMP by reporting crime and suspicious activity.**

HERITAGE & LIBRARIES



Surrey Museum

17710 - 56A Avenue
Tue - Fri | 9:30am-5:30pm, Sat | 10am-5pm
Closed: Sun, Mon & Stat Holidays
Admission sponsored by Friends of the
Surrey Museum Society
604-592-6956

Fibre Crafts Festival

August 15, 2015 | 1pm-4pm
All ages by donation

We'll spin the story of the cloth you wear with this fun celebration of all things fibre. Get hands on with real looms and spinning wheels, watch spinning, knitting and weaving demonstrations and get crafty with textiles.

Historic Stewart Farm

13723 Crescent Road
Tue - Fri | 10am-4pm
Sat-Sun | 12pm-4pm | (May-Aug)
Closed: Mon & Stat Holidays
Entrance by Donation
604-592-6956

Scottish Afternoon Tea

Select Saturdays | July & August
\$10.75/person (16+yrs)

Enjoy farm-baked scones and shortbread served with a pot of tea and a little Stewart family history. Then explore the charming 1890s farmhouse and grounds with a costumed guide.

Must pre-book at 604-592-6956

Heritage Services

www.surrey.ca/heritage

Surrey Archives

17671 56 Avenue
Tue-Fri | 9:30am-5:30pm
Sat | 10am-5pm
Closed: Sun, Mon & Stat Holidays
604-502-6459

Seek. Find. Reveal

Local resident, researcher, organization - whoever you are, we bet you can use our collections. We're the place to come for all questions big and small about Surrey's past. Browse through historic photographs, maps, newspaper clippings, community and City records, reference books and more, all available for research and general interest.

Surrey Libraries



Book Clubs & Book Chats

For adults, seniors, zoomers and the young at heart! Monthly book clubs and casual book chats. There is even an Audio book club!

Technology Help

Get one to one help in a no stress atmosphere. Staff can help you with your basic computer, internet & technology needs.

Services for New Canadians

Including information sessions and Settlement Workers.

Read-Ability Services

Provided to seniors and clients with special needs including Home Delivery Service, audio materials an assistive technology.

Wondering what to read next?

We'll help you find your next great book or eBook. Ask us in person or visit www.surreylibraries.ca

For details, visit any of the 9 Libraries or www.surreylibraries.ca.
If you have any questions/comments, contact Llona at 604-598-7396.

FREE

Surrey Arts Centre



Move It! Community Dance Project

Whether it's the sandbox or the cubicle, everyone needs to break out of the box once in a while. Move It! is a fun and free community dance workshop that offers confidence, friendship, and expression to people of all ages, cultures, shapes, abilities, and genders. It's a great activity to do by yourself, with a friend or partner, or even your grandkids. The instructors create an encouraging atmosphere, so come as you are and be inspired to joyfully move your body!

Aug 4 - 14, 2015 (Except Sat / Sun)
10am - 12pm
Surrey Arts Centre - 13750 88 Ave

To Register call: 604-501-5566 (press 0)
Adult / Youth: Reg# 4401575
Children 12 and under: Reg# 4401574

Note: Children 12 and under must be accompanied with a participating adult.

HARVEST BOX

For more information or to register | www.surrey.ca/register | 604-501-5100

Value Box - \$8.00 / box

Pre-ordering required.

Please order one week before pick-up date.

- Contains a variety of fresh vegetables and fruit
- Makes eating vegetables and fruit more affordable
- As local as possible, but imported items when local is not available
- Available for pick-up on the second and last Thursday of every month

Local Box - \$15.00 / box

Pre-ordering required.

Please order one week before pick-up date.

- Contains local vegetables and fruit from British Columbia farmers and suppliers
- Supports local BC growers and sustainable agricultural methods
- Available for pick-up on the second and last Thursday of every month

**Bridgeview
Community
Centre**

11475-126A St.
604-591-4080

**Chuck Bailey
Recreation
Centre**

13458-107A Ave.
604-598-5898

**Cloverdale
Recreation
Centre**

6188-176 St.
604-598-7960

**Fleetwood
Community
Centre**

15996-84 Ave.
604-501-5030

**Fraser Heights
Community
Centre**

10588-160 St.
604-592-6920

**Guildford
Recreation
Centre**

5105-105 Ave.
604-502-5360

**Newton
Rec. Centre
Wave Pool**

13730-72A Ave.
604-501-5540

**South Surrey
Recreation &
Arts Centre**

14601-20 Ave.
604-592-6970

CELEBRATE *Seniors'* WEEK 2015

FREE

ENJOY A VARIETY OF FREE EVENTS THROUGHOUT THE CITY

Chuck Bailey Recreation Centre 13458 107A Avenue

Movie Matinee

4400946 Tu Jun 9 1:00pm-4:00pm

Registration Required

Learn to Play Pickleball

4400985 W Jun 10 9:45am-11:45am

Registration Required

Cloverdale Recreation Centre 6188 176 Street

Movie Matinee

4401393 M Jun 8 1:00pm-3:00pm

Registration Required

Surrey Archives: A Pictorial History of Cloverdale

4401433 W Jun 10 10:30am-11:30am

Registration Required

Fleetwood Community Centre 15996 84 Avenue

Movie Matinee

4400716 W Jun 10 1:00pm-3:30pm

Registration Required

Light Breakfast at the Fleetwood Community Centre

Th Jun 11 9:30am-10:30am

Guildford Recreation Centre 15105 105 Avenue

TRI-it Triathlon

4403239 M Jun 8 10:00am-2:00pm

Registration Required

RECREATION SURREY

Healthy Communities. Active Together.

Newton Seniors Centre 13775 70 Avenue

Seniors & Social Media

4400268 F Jun 12 10:00am-11:30am

Registration Required

Middle Eastern Belly Dance

4400267 F Jun 12 2:45pm-3:45pm

Registration Required

South Surrey Recreation & Arts Centre 14601 20 Avenue

Breakfast at the Centre

Tu Jun 9 9:30am-11:00am

Fitness Room Orientation

Th Jun 11 12noon-1:00pm

Kick off the week with the

4TH ANNUAL

Aging in Place Conference

SUPPORTING HEALTHY, ACTIVE AGING

Saturday, June 6
Fleetwood Community Centre
15996 84 Avenue

The Conference will focus on 3 key areas:

- Healthy Lifestyles
- Education & Advocacy
- Safety

This event is brought to you through the support of:

- City of Surrey
- Seniors Advisory and Accessibility Committee

FOR MORE INFORMATION OR TO REGISTER CALL 604-501-5100 | EACH WORKSHOP REQUIRES INDIVIDUAL REGISTRATION.

FREE

4TH ANNUAL
**AGING
IN
PLACE
CONFERENCE**

Saturday, June 6, 2015 | 8:30am-4:00pm

Fleetwood Community Centre 15996 84 Avenue

The Conference will focus on three key areas:
HEALTHY LIFESTYLES • SAFETY • EDUCATION & ADVOCACY



**FREE
WORKSHOPS**

All workshops require
pre-registration

**TO REGISTER CALL
604-501-5100**

Lunch available
for purchase

KEYNOTE PRESENTATION

**Transportation
Working for
Everyone**

PRESENTED BY
CITY OF SURREY ENGINEERING DEPARTMENT

9:15am-10:15am

Complimentary refreshments will be provided during keynote

FOR INFORMATION ON WORKSHOPS

GO ONLINE  www.surrey.ca/seniors

REGISTER TO SECURE YOUR SPOT

BY PHONE  604-501-5100

FREE



SOUNDS OF
Summer

From guitars to sitars, classical melodies to blues beats, you'll hear it all during Surrey's Sounds of Summer.

SUMMER MUSIC SERIES IN SURREY

Please bring blankets or folding chairs to enjoy the performances.

FREE

6:30 pm – 8:00 pm

June 29	The Glades Garden Park*	561 172 St
July 6	The Grove <i>(Pianos on the Street Kick-Off)</i>	13730 72 Ave
July 13	Hawthorne Park Gardens	10513 144 St
July 20	The Plaza at City Hall	13450 104 Ave
July 27	Darts Hill Garden Park*	170 St at 16 Ave
Aug 10	Fleetwood Park Gardens	15802 80 Ave
Aug 17	Bear Creek Park Gardens	13750 88 Ave
Aug 24	The Plaza at City Hall	13450 104 Ave
Aug 31	Holland Park Gardens	13428 Old Yale Rd

Full performance schedule available online. For more information, please call 604-501-5050.

**Garden gates will open at 5:00pm for extended visiting hours. Pets are not permitted in these locations.*