



# Cloverdale SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome!

The Cloverdale Recreation Centre is located in the heart of Cloverdale. We are a multi-generational facility offering adults aged 55+ a wide range of activities. We strive to meet our community needs at every level including fitness, health & wellness, games, bus trips, special events and more.

### CRC Facility Hours of Operation

Monday - Friday 6:00am - 10:00pm  
Saturday 7:00am - 7:00pm  
Sunday 7:00am - 5:00pm

### Food Services

Monday - Friday 9:00am - 2:00pm  
*\*hours subject to change*

### Lounge

Open during Facility Operation hours.

## 55+ Team

Feel free to call, email or stop by the Seniors Services office on the second floor at Cloverdale Rec Centre!

**Brandy** - 604-502-6409  
Brandy.Levington@surrey.ca

**Erin C.** - 604-592-7075  
Erin.Cooper@surrey.ca

**Beverley** - Beverley.Rennicks@surrey.ca

**Rosanna** - Head Cook

## Happy National Volunteer Week 2024! April 14-20th

To our Volunteers!

Thank you for stepping up to volunteer when we need help in our programs. By sharing your time, skills, empathy and creativity, you become a valued and trusted partner in the Adult/55+ Services. Your volunteer work greatly enriched the lives of many. We wouldn't have done it without your ongoing involvement. We can't thank YOU enough for all you do. Happy National Volunteer Week!



## VIEW Online

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

## Seniors Services Membership

### Citywide Programs & Services

Senior 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 Senior Services Membership fee is \$27.50 annually.

55+ Membership Activity Groups Cloverdale Recreation Centre		
MON	Quilters	9:30am-12:30pm
	Cribbage	1:00pm-3:00pm
	Guitar	1:00pm-3:00pm
	Stamp Group <i>*4th Mon. only</i>	1:00pm-3:00pm
	Pickleball	12:00pm-2:00pm
TUE	Painting	12:30pm-2:30pm
	Fiddlers Group	1:00pm-4:00pm
	Social in Punjabi	1:00pm-3:00pm
	Table Tennis	1:00pm-3:00pm
WED	Knit & Chat	10:00am-12:00am
	Ukulele	10:00am-12:00pm
	Poker	11:30pm-4:00pm
	Pickleball	12:00pm-2:00pm
	Scrabble	12:30pm-2:30pm
	Bingo	1:00pm-3:00pm
THU	Computer Group	10:00am-12:00pm
	Pickleball	10:30am-12:30pm
	Bluegrass & Roots Jam	1:00pm-4:00pm
	Silvertones Choir	1:00pm-3:00pm
FRI	Pickleball	9:00am-11:00am
	Woodcarvers	9:00am-11:00am
	Table Tennis	1:00pm-3:00pm
55+ Membership Activity Groups Clayton Community Centre		
MON	Knit & Crafts	10:00am-12:00pm
TUE	Seep Card Group	11:00am-2:00pm
THU	Seep Card Group	11:00am-2:00pm
FRI	Drop In Social	10:00am-12:00pm
	Electric Guitar	10:00am-12:00pm

## Sharing Library

Take a book, leave a book, read a book!  
Find your next good read from the sharing library, located on the second floor lobby of Cloverdale Rec Centre.



## 55+ Registered Fitness

### CLOVERDALE REC CENTRE

#### Chair Exercises 55+

Registration Required 12:00pm-1:00pm  
Mon, April 8 - May 13 Event # 00368737

\$43.50 Members/ \$58.20 Non-Members

Wed, April 10 - May 15 Event # 00368742

\$43.50 Members/ \$58.20 Non-Members

### CLAYTON COMMUNITY CENTRE

#### Chair Exercises 55+

Registration Required 11:00am-12:00pm  
Thurs, Apr. 11 - May. 16 Event #00369825

Thurs, May. 23 - Jun. 27 Event #00369826

\$43.50 Members/ \$58.20 Non-Members

## 55+ Drop-in Fitness

### CLOVERDALE REC CENTRE

#### Fit 55+

Monday/Wednesday 8:15am-9:15am

#### Yoga

Friday 7:45am-8:45am

### CLAYTON COMMUNITY CENTRE

#### Ball, Balance & Strength 55+

Tuesday 10:45am-11:45am

Friday 9:30am-10:30am

#### Fit 55+

Tuesday & Thursday 9:15am - 10:15am

### Register to secure your spot.

*\*Schedule subject to change.*

*\*Drop-In fees or Full Facility Membership required. See facility schedule for annual/monthly membership prices.*

With a Full Facility Membership - Free  
Seniors (70+) \$2.00 Seniors (60-69) \$5.75  
Adult (19-59) \$7.50



# 55+ Rodeo Luncheon

Friday, May 24

12:00pm - 2:00pm

Yeehaw! Gallop on over for a Rodeo themed luncheon. Enjoy a meal while you socialize and listen to some tunes.

Registration Required Event # 00370175

\$9 Members/ \$11 Non-Members



## Seniors Services Spotlight: Computer Group

“Why ask your kids/grandkids for computer help when you might be able to learn to fix the issue by yourself.”

The computer group is an informal gathering of seniors who have an interest in increasing their computer skills. Participants are welcome to ask questions and bring topic ideas to the group. Some previously covered topics include: Internet safety, Facebook, photos and more! Microsoft and Apple devices welcome.

Thursdays 10:00am - 12:00pm

Cloverdale Recreation Centre



BIRD LAMB  
 BUD NET  
 EGG RAIN  
 FLOWER SPRING



# Save the Date

For more information about “Save the Date” please call 604-598-7960.

The Kitchen will be closed on April 1

- T Apr 02 Armchair Travel
- F Apr 12 Cribbage Tournament
- T Apr 16 Movie Afternoon
- F Apr 26 Spring Luncheon
- F Apr 30 Bridge Tournament
- T May 7 Armchair Travel
- F May 10 Cribbage Tournament
- T May 14 Movie Afternoon
- F May 24 Rodeo Luncheon
- F May 28 Bridge Tournament

## Armchair Travel

Immerse yourself in a different culture each month through video and food samples!

Destination: **Argentina**

Tues, Apr. 2 1:00pm - 3:00pm \$5.50

Registration Required Event # 00370178

## Movie Afternoon

Stop by for a **free** movie and a snack with friends!

Showing: **Barbie**

2023 - Comedy

*Starring: Margot Robbie & Ryan Gosling*

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

Tues, Apr. 16 1:00pm - 3:00pm Free!

Registration Required Event # 00370181

## Bus Trip

**Nikkei National Museum and Cultural Centre**

Explore over 100 years of Japanese Canadian history. Learn about Japanese arts and culture and take part in some relevant activities. Price includes transportation and activities.

Thurs, April 11  
 Cloverdale Recreation Centre 9:00am - 1:30pm  
 Registration Required Event # 00371797

Clayton Community Centre 9:30am - 2:00pm  
 Registration Required Event # 00369809

\$37.75 Members/ \$42.75 Non-Members

# Food Services

Stop by the 2nd floor lounge to enjoy fresh made soup, sandwiches and baked goods! Hot Meals are served Wednesdays between 11am-1:30pm, while supplies last.

Monday - Friday 9:00am - 2:00pm  
 \*hours subject to change

## \$7 Hot Meals

- W April 3 Bacon, Mushroom Omelette
- W April 10 Honey Lime Salmon
- W April 17 Chicken Parmesan
- W April 24 Egg Foo Young

## Seniors Services Spotlight: Textile Crafters

Join fellow crafters in a skill-sharing environment. Bring a project from home and work on it with the company of others. All crafts and levels are welcome.

Mondays 10:00am - 12:00pm  
 Clayton Community Centre

## Painting with Water Based Oils - Adult

Learn wet-on-wet techniques, colour mixing and how to use "warm" and "cool" colours to enhance your paintings.

Registration Required 1:00pm-3:00pm  
 Fri, Apr. 19 - Jun. 14 Event # 00368154

\$103.20 Members and Non Members

Cloverdale Recreation Centre

## Vaisakhi Parade

Vaisakhi Day takes place every year in April. To pay tribute to the harvest celebration roots of the parade, attendees are given free food and drink from hundreds of local residents and businesses. The parade will begin at approximately 9:30am at Gurdwara Sahib Dasmesh Darbar (12885 85 ave). The parade will feature cultural floats, community performers and live music.

Saturday, Apr. 20 9:30am

12885 85 Ave

Cloverdale Recreation 604-598-7960  
 6188 176 Street

Clayton Community Centre 604-502-6300  
 7155 187A Street