



Cloverdale SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome!

The Cloverdale Recreation Centre is located in the heart of Cloverdale. We are a multi-generational facility offering adults aged 55+ a wide range of activities. We strive to meet our community needs at every level including fitness, health & wellness, games, bus trips, special events and more.

CRC Facility Hours of Operation

Monday - Friday 6:00am - 10:00pm
Saturday 7:00am - 7:00pm
Sunday 7:00am - 5:00pm

Food Services

Monday - Friday 9:00am - 2:00pm
**hours subject to change*

Lounge

Open during Facility Operation hours.

55+ Team

Feel free to call, email or stop by the Seniors Services office on the second floor at Cloverdale Rec Centre!

Brandy - 604-502-6409
Brandy.Levington@surrey.ca

Erin C. - 236-474-3184
Erin.Cooper@surrey.ca

Rosanna - Head Cook

Neelu - Head Cook

Neelu will be covering Rosanna's vacation leave. Pop in after February 8th and say hello! Welcome Neelu!

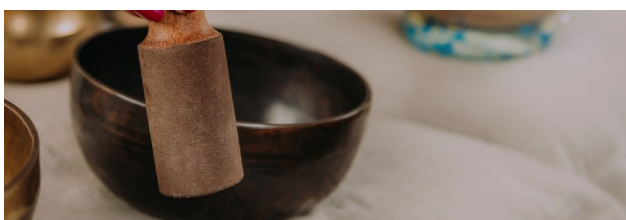
Sound Bath Wellness Workshops

Slow down and rest while immersing into the sounds of gongs, singing bowls, and drums. Various dates and times offered. Please see front desk for more details!

Registration Required

\$35.00 Members & Non-Members

Clayton Community Centre



What did the chef give to his wife on Valentine's Day?

A hug and a quiche.

VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at surrey.ca/enews.

Seniors Services Membership

Citywide Programs & Services

Senior 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 Senior Services Membership fee is \$27.50 annually.

55+ Membership Activity Groups Cloverdale Recreation Centre		
MON	Quilters	9:30am-12:30pm
	Cribbage	1:00pm-3:00pm
	Guitar	1:00pm-3:00pm
	Stamp Group <i>*4th Mon. only</i>	1:00pm-3:00pm
	Pickleball	12:00pm-2:00pm
TUE	Painting	12:30pm-2:30pm
	Fiddlers Group	1:00pm-4:00pm
	Social in Punjabi	1:00pm-3:00pm
	Table Tennis	1:00pm-3:00pm
WED	Knit & Chat	10:00am-12:00am
	Ukulele	10:00am-12:00pm
	Poker	11:30pm-4:00pm
	Pickleball	12:00pm-2:00pm
	Scrabble	12:30pm-2:30pm
	Bingo	1:00pm-3:00pm
THU	Computer Group	10:00am-12:00pm
	Pickleball	10:30am-12:30pm
	Bluegrass & Roots Jam	1:00pm-4:00pm
	Silvertones Choir	1:00pm-3:00pm
FRI	Pickleball	9:00am-11:00am
	Woodcarvers	9:00am-11:00am
	Table Tennis	1:00pm-3:00pm

55+ Membership Activity Groups Clayton Community Centre		
MON	Knit & Crafts	10:00am-12:00pm
TUE	Seep Card Group	11:00am-2:00pm
THU	Seep Card Group	11:00am-2:00pm
FRI	Drop In Social	10:00am-12:00pm
	Electric Guitar	10:00am-12:00pm

Sharing Library

Take a book, leave a book, read a book!
Find your next good read from the sharing library, located on the second floor lobby of Cloverdale Rec Centre.



55+ Registered Fitness

CLOVERDALE REC CENTRE

Chair Exercises 55+

Registration Required 12:00pm-1:00pm
Wed, Feb. 21 - Mar. 27 Event # 00361017
\$43.50 Members/ \$58.20 Non-Members

Restorative Yoga

Registration Required 11:30am-12:45pm
Fri, Feb. 23 - Mar. 22 Event # 00353053
\$56.50 Members & Non-Members

CLAYTON COMMUNITY CENTRE

Chair Exercises 55+

Registration Required 11:00am-12:00pm
Thurs, Feb. 22 - Mar. 28 Event # 00352607
\$43.50 Members/ \$58.20 Non-Members

55+ Drop-in Fitness

CLOVERDALE REC CENTRE

Ball, Balance & Strength 55+

Monday 10:45am-11:45am

Fit 55+ Lite

Wednesday 10:45am-11:45am

Yoga

Friday 7:45am-8:45am

CLAYTON COMMUNITY CENTRE

Ball, Balance & Strength 55+

Tuesday 10:45am-11:45am

Fit 55+

Friday 9:30am-10:30am

Fit 55+

Tuesday & Thursday 9:15am - 10:15am

Register to secure your spot.

**Schedule subject to change.*

**Drop-In fees or Full Facility Membership required. See facility schedule for annual/ monthly membership prices.*

With a Full Facility Membership - Free
Seniors (70+) \$2.00 Seniors (60-69) \$5.75
Adult (19-59) \$7.50



55+ St. Patrick's Day Luncheon

Friday, March 15th
12:00pm - 2:00pm

Join us for a wee bit o' fun, food, and entertainment! Don't forget to wear green and look out for Leprechauns.

Registration Required Event # 357411
\$9 Members / \$11 Non-Members

Spring Registration

Spring Registration will start on Sunday, Feb. 25th at 9pm. On this date you can register for programs and events that happen from April - June. Register early so you don't miss getting your spot! Recreation Guides will be arriving on February 17 so you can plan early.

New Activity Group: Scrabble

Drop in and join in a game of Scrabble. Game board and pieces provided.

Wednesdays 12:30pm - 2:30pm

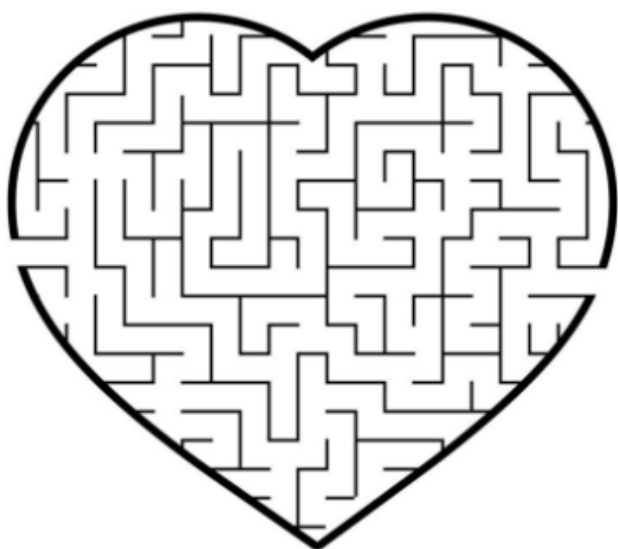
Cloverdale Recreation Centre

Seniors Services Spotlight: Fiddlers

Do you play an acoustic string instrument? Our fiddling group is not just for fiddles. Mandolins, guitars, harps and more are welcome! Come join and play your favourite songs in a group setting.

Tuesdays 1:00pm - 4:00pm

Cloverdale Recreation Centre



Save the Date

For more information about "Save the Date" please call 604-598-7960.

Feb. 19th Kitchen Closed

T	Feb 06	Armchair Travel
F	Feb 09	Cribbage Tournament
F	Feb 16	Lunar New Year Luncheon
M	Feb 19	Family Day Hours
T	Feb 20	Movie Afternoon
F	Feb 27	Bridge Tournament
T	Mar 05	Armchair Travel
F	Mar 08	Cribbage Tournament
F	Mar 15	St. Patrick's Day Luncheon
T	Mar 19	Movie Afternoon
F	Mar 26	Bridge Tournament

Armchair Travel

Immerse yourself in a different culture each month through video and food samples!

Destination: **Brazil**

Tues, Feb. 6 1:00pm - 3:00pm \$5.50

Registration Required Event # 00357552

Movie Afternoon

Stop by for a **free** movie and a snack with friends!

Showing: **Going in Style**

2017 - Comedy

Starring: Michael Caine, Alan Arkin, Morgan Freeman

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Tues, Feb. 20 1:00pm - 3:00pm Free!

Registration Required Event # 00357554

Family Day at Clayton Community Centre

Enjoy an afternoon of free arts, recreation and libraries activities! Celebrate the completion of *Yarn Around*—a large knitting project that local residents have been building over the past few months.

Saturday, Feb. 17 1:00pm - 4:00pm

Clayton Community Centre

Food Services

Stop by the 2nd floor lounge to enjoy fresh made soup, sandwiches and baked goods! Hot Meals are served Wednesdays between 11am-1:30pm, while supplies last.

Monday - Friday 9:00am - 2:00pm

**hours subject to change*

\$7 Hot Meals

W Feb 7 Butter Chicken

W Feb 14 Fish & Chips

W Feb 21 Paneer Rice

W Feb 28 Chicken Burrito

Feb. 19th Kitchen Closed

Seniors Services Spotlight: Games Social

Drop in and meet others in your community while playing card or board games.

Fridays 10:00am—12:00pm

Clayton Community Centre

Lunar New Year at Museum of Surrey

Celebrate Lunar New Year with a free family friendly event hosted by the Chinese Village Club. Enjoy traditional dance, music performances and much more! Registration is not required.

Saturday, Feb. 24 1:00pm - 4:00pm

Museum of Surrey

Unarchived Film Screening

Join Surrey Archives staff for an online screening of "Unarchived," a film documenting local knowledge keepers across BC who use family photos, newspaper articles and deeply rooted memories to fight for a more inclusive history.

Surrey Archives will screen the documentary via Microsoft Teams. Register by phone at 604-501-5100.

Thursday, Feb. 8 6:30pm - 8:30pm

Cloverdale Recreation 604-598-7960
6188 176 Street

Clayton Community Centre 604-502-6300
7155 187A Street