



FLEETWOOD SENIORS



June 2018

Welcome

The Fleetwood Community Centre is located in the heart of Fleetwood. 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. Discover our facility.

Hours of Operation

Monday - Friday - 7am - 10pm
Saturday and Sunday - 8 am - 5 pm

Stat Holidays—Closed

Phone number: 604-501-5032

The Surrey Sport & Leisure Complex offers a wide range of activities, including swimming, skating, fitness, and events for all ages and abilities.

Hours of Operation - Aquatics

Monday - Friday - 5:30am-10pm
Saturday & Sunday - 6am-10pm

Hours of Operation - Weight Room

Monday - Friday - 5:30am-10pm
Saturday & Sunday - 7am-8pm

Phone Number: 604-501-5973

Staff

- Kerri:** Acting Facility Manager
- Jenny:** Community Services Coordinator
- Colleen:** Community Services Coordinator
- Rowena:** Community Services Assistant
- Katrina:** Community Services Assistant
- Brianne:** Community Services Assistant
- Lea:** Clerk

City-Wide Seniors Information

For more information about Seniors Services in Surrey check out our Seniors Resource Guide, available each season at your local Recreation Centre. Information can also be found online at www.surrey.ca/seniors.

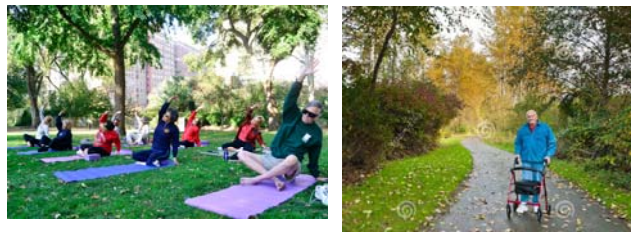
Events



Seniors Week

Seniors week is on June 3—June 9. There will be a variety of free events throughout the city. Fleetwood will be offering a guided walk/interpretive history of Fleetwood Park followed by light stretching and a nutritious snack.

Wednesday June 6th 10:00am-11:30am
Fleetwood Park—15802— 80th Avenue
Registration Required Course #4606225



Healthy Active Aging Conference

Saturday June 9 9:00am-3:00pm
Newton Seniors Centre

Listen to the keynote speaker and choose from a variety of different workshops including brain health, personal safety, frauds and scams, transportation and much more! This event is free but pre-registration is required. To view a full listing of workshops, pick up a conference brochure at any City of Surrey recreation centre or visit surrey.ca/seniors

Canada Day Celebration

Friday June 29 11:30am-2:30pm
Members \$15 Non Members \$18
Registration #4617983

Fleetwood Community Centre
Join us as we celebrate our nations Birthday! Surrey International Folk Dancing Society, Fleetwood Jammers/ Picnic Lunch

1/4 BBQ chicken lunch, (or veggie burger) which includes potato salad, cole slaw, dinner roll, pop or water.



Bus Trips

Capilano Suspension Bridge

Wednesday June 20 Course #4583053
Member \$149 Non Member \$154
Departs Fleetwood Community Centre at 9:00am, returns at approximately 4:00pm.

Test your fears as you cross the Capilano Suspension Bridge stretching 450 feet across and 230 above Capilano River. Explore the park even more through a guided nature tour, a walk across the 'cliffwalk' and the Living Forest exhibit. Next, we'll head to Horseshoe Bay for all you can fish and chips and then proceed to Lynn Canyon for some free time to walk the trails or explore the waterfalls.

Symphony In the Park

Sunday July 8 Course #4599770
Member \$99 Non Member \$104
Departs Fleetwood Community Centre at 2:00pm, returns at approximately 10:00pm.

Symphony in the Park takes place on the Festival Lawn at Deer Lake Park. Expect a beautiful evening of classical music outdoors in the fresh air. The crowd-pleasing program of light classics and popular favourites is always a not-to-be-missed highlight of the summer. Bring a blanket or folding chair (we can provide one if needed) and settle in for a magical evening. Prior to our evening concert, we will visit the Stanley Park Gardens and dine at Stanley Park's Grill offering breathtaking views of Lions Gate Bridge, Burrard Inlet and the North Shore Mountains.

Fleetwood Community Centre

15996 84 Avenue
Surrey, BC V4N 0W1
(604) 501—5032

Computer Tip

Tired of keeping lists on little pieces of paper and then losing the paper? Take advantage of tools in your smartphone.

If you have an iPhone or iPad, you can use Reminders. It lets you add an item to your list, check it off when it's complete and will even save past tasks so you can add them back in next time just by tapping on them. Click on Reminders and tap the + sign to add an item. Tap on Edit > Sharing to share your list with someone for a project. Add a time by clicking on the exclamation point at the end of the task, and a reminder option will pop up.

For an Android phone, I really like using Google Keep. You already will have a Google account if you have an Android phone, so go to Google, then click on the little nine-dot box by the sign-in at the top right of the page. Scroll to the bottom and select Google Keep. After you sign in, you will have the option to add Notes and Reminders. You can install Keep on your desktop or tablet (or even your iPhone) in addition to your smartphone, and any sort of information you put in will appear as a sticky note. You can store almost anything – recipes, addresses, books to search for, URLs and of course To-Do lists. If it's something you want to use regularly, you can pin it to the top.

Very handy for when your memory starts to go. And just a reminder that if you put any sort of codes or passwords in, you really need to have a lock setting on your device. Happy computing!

SUDOKU

Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

8	9				3			
								1
				4				
		6	4				1	3
	5		3					8
1	2			6				
			4					7
		5		3	9	2		
		7	2		6			3

Spring Schedule

April—June

MON	Bingo 12:45pm –3:30pm
	Ballroom Dance 1pm-4pm
	Seep 2pm-6pm
	Bridge 6:45pm-9:45pm
TUE	Seep 2pm-6pm
Does not run on the last Tu of the month	Partners Bridge * 12:30pm-3:00pm
	Ballroom Dance 10:30am-2pm
	Rummoli 12:30pm-2:45pm
WED	Happy Hookers 9:30am-12noon
	Seep 2pm-6pm
	Cribbage 6:30pm-9pm
	Table Tennis 12noon-4pm
	Floor Curling 1pm-3pm
THU First Thu. Of the month	Blood Pressure Clinic 9:30am-12pm
	Seniors Services Connector 9:30am-12pm
	Gold's Sing-Along Group 10am-11am
	Jammers 11:30am-1:30pm
Third Thu. Of the month	Lunch Program Birthday Celebration 11:30am-1:30pm
	Seep 2pm-6pm
	Carpet Bowling 1:30pm-3:30pm
	Social in Mandarin 12noon-3pm
FRI	Coffee Social 10am-12noon
	Social in Punjabi 10:30am-12:30pm
	Seep 2pm-6pm
	Table Tennis 1pm-4pm
SAT	Seep 12:30pm-4:30pm
SUN	Table Tennis 12noon-2pm
	Seep 12:30pm-4:30pm

Summer Schedule

July—August

MON	Ballroom Dance 1pm-4pm
	Seep 2pm-6pm
	Bridge 6:45pm-9:45pm
TUE	Rummoli 12:30pm-2:45pm
Does not run on the last Tu of the month	Partners Bridge * 12:30pm-3:30pm
	Ballroom Dance 1pm-4pm
	Seep 2pm-6pm
WED	Happy Hookers 9:30am-12noon
	Seep 2pm-6pm
	Cribbage 6:30pm-9pm
	Table Tennis 12noon-4pm
THU First Thu. Of the month	Blood Pressure Clinic 9:30am-12pm
	Seniors Services Connector 9:30am-12pm
	Seep 2pm-6pm
	Carpet Bowling 1:30pm-3:30pm
	Social in Mandarin 12noon-3pm
FRI	Social in Punjabi 10:30am-12:30pm
	Seep 2pm-6pm
	Table Tennis 1pm-4pm
SAT	Seep 12:30pm-4:30pm
SUN	Table Tennis 12noon-2pm
	Seep 12:30pm-4:30pm

Seniors Services Membership Changes

New this Fall

Starting September 1, pay just \$25 per year for Seniors Services membership valid at all recreation centres throughout the city. Seniors members enjoy discounted pricing on registered programs, bus trips and special events plus access to volunteer led drop in activities. Being active and connecting with others has never been easier.