



**April 2024**

# Fleetwood SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome

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

15996 84 Avenue, Surrey, BC V4N 0W1

Monday to Friday: 8am - 8pm

Saturday & Sunday: 8am - 5pm

Closed on Statutory Holidays

Phone: (604) 501-5030



## Memberships

### Seniors Services Membership

The \$27.50 Seniors Services Membership grants adults 55+ access to volunteer lead activities held in all Surrey Recreation Facilities for one year. Pre-registration for these activities will be required.

### Annual Recreation Passes

If you purchase an annual Recreation Pass, it will allow you access to all Surrey pools, arenas, weight rooms, and drop-in fitness classes. Did you know it also includes Seniors Services Membership?

60 Years - 69 Years—\$416.25

70 Years and older—\$138.75

## Fleetwood 55+ Staff Team

Colleen Jeffrey – 55+ Coordinator

Jake Coey – 55+ Programmer

## Mother's Day Luncheon

Come out and celebrate Mother's Day with us! Have a cup of tea or coffee and enjoy a lunch with your family and friends.

**Fleetwood Community Centre** ID# 377774  
Saturday, May 4th 11:00am - 1:00pm  
Member: \$9.00 Non-Member: \$11.00

## Closure Notice

Fleetwood Community Centre will be having a facility closure from April 2<sup>nd</sup> – 10<sup>th</sup>. All programs will be cancelled during this time. If you have any questions, please do not hesitate to contact me at jakob.coey@surrey.ca. 😊

## May Birthday Party

If yourself or a friend celebrates a May birthday, come out and party with us! A hot beverage and a piece of cake are included.

**Fleetwood Community Centre** ID# 371345  
Monday, May 6<sup>th</sup> 11:30am - 12:30pm  
Fee: \$3.45

## Registered Programs

### Spanish - Beginner - Adult

Learn basic Spanish vocabulary, pronunciation and phrases to help build conversational skills and comprehension.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 5:00pm - 6:30pm  
Course ID# 368876 Fee: \$58.00

### Spanish - Intermediate - Adult

Build on basic Spanish skills. Learn to build sentences and phrases to start to express ideas. For intermediate skill levels.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 6:45pm - 8:15pm  
Course ID# 368877 Fee: \$58.00

### Guitar - Beginner - Adult

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar.

**Fleetwood Community Centre**  
Mondays: 7 Sessions  
April 15<sup>th</sup> – June 3<sup>rd</sup> 7:15pm - 8:15pm  
Course ID# 368875 Fee: \$44.80

### Line Dance - Beginner - 55+

Learn line dancing basics, dance combinations and routines. No partner or experience needed.

**Fleetwood Community Centre**  
Mondays: 7 Sessions Course ID# 368890  
April 15<sup>th</sup> – June 3<sup>rd</sup> 4:15pm - 5:15pm  
Member: \$33.60 Non-Member: \$44.80

55+ Seniors Services Membership Activities		
Monday	Mahjong	11:00am - 2:00pm
	Bingo	1:00pm - 3:00pm
	Ballroom Dance	1:00pm - 4:00pm
Tuesday	Coffee Social	9:00am - 12:00pm
	Bridge	12:30pm - 3:30pm
	Ballroom Dance	1:00pm - 4:00pm
	Table Tennis	6:30pm – 8:00pm
Wednesday	Knitting & Crocheting	9:00am - 12:00pm
	Coffee Social	10:00am - 12:30pm
	Table Tennis	12:00pm - 1:30pm
	Crib	12:30pm - 3:00pm
Thursday	Social in Mandarin	9:00am - 12:00pm
	Book Club	10:00am – 11:00am
	Seniors Services Connector	10:00am-12:00pm
	Live Music	12:00pm - 2:00pm
	Carpet Bowling	1:00pm - 3:00pm
Friday	Table Tennis	6:30pm – 8:00pm
	Coffee Social	10:00am – 12:30pm
	Women's Social in Punjabi	10:00am - 1:00pm
	Table Tennis	2:00pm - 3:30pm
M - F	SEEP	2:00pm - 6:00pm
	SEEP	12:30pm - 4:30pm

## Drop-in Book Club

Come by to enjoy some good reads, coffee, and discussion every week! We have 10 books to lend out, while everyone reads over the course of a month. We will start a **new book on April 11<sup>th</sup>**.

**Thursdays** 10:00am – 11:00am

## Drop-in Table Tennis

Come try out Table Tennis at one of our weekly drop-in times. Now available in the evenings!

**Tuesdays** 6:30pm - 8:00pm

**Wednesdays** 12:00pm - 1:30pm

**Thursdays** 6:30pm - 8:00pm

**Fridays** 2:00pm - 3:30pm

## Drop-in Mahjong

Come by our new Monday drop-in time to play a few rounds of Mahjong, enjoy some coffee and tea, and socialize.

**Mondays** 11:00am – 1:00pm





## Movie Afternoon

Enjoy an afternoon of film. Movies range from classics to contemporary.

### Newton Seniors Centre

Wednesday, April 3<sup>rd</sup>

1:00pm-3:00pm Event ID# 369122

### Cloverdale Recreation Centre

Tuesday, April 16<sup>th</sup>

1:00pm-3:00pm Event ID# 370181

### Cloverdale Recreation Centre

Tuesday, May 14<sup>th</sup>

1:00pm-3:00pm Event ID# 370182

## Want to Volunteer?

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. For information, please connect with recreation centre staff and/or contact Volunteer Resources by phone at 604-598-5863 or email at [volunteer@surrey.ca](mailto:volunteer@surrey.ca).

We are currently looking for an additional volunteer to support our drop-in BINGO program on Mondays from 1:00pm-3:00pm.

## Crossword Puzzle

### Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colourful sky phenomenon.
10. Defends from rain.
12. Grass is \_\_\_\_\_
14. Where a bird lives.
17. A bug that cocoons and becomes a \_\_\_\_\_
19. A young chicken.
20. Hatching from an \_\_\_\_\_
21. "\_\_\_\_\_ has sprung."
22. Red insect with black spots.

### Down

2. When birds are born they \_\_\_\_\_
4. Wiggly creature that lives in the ground
6. Short rainfalls.
7. Small pool of rain.
9. Plant with very narrow leaves growing.
11. Not a rabbit but a \_\_\_\_\_
13. A spring holiday.
15. This flower blooms in April or May in a range of colours.
16. A little wind.
17. Flower on a tree.
18. Often found on plants/trees.
19. It might hide the sun.

## Save The Date!

### Cribbage Tournaments

**Guildford Recreation Centre** ID# 380898  
Friday, April 5<sup>th</sup> 12:00pm - 3:30pm

**Cloverdale Recreation Centre** ID# 370185  
Friday, April 12<sup>th</sup> 12:00pm - 3:30pm

**Newton Seniors Centre** ID# 378732  
Friday, April 19<sup>th</sup> 12:00pm - 3:00pm

**Fleetwood Community Centre** ID# 378976  
Friday, April 26<sup>th</sup> 12:00pm - 3:00pm

**Guildford Recreation Centre** ID# 378545  
Friday, May 3<sup>rd</sup> 12:00pm - 3:30pm

**Cloverdale Recreation Centre** ID# 370186  
Friday, May 10<sup>th</sup> 12:00pm - 3:30pm

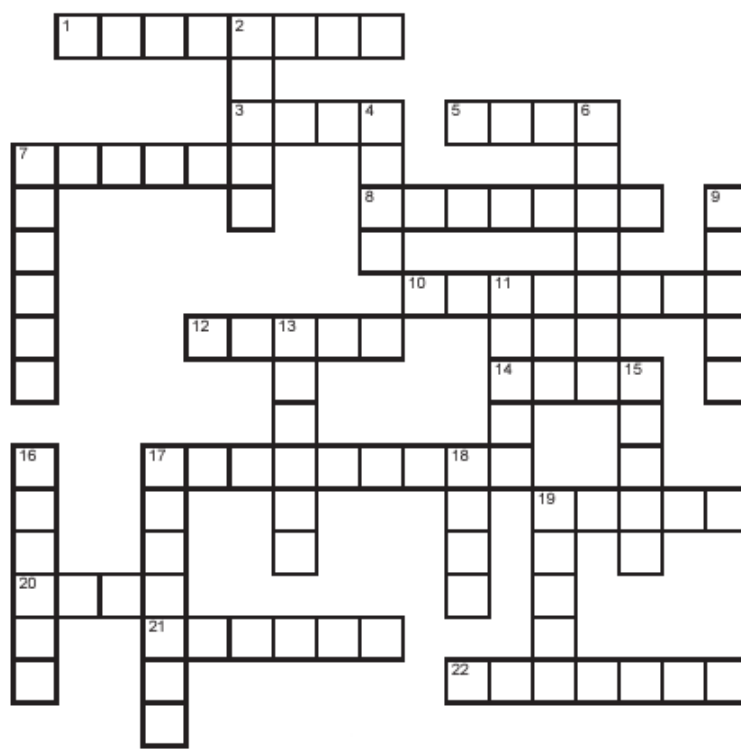
### Bridge Tournaments

**Chuck Bailey Recreation Centre** ID# 379234  
Friday, April 5<sup>th</sup> 11:00am - 3:00pm

**Cloverdale Recreation Centre** ID# 370189  
Tuesday, April 30<sup>th</sup> 11:00am - 3:00pm

**Chuck Bailey Recreation Centre** ID# 381443  
Friday, May 3<sup>rd</sup> 11:00am - 3:00pm

**Cloverdale Recreation Centre** ID# 370190  
Tuesday, May 28<sup>th</sup> 11:00am - 3:00pm



## 55+ Group Fitness

### Drop-in Fit 55+

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

**Tue, Wed, Thu** 10:30am - 11:30am

### 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.

**Mon, Wed, Fri** 9:00am - 10:00am

### Drop-in Chair Exercises

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.

**Wednesdays** 10:30am - 11:30am

## Armchair Traveler

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home- or in person at one of our facilities! 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.

### Cloverdale Recreation Centre

Tuesday, April 2<sup>nd</sup> 1:00pm - 3:00pm  
Event ID# 370178 Fee: \$5.50

### Online

Wednesday, April 10<sup>th</sup> 1:30pm - 2:30pm  
Event ID# 371353 Free

### Newton Seniors Centre

Wednesday, May 1<sup>st</sup> 1:00pm - 3:00pm  
Event ID# 369141 Fee: \$5.50

### Cloverdale Recreation Centre

Tuesday, May 7<sup>th</sup> 1:00pm - 3:00pm  
Event ID# 370179 Fee: \$5.50

### Online

Wednesday, May 8<sup>th</sup> 1:30pm - 2:30pm  
Event ID# 371355 Free

## WALKit Activity Program

Free admission for all walks.

**Green Timbers Park** Wed, April 3<sup>rd</sup>  
10:00am-11:30am Event ID# 382167  
12:00pm-1:30pm Event ID# 382170

**Guildford Recreation Centre** Wed, April 10<sup>th</sup>  
10:00am - 11:30am Event ID# 382171  
12:00pm - 1:30pm Event ID# 382174

**Elgin Heritage Park** Wed, April 17<sup>th</sup>  
10:00am-11:30am Event ID# 382184  
12:00pm-1:30pm Event ID# 382193

**Cloverdale Recreation Centre** Wed, April 24<sup>th</sup>  
10:00am-11:30am Event ID# 382202  
12:00pm-1:30pm Event ID# 382203

**Crescent Beach** Wed, May 1<sup>st</sup>  
10:00am-11:30am Event ID# 382204  
12:00pm-1:30pm Event ID# 382205

## Surrey Nature Walks

Join a guided nature walk around the Surrey Nature Centre and Green Timbers Park. Walks are designed for all ages and will go rain or shine. Free admission for all walks.

### Surrey Nature Centre

Saturday, April 13<sup>th</sup> 10:00am - 10:45am  
Event ID# 369442

### Surrey Nature Centre

Wednesday, April 24<sup>th</sup> 10:00am - 10:45am  
Event ID# 369445

### Surrey Nature Centre

Wednesday, May 11<sup>th</sup> 10:00am - 10:45am  
Event ID# 369447

