



**February 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.

### **\*NEW\* Facility Hours of Operation**

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

### **Newton Recreation Centre Public Swim days and times**

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

## February Hot Meal Schedule

### Food Services

Mon - Friday - 10am - 2pm

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

**\*Menu subject to change\***

Thurs	Feb 1	Butter Chicken
Fri	Feb 2	Hot Turkey Sandwich
Mon	Feb 5	Crispy Chicken
Tues	Feb 6	Potato Crusted Cod
Wed	Feb 7	Mac & Cheese
Thurs	Feb 8	Chicken Fried Rice
Fri	Feb 9	Soup & Sandwich
Mon	Feb 12	Fish & Chips
Tues	Feb 13	Lasagna
Wed	Feb 14	Liver & Onions
Thurs	Feb 15	Belgian Waffle Brunch
Fri	Feb 16	Grilled Cheese Sandwich
Mon	Feb 19	CLOSED
Tues	Feb 20	Chicken Cordon Bleu
Wed	Feb 21	Stew
Thurs	Feb 22	Perogies & Cabbage Rolls
Fri	Feb 23	Chicken Pot Pie
Mon	Feb 26	Spaghetti & Meatballs
Tues	Feb 27	Bangers & Mash
Wed	Feb 28	Chili
Thurs	Feb 29	Meat Loaf

## Save the Date

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

F	Feb 9	Special Event Dinner & Dance: Max Eleven
F	Feb 16	Cribbage Tournament
M	Feb 19	CLOSED
F	Feb 23	February Birthdays Party
W	Feb 28	Movie Afternoon: Grumpy Old Men

## Bazaar Crafters Wanted

The Bazaar Crafters group is in need of new members. They produce the crafts in the display cases, with proceeds from the sales going to help to enhance the programs within the Centre. If you knit, crochet, quilt, or have other crafting talents, please join them on Thursday afternoons from 1-3pm. Supplies are provided.

## February Special Event

### "Lunar New Year Celebration"

Friday, Feb 9	5:00pm-9:00pm
Registration	#376671
Members	\$25.00
Non Members	\$31.50

Come celebrate the Year of the Dragon at our Lunar New Year dinner & dance. Enjoy a delicious meal and a night of dancing and entertainment by Max Eleven, playing classic rock hits. A vegetarian meal option will be available. Table reservation is open, please see the front counter for info.



## 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.**

<b>Mon</b>	Carpet Bowling	9:00am-11:00am
	Wood Carving	9:15am-12:00pm
	Story Sharing Social	10:00am-12:00pm
	Women's Social Group	10:30am-1:00pm
	Computer Club General Meeting	1:00pm-3:00pm
<b>Tue</b>	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:30am-12:30pm
	Writing Group	10:00am-12:00pm
		*4th Tue monthly*
	Canasta	1:00pm-3:30pm
	Table Tennis	1:00pm-3:30pm
<b>Wed</b>	Table Tennis	8:30am-11:00am
	Cribbage	12:30pm-3:30pm
	Carpet Bowling	1:00pm-3:00pm
<b>Thu</b>	Cribbage	12:30pm-3:30pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:30pm
<b>Fri</b>	Table Tennis	8:30am-11:00am
	Painting	9:15am-12:15pm
	Computer Club Lab Help	10:00am-12:00pm
	Rummoli	12:30pm-3:30pm
<b>M-F</b>	Billiards	8:30am—3:30pm

## Newton Seniors Computer Club 2024 Courses

The Winter 2024 Computer Club course brochure is out now. Please see the front desk for a copy and to register, or visit their website at <https://newtonseniorscompu.wixsite.com/my-vxw-site-aceble>

# Fitness & Wellness

## Newton Seniors Centre:

### Chair Yoga 55+

Fri Feb 9	1:45pm - 2:45pm
8 sessions	#352963
Member	\$55.20
Non Member	\$73.20

### Yoga 55+

Mon Feb 5	11:30am - 12:30pm
7 sessions	#352017
Member	\$48.30
Non Member	\$64.05

### Tai Chi 55+

Fri Jan 12	9:15am - 10:15am
10 sessions	#352960
Member	\$58.00
Non Member	\$77.50

### Arthritis Joint Works - Beginner 55+

Tues Feb 20	10:15am - 11:15am
12 sessions	#352020
Member	\$74.40
Non Member	\$99.60

### Arthritis Joint Works - Intermediate 55+

Tues Feb 20	11:30am - 12:30pm
12 sessions	#352036
Member	\$74.40
Non Member	\$99.60

### Chair Exercises - 55+

Thurs Jan 25	1:00pm - 2:00pm
8 sessions	#361281
Member	\$58.00
Non Member	\$77.60

### Zumba Gold - 55+

Tues Feb 20	2:30pm - 3:30pm
6 sessions	#352876
Member	\$41.40
Non Member	\$54.90

### Drop-in Fit 55+

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

### Line Dance - Beginner 55+

Wed Feb 21	2:00pm - 3:00pm
6 sessions	#352959
Member	\$28.80
Non Member	\$38.40

### Line Dance - Intermediate 55+

Wed Feb 21	3:15pm - 4:15pm
6 sessions	#371426
Member	\$28.80
Non Member	\$38.40

### Osteofit – Level 1 55+

Tues Jan 23	10:15am - 11:15am
8 sessions	#352806
Member	\$44.09
Non Member	\$59.02

### Drop-in Fit 55+

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

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

# Movie Afternoon: "Grumpy Old Men"

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

Wednesday, Feb 28	1pm - 3pm
Registration	#352957
Fee	FREE

## Chronic Pain Management Program

This program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

Wed Feb 14	9:30am-12:00pm
6 sessions	FREE
Register at 604-940-1273	

## \*NEW Monthly Birthday Parties

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 Feb 23	1:00pm-2:00pm
1 sessions	#369147
Fee	\$3.45

## February Cribbage Tournaments

Location	Date
Guildford	Fri Feb 2
Cloverdale	Fri Feb 9
Newton	Fri Feb 16
Fleetwood	Fri Feb 23

Don't forget to register to save your spot!

## Program Reminder

Please make sure to start and finish the program you attend at the times allotted. Arriving early or running late can impact other programs and members. Thank you for your understanding.



# Newton Seniors Advisory Board

## 2022-2023 Advisory Board

President	Ray A
Treasurer	Kristen W
Recording Secretary	Kristen W
Correspondence	Joan D
Equipment	Baldev K

## Activity Representatives

Arts & Crafts	Joan W
Craft/Bazaar Group	Krazy Krafters

Cards & Games	Karen B & Lydia M
Bingo   Cribbage   Rummoli	

Cultural	Brenda C
Writing Group   Painting for Pleasure	

Education	Angus G
Computer Group & Classes   Woodcarving Group	

Social	Joan D
Special Events   Women's Social Group	

Sports & Fitness	Gabriel M
Billiards/Snooker   Carpet Bowling   Table Tennis	

## Free Legal Advice Clinics

On the first Tuesday of each month, Surrey First BC is now 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.

## Drop In Seniors Sports

### Newton Recreation Centre

<b>Tuesdays:</b>	
Pickleball	8:30am - 10:30am
<b>Wednesdays:</b>	
Pickleball	10am - 12pm
<b>Thursdays:</b>	
Badminton	12:30pm - 2:00pm
<b>Fridays:</b>	
Pickleball	8:30am - 10:30am
Pickleball	12:30pm - 2:00pm