



Welcome

The Whalley Town Centre is home to multi-generational facilities offering adults 55+ a wide range of activities to meet community needs and promote health and wellness.

Facility Hours

Chuck Bailey

Monday - Thursday 9:00am - 9:00pm
Friday - Sunday 9:00am - 4:00pm

North Surrey Sport & Ice Complex

Monday - Wednesday 8:00am - 9:00pm
Thursday 6:00am - 9:00pm
Friday 8:00am - 9:00pm
Saturday - Sunday 8:00am - 8:00pm

Winter Break

Please note that the facility will be closed on Wednesday January 1st, 2025.

Volunteers

Below are our greatly appreciated volunteers who help out on a regular basis with our Senior's Programs:

- Bingo — **Cynnamon & Terry**
- Bridge — **Colette & Doreen**
- Carpet Bowling — **Warren**
- Choir — **Diane H.**
- Food Services — **Bob, Craig, Debbie, Gertie, Joyce K., Marge, Peter, Sandy, Warren & Wendy**
- Knitting — **Eniko**
- Painting for Pleasure — **Joyce M. & Maxine**
- Pottery — **Diane M.**
- Table Tennis — **Kim & Nancy**
- Snooker/Pool — **Steadwick**
- Xin Jiang - Uyghur Dance — **Lanying**
- Advisory Committee — **Colette, Diane H., Frank, Glynnis, Joyce M., & Maxine**

Looking to volunteer with the City of Surrey?

Learn more online at

<https://www.surrey.ca/about-surrey/>

Sunrise Café

**Monday - Friday
10:00am - 2:00pm**

Our café offers a casual setting for you to enjoy a meal and socialize with other members of the community. Enjoy a variety of baked goods, soups, sandwiches, hot beverages, and omelettes, available daily. Tuesday through Thursday, a hot lunch menu option is offered until meals run out. **Please note that the café will be closed on Wednesday January 1st, 2025.**

Jan 2	Cabbage Roll
Jan 3	Chicken Cordon Bleu
Jan 7	BBQ Pork
Jan 8	Oven Baked Chicken Thighs
Jan 9	Ribs
Jan 14	Wonton Soup
Jan 15	Chicken Schnitzel
Jan 16	Chicken Cordon Bleu
Jan 21	Chicken Pot Pie
Jan 22	Shepherd's Pie
Jan 23	Baked Salmon
Jan 28	Perogies
Jan 29	Roast Pork
Jan 30	Meatballs and Mashed

Seniors Services Membership & Membership Activities

The City of Surrey's Seniors Services Membership (55+) gives you local and citywide access to welcoming recreation, social spaces, and fun ways to connect with your community. For \$30/year, enjoy access to free or nominal fee volunteer-led registered drop-in activities, events, and clubs, as well as discount pricing on select 55+ registered programs. Looking to try a program out? Join us for up to 3 free drop ins. All 55+ Drop In Membership Activities require registration before attending. You can register online, by phone or by stopping by any City of Surrey Recreation Centre. **Please note you must have a valid membership at the start date of the program to receive the discount or be able to register for the program.**

55+ Membership Activity Groups			
Monday	Pottery Xin Jiang Dance	10:15am - 2:15pm 9:30am - 11:30am	Surrey Arts Centre North Surrey Sport & Ice Complex
Tuesday	Carpet Bowling Painting Choir Table Tennis	9:30am - 12:00pm 9:30am - 12:30pm 12:30pm - 2:30pm 1:00pm - 3:00pm	Chuck Bailey Chuck Bailey Chuck Bailey Chuck Bailey
Wednesday	Pickleball Xin Jiang Dance	9:30am - 11:30am 9:30am - 11:30am	Chuck Bailey North Surrey Sport & Ice Complex
Thursday	Carpet Bowling Table Tennis Knitting & Crafting	9:30am - 12:00pm 1:00pm - 3:00pm 1:00pm - 3:00pm	Chuck Bailey Chuck Bailey Chuck Bailey
Friday	Bridge	12:30pm - 3:00pm	Chuck Bailey
Saturday	Bingo	11:00am - 1:30pm	Chuck Bailey
Daily	Snooker & Pool	During facility operating hours.	Chuck Bailey

We would like to extend our gratitude to our café team! Our staff and volunteers have spent countless hours serving our community with excellence and a smile. Thank you so much for all you do!

VIEW Online

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

Surrey Fire Fighters Charitable Society Annual Surrey Tree Chip

Saturday, January 4 |
Guildford Town Centre |
10355 152 St

Since 1944, Surrey fire fighters have been chipping trees and collecting donations benefiting the Surrey Fire Fighters Charitable Society for youth and family programs. Trees are accepted to be chipped with a small cash donation. All proceeds will go to the Surrey Fire Fighters Charitable Society. Every cent goes back into Surrey communities through various charities. For more information please visit the following link: <https://www.surrey.ca/news-events/events/surrey-fire-fighters-tree-chip>.

Focus on Seniors Webinar Series

Wednesday, January 15 |
11:00am - 12:00pm
Online

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 you brain stay young and vital. To register please visit the following link: <https://www.surrey.ca/news-events/events/focus-seniors-webinar-series>

Seniors Lounge

Our Seniors Lounge is open for those with a Seniors Services Pass. Come sip on coffee, read a book, or play a game of cards with your friends! Open during facility operating hours.

Chuck Bailey Recreation Centre
13458 107A Ave | 604-598-5898

North Surrey Sport & Ice Complex
10950 126A St | 604-591-4410

Surrey Arts Centre
13750 88 Ave | 604-501-5566

Winter Opening: Forming Futures Art Party

Saturday, January 25 | 6:30pm - 9:00pm
Surrey Art Gallery | 13750 88 Ave
Celebrate the launch of the Gallery's 50th anniversary series of art parties with our winter season of exhibits.

Tickets are free. For more information do visit the following link <https://www.surrey.ca/news-events/events/winter-opening-forming-futures-art-party>.

Seniors Book Club

Wednesday January 8 | 10:00am - 11:30am
City Centre Library | 10350 University Drive
Join us for our monthly book club! We will read a new title each month, and have a friendly discussion. Light refreshments will be served. **Registration is required.** For more information, please visit the following link: <https://www.surreylibraries.ca/events/seniors-book-club-0?eventdate=2025-01-08%2010%3A00%3A00%20>.

Upcoming Tournaments

Bridge Tournament

Friday, January 3 | 11:00am - 3:00pm
Friday, February 7 | 11:00am - 3:00pm
Chuck Bailey Recreation Centre

Registration is required for all drop ins and tournaments. Please stop by our front desk or call 604-598-5898 for more information and to register.

Drop In Chair Exercises - 13+

Fridays | 10:30am - 11:30am
Chuck Bailey Recreation Centre
Work out without the ups and downs of a regular fitness class. Each class includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

Drop In Yoga - 13+

Tuesdays | 9:15am - 10:15am
North Surrey Sport and Ice Complex
Develop strength, flexibility and proper body alignment using a variety of yoga poses, breathing exercises and relaxation techniques. May include a meditation component.

Sunrise Café Update

Effective Sunday February 18th, 2025 the Sunrise Café menu items will have a minimal price increase. Please contact Samantha Crooks if you have any inquiries. We thank you in advance for your understanding and continued support.

Special Café Day

Come and participate in our special café day word search activity for a chance to win a prize which will take place on Thursday, January 30th during our café operating hours!

Wickenheiser World Female Hockey Festival

Friday January 31 - Sunday February 2 |
North Surrey Sport and Ice Complex |
10950 126A St

WickFest shines a spotlight on female hockey, providing a platform to develop players and inspire young girls to embrace the sport. Now one of Canada's largest female hockey tournaments, WickFest attracts athletes from across the country and the United States, showcasing the talent and spirit that make this event truly unforgettable. **Tickets are free, for more information email sportsurrey@surrey.ca.**

Arm Chair Traveller Debut

Thursday January 16 | 1:00pm - 3:00pm
Chuck Bailey Recreation Centre

Register for Chuck Bailey's very first Arm Chair Traveller program! Explore the beauty of Paris and French culture from the comfort of a chair by watching documentaries, playing games and having snacks! **Price is \$5.50.**

Schubert's Third Symphony

Sunday January 19 | 7:00pm - 9:00pm
Bell Forming Arts Centre | 6250 144 street
Italian conductor and pianist Vanessa Benelli Mosell, makes her Vancouver Symphony Orchestra debut. The program also features Schubert's joyful Third Symphony. **Tickets are \$50. For more information, please visit <https://www.vancouversymphony.ca/event/schuberts-third-symphony/>.**