

Seniors' 55+ DROP-IN SCHEDULES



RECREATION SURREY
Healthy Communities. Active Together.

ENDLESS POSSIBILITIES

Find Your Fit!

Promoting health and wellness through active living, City of Surrey's seniors programs, services and resources are designed to meet the recreational needs of those age 55 and up. From fitness to unique day excursions, volunteer opportunities, social events, clubs and more, we've got something to suit all interests and activity levels.

Fall 2019

SEP 3 - DEC 31
ALL FACILITIES

Active Living

WITH SURREY PARKS, RECREATION & CULTURE

Challenge your body and mind through a variety of registered programs and drop-in activities including:

- Recreational programs
- Social opportunities
- Cultural experiences
- Health and wellness events
- Educational workshops
- Bus tours
- Food services

For detailed program information and a list of current opportunities, visit surrey.ca/seniors or stop by any City of Surrey recreation facility to pick up your copy of the latest Recreation Guide or seniors monthly newsletter.

DROP-IN FITNESS

Fitness classes geared towards the 55+ age group are available at most facilities. For drop-in fitness, please refer to our online schedules or pick up the latest fitness drop-in schedule at your local recreation centre. Note: 55+ membership is not required for drop-in fitness programs. Regular City of Surrey drop-in fees apply with Adult rate for 19-59 years and Senior rate for those 60+ years.

BECOME A MEMBER

Enjoy a healthy lifestyle and connect with others at a recreation centre near you.

Purchase a Seniors Services Membership to access specific activities, events and services throughout the city.

Seniors members enjoy:

- volunteer led drop-in activities
- discounted pricing on registered programs
- discounted pricing on bus trips
- special events and services

Want To Do It All?

Purchase an annual Recreation Pass for seniors and we'll throw in a Senior Services Membership for free!

For active seniors on the go, the Recreation Pass is for those who want to drop-in for swimming, fitness classes, fitness centre, gym activities and skating at all recreation centres in the city.

Get Connected

Find out what's happening for seniors around Surrey at surrey.ca/seniors. Search activities, find events, volunteer opportunities, drop-in programs and more!

DROP-IN ADMISSIONS & PASSES

Our variety of admissions and passes offer great value and access to all drop-in activities valid at any of our recreation facilities including: pools, arenas, gyms and fitness centres.

Recreation Pass Unlimited Visits Annual or Monthly

Type	Term	Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Family‡
Recreation Pass	1 year	\$267.25	\$400.75	\$534.25	\$400.75°	\$133.75°
	1 month	36.50	54.75	73.00	54.75	18.25

Admissions Single or Multi-Visit

Type	Term	Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Family‡
Drop-in	1 visit	\$ 3.75	\$ 5.50	\$ 7.25	\$ 5.50	\$ 2.00
Value Rates «	1 visit	1.90	2.75	3.65	2.75	1.90^
Swipe Pass	10 visits	34.00	49.50	65.50	49.50	N/A
	20 visits	60.00	88.00	116.00	88.00	N/A

Payment Options

Surrey offers monthly payment options for the annual Recreation Pass. Make payments using automatic debit or credit card. Skip the lineup and buy your annual, monthly or swipe passes online.

- * Rates only apply for accredited post-secondary institutions and require proof of student ID.
- ° Includes a complimentary Seniors Services Membership.
- ‡ Includes a maximum of two adults and unlimited dependent children 18 years or younger.
- ^ Per family member (minimum one parent/guardian and one dependent child 18 years or younger).
- « Offered at some facilities during non-prime times. If a facility offers value rates it will be indicated on the drop-in schedule for that facility.

Hours of operation and programs may differ on holidays and long weekends. Please look online for the most current information or contact the facility to confirm.

Thanksgiving Day Long Weekend Saturday – Monday October 12 – 14	Remembrance Day Long Weekend Saturday – Monday November 9 – 11	Check online for facility hours and closures during the Christmas and New Year holidays
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Schedules are subject to change without notice.

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Drop-In 55+ Membership Activities

Membership activities are listed by facility and require a Surrey's Senior Services Membership for participation. Nominal admission or membership fees may be charged for these activities.

NEWTON SENIORS CENTRE 604-501-5010 13775 70 Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Woodcarving 9:15am-12pm	Billiards 9:15am-3:45pm	Pickleball ‡ 8:45am-10:15am	Vocal and Music Practice 9:15am-12pm	Pickleball ‡ 9am-12pm	Billiards 12:15pm-3:45pm
Billiards 9:15am-3:45pm	Writing 10am-12pm (4th Tuesday)	Billiards 9:15am-3:45pm	Billiards 9:15am-3:45pm	Painting Group 9:15am-12:15pm	Table Tennis 12:15pm-3:45pm
Carpet Bowling 9:30am-11:30am	Knitting and Crocheting 10am-12pm	Carpet Bowling 1pm-3pm	Badminton ‡ 12:30pm-2:45pm	Billiards 9:15am-3:45pm	
Walking Group 9:30am-11:30am	Tennis 10am-12pm (in season)	10 Card Cribbage* 1pm-3:30pm	Crafters 1pm-3pm	Tennis 10am-12pm (in season)	
Live Music 10:30am-12:30pm	Badminton ‡ 10:30am-12:30pm		Cribbage* 1pm-3pm	Cribbage Tournament* 12pm-3:30pm (3rd Friday of month)	
Women's Social‡ 11am-1pm	Pickleball ‡ 12:45pm-2:45pm		Canasta* 1pm-3:30pm	Badminton ‡ 12:15pm-2:45pm	
Computer Group 1pm-3pm	Bingo* 12:45pm-3:45pm			Rummoli* 1pm-3:30pm	
Bridge* 1pm-3:30pm	Guitar Group 1pm-2:30pm			Dinner/Dance 5:30pm-9pm (2nd Friday)	
Whist* 1pm-3:30pm					

SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Badminton 7am-10:30am	Badminton 7am-10:30am	Badminton 11:30am-1:30pm	<input checked="" type="checkbox"/> Badminton 7am-10:30am		
<input checked="" type="checkbox"/> Pickleball 12:30pm-2:30pm	<input checked="" type="checkbox"/> Pickleball 10:45am-12:45pm	<input checked="" type="checkbox"/> Pickleball 1:45pm-3:45pm	<input checked="" type="checkbox"/> Pickleball 10:45am-12:45pm	<input checked="" type="checkbox"/> Pickleball 12:30pm-2:30pm	
Duplicate Bridge* 9am-1pm	Table Tennis 1pm-3pm		Table Tennis 1pm-3pm		
			Social in Punjabi for Women 12pm-3pm (1st & 3rd Thurs)		

* 'Know your limit, play within it'. ‡ Held at the **Newton Recreation Centre** 13730 72 Avenue

You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

Activity Descriptions

Drop-in programs are for all skill levels (unless otherwise stated). Individuals are welcome for dance or paddle/racquet sports; partners are not required. **Please check the schedules to see which activities are offered this season.**

- Art**
Bring your art project and supplies to work on while socializing and connecting with other artists
- Badminton**
Get active with a game of badminton.
- Ballroom Dance**
Take part in this introduction to ballroom dancing.
- Billiards**
Join a game of billiards.
- Bingo**
Play a game or two of Bingo. Cards are available for a small fee. Players bring their own bingo daubers.
- Blood Pressure Clinic**
Have your blood pressure taken in a safe, comfortable environment.
- Bluegrass/Folk Jam**
Bring your acoustic instrument and come jam with this fun group.
- Book Group**
Grab the latest book group pick and join in the discussion about the book.
- Bridge/Partners Bridge**
Join in on a game of bridge. Playing cards provided.
- Bridge Tournament**
Participate in a friendly bridge tournament. Previous bridge playing is required.
- Canasta**
Come play canasta! Cards provided.
- Card Games**
Join in a game of cards. Players choose what game to play. Cards provided.
- Carpet Bowling**
Join others for a friendly game or two of low-impact carpet bowling.
- Choir**
Add your voice to the choir and sing to old and new favourites.
- Computer Group**
Practice your computer skills or learn new ones. Workshops and resources offered to increase your computer know-how. Volunteers are available to answer questions.
- Crafters**
Knitters, sewers, crafters - join us in creating items to sell during the year. Proceeds support seniors programs and activities. Supplies provided.
- Cribbage**
Come play cribbage! Cards and cribbage set provided.
- Cribbage Tournament**
Challenge other players during this cribbage tournament. Knowledge of cribbage required.
- Drop-in 55+**
Drop-in anytime and enjoy a cup of coffee or socialize with others.
- Guitar**
Bring your guitar and practice your skills with others.
- Knitting**
Come share your knitting projects with fellow knitters. Supplies not included.
- Knitting and Crocheting**
Bring your own yarn and supplies to create a variety of wearable and decorative crafts for the community.
- Live Music**
Bring your musical instrument and practice and perform songs with other players. Audience welcome.
- Painting**
Explore your creativity with this ongoing painting course. Bring your own paintbrushes or use ones supplied.
- Pickleball**
Enjoy a round of this classic paddle game.
- Poker**
Get your poker face on and join a round of poker. No formal instruction.
- Pottery**
For potters interested in a non-instructional class with time to work on your own projects.
- Quilters**
Enjoy meeting other quilters while finishing your quilting projects. Some supplies included.
- Rummoli**
Come play a social round or two of rummoli.
- Scrabble**
Join in a game of Scrabble. Game board and pieces provided.
- Seep**
Take part in a game of Seep. Hosted in Punjabi only.
- Social in Mandarin**
Meet other seniors. In Mandarin only.
- Social in Punjabi for Women**
Meet other seniors. In Punjabi only.
- Stamp Collecting**
Show off your stamp collection or come and learn more about the hobby.
- Table Tennis**
Take part in a game of table tennis.
- Tennis**
Stay active and social while playing tennis on a reserved outdoor tennis court. Practice and play this seasonal racquet sport activity.
- Walking/Indoor Walking**
Keep active by walking different routes in this self-directed group which meets indoors or outdoors rain or shine.
- Ukulele**
Bring your own instrument and come join the ukulele circle.
- Vocal and Music Practice**
Enjoy singing, poetry and other vocal entertainment with this wide-ranging group of performers.
- Wheelchair Square Dancing**
Come join wheelchair and able bodied square dancers. Spectators welcome.
- Whist**
Come play a round of the classic card game.
- Woodcarving**
Bring your carving tools and your favourite piece of wood. Share your project and knowledge with other wood carvers.
- Writing**
Share your stories through writing. Work towards mastering the art of storytelling.

Drop-In ⁵⁵⁺ Membership Activities

Membership activities are listed by facility and require a Surrey's Senior Services Membership for participation. Nominal admission or membership fees may be charged for these activities.

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-in 55+ 9am-4pm	Drop-in 55+ 9am-4pm	Drop-in 55+ 9am-4pm	Drop-in 55+ 9am-4pm	Drop-in 55+ 9am-4pm	
Quilters 9am-11:30am	Food Service 9am-1pm	Food Service 9am-1pm (Hot Meal 11:15am)	Computer Group 9:45am-12:15pm	Pickleball 9am-11am	
Food Service 9am-1pm	Ukulele 10am-12pm	Knitting 9:30am-11:30am	Food Service 9am-1pm (Hot Meal 11:15am)	Woodcarvers 9am-12pm	
Pickleball 12pm-2pm	Bridge Tournament* 11am-3pm (Last Tuesday)	Poker* 11:30am-4pm	Pickleball 10:30am-12:30pm	Food Service 9am-1pm	
Cribbage* (5-card) 1pm-3pm	Art 12:30pm-2:30pm	Pickleball 12pm-2pm	Cribbage* (5-card) 1pm-3pm	Writing 10:30am-12:30pm	
Guitar 1pm-3pm	Pickleball ‡ 12:30pm-2:30pm	Bingo* 1pm-3pm	Choir 1pm-3pm	Cribbage Tournament* 12pm-3pm (2nd Friday)	
Stamp Collecting 1pm-3pm (2nd & 4th Monday)	Table Tennis 1pm-3pm		Badminton 1pm-3pm	Table Tennis 1pm-3pm	
			Bluegrass/Folk Jam 1pm-4pm		

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Billiards 9am-9pm	Billiards 9am-9pm	Billiards 9am-9pm	Billiards 9am-9pm	Billiards 9am-5pm	Billiards 9am-5pm
Sunrise Cafe 10am-2pm	Pickleball 9am-10:30am	Pickleball 9am-11:30am	Carpet Bowling 9am-12pm	Sunrise Cafe 10am-2pm	Bingo* 12pm-2pm
Pottery 10:15am-2:15pm	Carpet Bowling 9am-12pm	Sunrise Cafe 10am-2pm	Sunrise Cafe 10am-2:30pm	Bridge Tournament* 11am (1st Friday)	
Computer Group 1pm-3pm	Painting for Pleasure 9am-12pm	Hot Lunch Program 10:30am-12:30pm (4th Wednesday)	Crafters 12:30pm-2:30pm	Bridge* 12:30pm-3pm	
	Sunrise Cafe 10am-2:30pm	Bridge* 12:45pm-3pm	Table Tennis 1pm-4pm		
	Choir 12:15pm-2:15pm	Book Group 1:30pm-3pm (3rd Wednesday)	Wheelchair Square Dancing 7pm-9pm		
	Ballroom Dance 1pm-3pm				
	Table Tennis 1pm-4pm				

FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walking 9am-10am	Rummoli* 12:30pm-2:45pm	Knitting 9:30am-12pm	Blood Pressure Clinic 9:30am-12pm (1st Thursday)	Drop-in 55+ 10am-12pm	Seep 12:30pm-4:30pm	Table Tennis 12pm-2pm
Bingo* 12:45pm-3:30pm	Partners Bridge* 12:30pm-3:30pm (not last Tuesday)	Table Tennis 12pm-4pm	Vocal Practice 10am-11am	Social in Punjabi for Women 10:30am-1pm		Seep 12:30pm-4:30pm
Ballroom Dance 1pm-4pm	Ballroom Dance 1pm-4pm	Seep 2pm-6pm	Live Music* 11:30am-1:30pm	Cribbage Tournament* 12pm-4pm (4th Friday)		
Seep 2pm-6pm	Seep 2pm-6pm	Cribbage* 6:30pm-8:45pm	Lunch Program Birthday Celebration 11:30am-1:30pm (3rd Thursday)	Table Tennis 1:30pm-4pm (not 4th Friday)		
Bridge* 6pm-8:45pm			Social in Mandarin 12pm-3pm	Seep 2pm-6pm		
			Carpet Bowling 1:30pm-3:30pm			
			Seep 2pm-6pm			

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Walking 6am-3pm	Indoor Walking 6am-3pm	Indoor Walking 6am-3pm	Indoor Walking 6am-3pm	Indoor Walking 6am-3pm	
Badminton 8:45am-11:45am	Badminton 8:45am-11:45am	Badminton 8:45am-11:45am	Badminton 8:45am-11:45am	Badminton 8:45am-11:45am	
Drop-in 55+ 9am-3pm	Drop-in 55+ 9am-3pm	Drop-in 55+ 9am-3pm	Drop-in 55+ 9am-3pm	Drop-in 55+ 9am-3pm	
Carpet Bowling 12pm-2:30pm	Table Tennis 9am-11am	Food Services 11am-1pm	Pickleball 12pm-3pm	Live Music 10:30am-12:30pm (not 1st Friday)	
Pickleball 12pm-3pm	Vocal Practice 10am-12pm	Carpet Bowling 12pm-2:30pm	Bridge* 12pm-4pm	Food Services 11am-1pm	
Scrabble 12pm-3pm	Pickleball 12pm-3pm	Knitting 1pm-3pm		Pickleball 12pm-3pm	
Card Games/Canasta* 1pm-4pm	Bridge* 12pm-4pm			Cribbage Tournament* 12pm-4pm (1st Friday)	
	Card Games* 1pm-4pm			Ballroom Dance 1pm-3pm	
				Table Tennis 2:30pm-4:30pm (not 1st Friday)	

* 'Know your limit, play within it'. ‡ Held at the Shannon Hall 604-598-7960 6050A 176 Street

Hours of operation and programs may differ on holidays and long weekends. Please look online for the most current information or contact the facility to confirm.

Schedules are subject to change without notice.