

WHALLEY – CITY CENTRE SENIORS



JUNE 2018

Welcome

The Chuck Bailey Recreation Centre is a multi-generational facility in the heart of Whalley offering adults 55+ a wide range of activities.

Find us between King George Blvd and University Drive on 107A Avenue.

By Bus: the 371 and the 335 will drop you off within a block of our facility.

By Sky Train: two blocks south of the Gateway Sky Train station.

By Car: free parking for 4 hours.



Facility Hours:

Monday through Friday 9:00am-9:00pm

Saturday & Sunday 9:00am-5:00pm

Support Services for Seniors

FREE

Seniors Come Share Society

Staff and volunteers in the **Seniors Come Share** office will provide information and referrals. Office hours:
Monday-Thursday 9:30am-12:30pm
Friday 1:00pm-3:30pm
Phone number: 604-502-6366

Blood Pressure Testing

We offer free Blood Pressure testing with one of our volunteer nurses on the last Monday of every month except holidays. Drop-in from 2:00pm-3:00pm.

FREE

Podiatrist Clinic

A Podiatrist holds a clinic every 4-6 weeks for a minimal fee at Chuck Bailey. For more information or to book an appointment visit the front counter.

Seniors E-Newsletter



Sign up to receive your Seniors Newsletter each month via e-mail. Register at the front desk or online at www.surrey.ca/connect

Sunrise Café

Mon and Fri: 10:00am-2:00pm
Wed: 10:00am-8:00pm *new hours*
Tue-Thu: 10:00am-2:30pm
Sat: CLOSED

Jun 1	Cabbage Rolls
Jun 4	Soup and 1/2 Sandwich Combo
Jun 5	Garlic Shrimp
Jun 6	Roast Pork
Jun 7	Shepherd's Pie
Jun 8	Macaroni and Cheese
Jun 11	Chicken Burger and Fries
Jun 12	Stuffed Peppers
Jun 13	Lamb Stew
Jun 14	Perogies
Jun 15	Father's Day—Fish 'n Chips
Jun 18	Soup and 1/2 Sandwich Combo
Jun 19	Spaghetti and Meat Sauce
Jun 20	Pork Schnitzel
Jun 21	Chicken Alfredo
Jun 22	Cabbage Rolls
Jun 25	Chicken Burger and Fries
Jun 26	Perogies
Jun 27	Roast Pork
Jun 28	Shepherd's Pie
Jun 29	Soup and 1/2 Sandwich Combo

June 19 Bus Trip — UBC Gardens

Explore and enjoy a guided tour of the Nitobe Memorial Garden, one of the most authentic Japanese gardens in North America. Then head to Koerner's Pub where you can purchase and enjoy lunch. Next, stop and smell the roses at the UBC Rose Garden complete with colours, textures and beauty all in one place.

Chuck Bailey: 9:30am-3:45pm

Guildford: 9:45am-3:30pm

Members \$35.00 | Non-members \$40.00

Reg#: 4577891

Seniors Advisory Board Message:

We are looking for donations of gently loved paperback books to fill our new bookcases in the Seniors Lounge. Please place them in the donation bin in the lounge. No hardcover books, encyclopedias, manuals and National Geographics please! THANK YOU!

Save the Date

June 1	Bridge Tournament
June 4	Emergency Preparedness Seminar 9:30am-10:30am Youth Lounge Reg#4584439
June 6	Chuck Bailey's Got Talent 2:00pm-5:00pm Small Hall—Free Hot Dogs Reg#4613830
June 7	It's Your Move—Chess Club 11:00am-12:00pm Seniors Lounge
June 8	Whalley Seniors celebrate June birthdays in the Seniors Lounge 10:30am-11:30am Reg#4604677 \$2.00 or Free if June is your birth day month or you belong to the 90+ club!
June 10	Sunrise Choir's Summer Concert 2:00pm-4:00pm Small Hall—FREE
June 15	Father's Day 'Gone Fishing' Café Fish & Chips Lunch Special Drop-in to the Café 11:00am-2:00pm
June 18	Book Club Meeting— New members welcome! 1:30pm-3:30pm Seniors Lounge
June 19	Bus Trip—UBC Nitobe Japanese Gardens, Koerner's Pub and UBC Rose Garden Reg#4577891
June 21	Dining Out—Brown's Social House 5:00pm-7:00pm Reg#4617824
June 27	Spice of Life Lunch—Small Hall 10:30am-12:30pm Reg#4584424
June 28	Bus Trip—Deep Cove Reg#4590052

Paramount Bus Trip — June 28

Explore the quaint and 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 time to explore Cates Park, North Vancouver's largest seaside park offering 6km of waterfront trails as well as a quaint village with great shops to explore. Enjoy lunch at a local favourite and a tour and flight tasting at the Deep Cove Brewers and Distillers.

Newton: 8:30am-4:00pm

Chuck Bailey: 8:45am-3:45pm

Guildford: 9:00am-3:30pm

Members \$109.00 | Non-members \$114.00

Reg#: 4590052

Billiards/Pool

Open during Facility Hours

Reg #4547236 (Locker #4547237)

Enjoy 8-ball tournaments at our facility every Monday. New players play for free (up to three times before you need to take out a membership) so come out and see what you are missing!!!

Bingo

Saturday 12:00pm-2:00pm

Reg #4547231

The Bingo Club is looking for callers! Please connect with the front counter staff if you are interested!

Painting for Pleasure

Tuesday 9:00am-12noon

Reg #4547242 If you enjoy painting, or want to learn how to paint, join the Painting for Pleasure group. Newcomers welcome!

Sunrise Choir



Tuesday 12:15pm-2:15pm

Reg #4547245

The time is here again for the Sunrise Seniors Choir Performance on June 10th at 2:00 pm here at Chuck Bailey. We are so looking forward to performing for everyone. Hear our variety of songs sung together and in solos. Can't wait to see you there!

Table Tennis

Tuesday & Thursday 1:00pm-4:00pm

Reg #4547276

Pottery

Monday 10:15am-2:15pm

Reg #4547243

Potters are invited to join our weekly non-instructional pottery group to work on their own projects. The Pottery Group has their own kiln in the Arts and Crafts room.

Wheeling 8s

Square Dancing

Thursday 7:00pm-9:00pm

Reg#4547249

Wheeling 8's will be ending their dance season on Thursday, June 14th so hurry on over and join them for a fun night out with friends. A great way to make NEW friends too!

Thursday, September 6th from 6:30pm-9:00pm join another beginner class for people in wheelchairs with their caregiver. Able bodies are welcome too! Need more information? Call Busy Bee at 604-358-2841

Sunrise Crafters

Thursday 1:00pm-3:00pm

Reg #4547247 in the Seniors Lounge

Join our social and friendly crafting group for knitting, crocheting and crafts. Bring your own project for company or create something to sell in our Crafts Showcase in the lobby.

Bridge (& Whist)

Wednesday 12:45pm-3:00pm

Friday 12:30pm-3:00pm

Reg #4547239—Next tournament June 1st followed by July 6th! Tournaments start at 11:00am—Cost is \$10.00

May prizes awarded:

Ellen/Glenn; Glenis/Libby; Carole/Tom; Pam/Dennis; Evelyn/Valerie; Manohar/Dave; Joan/Carole; John/Marta; Stu/Ann; Khatun/Ali; Eric/Bob; Al/Ray

50/50 winners: Myrna and Rob

Chuck Bailey hosts Partner Bridge on Fridays at 12:30PM (except the 1st Friday of every month) - 6 game Partner Bridge.

Wednesday bridge starts 12:30. Grand Slam Tournament June 20th.

Many thanks to all of the volunteers, especially:- Collette, Helen, Vivian, Marion and Eric. Special thanks to everyone who come in to help us get organized, especially Dave Beatty. Thanks to the office staff and the kitchen staff and volunteers for all of their help

Carpet Bowling

Tuesday & Thursday 9:00am-12noon

Reg #4547238

The Carpet Bowlers would like to say thank you to the Seniors Advisory Board for the new equipment, carpets and balls, they purchased for us. Also, CONGRATULATIONS to Kapur Garg. His Team won the Silver Medal in the Provincial Carpet Bowling Championships held in Prince George earlier this month.

Chess Club! June 7th

First Thursday of the month 11:00am-12:00pm in the Seniors Lounge

We are excited to announce the first meeting of the Whalley Senior's Chess Club. Novices and experienced players alike are welcome!

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.

Chuck Bailey Recreation Centre

13458 107A Ave
Surrey, BC V3T 0G4
(604) 598-5898

Book Club/Lounge

The book club meets on the 3rd Monday of the month at 1:30pm in the Senior's Lounge. Books provided by the Surrey Public Library. **New members always welcome! Next meeting: Mon June 18th :30pm-3:30pm**

Computer Club

Next Meeting: Wednesday, June 20th
1:00pm-2:30pm

Drop in hours are Monday from 1:00pm-3:00pm in the computer room on the second floor. Suggestions for topics are always welcome!



Dining Out

Thursday, June 21st 5:00pm-7:00pm
Reg#4617824

Join us at Brown's Social House, #A1 9666 King George Boulevard, Surrey at 5:00 PM to enjoy a diverse menu that will appeal to all appetites with classics like burgers to more adventurous items like Shrimp & Chicken PAD Thai; save room for a wonderful dessert like Key Lime Pie or Warm Double Chocolate Brownie! See you there!

Thank you to our Volunteer Activity Representatives

Ballroom Dance
Billiards/Pool
Bingo
Book Club
Bridge
Carpet Bowling
Choir
Dining Out
Computer Club
Painting for Pleasure
Pottery
Sunrise Crafters
Table Tennis
Wheeling 8s

Vivian K
Steadwick D
Glynnis/Martha
Val W
Doreen N
Louise W
Diane H
Deborah L
Al M.
Shirley R
Alice G
Sharon W
Kim K
Darlene A

Coming in July:

July 4: (Belated) Happy Birthday Canada! Art Display, Free Hot Dogs, Strawberry Tea

July 6: Bridge Tournament

July 13: Whalley Seniors celebrate July birthdays—Reg#4604678

July 17: Paramount Bus Trip—Circle Farm Tour
Reg#4598729

July 25: Spice of Life lunch

Reg#4600928