



February 2023

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!

Phone number: 604-501-5030

Fleetwood Recreation Centre

Hours of Operation

Monday to Friday - 8:00am - 8:00pm

Saturdays 8:00am - 5:00pm

Sundays 8:00am - 12:00pm

Closed on Statutory Holidays



Memberships

Seniors Services Memberships

\$25 Seniors Services Memberships allow Seniors 55+ to access to volunteer lead activities held in all Surrey Recreation Centres and Seniors lounges 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 Drop-in fitness classes. Did you know it also includes Seniors Services Membership?

Seniors Annual Recreation Pass

Seniors 60 Years-69 Years—\$404.50

Seniors 70 Years and older—\$135.00

Fleetwood Seniors Staff Team

Lana French—Seniors Coordinator

Jeremy Moore—Seniors Programmer

Special Event

Valentines Day Luncheon

We welcome our seniors to join us for a fun, Valentines Day-themed luncheon. This is a wonderful opportunity to connect and socialize with other seniors in the community. Join us for a catered lunch of sandwiches served with coffee & tea followed by dessert. To register please visit our front counter or call 604-501-5030.

Fleetwood Community Centre

Tuesday, February 14 12:00pm - 2:00pm

Event ID# 281539

Fee: Members \$9.00 Non-members \$11.00

WALKit Activity Program

Join us as we step back in time and explore history, the present and the future! Several highlights on this route include the Clova Theater, built in 1946, the Museum of Surrey and the BC Truck Museum.

Cloverdale Recreation Centre

Wednesday, February 01 10:00am - 11:30am

Event ID# 278788

Fee: FREE

Join us on this local urban and nature walk that highlights community services and programs. Learn about the history of Fraser Heights and explore local landmarks such as Fraser Heights Park and Fraserglenn Park.

Fraser Heights Recreation Centre

Wednesday, February 15 10:00am - 11:30am

Event ID# 278797

Fee: FREE

Join us on this local urban and nature walk that will highlight local community services, and programs. Explore the trails in Unwin Park and learn more about the Garden of Generations.

Unwin Park

Wednesday, February 22 10:00am - 11:30am

Event ID# 279254

Fee: FREE



Drop In Activities

55+ Membership Activity Groups		
Monday	Ballroom Dance	1:00pm - 4:00pm
	Bingo	1:00pm - 3:00pm
Tuesday	Social Coffee	9:00am - 12:00pm
	Bridge	12:30pm - 3:30pm
	Ballroom Dance	1:00pm - 4:00pm
Wednesday	Knitting	9:00am - 12:00pm
	Table Tennis	12:00pm - 1:30pm
	Crib	12:30pm - 2:30pm
Thursday	Social in Mandarin	9:00am - 12:00pm
	Seniors Services Connector	11:00am-1:00pm
	Blood Pressure Clinic (1st Thursday of the month)	11:00am - 1:00pm
	Live Music	12:00pm - 2:00pm
	Carpet Bowling	1:30pm - 3:30pm
	Friday	Women's Social in Punjabi
	Table tennis	2:00pm - 3:30pm
Monday - Friday	SEEP	2:00pm - 6:00pm
Saturday	SEEP	12:30pm - 4:30pm

Seniors Fitness

Fit 55+ (Drop-In)

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

Tuesdays, Wednesdays (**NEW**) & Thursdays
10:30am - 11:30am

Circuit Training 55+ (Drop-In)

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.

Mondays & Wednesdays
9:00am - 10:00am (**NEW TIME**)

Fleetwood Community Centre

* pre-registration is required

Nature Walk

Join one of our team members for 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.

Surrey Nature Centre	All Ages
Saturday February, 11	10:00am - 10:45am
Event ID# 227343	
Fee: FREE	
Wednesday February, 22	10:00am - 10:45am
Event ID# 227342	
Fee: FREE	

Live Music 'Jammers'

Do you enjoy live music? Do you play a musical instrument or sing? If so, join us on Thursday afternoons for our Live Music 'Jammers' at the Fleetwood Community Centre.

If you play an instrument or sing feel free to join the 'Jammers' as they perform, everyone is welcome! If you want to enjoy the show just join the audience and sing along or get up and dance if you like! Seniors Services Membership required in order to attend.



Family Day

A whole day of family fun awaits at your museum. Try your luck at playing board games and then partake in a scavenger hunt. This drop-in will have simple activities for families to bond together.

Museum of Surrey

Monday, February 20 1:00pm - 4:00pm
Event ID# 239239
Fee: FREE



Seniors Volunteers

Volunteering at the City of Surrey is an enriching, fulfilling experience. By becoming a City of Surrey volunteer, you can help support the community we are all a part of. 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.

Upcoming Events

Save The Date

Cribbage Tournaments

- Guildford Recreation Centre**
Friday, February 03 12:00pm - 4:00pm
Event ID# 260852
- Cloverdale Recreation Centre**
Friday, February 10 12:00pm - 3:00pm
Event ID# 238926
- Newton Recreation Centre**
Friday, February 17 12:00pm - 3:00pm
Event ID# 260350
- Fleetwood Community Centre**
Friday, February 24 12:00pm - 3:30pm
Event ID# 269364
- Cloverdale Recreation Centre**
Friday, March 10 12:00pm - 3:00pm
Event ID# 238940
- Newton Recreation Centre**
Friday, March 17 12:00pm - 3:00pm
Event ID# 260352
- Fleetwood Community Centre**
Friday, March 24 12:00pm - 3:30pm
Event ID# 269370

Bridge Tournaments

- Chuck Bailey Community Centre**
Friday, February 03 11:00am - 3:00pm
Event ID# 256010
- Cloverdale Recreation Centre**
Tuesday, February 28 11:00am - 3:00pm
Event ID# 238839
- Chuck Bailey Community Centre**
Friday, March 03 11:00am - 3:00pm
Event ID# 256012

Connecting Generations

Connecting Generations provides an opportunity for dialogue by bringing together youth and seniors of diverse backgrounds and cultures. The project facilitates the opportunity for dialogue within an environment where people feel comfortable to have conversation that would normally not be discussed and/or addressed from various cultures and generations, while promoting learning, sharing experiences, and hearing each other's stories.

For more information contact us at: agefriendlyforseniors@surrey.ca

Sudoku

4	5							
		2		7		6	3	
							2	8
			9	5				
	8	6				2		
	2		6			7	5	
						4	7	6
	7			4	5			
		8			9			

Fleetwood Community Centre
15996—84 Avenue
Surrey, BC V4N 0E9

Online ArmChair Traveler

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home. Enjoy photos, and video during these sessions with an opportunity for some discussion and sharing once the presentation is over.

Online Presentation

Wednesday, February 08 1:30pm - 2:30pm

Dollard's Way: Adventure along the Ottawa River

Event ID# 269494

Fee: FREE

Link: [ArmChairTravelerFebruary](#)

Wednesday, March 08 1:30pm - 2:30pm

Destination TBA!!!

Event ID# 269495

Fee: FREE

Link: [ArmChairTravelerMarch](#)

African Descent History in BC

Explore the history of the African diaspora in BC, including connections to the Scott family of Cloverdale, in this online talk presented by Yasin Kiraga Misago, President of the African Descent Society of BC.

Thursday, February 09 6:30pm - 7:30pm

Event ID# 235252

Fee: FREE

Link: [AfricanDescentHistory](#)

Technology Forum 55+

Learn about relevant digital resources that support healthy active aging, can help make life easier and connect you with those you care about. This project is funded by Employment and Social development Canada's New Horizons for Seniors Grant. Visit surrey.ca/seniors or contact agefriendlyforseniors@surrey.ca for more information.

Clayton Community Centre

Saturday, February 11 9:00am - 2:30pm

Event ID# 237870

Fee: FREE

Link: [TechnologyForum](#)

Focus On Seniors Webinar

Join us for an informative webinar for seniors, their families and caregivers. Tune in for a variety of topics and resources relevant to 55+ adults living in Surrey.

Wednesday, February 15 11am - 12pm

Event ID# 237885

Fee: FREE

Link: [FocusOnSeniorsFebruary](#)

Wednesday, March 15 11am - 12pm

Event ID# 237888

Fee: FREE

Link: [FocusOnSeniorsMarch](#)