



**January 2025**

*Fleetwood*  
**SENIORS**

**RECREATION SURREY**  
Healthy Communities. Active Together.

## Welcome

The **Fleetwood Community Centre** is located in the heart of Fleetwood. 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!

**Monday—Friday:** 7:30am—9:00pm

**Saturday and Sunday:** 8:00am—5:00pm

**Phone:** (604) 501-5030

15996 84th Avenue, Surrey BC V4N 0W1

### Fleetwood 55+ Staff

Colleen—CJeffrey@surrey.ca

Nisha—Nisha.Samra@surrey.ca

Jake —Jake.Coey@surrey.ca

### Seniors Services Membership

Purchase a membership to access any activities in the timetable below, special program discounts and more!

Fee for 1 Year Membership: \$30.00

Drop In Seniors Services Schedule—Fleetwood		
Monday	Ballroom Dance	1:00pm—4:00pm
	Bingo	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
Tuesday	Coffee Social	9:00am—12:00pm
	Bridge	12:30pm—3:30pm
	Ballroom Dance	1:00pm—4:00pm
	SEEP	2:00pm—6:00pm
	Table Tennis	6:30pm—8:00pm
Wednesday	Knitting & Crocheting	9:00am—12:00pm
	Coffee Social	10:00am—12:30pm
	Cribbage	12:30pm—3:00pm
	Table Tennis	2:00pm—3:30pm
	SEEP	2:00pm—6:00pm
Thursday	Social in Mandarin	9:00am—12:00pm
	Seniors Services Connector	10:00am—12:00pm
	Live Music	11:30am—2:00pm
	Mahjong	12:30pm—4:30pm
	Carpet Bowling	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
	Table Tennis	6:30pm—8:00pm
	Friday	Coffee Social
Women's Social in Punjabi		10:30am—1:00pm
Table Tennis		2:00pm—3:30pm
Badminton		2:30pm—4:00pm
SEEP		2:00pm—6:00pm
Saturday	SEEP	12:30pm—4:30pm

## Spotlight On...

### Lunar New Year Luncheon

Celebrate with others over a delicious three course meal and a fun afternoon of socializing with a live performance to be announced. Chinese cuisine will be served.

Fleetwood Community Centre

ID: 423064 | Feb. 5th | 11:30—2:00pm

Fee: \$17.50 | Member: \$15.50

### Focus on Seniors Webinar Series—Brain Health

The brain is one of your most vital organs, playing a role in every action and every thought. Just like the rest of your body it needs looking after and it is never too soon or too late to start! Register today to discover tips, strategies and goal setting practices that help your brain stay young and vital.

Online

ID: 421769 | Jan. 15th | 11:00am—12:00pm

**FREE**

### An Update Regarding Drop In Activities' Registration

Beginning the week of January 6th, registration for each Seniors Services activity will be available 1 week and 1 hour in advance. For example, if you would like to attend Drop In Cribbage on Wednesday at 12:30pm, you can sign up the Wednesday before at 11:30am. This way, when you check in for your activity, you can sign up for the next week's session at the same time. If you have any questions, please don't hesitate to give us a call, or to contact any of the Fleetwood 55+ team by email. Our contact information is in the top left of this page.

## Fleetwood Programs

### Spanish

Register for one of our Spanish courses, and begin practicing your pronunciation, conversational skills, and comprehension. In the intermediate classes, focus closer on sentences, phrases, and expressing ideas.

**Jan. 13th—Mar. 3rd | 7 sessions | \$63.70\***

#### Beginner Class

ID: 420155 | Mondays | 7:15—8:45pm | 19+

#### Intermediate Class

ID: 420140 | Mondays | 5:30—7:00pm | 19+

*\*Fee is the same for each course.*

### Guitar—Beginner

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar. **Jan. 13th—Mar. 3rd | 7 sessions**

ID: 420134 | Mondays | 7:30—8:30pm | 19+

Fee: \$46.90

### Bollywood Dance

Pretend you're in a Bollywood movie in this energetic dance class and learn Bollywood dance moves. No dance experience required.

**Jan. 15th—Mar. 5th | 7 sessions**

ID: 421593 | Wednesdays | 5:30—6:30pm | 19+

Fee: \$53.60

*This program is at Surrey Sport and Leisure Centre*

### Line Dance—Beginner

Learn line dancing basics, dance combinations and routines. No partner or experience needed. **Jan. 13th—Mar. 3rd | 7 sessions**

ID: 420126 | Mondays | 4:15—5:15pm | 55+

Fee: \$46.90 | Member: \$35.35

ID: 420132 | Mondays | 5:20—6:20pm | 19+

Fee: \$46.90

## Save The Date!

### Cribbage Tournaments

Friday, January 3rd | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 395488

Friday, January 17th | 12:00pm—3:00pm

Newton Seniors Centre | ID: 420453

Friday, January 24th | 12:00pm—3:00pm

Fleetwood Community Centre | ID: 420169

Friday, February 7th | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 417876

Friday, February 14th | 12:00pm—3:30pm

Cloverdale Recreation Centre | ID: 416034

Friday, February 21st | 12:00pm—3:00pm

Newton Seniors Centre | ID: 420454

### Bridge Tournaments

Friday, January 3rd | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 425705

Tuesday, January 28th | 11:00am—3:00pm

Cloverdale Recreation Centre | ID: 416031

Friday, February 7th | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 417110

Friday, February 25th | 11:00am—3:00pm

Cloverdale Recreation Centre | ID: 416032

## Armchair Traveler

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

Wednesday, January 8th | 1:30—2:30pm

Online | ID: 420185

Wednesday, February 12th | 1:30—2:30pm

Online | ID: 420188

Wednesday, March 12th | 1:30—2:30pm

Online | ID: 420190

**VIEW Online**

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

## Drop In Fitness 55+

A variety of 55+ 'Drop In' fitness classes are offered every week at Fleetwood Community Centre. If you are interested, please take a look at our schedule below! Some classes may fill up registration in advance, so please book ahead at our counter or by phone call where possible.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

### Drop In Fit 55+

Enjoy moderate intensity exercise consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques.

10:30am | Tuesday, Wednesday, and Thursdays

### Drop In Circuit Training 55+

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.

9:00am | Mondays, Wednesdays, and Fridays

### Drop In Chair Exercises 55+

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.

10:30am | Wednesdays

## Drop In Mahjong 55+

Join a game of Mahjong. New players welcome. Currently, we have enough equipment for 2-3 groups to play! Come try a game, and have a coffee or tea with other Mahjong enthusiasts.

*\*Included with Seniors Services Membership*

12:30—4:30pm | Thursdays

## Drop In Badminton

Get active with a game of badminton. Join up with other players or come with friends to form a team. Doubles play with player rotations. All skill levels and abilities welcome.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

Coyote Creek Elementary School

8:15—9:45pm | Tuesdays & Thursdays | Age 19+

Fleetwood Community Centre\*

7:00—8:30pm | Fridays | Age 55+

*\*Included with Seniors Services Membership*

## Volunteering Opportunities

Volunteering at the City of Surrey is an enriching, fulfilling experience. Volunteer opportunities are available in a variety of activities at the Fleetwood Community Centre and throughout the City. We are currently looking for volunteers for;

Mondays: *Drop In Bingo—Bingo Caller*

Thursdays: *Concession Assistant*

Fridays: *Concession Assistant*

Please email [Nisha.Samra@surrey.ca](mailto:Nisha.Samra@surrey.ca) if you are interested!

## WALKit Program

Free admission for all walks! Ages 55+.

Wed, Jan. 8th | Cloverdale Athletic Park

10:00—11:30am | ID: 415970

Wed, Jan. 15th | Redwood Park

10:00—11:30am | ID: 419580

Wed, Jan. 22nd | Fleetwood Park

10:00—11:30am | ID: 415978

Thurs, Jan. 23rd | Serpentine Greenway

10:00—11:30am | ID: 433779

Wed, Jan. 29th | Green Timbers Urban

10:00—11:30am | ID: 419582

Wed, Feb. 5th | Crescent Park

10:00—11:30am | ID: 419584

Wed, Feb. 12th | South Surrey Nature Walk

10:00—11:30am | ID: 415988

Wed, Feb. 19th | Fleetwood Walk

10:00—11:30am | ID: 415990

## Sudoku Puzzle

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