



GUILDFORD SENIORS



June 2018

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 - 10pm
Saturday and Sunday: 8am - 8pm
Phone Number: 604-502-6360

Hours of Operation—Seniors Lounge:

Monday to Friday: 9am - 4pm
Phone Number: 604-502-6062

Memberships

Senior Services Memberships

- Guildford Senior Services Membership **\$24.75**
 - City-Wide Senior Services Membership (valid at all seniors lounges and centres) **\$69**
 - Guildford Senior Services Membership 90+ **Free**
- Note: The purchase of a one year Senior Full Facility Pass includes a City-Wide Senior Services Membership

Staff



Carissa B.
Community Services Coordinator
Guildford Seniors



Joanne Y. (and Crispin)
Community Services Assistant
Guildford Seniors

Seniors Advisory Committee

- Book L. Treasurer
- Erwin H. Social Representative
- Giovanna P. Leisure Activities Representative
- Jeannie P. Food Services Supervisor
- Olga S. Community Outreach Representative

Save the Date!

- June 3-9** Seniors' Week
- June 3** 55+ Give it a Try Event
- June 8** Members' Breakfast*
- June 9** Share and Care
- June 9** Healthy Active Aging Conference*
- June 15** Strawberry Tea with the Jammers*
- June 19** Bus Trip - Nitobe Gardens and UBC Rose Garden*
- June 21** Spice of Life Luncheon*
- June 23** Share and Care
- June 26** Sweet Treats Day
- June 28** Paramount Bus Trip - Deep Cove*
- July 1** Canada Day - LOUNGE OPEN
- July 17** Paramount Bus Trip - Circle Farm Tour*

* registration required

Upcoming Events

June 3 55+ Give it a Try Event

Sunday, June 3
8:30am-1:30pm

To register, please contact Paul at 604-591-4118

Come learn about the different events that the 55+ BC Games will be offering, and give one a try! Join a game of pickle ball, floor curling, cribbage, or even see how fast you can cycle. Afterwards, meet new people at a free BBQ.



June 8 Members' Breakfast

Friday, June 8
9:30am-10:30am

Multipurpose Room
Registration #: 4606118

As a token of appreciation for being a Seniors' Services Member, the Guildford Seniors Advisory Committee is hosting a breakfast for its members. Open to Guildford Seniors Members or City-wide Seniors Members only.



June 15 Strawberry tea with the Jammers

Friday, June 15
11:30am-2:00pm
Multipurpose Room
\$10/Member \$15/Non-Member
Registration #: 4617988

Come and enjoy a delicious lunch, strawberry dessert and tea... and of course some wonderful entertainment by the Guildford Jammers.

Upcoming Events Continued

June 19 Bus Trip - Nitobe Gardens and the UBC Rose Garden

Tuesday, June 19
Guildford pick up: 9:45am
Guildford drop off: 3:30pm
\$35/Member \$40/Non-Member
Registration #: 4577891

Explore and enjoy a guided tour of one of the most authentic Japanese gardens in North America and then have lunch at Koerner's Pub. Next, smell the roses at the UBC Rose Garden complete with colors, textures and beauty all in one place.

June 21 Spice of Life Luncheon

Thursday, June 21
11:30am-1:30pm
Multipurpose Room
\$7.75

Registration #: 4590085

Join us for an afternoon full of food, fun and friendship. Lunch includes a home-made meal, coffee, tea, and dessert. This month, there will be live music by Marlene Woods.

June 26 Sweet Treats Day

Tuesday, June 26
9:00am-4:00pm
\$2.00

Seniors Lounge

Enjoy the taste of fresh summer berries with a piece of pie with coffee or tea for only \$2.00. Available one day only and while supplies last!

June 28 Paramount Bus Trip - Deep Cove

Thursday, June 28
Guildford pick up: 9:00am
Guildford drop off: 3:30pm
\$109/Member \$114/Non-Member
Registration #: 4590052

Explore the beautiful village of Deep Cove as you enter the lush forests and trails. Enjoy the sweeping views of marinas, cottages, mountains and the waters of Indian Arm. Take the time to enjoy Cates Park and have lunch in the quaint village. Lastly, finish the day off with a brewery tour and flight tasting at the Deep Cove Brewers and Distillers.

Guildford 55+ Member Activity Groups		
MON	Seniors Lounge	9am-4pm
TO	Badminton	8:45am-11:45am
FRI	Sky Walkers	9am-3pm
MON	Carpet Bowling	12pm-2:30pm
	Pickle Ball	12pm-3pm
	Scrabble Club	12pm-3pm
	Cards/Canasta*	1pm-3pm
TUES	Karaoke	10am-12pm
	Bridge*	12pm-4pm
	Dining Out Club	12pm (first Tuesday)
	Cards Club*	1pm-3pm
	Pickle Ball	12pm-3pm
WED	Carpet Bowling	2pm-2:30pm
	PURLS (Knitting)	1pm-3pm
THU	Bridge*	12pm-4pm
	Pickle Ball	12pm-3pm
FRI	Jammers	10:30am-12:30pm (not first Friday)
	Crib Tournament*	12-4pm (first Friday)
	Ballroom Dance	1pm-3pm
	Pickle Ball	12pm-3pm

*Know your limit, play within it.

Staff Spotlight: Joanne Yiu



Name: Joanne Yiu

Position: Community Services Assistant - Guildford Seniors

How long I've worked at Guildford: Since February of this year. I also work 2 days a week at Fraser Heights Recreation Centre.

My favourite hobby: Going to parks and trying out new restaurants.

Fun fact: When I was in high school, I volunteered here at Guildford Recreation Centre at its day camps for children.

Why I love working with seniors: I love how frank and funny seniors can be. They're always up for a good laugh and know what the important things in life are.

Hot Lunch Schedule

Every Friday a scrumptious hot meal is served in the Seniors Lounge for only \$4! Check out what's planned for this month:

- June 1** Sandwiches (Egg Salad, Tuna Salad, Roast Beef)
- June 8** *Cancelled due to the members breakfast*
- June 15** Macaroni and Cheese with Mixed Vegetables and a Mini Croissant
- June 22** Fried Chicken and Potato Salad
- June 29** Veggie Burgers and Macaroni Salad

Dining Out Club

Meet friends and try new restaurants!

Everyone is welcome. Please meet at the restaurant at 12pm.

Upcoming Dates & Locations:

- **Tues, June 5** at Guildford Station Pub (10176 154 St, Surrey)
- **Tues, July 3** at Krause Berry Farm (248th St, Langley)

Library Programs & Events



Guildford Drop-in Book Club (ages 18+)

Wednesday, June 6th, 1:30-3pm

Reviewing *Monkey Beach* by [Eden Robinson](#)

Questions? **Valerie at 604-598-7373,**

vapatrik@surrey.ca

Appreciation of Cantonese Opera

Saturday, June 2nd, 11am-1:30pm

Join the Travelling Bamboo Theater for a fun workshop about Cantonese Opera. Meet the performers, learn about the history of Chinese Opera & watch a short performance. **Drop-in.**

Writer's Circle for Adults

Thursday, June 7th, 7-8pm

Share your writing with others in a safe and positive environment. Any genre welcome.

Register by contacting Alan at 604-598-7371,

alan.woo@surrey.ca

Movie "Call Me By Your Name"

Sunday, June 24th, 2pm

In the summer of 1983 in Northern Italy, a romance blossoms between Elio, a bright seventeen year-old and Oliver, the charismatic American hired as his father's research assistant. This coming of age film details the whimsical, lush and at times, heartbreaking journey of first love. Based on the acclaimed debut novel of the same name by André Aciman and starring Timothée Chalamet and Armie Hammer. Nominated for 4 Academy Awards including Best Picture.

Rated 14A. Drop-in.



Karaoke

Tuesdays from 10:00am-12:00pm

Craft Room 2

Fee: \$0.25/Member

Karaoke will be cancelled in July and August so stop by while you still can! Sing and dance your heart out to your favourite tunes.

Wednesday Lunches

Since the weather is getting warmer, the kitchen will no longer be serving soup on Wednesdays in July and August. The last soup day in spring will be **June 27**. In its place, there will be light lunches offered every Wednesday in the summer. Come join us for some sandwiches, hot dogs, salads, and more! Visit the seniors lounge for more details.

New Caregiver Support Group

Fridays from 12:00pm-1:30pm

City Centre Library - Room 204



Are you a caregiver for someone in your life? Join this group to meet others who may be facing similar challenges. Group does not run every Friday, call Debbie at 604-531-9400 ext. 202 for more information. Offered in partnership with Seniors Come Share Society.

Are you 90+?

Did you know that you can get a free Seniors' Services membership for being 90 years or older? The Guildford Seniors Advisory Committee (SAC) will reimburse the cost of your membership. Simply give your receipt to Joanne or Carissa, and the SAC will provide you with a cheque for the cost of membership. Please note that this is not applicable to City-wide Seniors' Services memberships and memberships for other town centres.

Healthy Active Aging Conference

Saturday, June 9

9:00am-3:00pm

Newton Seniors Centre



Join our annual healthy active aging conference! 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 for workshops 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.