



**May 2024**

# Fleetwood SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome

The Fleetwood Community Centre is located in the heart of Fleetwood Town Centre. This multigenerational facility offers a wide variety of volunteer lead activities and fitness for adults 55+. We strive to meet the community's needs including fitness, health and wellness, bus trips, special events and more. Discover our facility today!

15996 84 Avenue, Surrey, BC V4N 0W1

Monday to Friday: 7:30am - 9pm

Saturday & Sunday: 8am - 5pm

Closed on Statutory Holidays

Phone: (604) 501-5030



## Memberships

### Seniors Services Membership

The \$27.50 Seniors Services Membership grants adults 55+ access to volunteer lead activities held in all Surrey Recreation Facilities for one year. Pre-registration for these activities will be required.

### Annual Recreation Passes

If you purchase an annual Recreation Pass, it will allow you access to all Surrey pools, arenas, weight rooms, and drop-in fitness classes. Did you know it also includes Seniors Services Membership?

60 Years - 69 Years—\$416.25

70 Years and older—\$138.75

## Fleetwood 55+ Staff Team

Colleen Jeffrey – 55+ Coordinator

Jake Coey – 55+ Programmer

## Dinner Dance

We are celebrating the beginning of Summer with a barbecue, and a fun night of dancing and entertainment.

**Fleetwood Community Centre** ID# 371317  
Tuesday, June 18th 4:00pm - 7:30pm  
Member: \$24.00 Non-Member: \$27.00

## Birthday Parties

If you or a friend celebrates a birthday soon, come out and party with us! A hot beverage and a piece of cake are included. Fee: \$3.45

**Fleetwood Community Centre** ID# 371345  
Monday, May 6<sup>th</sup> 11:30am - 12:30pm

**Fleetwood Community Centre** ID# 371346  
Monday, June 3<sup>rd</sup> 11:30am - 12:30pm

## Registered Programs

### Line Dance - Beginner - 55+

Learn line dancing basics, dance combinations and routines. No partner or experience needed.

**Fleetwood Community Centre**  
Mondays: 7 Sessions Course ID# 368890  
April 15<sup>th</sup> – June 3<sup>rd</sup> 4:15pm - 5:15pm  
Member: \$33.60 Non-Member: \$44.80

Mondays: 6 Sessions Course ID# 392683  
April 22<sup>nd</sup> – June 3<sup>rd</sup> 5:20pm - 6:20pm  
Member: \$28.80 Non-Member: \$38.40

### Spanish - Beginner - Adult

Learn basic Spanish vocabulary, pronunciation and phrases to help build conversational skills and comprehension.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 5:00pm - 6:30pm  
Course ID# 368876 Fee: \$58.00

### Spanish - Intermediate - Adult

Build on basic Spanish skills. Learn to build sentences and phrases to start to express ideas. For intermediate skill levels.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 6:45pm - 8:15pm  
Course ID# 368877 Fee: \$58.00

### Guitar - Beginner - Adult

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 7:15pm - 8:15pm  
Course ID# 368875 Fee: \$44.80

| 55+ Seniors Services Membership Activities |                            |                   |
|--------------------------------------------|----------------------------|-------------------|
| Monday                                     | Mahjong                    | 11:00am - 2:00pm  |
|                                            | Bingo                      | 1:00pm - 3:00pm   |
|                                            | Ballroom Dance             | 1:00pm - 4:00pm   |
| Tuesday                                    | Coffee Social              | 9:00am - 12:00pm  |
|                                            | Bridge                     | 12:30pm - 3:30pm  |
|                                            | Ballroom Dance             | 1:00pm - 4:00pm   |
|                                            | Table Tennis               | 6:30pm – 8:00pm   |
| Wednesday                                  | Knitting & Crocheting      | 9:00am - 12:00pm  |
|                                            | Coffee Social              | 10:00am - 12:30pm |
|                                            | Table Tennis               | 12:00pm - 1:30pm  |
|                                            | Crib                       | 12:30pm - 3:00pm  |
| Thursday                                   | Social in Mandarin         | 9:00am - 12:00pm  |
|                                            | Seniors Services Connector | 10:00am-12:00pm   |
|                                            | Live Music                 | 12:00pm - 2:00pm  |
|                                            | Mahjong                    | 12:30pm – 4:30pm  |
|                                            | Carpet Bowling             | 1:00pm - 3:00pm   |
|                                            | Table Tennis               | 6:30pm – 8:00pm   |
|                                            | Coffee Social              | 10:00am – 12:30pm |
| Friday                                     | Women's Social in Punjabi  | 10:00am - 1:00pm  |
|                                            | Table Tennis               | 2:00pm - 3:30pm   |
|                                            | Badminton                  | 7:00pm – 9:00pm   |
|                                            | SEEP                       | 2:00pm - 6:00pm   |
| M - F                                      | SEEP                       | 2:00pm - 6:00pm   |
| Saturday                                   | SEEP                       | 12:30pm - 4:30pm  |

## Drop-in Table Tennis

Come try out Table Tennis at one of our weekly drop-in times. Now available in the evenings!

|                   |                  |
|-------------------|------------------|
| <b>Tuesdays</b>   | 6:30pm - 8:00pm  |
| <b>Wednesdays</b> | 12:00pm - 1:30pm |
| <b>Thursdays</b>  | 6:30pm - 8:00pm  |
| <b>Fridays</b>    | 2:00pm - 3:30pm  |

## Drop-in Mahjong

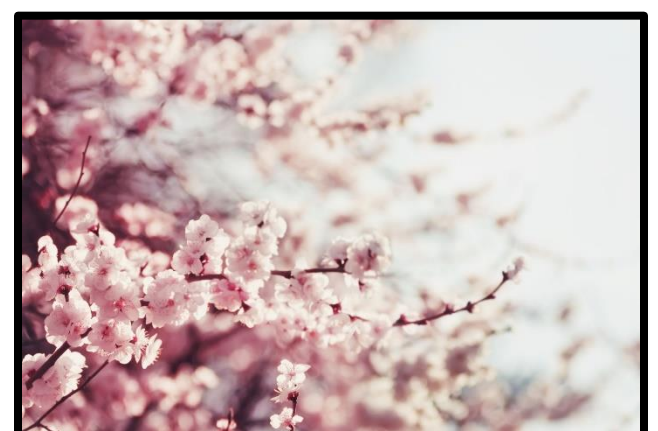
Join a game of Mahjong. New players welcome. Seniors Services Membership required.

|                  |                  |
|------------------|------------------|
| <b>Mondays</b>   | 11:00am – 2:00pm |
| <b>Thursdays</b> | 12:30pm – 4:30pm |

## Steveston Village Bus Trip

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

**Fleetwood Community Centre** ID# 370015  
Tuesday, June 25th 10:00am - 2:00pm  
Member: \$24.25 Non-Member: \$29.25



## Movie Afternoon

Enjoy an afternoon of film. Movies range from classics to contemporary.

### Cloverdale Recreation Centre

Tuesday, May 14<sup>th</sup>

1:00pm-3:00pm Event ID# 370182

### Newton Seniors Centre

Wednesday, June 5<sup>th</sup>

1:00pm-3:00pm Event ID# 369139

### Cloverdale Recreation Centre

Tuesday, June 18<sup>th</sup>

1:00pm-3:00pm Event ID# 370184

## Want to Volunteer?

Volunteering at the City of Surrey is an enriching, fulfilling experience. Volunteer opportunities are available in a variety of activities at the Fleetwood Community Centre and throughout the City. For information, please connect with recreation centre staff and/or contact Volunteer Resources by phone at 604-598-5863 or email at [volunteer@surrey.ca](mailto:volunteer@surrey.ca).

We are currently looking for an additional volunteer to support our drop-in BINGO program on Mondays from 1:00pm-3:00pm.

## Crossword Puzzle

### Across

- Latin name for Kangaroo Paw
- Which common garden flower is used as a key component of the French liqueur Chartreuse
- Tequila is a distilled beverage prepared from which succulent plant?
- What is the national fruit of India?
- Also known as Baby's Breath
- Rush-like plant grown from a bulb, with large, prominent flowers.

### Down

- Also known as Goldenrod
- Shrub that is grown for the characteristic fragrance of its flowers: also the name of a Disney Princess.
- What plant with pink flowers was once commonly planted on rooftops as protection against lightning?
- What is the World's fastest growing plant, at up to 91cm per day?
- Prince Charles leases over 100 islands to the Isles of Scilly Wildlife Trust in return for a rent of just one flower each year – which flower?
- Found growing in many a garden lawn, it can be used to make chains.
- Delicate late spring to early summer flower, often with bright red petals.



## Save The Date!

### Cribbage Tournaments

**Guildford Recreation Centre** ID# 378545  
Friday, May 3<sup>rd</sup> 12:00pm - 3:30pm

**Cloverdale Recreation Centre** ID# 370186  
Friday, May 10<sup>th</sup> 12:00pm - 3:30pm

**Newton Seniors Centre** ID# 378733  
Friday, May 17<sup>th</sup> 12:00pm - 3:00pm

**Fleetwood Community Centre** ID# 378977  
Friday, May 24<sup>th</sup> 12:00pm - 3:00pm

**Cloverdale Recreation Centre** ID# 370187  
Friday, June 14<sup>th</sup> 12:00pm - 3:30pm

**Newton Seniors Centre** ID# 378734  
Friday, June 21<sup>st</sup> 12:00pm - 3:00pm

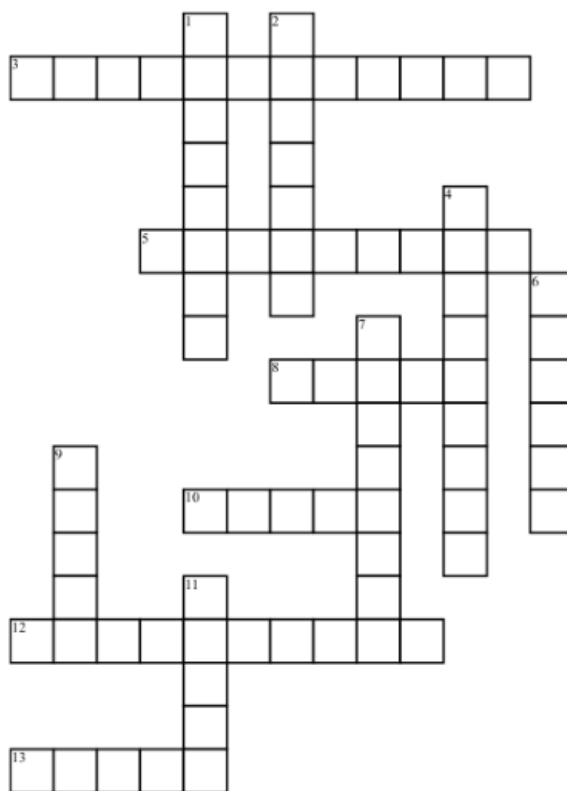
### Bridge Tournaments

**Chuck Bailey Recreation Centre** ID# 381443  
Friday, May 3<sup>rd</sup> 11:00am - 3:00pm

**Cloverdale Recreation Centre** ID# 370190  
Tuesday, May 28<sup>th</sup> 11:00am - 3:00pm

**Chuck Bailey Recreation Centre** ID# 381444  
Friday, June 7<sup>th</sup> 11:00am - 3:00pm

**Cloverdale Recreation Centre** ID# 370191  
Tuesday, June 25<sup>th</sup> 11:00am - 3:00pm



## 55+ Group Fitness

### Drop-in Fit 55+

Enjoy moderate intensity exercise consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques.

**Tue, Wed, Thu** 10:30am - 11:30am

### Drop-in Circuit Training 55+

Learn your way around the weight room. Use the equipment in a circuit format and learn what muscle groups each machine is used for. Proper form for improving cardio and strength is demonstrated.

**Mon, Wed, Fri** 9:00am - 10:00am

### Drop-in Chair Exercises

Enjoy a workout that includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

**Mondays** 11:45am - 12:45am

**Wednesdays** 10:30am - 11:30am

## Armchair Traveler

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home- or in person at one of our facilities! Travel to different destinations around the world through the world of documentaries. Enjoy photos, and video during these sessions with an opportunity for some discussion and sharing once the presentation is over.

### Newton Seniors Centre

Wednesday, May 1<sup>st</sup> 1:00pm - 3:00pm  
Event ID# 369141 Fee: \$5.50

### Cloverdale Recreation Centre

Tuesday, May 7<sup>th</sup> 1:00pm - 3:00pm  
Event ID# 370179 Fee: \$5.50

### Online

Wednesday, May 8<sup>th</sup> 1:30pm - 2:30pm  
Event ID# 371355 Free

### Cloverdale Recreation Centre

Tuesday, June 4<sup>th</sup> 1:00pm - 3:00pm  
Event ID# 370180 Fee: \$5.50

## WALKit Activity Program

Free admission for all walks.

**Crescent Beach** Wed, May 1<sup>st</sup>  
10:00am-11:30am Event ID# 382204  
12:00pm-1:30pm Event ID# 382205

**Bear Creek Park** Sat, May 4<sup>th</sup>  
10:00am-11:30am Event ID# 389793  
12:00pm-1:30pm Event ID# 391525

**Fleetwood Walk** Wed, May 8<sup>th</sup>  
10:00am - 11:30am Event ID# 382206  
12:00pm - 1:30pm Event ID# 382209

**Kwomais Point Park** Wed, May 15<sup>th</sup>  
10:00am-11:30am Event ID# 382212  
12:00pm-1:30pm Event ID# 382214

**Bear Creek Park** Wed, May 22<sup>nd</sup>  
10:00am-11:30am Event ID# 382216  
12:00pm-1:30pm Event ID# 382218

**Serpentine Greenway** Wed, May 29<sup>th</sup>  
10:00am-11:30am Event ID# 382221  
12:00pm-1:30pm Event ID# 382222

## Surrey Nature Walks

Join a guided nature walk around the Surrey Nature Centre and Green Timbers Park. Walks are designed for all ages and will go rain or shine. Free admission for all walks.

### Surrey Nature Centre

Wednesday, May 11<sup>th</sup> 10:00am - 10:45am  
Event ID# 369447

### Surrey Nature Centre

Wednesday, May 22<sup>nd</sup> 10:00am - 10:45am  
Event ID# 369449

### Surrey Nature Centre

Wednesday, June 8<sup>th</sup> 10:00am - 10:45am  
Event ID# 369454