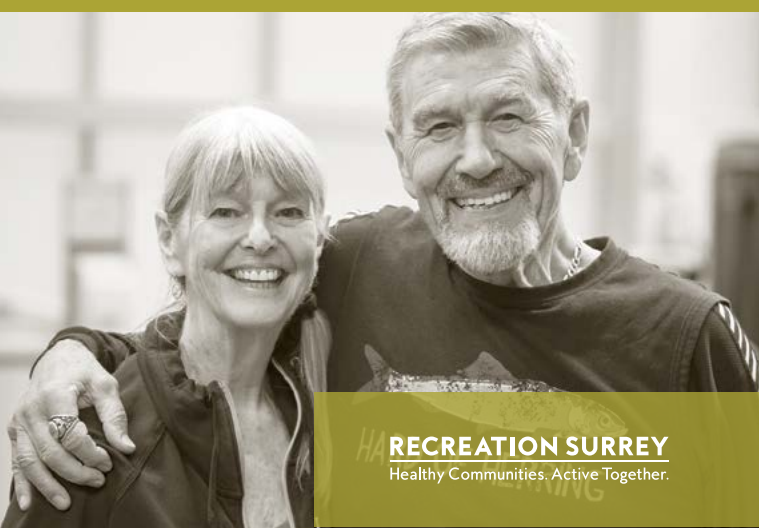


# Seniors 55+

## ACTIVITIES & DROP-IN SCHEDULES



RECREATION SURREY  
Healthy Communities. Active Together.

## HEALTHY, ACTIVE LIVING

# Find Your Fit!

Interested in trying something new, meeting new people and enjoying a healthy, active lifestyle? Supporting health and wellness through fun, active living, City of Surrey's adult 55+ programs, services, resources and events are designed to meet the needs of all interests and abilities.

## Fall 2024 SEP 3 - DEC 22 ALL FACILITIES

### 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.

Type	Term	Recreation Pass Unlimited Visits Annual or Monthly					Family†
		Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Senior	
Recreation Pass	1 year	\$284.50	\$426.75	\$569.00	\$426.75*	\$170.75*	\$1138.00
	1 month	39.00	58.25	77.75	58.25	23.50	155.50

### Admissions Single or Multi-Visit

Type	Term	Admissions Single or Multi-Visit					Family†
		Child/Youth 2-18yrs	Student* 19-59yrs	Adult 60-69yrs	Senior 70yrs+	Senior	
Single Price	1 visit	\$ 3.75	\$ 5.75	\$ 7.50	\$ 5.75	\$ 2.25	\$ 3.75*
	5 visits	18.00	27.00	35.75	27.50	10.75	N/A
Swipe Pass	10 visits	33.75	50.75	67.50	51.75	20.25	N/A
	20 visits	60.00	90.00	120.00	92.00	36.00	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 designated 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 adult and one child 18 years or younger).

Note: Specialty pricing on certain arena programs may apply. View arena schedule for details.

## Know BEFORE YOU GO

Recreation Centre hours may change for public holidays. Check online first! [surrey.ca/holidayhours](http://surrey.ca/holidayhours)

Schedules are subject to change without notice. Check online for updated information.

Fall 2024 ■ 604-501-5100

## CITY OF SURREY

[surrey.ca/dropin](http://surrey.ca/dropin)

## RECREATION, SOCIAL & LEARNING Opportunities

### Seniors Services Membership

Enjoy healthy, active living with Recreation Surrey's wide variety of drop-in recreation, social and learning opportunities. Have fun, get fit, join a group, become a member or just drop in for something new.

### Recreation Passes

In addition to our Seniors Services Membership activities, City of Surrey offers a wide variety of drop-in opportunities within our safe and welcoming facilities.

SENIORS SERVICES MEMBERSHIP		RECREATION PASS	
55 years+	<b>\$30.00 Annual</b>	60-69 years	<b>\$426.75 Annual or \$58.25 for 1 month</b>
		70 years +	<b>\$170.75 Annual or 23.50 for 1 month</b>
Access to drop-in social activities, hobby groups and learning opportunities		Access to drop-in: swimming, aquatic fitness classes, gymnasium sports, skating, hockey and group fitness classes. Valid at any of our recreation facilities including pools, arenas, gyms and fitness centres.	
Discounted pricing on select registered programs and special events.		<b>Receive a FREE Seniors Services Membership automatically when you purchase an annual Recreation Pass.</b>	
Discounted pricing on bus trips.			
Access to 55+ gymnasium drop-in programs			

### WALKit [surrey.ca/walkit](http://surrey.ca/walkit)

Walking is a great way to get around, explore our city and help achieve your fitness goals. Join us for a walk, or use our web map to explore your neighbourhood!

- The WALKit Web Map is an online interactive tool that seniors can use to find age friendly pedestrian routes across the city.
- The WALKit Activity Program 55+ is offered weekly year-round. Join us for our group walks to work on mobility, meet new people and chat about different points of interest along the way. We use the WALKit web-based map to plan out Age Friendly and Pedestrian friendly routes. We explore and learn more about a different area of Surrey each week.

### Digital Technology Hub Stay Connected!

The Digital Technology Hub is a free platform to help older adults access the digital world, making it easier to connect to services, programs and people. Easy-to-use resources on internet access, devices, training, tech support, virtual health care and online activities. Visit [surrey.ca/digitalhub](http://surrey.ca/digitalhub) to learn more and get connected today!

### Connecting Generations

Are you interested in building intergenerational connections in the community? Through participating in engaging activities of similar interest, seniors and youth can share their knowledge and experience while exploring their differences as well as similarities, listen to, learn from each other, and build connections. Various activities offered throughout different locations in Surrey. For more information: [agefriendlyforseniors@surrey.ca](mailto:agefriendlyforseniors@surrey.ca) [surrey.ca/about-surrey/seniors/connecting-generations](http://surrey.ca/about-surrey/seniors/connecting-generations)

### Healthy Active Aging

The City of Surrey is leading the way in supporting healthy active aging through its Age Friendly Strategy.

Age Friendly initiatives and events are made possible through the Age Friendly Network collective and are organized through multiple collaborations and partnerships that support opportunities to gain knowledge and information that help to build resilience and meaningful social connections in the community.

- Webinars | Forums
- Seniors Week Celebrations
- National Seniors Day Celebration
- World Elder Abuse Awareness Day
- Holiday Concert

### Focus On Seniors Webinar

Join us for an informative webinar for seniors, their families and caregivers. Tune in for a variety of topics and resources relevant to 55+ adults living in Surrey.

ONLINE 1 Session FREE	55yrs+
Wednesday 11am-12pm	September 18 00401112
Wednesday 11am-12pm	October 16 00401116
Wednesday 11am-12pm	November 20 00401119

For more information on local resources for seniors, caregivers, and their families, programs, services and events, visit [surrey.ca/seniors](http://surrey.ca/seniors).

## Seniors Services Membership 55+ ACTIVITY DESCRIPTIONS

There are a large variety of seniors volunteer-led activities in the City of Surrey recreation centres. Seniors Services Membership required.

PROGRAM	DESCRIPTION	PROGRAM	DESCRIPTION
<b>Badminton*</b>	Participants with experience are welcome. Game play and player rotation between courts.	<b>Mahjong</b>	Join a game of Mahjong. New players welcome.
<b>Ballroom Dance</b>	Take part in this introduction to ballroom dancing.	<b>Painting</b>	Bring your art project and supplies to work on, while socializing with others. Share tips and tricks. All skill levels welcome.
<b>Billiards</b>	Join a game of billiards.	<b>Pickleball*</b>	Participants with experience are welcome. Game play and player rotation between courts.
<b>Bingo</b>	Play a game or two of Bingo. Cards are available for a small fee.	<b>Poker</b>	Get your poker face on and join a round of poker. No formal instruction.
<b>Bluegrass</b>	Bring your acoustic instrument and come jam with this fun group.	<b>Pottery</b>	For potters interested in non-instructional time to work on your own projects.
<b>Bridge/Partners Bridge</b>	Join in on a game of bridge. Playing cards provided.	<b>Quilting</b>	Enjoy meeting other quilters while finishing your quilting projects. Some supplies included.
<b>Canasta</b>	Come play! Cards provided.	<b>Rummoli</b>	Come play a social round or two.
<b>Card Games</b>	Join in a game of cards. Players choose what game to play. Cards provided.	<b>Seep</b>	Take part in a game of Seep. Hosted in Punjabi only.
<b>Carpet Bowling</b>	Join others for a friendly game or two of low-impact carpet bowling.	<b>Social in Punjabi for Women</b>	Meet other seniors. In Punjabi only.
<b>Choir</b>	Add your voice to the choir and sing to old and new favourites.	<b>Social - Women's</b>	Meet other 55+ women during this social time.
<b>Computer Group</b>	Practise your computer skills or learn new ones. Workshops and resources offered to increase your computer know-how. Volunteers are available to answer questions.	<b>Stamp Collecting</b>	Show off your stamp collection or come and learn more about the hobby.
<b>Cribbage</b>	Come play cribbage! Cards and cribbage set provided.	<b>Table Tennis*</b>	Take part in a game of table tennis.
<b>Drop-in 55+</b>	Drop in anytime and enjoy a cup of coffee or socialize with others.	<b>Textile Crafters</b>	Join fellow crafters in a social skill-sharing environment. Bring a project or start a new one.
<b>Electric Guitar</b>	Bring your electric guitar and practice your skills with others. Beginners welcome.	<b>Ukulele</b>	Bring your own instrument and come join the ukulele circle.
<b>Fiddlers</b>	Play your favourite songs in a group setting. Bring your own instrument. All skill levels welcome.	<b>Uyghur Dance</b>	Take part in an introduction to Uyghur dance. Learn traditional Chinese dances.
<b>Guitar</b>	Bring your guitar and practise your skills with others.	<b>Woodcarving</b>	Bring your carving tools and your favourite piece of wood. Share your project and knowledge with other wood carvers.
<b>Knitting and Crocheting</b>	Bring your own yarn and supplies to create a variety of wearable and decorative crafts for the community.	<b>Writing</b>	Share your stories through writing. Work towards mastering the art of storytelling.
<b>Live Music</b>	Bring your musical instrument and practise and perform songs with other players. Audience welcome.		

Programs are subject to change without notice.

\*Look on the [Gymnasium Drop-in Schedule](#) for locations and times for these gym sport activities.

## Seniors Services Membership 55+ DROP-IN ACTIVITIES

Senior Services Memberships provide access to free volunteer-led drop-in activities and seniors lounges across Surrey for only \$27.50 per year.

### Locations

#### CLOVERDALE

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

**Cloverdale Recreation Centre**  
6188 176 Street **604-598-7960**

#### FLEETWOOD

**Fleetwood Community Centre**  
15996 84 Avenue **604-501-5030**

#### GUILDFORD

**Guildford Recreation Centre**  
15105 105 Avenue **604-502-6360**

#### NEWTON

**Newton Seniors Centre**  
13775 70 Avenue **604-501-5010**

#### SOUTH SURREY

**South Surrey Recreation & Arts Centre**  
14601 20 Avenue **604-592-6970**

#### WHALLEY

**Chuck Bailey Recreation Centre**  
13458 107A Avenue **604-598-5898**

**North Surrey Sport and Ice Complex**  
10950 126A Street **604-591-4410**

**Surrey Arts Centre**  
13750 88 Avenue **604-501-5566**

### CHUCK BAILEY RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Billiards	9am-9pm	9am-9pm	9am-9pm	9am-9pm	9am-4pm	9am-4pm	9am-4pm
Bingo						11am-1:30pm	
Bridge			12:30pm-3pm 3rd Wednesday		12:30pm-3pm Exclude 1st Friday		
Carpet Bowling		9:30am-12pm		9:30am-12pm			
Choir		12:30pm-2:30pm					
Knitting				1pm-3pm			
Painting		9:30am-12:30pm					

### CLAYTON COMMUNITY CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seniors Drop-in		10:45am-12:15pm					
Electric Guitar					10am-12pm		
Games Social					10am-12pm		
Seep		11am-2pm		11am-2pm			
Textile Crafters	10am-12pm						

### CLOVERDALE RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bingo			1pm-3pm				
Bluegrass				1pm-4pm			
Choir				1pm-3pm			
Computer Group				10am-12pm			
Cribbage	1pm-3pm						
Fiddling		1pm-4pm					
Guitar	1pm-4pm						
Knitting			10am-12pm				
Mahjong				1pm-4pm			
Painting		12:30pm-2:30pm					
Poker			11:30am-4pm				
Quilting	9:30am-12:30pm						
Scrabble			12:30pm-2:30pm				
Social in Punjabi		1pm-3pm					
Stamp Collecting	1pm-3pm 4th Monday						
Ukulele			10am-12pm				
Woodcarving					9am-11am		

### FLEETWOOD COMMUNITY CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seniors Drop-in			10am-12pm		10am-12pm		
Ballroom Dance	1pm-4pm	1pm-4pm					
Bingo	1pm-3pm						
Bridge		12:30pm-3pm					
Carpet Bowling				1pm-3pm			
Cribbage			12:30pm-3pm				
Knitting			9am-12pm				
Live Music				11:30am-2pm			
Mahjong				12:30pm-4:30pm			
Seep	2pm-6pm	2pm-6pm	2pm-6pm	2pm-6pm	2pm-6pm	12:30pm-4:30pm	
Social for Women		9am-12pm					
Social in Mandarin				9am-12pm			
Social in Punjabi					10am-1pm		

### GUILDFORD RECREATION CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seniors Drop-in	9am-4pm	9am-4pm	9am-4pm	9am-4pm	9am-4pm		
Ballroom Dance				1pm-3pm			
Carpet Bowling	10:30am-12:30pm						
Knitting			1pm-3pm				
Live Music					10:30am-12:30pm		
Social for Women				10:30am-11:30am			
Ukulele	2pm-4pm						

### NEWTON SENIORS CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seniors Drop-in	10am-12pm						
Billiards	8:45am-3:15pm	8:45am-3:15pm	8:45am-3:15pm	8:45am-3:15pm	8:45am-3:15pm		
Bingo				1pm-3pm			
Canasta		1pm-3:15pm					
Carpet Bowling	9am-11am		1pm-3pm				
Computer Group	1pm-3pm				10am-12pm		
Cribbage			12pm-3pm	12pm-3pm			
Knitting		10am-12pm		1pm-3pm			
Live Music		10am-12pm					
Painting					9:15am-12:15pm		
Rummoli					12:30pm-3:15pm		
Social in Punjabi			10am-12pm				
Woodcarving	9:15am-12pm						
Writing					10am-12pm		

### NORTH SURREY SPORT AND ICE COMPLEX

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Uyghur Dance	9:30am-11:30am		10:30am-12:30pm				

### SOUTH SURREY RECREATION & ARTS CENTRE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bridge	9:15am-1:15pm						
Social in Punjabi				12pm-2:30pm			

### SURREY ARTS CENTRE