



August 2024

Newton SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome

Newton Seniors' Centre is located in the heart of Newton and is a recreation facility offering adults 55+ a wide range of activities and programs. We strive to meet community needs at every level, including fitness, health and wellness, games, special events, bus trips, and more.

Facility Hours of Operation

Mon to Fri - 8:30am - 3:30pm

Newton Recreation Centre Public Swim days and times

Monday: 12:30pm-3:30pm & 6pm - 9:00pm
Tuesday: 12:30pm-3:30pm & 7pm - 9:00pm
Wednesday: 12:30pm-3:30pm
Thursday: 12:30pm-3:30pm & 7pm - 9:00pm
Friday: 10:00am-9:00pm
Saturday and Sunday: 12:30pm-8:00pm

August Hot Meal Schedule

Food Services

Mon - Friday - 10am - 1:30pm

Hot Meals Monday - Friday 11:30am - 1:30pm

Menu subject to change

Thurs	Aug 1	Perogies & Cabbage Rolls
Fri	Aug 2	Soup & Sandwich
Mon	Aug 5	CLOSED
Tues	Aug 6	Chicken Alfredo
Wed	Aug 7	Soup & Sandwich
Thurs	Aug 8	Macaroni & Cheese
Fri	Aug 9	Summer BBQ Grill Party
Mon	Aug 12	Beef Dip
Tues	Aug 13	Potato Crusted Cod
Wed	Aug 14	Soup & Sandwich
Thurs	Aug 15	Liver & Onions
Fri	Aug 16	Soup & Sandwich
Mon	Aug 19	Fish & Chips
Tues	Aug 20	Shephard's Pie
Wed	Aug 21	Soup & Sandwich
Thurs	Aug 22	Lasagna
Fri	Aug 23	Soup & Sandwich
Mon	Aug 26	Swedish Meatballs
Tues	Aug 27	Chicken Parmesan
Wed	Aug 28	Soup & Sandwich
Thurs	Aug 29	Hamburgers & Fries
Fri	Aug 30	Soup & Sandwich

Save the Date

For more information about 'Save The Date' please call 604.501.5010.

M	Aug 5	CLOSED
W	Aug 7	Movie: "Eat, Pray, Love"
W	Aug 7	Bus Trip: Granville Island
F	Aug 9	Summer BBQ Grill Party
F	Aug 16	Cribbage Tournament
M	Aug 19	Grandparent & Me Tea
F	Aug 30	August Birthdays Party
M	Sept 2	CLOSED

Summer BBQ Grill Party

Enjoy an afternoon of food from the grill & socializing with friends and family of all ages. Family friendly activities & games will also be a part of the festivities. A vegetarian food options will be available.

Fri	Aug 9	11:30am-1:30pm
	1 sessions	#386321
	Fee	\$7.00



Grandparents & Me Tea

Celebrate the season with your grandchildren as you make crafts, decorate cookies, and sip hot drinks. Suitable for kids aged 3-12.

Mon	Aug 19	12:30pm-2:30pm
	1 sessions	#389629
	Child	\$7.00
	Grandparent	\$3.00

Extreme Heat Relief

The City of Surrey has various civic facilities available to anyone seeking relief from extreme heat or wildfire smoke during the summer months.

Please call 604-501-5500 or visit surrey.ca/heatrelief for a list of locations near you.

Seniors Services Membership

Seniors 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 Seniors Services Membership fee is \$27.50 annually.**

Mon	Carpet Bowling	9:00am-11:00am
	Woodcarving	9:15am-12:00pm
	Story Sharing Social	10:00am-12:00pm
Tue	Pickleball *Newton Rec Centre	8:30am-10:30am
	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Canasta	1:00pm-3:15pm
	Table Tennis	1:00pm-3:15pm
Wed	Table Tennis	8:45am-11:15am
	Women's Social Group in Punjabi	10:00am-12:30pm
	Pickleball *Newton Rec Centre	10:00am-12:30pm
	Cribbage *partner needed	12:00pm-3:00pm
	Carpet Bowling	1:00pm-3:00pm
Thu	Cribbage *partner needed	12:00pm-3:00pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:15pm
Fri	Table Tennis	8:45am-11:15am
	Painting	9:15am-12:15pm
	Writing Group *3rd Fri monthly*	10:00am-12:00pm
	Rummoli	12:30pm-3:15pm
M-F	Billiards	8:45am—3:15pm

Thank you Volunteers!

The Newton Seniors Centre staff want to thank all of our volunteers for all the help they give in our food service area and with the membership groups. They are a vital part of the Centres operation and success.

We appreciate the hard work and dedication you give.

Fitness & Wellness

Newton Seniors Centre:

Hawaiian Dance 55+

Mon Sept 3	10:30am - 12:00pm
6 sessions	#406458
Member	\$45.30
Non Member	\$60.30

Chair Yoga 55+

Fri Sept 6	1:45pm - 2:45pm
8 sessions	#394302
Member	\$56.80
Non Member	\$75.60

Tai Chi 55+

Fri Sept 6	9:15am - 10:15am
8 sessions	#394300
Member	\$48.80
Non Member	\$65.20

Yoga 55+

Mon Sept 9	11:30am - 12:30pm
6 sessions	#394304
Member	\$42.60
Non Member	\$56.70

Chair Exercises - 55+

Mon Sept 9	10:45am - 11:45am
8 sessions	#394288
Member	\$80.00
Non Member	\$80.00

Osteofit 55+

Mon Sept 9	11:30am - 12:30pm
8 sessions	#394284
Member	\$51.60
Non Member	\$68.80

Arthritis Joint Works - Beginner 55+

Tues Sept 24	10:15am - 11:15am
11 sessions	#394259
Member	\$70.95
Non Member	\$94.60

Arthritis Joint Works - Intermediate 55+

Tues Sept 24	11:30am - 12:30pm
11 sessions	#394275
Member	\$70.95
Non Member	\$94.60

Drop-in Fit 55+

Tues & Thurs	9:00am - 10:00am
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Newton Recreation Centre:

Line Dance - Beginner 55+

Wed Sept 4	1:30pm - 2:30pm
8 sessions	#394308
Member	\$40.40
Non Member	\$53.60

Line Dance - Intermediate 55+

Wed Sept 4	2:45pm - 3:45pm
8 sessions	#394428
Member	\$40.40
Non Member	\$53.60

Drop-in Fit 55+

Mon	10:30am - 11:30am
Wed	9:30am - 10:30am
Fri	10:00am - 11:00am

Newton Seniors' Centre
13775 — 70 Avenue V3W 0E1
604-501-5010

Summer Bus Trips

"Granville Island"

Join us for a walk along the sights and shops at Granville Island Public Market.

Wed Aug 7	8:30am - 2:30pm
1 session	#389739
Member	\$25.25
Non Member	\$30.25
Newton Seniors Centre	

Movie Afternoon

"Eat, Pray, Love"

A married woman (Julia Roberts) realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to find herself.

Wed Aug 7	1:00pm - 3:30pm
1 session	#383625
Fee	FREE
Newton Seniors Centre	

3 WAYS TO Register

Go Online	surrey.ca/register
By Phone	604-501-5100
In Person	At any Surrey Parks, Recreation & Culture facility

August Birthdays Party

Enjoy a birthday celebration with your friends! Whether your birthday is this month, or you want to join in and celebrate others, you are invited to socialize and have fun. A hot beverage and a piece of cake are included in the fee. **If it's your birthday—it's free!**

Fri Aug 30	1:00pm-2:00pm
1 sessions	#383571
Fee	\$3.45

Free Legal Advice Clinics

On the third Tuesday of each month, Surrey First BC is offering free law advice to older adults. They can answer questions on Wills & Estates, Power of Attorney, Small Claims Court and Elder Abuse. Note: lawyers are not able to offer advice about Real Estate Conveyancing, Family or Criminal Law. To book an appointment please call 604-688-1927.

Group Updates

The Newton Seniors Computer Club will be taking a break over the summer between June 10 - Sept 8. It will return Monday, Sept 9. For information and updates visit the website at: www.nsgcc.info

Newton Seniors Advisory Board

2023-2024 Advisory Board

President	Ray A
Vice President	Gerry L
Treasurer	Kristen W
Recording Secretary	Kristen W
Correspondence	Diane A

Activity Representatives

Arts & Crafts

Wood Carving, Bazaar Group, Krazy Krafters

Cards & Games

Karen B & Pat T

Bingo, Cribbage, Rummoli, Canasta

Cultural

Writing Group, Painting for Pleasure

Education

Angus G

Computer Group

Social

Joan D & Diane A

Special Events, Women's Social Group, Fun Jammers

Sports & Equipment

Gabriel M & Don R

Billiards/Snooker, Carpet Bowling, Table Tennis

August Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri Aug 2
Cloverdale	Fri Aug 9
Newton	Fri Aug 16
Fleetwood	Fri Aug 23

Reminder partners are needed to play

Drop In Seniors Services Sports

Newton Recreation Centre

Tuesdays:

Pickleball 8:30am - 10:30am

Wednesdays:

Pickleball 10am - 12pm

Thursdays:

Badminton *1/2 gym 12:30pm - 2:00pm

Fridays:

Pickleball 8:30am - 10:30am

Pickleball 12:30pm - 2:00pm

Please arrive 5-10 minutes before your sport.

Note: during the summer, some days & times may be cancelled due to registered camp programs.

Please look online for up to date schedules.