



June 2023

# Fleetwood SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome

The Fleetwood Community Centre is located in the heart of Fleetwood Town Centre. This multigenerational facility offers a wide variety of volunteer lead activities and fitness for Adults 55+. We strive to meet the community's needs including fitness, health and wellness, bus trips, special events and more. Discover our facility today!

**Phone number:** 604-501-5030

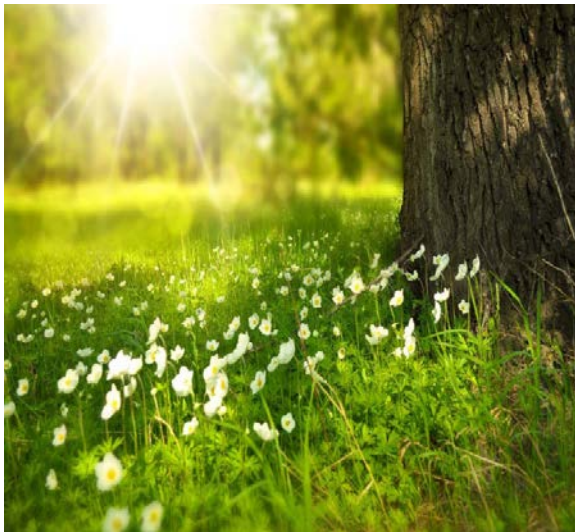
## Fleetwood Recreation Centre Hours of Operation

Monday to Friday - 8:00am - 8:00pm

Saturdays 8:00am - 5:00pm

Sundays 8:00am - 12:00pm

Closed on Statutory Holidays



## Memberships

### Seniors Services Memberships

\$25 Seniors Services Memberships allow Seniors 55+ to access to volunteer lead activities held in all Surrey Recreation Centres and Seniors lounges for one year. Pre- registration for these activities will be required.

### Annual Recreation Passes

If you purchase an annual Recreation Pass, it will allow you access to all Surrey pools, arenas, weight rooms Drop-in fitness classes. Did you know it also includes Seniors Services Membership?

### Seniors Annual Recreation Pass

Seniors 60 Years-69 Years—\$404.50

Seniors 70 Years and older—\$135.00

### Fleetwood Seniors Staff Team

Jeremy Moore—Seniors Coordinator

## Events

### Summer Dinner & Dance

Join us for a celebration to kick off the summer with an evening of dancing and fun! Entertainment for the evening by musical group Max Eleven! Also, a special dance performance by the 55+ Hawaiian dancers! A catered meal of BBQ chicken or Garden Veggie wraps, both served with potato salad and coleslaw will be provided. Meal will be accompanied by dessert with coffee, tea and other refreshments.

**Thursday, June 22<sup>nd</sup> 4:30pm - 8:00pm**

Event ID# 332932

Fee: Member: \$24.00 Non-Member: \$27.00

### Seniors Week

As part of Seniors Week June 4-10, there will be programs offered at Fleetwood Community Centre on Thursday June 8<sup>th</sup>! Free admission for all activities! Please register in advance to reserve a spot.

### 55+ Fitness Sampler 12:00pm - 1:00pm

Class will include Fit 55+, Balance Ball and Band 55+ and 55+ Chair Exercises.

Event ID# 315124

### Seniors Week Celebration 12:00pm- 2:00pm

Live Music by the 'Jammers' to celebrate! Hot dogs and chips will be served. Dessert and other refreshments will also be provided. Outdoor games including corn hole and ladder ball will be available outside (weather permitting)!

Event ID# 315097

### 55+ Carpet Bowling 1:30pm - 3:30pm

Try out a friendly game of low-impact carpet bowling. All skill levels and abilities welcome.

Event ID# 324898

### Bus Trips

#### Tour of YVR and lunch at IKEA Bus Trip 55+

Join a tour of Vancouver International Airport with a delicious lunch afterwards at IKEA.

**Monday, June 12 9:00am - 3:00pm**

Event ID# 263067

Fee: Member: \$21.75 Non-Member: \$26.75

## Drop In Activities

55+ Membership Activity Groups		
Monday	Ballroom Dance	1:00pm - 4:00pm
	Bingo	1:00pm - 3:00pm
Tuesday	Social Coffee	9:00am - 12:00pm
	Bridge	12:30pm - 3:30pm
	Ballroom Dance	1:00pm - 4:00pm
Wednesday	Knitting & Crochet	9:00am - 12:00pm
	Table Tennis	12:00pm - 1:30pm
	Crib	12:30pm - 2:30pm
Thursday	Social in Mandarin	9:00am - 12:00pm
	Seniors Services Connector	11:00am-1:00pm
	Carpet Bowling	1:30pm - 3:30pm
	Live Music	12:00pm - 2:00pm
Friday	Women's Social in Punjabi	10:30am - 1:00pm
	Table tennis	2:00pm - 3:30pm
Saturday	SEEP	12:30pm - 4:30pm
Monday - Friday	SEEP	2:00pm - 6:00pm

## Seniors Fitness

### Fit 55+ (Drop-In)

Enjoy moderate intensity exercise consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques. Tuesdays & Thursdays 10:30am - 11:30am

### Circuit Training 55+ (Drop-In)

Learn your way around the weight room. Use the equipment in a circuit format and learn what muscle groups each machine is used for. Proper form for improving cardio and strength is demonstrated.

Mondays & Wednesdays  
9:00am - 10:00am

### Chair Exercises 55+ (Drop-In)

Enjoy a workout that includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

Wednesdays  
10:30am - 11:30am

### Ball, Balance & Strength 55+ (Drop-In)

Use a stability ball to maintain and improve strength and balance.

Wednesdays  
10:30am - 11:30am

**\*\*This new activity begins May 31<sup>st</sup>\*\***

**VIEW Online**

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at [surrey.ca/enews](http://surrey.ca/enews).

## The Glades

### Woodland Garden

457 172 Street

Explore one of the Lower Mainland's largest collections of rhododendrons and azaleas. Some of the rhododendrons are more than 6-metres tall and are ablaze in color in the spring.

Enjoy the Garden

Saturday & Sunday 10:00am - 4:00pm

**May 6 - June 25**

Admission: 60-69yrs: \$5.50

70yrs+: \$1.75

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



## Darts Hill

Enjoy the Garden

Friday, Saturday & Sunday

Apr 01 - Sep 30

10:00am - 4:00pm

Discover an incredible collection of rare plants, shrubs and trees. Many species were planted from seeds collected from around the world.

## International Picnic Day

Royal Kwantlen Park

13035 104 Avenue

Invite your friends and neighbors out to play games and other fun park activities.

**Saturday, June 17 5:30pm - 7:30pm**

Admission: Free

Link: [InternationalPicnicDay](http://InternationalPicnicDay)

## National Indigenous

### Peoples Day

Cloverdale Fairgrounds

17607-17905 62 Avenue

Make your way to Cloverdale Fairgrounds and join the community in celebrating National Indigenous Peoples Day on June 21. Hosted by Surrey's local land-based Nations; Semiahmoo, Kwantlen, and Katzie First Nations. This Indigenous-led event provides the community the opportunity to acknowledge First Nations, Metis, and Inuit peoples past, present and future; to share cultural history; and to share spirit, experiences, stories, song, art and dance with each other and the community.

**Wednesday, June 21 3:00pm - 8:00pm**

Admission: Free

Link: [NationalIndigenousPeoplesDay](http://NationalIndigenousPeoplesDay)

## Upcoming Events

### Save The Date

#### Cribbage Tournaments

**Guildford Recreation Centre ID# 313627**

Friday, June 02 12:00pm - 4:00pm

**Cloverdale Recreation Centre ID#272828**

Friday, June 09 12:00pm - 3:30pm

**Newton Seniors Centre ID# 260361**

Friday, June 16 12:00pm - 3:00pm

**Fleetwood Community Centre ID# 292369**

Friday, June 23 12:00pm - 3:30pm

**Guildford Recreation Centre ID# 313622**

Friday, July 07 12:00pm - 4:00pm

**Cloverdale Recreation Centre ID# 323796**

Friday, July 14 12:00pm - 3:30pm

**Fleetwood Community Centre ID# 332899**

Friday, July 28 12:00pm - 3:00pm

**Guildford Recreation Centre ID#313624**

Friday, August 04 12:00pm - 4:00pm

**Cloverdale Recreation Centre ID#323802**

Friday, August 11 12:00pm - 3:00pm

**Fleetwood Community Centre ID#332902**

Friday, August 25 12:00pm - 3:00pm

**Guildford Recreation Centre ID#322771**

Friday, September 01 12:00pm - 4:00pm

#### Bridge Tournaments

**Chuck Bailey Community Centre ID #304539**

Friday, June 01 11:00am - 3:00pm

**Cloverdale Recreation Centre ID# 272824**

Tuesday, June 27 11:00am - 3:00pm

**Newton Seniors Centre ID# 325094**

Friday, July 07 11:00am - 3:00pm

**Cloverdale Recreation Centre ID# 325044**

Tuesday, July 25 11:00am - 3:00pm

**Newton Seniors Centre ID# 325095**

Friday, August 04 11:00am - 3:00pm

**Cloverdale Recreation Centre ID# 325047**

Tuesday, August 29 12:00pm - 4:00pm

## Seniors Volunteers

Volunteering at the City of Surrey is an enriching, fulfilling experience. By becoming a City of Surrey volunteer, you can help support the community we are all a part of. Volunteer opportunities are available in a variety of activities at the Fleetwood Community Centre and throughout the City.

For information, please connect with recreation centre staff and/or contact Volunteer Resources by phone at 604-598-5863 or email at

[volunteer@surrey.ca](mailto:volunteer@surrey.ca).

### Fleetwood Community Centre

15996— 84 Avenue

Surrey, BC V4N 0E9



## Online ArmChair Traveler

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home. Enjoy photos, and video during these sessions with an opportunity for some discussion and sharing once the presentation is over.

### Online Presentation

**Wednesday June 07 1:30pm - 2:30pm**

Prague, Czech Republic

Event ID#302971

Fee: FREE

Link: [ArmChairTravelerJune](http://ArmChairTravelerJune)

## 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 Presentation

**Wednesday, June 21 11am - 12pm**

Event ID# 305315

Fee: FREE

Link:

[FocusOnSeniorsJune](http://FocusOnSeniorsJune)

## WALKit Activity Program

Free admission for all walks.

### South Surrey Recreation & Arts Centre

**Wednesday, June 07 10:00am - 11:30am**

Event ID# 317830

### Surrey Lake Park

**Saturday, June 10 10:00am - 11:30am**

Event ID# 320764

### Clayton Community Centre

**Wednesday, June 14 10:00am - 11:30am**

Event ID# 316192

### Cloverdale Recreation Centre

**Wednesday, June 21 10:00am - 11:30am**

Event ID# 316195

### Redwood Park

**Saturday, June 24 10:00am - 11:30am**

Event ID# 320765

### Tynehead Regional Park

**Wednesday, June 28 10:00am - 11:30am**

Event ID# 316197

## WALKit Web Map

This project seeks to reduce social isolation and encourage active transportation (e.g., walking, rolling) by providing tools that focus on how seniors are going to and from their destinations within their neighborhood.

Ensure that seniors are able to take breaks to reduce risk of falling and to access events and areas they frequent to encourage a sense of community.

Link: [WALKit-activity-program](http://WALKit-activity-program)

## Sudoku

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