



**May 2024**

# Newton SENIORS

**RECREATION SURREY**  
Healthy Communities. Active Together.

## Welcome

Newton Seniors' Centre is located in the heart of Newton and is a recreation facility offering adults 55+ a wide range of activities and programs. We strive to meet community needs at every level, including fitness, health and wellness, games, special events, bus trips, and more.

### Facility Hours of Operation

Mon to Fri - 8:30am - 3:30pm

### Newton Recreation Centre Public Swim days and times

Monday: 12:30pm-3:30pm & 6pm - 9:00pm  
 Tuesday: 12:30pm-3:30pm & 7pm - 9:00pm  
 Wednesday: 12:30pm-3:30pm  
 Thursday: 12:30pm-3:30pm & 7pm - 9:00pm  
 Friday: 10:00am-9:00pm  
 Saturday and Sunday: 12:30pm-8:00pm

## May Hot Meal Schedule

### Food Services

Mon - Friday - 10am - 1:30pm

Hot Meals Monday - Friday 11:30am - 1:30pm

**\*Menu subject to change\***

Wed	May 1	Chefs Salad
Thurs	May 2	Beef Stew
Fri	May 3	Soup & Sandwich
Mon	May 6	Fish & Chips
Tues	May 7	Hamburgers
Wed	May 8	Chicken Parmesan
Thurs	May 9	Perogies & Cabbage Rolls
Fri	May 10	Soup & Sandwich
Mon	May 13	Fish & Chips
Tues	May 14	Chicken Cordon Bleu
Wed	May 15	Liver & Onions
Thurs	May 16	Chicken Pot Pie
Fri	May 17	Soup & Sandwich
Mon	May 20	CLOSED
Tues	May 21	Potato Crusted Cod
Wed	May 22	Chili
Thurs	May 23	Toasted Sub Sandwich
Fri	May 24	Soup & Sandwich
Mon	May 27	Baked Sole
Tues	May 28	Bangers & Mash
Wed	May 29	Meatloaf
Thurs	May 30	Mac & Cheese
Fri	May 31	Soup & Sandwich

## Save the Date

For more information about 'Save The Date' please call 604.501.5010.

W	May 1	Armchair Traveler: Canada
F	May 10	May Dinner & Dance
W	May 15	Bus Trip: Dickens Sweets & British Museum
Th	May 16	Try It:
F	May 17	Cribbage Tournament
M	May 20	CLOSED
F	May 23	May Birthdays Party
F	May 31	Bus Trip: Historic Stewart Farm Afternoon Tea

## VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at [surrey.ca/enews](http://surrey.ca/enews).

## May Special Event

### "Sweet Max"

Friday, May 10	5:00pm-9:00pm
Registration	#381494
Members	\$25.00
Non Members	\$31.50

Enjoy a delicious pork roast dinner and a night of dancing and entertainment by Sweet Max, playing classic rock hits from the 50's to 80's. A vegetarian meal option will be available. Table reservation is open and available to those that register.

**NOTE:** tables are not guaranteed and are a first come, first reserved basis. Please be respectful if the table you normally use is not available.



## Seniors Services Membership

Seniors Services Memberships are valid at any of our recreation centres that offer seniors activities and programs. Seniors can participate in all of our town centres using their membership. **The Seniors Services Membership fee is \$27.50 annually.**

<b>Mon</b>	Carpet Bowling	9:00am-11:00am
	Wood Carving	9:15am-12:00pm
	Story Sharing Social	10:00am-12:00pm
	Computer Club General Meeting	1:00pm-3:00pm
<b>Tue</b>	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Canasta	1:00pm-3:15pm
	Table Tennis	1:00pm-3:15pm
<b>Wed</b>	Table Tennis	8:30am-11:00am
	Women's Social Group	10:00am-12:30pm
	Cribbage	12:00pm-3:00pm
	Carpet Bowling	1:00pm-3:00pm
<b>Thu</b>	Cribbage	12:00pm-3:00pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:15pm
<b>Fri</b>	Table Tennis	8:30am-11:00am
	Painting	9:15am-12:15pm
	Computer Club Lab Help	10:00am-12:00pm
	Writing Group	10:00am-12:00pm
	Rummoli	12:30pm-3:15pm
<b>M-F</b>	Billiards	8:30am—3:15pm

## Free Legal Advice Clinics

On the third Tuesday of each month, Surrey First BC is offering free law advice to older adults. They can answer questions on Wills & Estates, Power of Attorney, Small Claims Court and Elder Abuse. Note: lawyers are not able to offer advice about Real Estate Conveyancing, Family or Criminal Law.

To book an appointment please call 604-688-1927.

# Fitness & Wellness

## Newton Seniors Centre:

### Chair Yoga 55+

Fri May 24	1:45pm - 2:45pm
6 sessions	#368894
Member	\$41.40
Non Member	\$54.90

### Yoga 55+

Mon May 27	11:30am - 12:30pm
5 sessions	#368402
Member	\$34.50
Non Member	\$45.75

### Tai Chi 55+

Fri Apr 12	9:15am - 10:15am
11 sessions	#368891
Member	\$63.80
Non Member	\$85.25

### Arthritis Joint Works - Beginner 55+

Tues May 28	10:15am - 11:15am
10 sessions	#368409
Member	\$62.00
Non Member	\$83.00

### Arthritis Joint Works - Intermediate 55+

Tues May 28	11:30am - 12:30pm
10 sessions	#368410
Member	\$62.00
Non Member	\$83.00

### Chair Exercises - 55+

Thurs June 6	1:00pm - 2:00pm
4 sessions	#368420
Member	\$29.00
Non Member	\$38.80

### Zumba Gold - 55+

Tues May 27	2:30pm - 3:30pm
5 sessions	#368392
Member	\$34.50
Non Member	\$45.75

### Drop-in Fit 55+

Tues & Thurs	9:00am - 10:00am
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## Newton Recreation Centre:

### Line Dance - Beginner 55+

Wed May 22	2:00pm - 3:00pm
6 sessions	#368395
Member	\$28.80
Non Member	\$38.40

### Line Dance - Intermediate 55+

Wed May 22	3:15pm - 4:15pm
6 sessions	#371432
Member	\$28.80
Non Member	\$38.40

### Osteofit – Level 1 55+

Tues June 4	1:00pm - 2:00pm
4 sessions	#368389
Member	\$24.80
Non Member	\$33.20

### Drop-in Fit 55+

Wed	9:30am - 10:30am
Fri	10:00am - 11:00am

**Newton Seniors' Centre**  
**13775 — 70 Avenue V3W 0E1**  
**604-501-5010**

# Armchair Traveler: Canada

Travel to different destinations around the world through the world of documentaries. Light snack & refreshment included.

Wednesday, May 1	1pm - 3pm
Registration	#369141
Fee	\$5.50

## Bus Trips

### “Dickens Sweets & British Museum”

Take a trip down memory lane at the Dickens Sweets & British Museum in Chilliwack —the original British sweet and grocery store in the Fraser Valley.

Wed May 15	10:30am-2:30pm
1 sessions	#370076
Member	\$18.25
Non Member	\$23.25

### “Historic Stewart Farm Afternoon Tea”

Enjoy afternoon tea with a dash of local history! Enjoy fresh, seasonal baked goods with a cup of our exclusive Murchies’s tea blend. Afterwards explore the grounds and venture through farm house.

Fri May 31	11:30am-3:30pm
1 sessions	#369757
Member	\$33.00
Non Member	\$38.00

## May Birthdays Party

Enjoy a birthday celebration with your friends! Whether your birthday is this month, or you want to join in and celebrate others, you are invited to socialize and have fun. A hot beverage and a piece of cake are included in the fee. **If it’s your birthday—it’s free!**

Fri May 24	1:00pm-2:00pm
1 sessions	#369168
Fee	\$3.45

## May Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri May 3
Cloverdale	Fri May 10
Newton	Fri May 17
Fleetwood	Fri May 24

Don’t forget to register to save your spot!

# Newton Seniors Advisory Board

## 2023-2024 Advisory Board

President	Ray A
Vice President	Gerry L
Treasurer	Kristen W
Recording Secretary	Kristen W
Correspondence	Diane A

## Activity Representatives

### Arts & Crafts

Wood Carving, Bazaar Group, Crazy Krafters

### Cards & Games

Karen B, Lydia M & Pat T  
Bingo, Cribbage, Rummoli, Canasta

### Cultural

Writing Group, Painting for Pleasure

### Education

Angus G  
Computer Group

### Social

Joan D & Diane A  
Special Events, Women’s Social Group, Fun Jammers

### Sports & Equipment

Gabriel M & Don R  
Billiards/Snooker, Carpet Bowling, Table Tennis

## BC Seniors’ Week Activities

This year BC Seniors’ Week runs between June 6-12 with activities at many facilities across the City. Stop by the Newton Seniors Centre for the following **FREE** Try-It activities.

### Outdoor Circuit Training

Tues June 4 9:00am-10:00am #382551

### Carpet Bowling

Wed June 5 1:00pm-3:00pm #382552

## Drop In Seniors Services Sports

### Newton Recreation Centre

#### Tuesdays:

Pickleball 8:30am - 10:30am

#### Wednesdays:

Pickleball 10am - 12pm

#### Thursdays:

Badminton \*1/2 gym 12:30pm - 2:00pm

#### Fridays:

Pickleball 8:30am - 10:30am

Pickleball 12:30pm - 2:00pm

*Please arrive 5-10 minutes before your sport.*