



May 2024

Guildford
SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome

The Guildford Recreation Centre is located in the heart of Guildford. We are a multigenerational facility offering adults 55+ a wide range of activities. We strive to meet our community needs at every level, including fitness, health and wellness, games, bus trips, special events and more. We welcome you to drop by and visit our seniors lounge and meet some of our members.

Hours of Operation—Recreation Centre:

Monday to Friday: 6am - 9pm
Saturday and Sunday: 6am - 8pm

Phone Number: 604-502-6360

Lounge:

Monday to Friday: 9am - 4pm

Food Services:

Monday, Wednesday, & Friday: 10:30am - 1:30pm

Memberships

Seniors Services Memberships

\$27.50

Seniors Services Membership (valid at all City of Surrey lounges and centres)

This pass provides members with....

- ◆ Access to free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ Access to 55+ gymnasium drop-in programs

Note: The purchase of a one year Seniors annual recreation facility pass includes a Seniors Services membership.

Kitchen Services

Stop by the 2nd floor lounge Monday, Wednesday and Friday for some snacks and hot drinks in the Seniors Lounge!

Menu:

Coffee/ Tea / Hot Chocolate—\$1.45

Muffins —\$1.45

Scones—\$1.95

Toast—\$1.00

Bagel—\$2.00

Grilled Cheese—\$4.00

Drop in Activities

Guildford 55+ Member Activity Groups

MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
MON	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Ukulele (and more) group	2pm-4pm
TUES	Seniors Lounge	9am-4pm
	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm
WED	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Seniors Lounge	9am-4pm
	Ladies Social	10:30am-11:30am <i>(last Thursday only)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Ballroom Dance	1pm-3pm
FRI	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Live Music (Jammers)	10:30-12:30pm <i>(not first Friday)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Cribbage Tournament	12-4pm <i>(first Friday only)</i>
	Table Tennis	2:30pm-4pm <i>(not first Friday)</i>

GRC Maintenance Closure

The Guildford Recreation Centre will be undergoing a scheduled maintenance closure this spring.

Aquatic Facility Closure: May 6—May 31

Full Facility Closure: June 1—June 17

We will be ready to welcome you back on June 18, 2024. An extension will be automatically added to your Recreation Surrey Passes. Please feel welcome to attend programs and services at other City of Surrey Recreation Centres; refer to our Recreation Guide and drop-in schedule to see city-wide offerings.

Seniors Week



Join us for BC Seniors Week from June 2 to 8! This week is dedicated to acknowledging and celebrating the valuable contributions of seniors in our communities.

There will be a variety of free activities and events throughout all the City of Surrey Recreation Centres.

Unfortunately, our facility will be closed during Seniors Week due to our scheduled maintenance closure. However, any activities hosted by our Town Centre will be located at Fraser Heights Recreation Centre. To learn more: visit surrey.ca/seniors.

Registration is required for all Seniors Week activities and events.

Try It: Sports and Games Badminton—55+

Fraser Heights Recreation Centre

Tuesday, June 4

12:30pm-2:30pm

Course ID: 380473

Coffee Chat With Gabriel

Have a suggestion for the community? Come to the Seniors Lounge on May 17 to speak with our 55+ programmer, Gabriel, to discuss any potential services and offerings.

Friday, May 17

10am-2pm

Drop in or book a 15 minute slot by contacting Gabriel at:

Email: gabriel.garcia@surrey.ca

Phone: 604.591.4642



55+ Care Kits

We are now offering Senior Care Kits for patrons who may encounter toileting accidents at our facility. They are located in the bottom cabinet closest to the Lounge entrance and are available to use as needed at no cost. If you have any questions, please ask Gabriel or Mi-kayla. Sizes vary.

Program Spotlight— Jammers

FREE

Join our Jammers group every Friday to hear great live music performed or bring your musical instrument and perform songs with others!

Every Friday (not first Friday)

10:30am-12:30pm

Multipurpose Room

Try It: Sports and Games 55+

FREE

Try It: Bocce Ball—55+

Join us for a fun game of bocce ball. Learn the basic rules and scoring. Enjoy playing a non-competitive game.

Friday, May 31

10am-11am

Location: Fleetwood Community Centre —
15996 84 Avenue

Course ID: 384786

WALKit Activity Programs—55+

FREE

Crescent Beach Walk

Wednesday, May 1

12pm-1:30pm

Course ID: 382205

Join us on this local nature walk in Surrey's only beach community! Explore the walking trails in Blackie Spit Park. Check out the Dunsmuir Community Garden. Walk the gravel promenade pathway that runs next to the beach. Check out the sights and sounds of the ocean.

Serpentine Greenway Walk

Wednesday, May 29

12pm-1:30pm

Course ID: 382222

Join us for a walk on the Serpentine Greenway in Newton. Experience nature in an urban setting while learning about activities offered at Newton Athletic Park.

Spotlight:

FREE

Senior Services Membership— 90+

Did you know that all community members who are 90+ can receive a Seniors Services Membership at no cost! If you are eligible, come to our Front Desk to receive yours today and have access to free 55+ volunteer led drop-in programs.

Guildford Seniors' Centre

15105 105 Avenue, V3R 7G8

Guildford Library Programs

FREE

Harm Reduction: Overdose Response Training

Monday, May 13

Guildford Library Meeting Room

5:30pm-7:30pm

Want to know how to safely administer naloxone and receive your own naloxone kit?

Join us for a free lifesaving, interactive training session where you'll learn more about the ongoing supply poisoning crisis, essential strategies for identifying an opioid overdose, and the confidence to administer naloxone. All training supplies are included, and participants will receive a naloxone kit of their own.

Training provided by Fraser Health Toxic Drug Response and Priority Populations Team.

Technology Help Drop-in

Friday, May 3, 10, 17, 24, 31

Guildford Library Computer Room

10am-11am

Bring your questions and your device and get one to one technology help in a friendly atmosphere!

Guildford Social Gathering

FREE

Join us to work on community projects that will be implemented in the Guildford neighbourhood. The social gatherings will facilitate conversations and activities exploring social and cultural connections in the community. If you are 55+ and live in and around the Guildford area, we would love to hear about your unique experiences.

Upcoming workshops:

Friday, May 10

12:30pm-2:30pm

Location: Guildford Recreation Centre

Course ID: 391934

Friday, May 24

12:30pm-2:30pm

Location: Guildford Recreation Centre

Course ID: 391935

VIEW *Online*

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

Surrey Bus Trips

Looking for a day trip? Register for one of our Bus Trips! Food is not included unless stated, but is often able to be purchased at the destination. Completion of a Medical Form is required prior to the trip.

Dickens Sweets & British Museum — 55+

Make a trip down memory lane at the Dickens Sweets & British Museum. This is the original British sweet and grocery store in the Fraser Valley Region!

Wednesday, May 15

Leaves From: Newton Seniors Centre

10:30am-2:30pm

Members: \$18.25 | Non Members: \$23.25

Course ID: 370076

Bowling at Sandcastle Lanes— 55+

Meet new people and bowl together. Enjoy 2 hours of bowling with 4 people per lane. Bowling shoe rentals are included. Bring or buy a lunch.

Wednesday, June 19

Leaves From: Chuck Bailey Recreation Centre

10:30am-3pm

Members: \$50.75 | Non Members: \$55.75

Course ID: 370071

