



**February 2023**

**Guildford SENIORS**

**RECREATION SURREY**  
Healthy Communities. Active Together.

## Welcome

The Guildford Recreation Centre is located in the heart of Guildford. We are a multigenerational facility offering adults 55+ a wide range of activities. We strive to meet our community needs at every level, including fitness, health and wellness, games, bus trips, special events and more. We welcome you to drop by and visit our seniors lounge and meet some of our members.

### Hours of Operation—Recreation Centre:

Monday to Friday: 6am - 9pm  
Saturday and Sunday: 6am - 8pm

### Phone Number—Recreation Centre:

604-502-6360

### New Seniors Lounge Hours

Come join us Monday through Friday in our Guildford Seniors Lounge for drop-in activities, socialization, food services and more!

### Hours of Operation—Seniors Lounge:

Monday to Friday: 9am - 4pm

### Seniors Kitchen (coffee, tea & baked goods):

Monday to Friday: 10:30am-1:30pm

## Memberships

### Seniors Services Membership —

**\$25**

Seniors Services Membership (valid at all seniors lounges and centres)

For just \$25 a year, enjoy:

- ♦ access to free or nominal fee volunteered drop-in activities, events and clubs
- ♦ discount pricing on 55+ bus trips and select 55+ registered programs
- ♦ access to drop-in 55+ pickleball, table tennis and badminton

**Note:** A free Seniors Services Membership is included with every annual Seniors Recreation Pass.

### Annual Seniors Recreation

#### Pass

Seniors 60 Years-69 Years - \$404.50

Seniors 70 Years and older - \$135.00

Monthly, swipes, single drop-in rates also available.

### Guildford 55+ Member Activity Groups

<b>MON to FRI</b>	Badminton	8:15am-9:45am & 10am-11:30am
<b>MON</b>	Seniors Lounge	9am-4pm <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>
	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Cards/Canasta	12pm-4pm
	Ukulele (and more) group	2pm-4pm
<b>TUES</b>	Seniors Lounge	9am-4pm <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>
	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
<b>WED</b>	Seniors Lounge	9am-4pm <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>
	Cards/Canasta	12pm-4pm
	Bridge Group	12pm-4pm
	Knitting (P.U.R.L.S)	1pm-3pm
<b>THU</b>	Seniors Lounge	9am-4pm <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
<b>FRI</b>	Seniors Lounge	9am-4pm <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>
	Live Music (Jammers)	10:30-12:30pm <i>(not first Friday)</i>
	Scrabble	10:30am-1:30pm
	Pickleball	11:45am-1:15pm & 1:30pm-3:00pm
	Cribbage Tournament	12-4pm <i>(first Friday only)</i>
	Cards/Canasta	12pm-4pm
	Table Tennis	2:30pm- 4pm <i>(not first Friday)</i>

## 55+ Staff Team

### Seniors Programmer

**Name:** Ramneet D.

**Phone:** 604.591.4642

**E-mail:** ramneet.dhillon@surrey.ca

### Seniors Coordinator

**Name:** Mikayla F.

**Phone:** 604.502.6247

**E-mail:** mikayla.francis@surrey.ca

## Staff Spotlight

**Name:** Gabriel

**Position:** Langara College Recreation Studies Internship Student

### What I enjoy about working in recreation:

Meeting new people in such an accepting environment is my favourite part of recreation. Building connections with those people and making an impact on individuals gives me a reason to keep working in this field.

### My favourite hobby: I

spend a large amount of my free time creating or listening to music. I have been doing it since I was fourteen and it gives me immense joy.



## Guildford Library programs

### Technology Help

Get one-to-one technology help in a friendly atmosphere. Bring your questions and your device!

We will help you with questions about:

- ♦ Computer Basics — mousing, internet searching, Microsoft Word
- ♦ Tablet basics — downloading apps, eBooks, magazines
- ♦ Essentials of using eReaders or laptops
- ♦ Cyber safety basics — how to be safe while using the Internet

Staff are not able to diagnose or repair hardware issues. No registration required.

**Location:** Guildford Library Computer Classroom

**Friday, February 3** 10:00am - 11:00am

**Friday, February 10** 10:00am - 11:00am

**Friday, February 17** 10:00am - 11:00am

**Friday, February 24** 10:00am - 11:00am

### CanLit Book Club

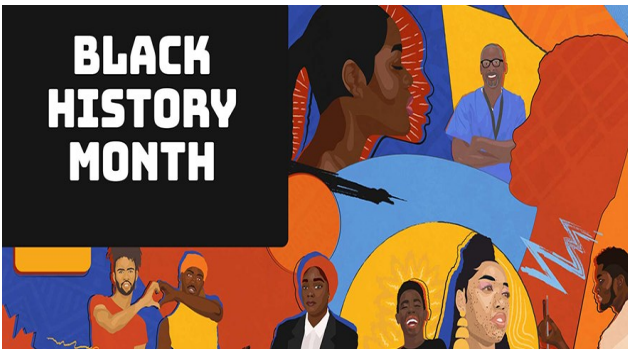
The CanLit Book Club is a monthly drop-in book club event focused on Canadian authors. This drop-in takes place in the Guildford Library Meeting Room. No registration required.

**Wednesday, February 8<sup>th</sup>** 1:30pm-3:00pm

## Black History Month

February is Black History month - a time to celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.

Black Canadians have made many important contributions to the settlement, growth and development of Canada and played an important part in the history of this country.



## Focus on Seniors

### Webinar

#### Recycle Right for Seniors

This information session will cover where our recyclables go, helpful tips for Surrey residents, and explain the difference between plastics that can and cannot be recycled so we can all do our part as consumers. We will share the services and resources available to Surrey residents. You will also learn about the exciting picture of organics in our community!

Wednesday, February 15

11:00am - 12:00pm

Free Course ID: 237885



## Volunteers Needed

The Guildford Seniors are looking for enthusiastic kitchen volunteers to help out with preparing and serving food, and managing the senior's lounge. For interested applicants, please call Ramneet at **604-591-4642** or email: [ramneet.dhillon@surrey.ca](mailto:ramneet.dhillon@surrey.ca)

VIEW *Online*

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

## Drop in Activities Highlight

### Drop in Carpet Bowling

Bowlers from all skill levels and abilities are welcome to participate in this drop in activity.

**Mondays— 10:30am - 12:30pm**

### Drop in Bridge Club

Join in a game of bridge. Playing cards provided. Bridge playing experience required.

**Wednesdays— 12:00pm - 4:00pm**

### Drop in Live Music (Jammers)

Do you enjoy jamming out to music? Bring your musical instrument and practice and perform songs with other players. Audience welcome.

**Fridays— 10:30am - 12:30pm**

### Drop in Knitting (P.U.R.L.S)

Come share your knitting projects with fellow knitters every Wednesday in the Seniors Lounge.

**Wednesdays— 1:00pm - 3:00pm**

### Drop in Table Tennis

Table Tennis Take part in a game of table tennis. All skill levels and abilities welcome. Equipment provided.

**Wednesdays— 9am - 11:00am**

**Fridays— 2:30pm - 4:30pm**

\*Seniors Services Membership required. See facility schedule for membership prices.

Register by phone at 604-501-5100, online at [surrey.ca](http://surrey.ca), or in person at any City of Surrey recreation center.

## Sudoku Puzzle

7	2			6	1			
6				1				4
8		9			3			5
				4				
			8	5	2			7
	5							
						5		3
2			6	3		4		
			2				7	9

## Pink Shirt day

Pink Shirt Day originated in Nova Scotia in 2007 when two high school students organized a protest in support of a grade 9 boy who was bullied for wearing a pink shirt. The two boys, David Shepherd and Travis Price purchased 50 pink t-shirts and handed them out to their classmates in the foyer of their school.

Acts of bullying have become a universal problem that occurs in families, neighbourhoods, playgrounds, schools, workplaces, and through technology. Bullying comes in the form of physical, verbal or emotional abuse that can become detrimental to an individual's sense of self-worth, safety; acceptance; and learning. Pink Shirt Day raises awareness about the effects of bullying, and promotes the act of kindness, inclusiveness and acceptance.

Celebrate Pink Shirt Day this year by practicing kindness and wearing pink to symbolize that you stand against bullying on **February 22, 2023**.



## Online ArmChair Traveler Series

Discover new countries from the comfort of home! Join Recreation Surrey and Surrey Libraries as you explore countries through a lively presentation of pictures, stories, and more. Webinar link will be emailed to you on the morning of the event. Please make sure email address is up to date on your recreation MySurrey account.

**Wednesday, February 28**

1:30 - 2:30pm

Free Course ID: 269494



**Wednesday, March 8**

1:30 - 2:30pm

Free Course ID: 269495

Seniors Services membership.