



June 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: 604-502-6360

Lounge:

Monday to Friday : 9am - 4pm

Food Services:

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

Memberships

Seniors Services Memberships

\$25

Seniors Services Membership (valid at all City of Surrey lounges and centres)

This pass provides members with....

- ◆ Access to free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ Access to 55+ gymnasium drop-in programs

Note: The purchase of a one year Seniors annual recreation facility pass includes a Seniors Services membership.

Fitness & Wellness

Fit 55+ (Drop-In)

Every Wednesday 9:30am-10:30am

Fit 55+ Lite (Drop-In)

Every Friday 9:30am-10:30am

Chair exercises (Drop-In)

Every Friday 10:45am-11:45am

*Not included in Seniors Services Membership. Full facility membership or drop-in is required.

*Schedule subject to change.

BC Seniors Week June 4-10

Join in the celebration! This is a time to celebrate seniors and their many contributions while providing an opportunity to acknowledge and celebrate the integral part seniors play in the communities across British Columbia. Explore the many activities that are offered throughout Surrey from history, art, crafts, informative workshops, garden walks, fitness and much more! Learn more about Seniors Week by visiting <https://www.surrey.ca/news-events/events/seniors-week-activities> or by connecting with your nearest City of Surrey recreation facility. Registration is required for all Seniors Week activities and events.

National Indigenous Peoples Day

Wednesday, June 21 3:00pm - 8:00pm

Bill Reid Millennium Amphitheatre

17728 64 Ave

Join us on Wednesday, June 21 for the National Indigenous Peoples Day Celebration & Wellness Event, live at the Bill Reid Millennium Amphitheatre in Cloverdale. Hosted by Semiahmoo, Kwantlen and Katzie First Nations, this event is an opportunity to acknowledge and show respect and admiration for Indigenous Peoples past, present and future; to share cultural history; and to share spirit, experiences, stories, song, art and dance with each other and the community. The free in-person event will include cultural sharing from the local First Nations with teachings and practice through art, music, storytelling and dance.

Summer Program Cancellations and Changes

The Guildford Recreation Centre is hosting summer camps in the Summer and the following programs will be affected:

55+ Badminton—half capacity during July and August.

Ukulele — Cancelled for July and August.

P.U.R.L.S Knitting Sale

The Guildford P.U.R.L.S knitting group will be hosting another sale of their hand-knit goods. Stop by and pick out some one of a kind items to keep you or a loved one warm and cozy! All proceeds go to a local charity in Surrey.

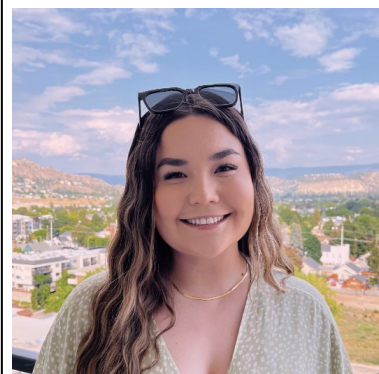
Friday, June 30

10am-2pm

Location: Guildford Recreation Centre - (2nd floor, lobby outside of library entrance)



Staff Spotlight



Name: Tianna Philley

Position: Community Services Assistant—Front Desk

Favourite hobby:

I love to bake! One of the main reasons why I love Christmas so much is that it gives me an excuse to bake excessive amounts of goodies for my friends and family.

Fun fact: I recreationally Irish Danced for 7 years.

What you love about working here: I love the people! The people that work here are super caring and genuine. I've definitely made some life long friends here!

55+ Staff team

Feel free to call, email or stop by the Seniors Services office on the recreation side anytime!

Ramneet - 55+ Programmer

Phone: 604.591.4642

Email: ramneet.dhillon@surrey.ca

Mikayla - 55+ Coordinator

Phone: 604.502.6247

Email: mikayla.francis@surrey.ca

Museum Programs

Seniors Tea

Friday, June 9

Location: Museum of Surrey 17710 56A Ave
2:30-4:00pm

Come and celebrate Seniors week at Museum of Surrey. Get a tour of the museum from a staff or volunteer, enjoy performances historical from the reenactors. Tea and treats in the 1881 Town Hall!

<https://www.surrey.ca/news-events/events/seniors-tea>

Register by calling 604-592-6956 or emailing museum@surrey.ca

Online Programs

Armchair Traveler—55+

Wednesday, June 7 1:30pm-2:30pm

Course ID: 00302971

Discover new countries from the comfort of your home! This month, join Recreation Surrey and Surrey Libraries to explore the culture, landscape and highlights of **Prague**. Hear stories, see pictures and share experiences during this online activity. For this online program, we'll be using Microsoft Teams. What you'll need: a computer with a microphone (or headphones) and webcam; or your smartphone, or iPad/tablet. An email address is required for registration.

Focus on Seniors Webinar: Family History Research for Beginners

Wednesday, June 21 11:00am-12:00pm

Course ID: 00305315

Learn about research tips and techniques, and ways to explore resources that will help you discover inspiring stories, solve family mysteries, and reveal how the past has shaped your family today. Preserving your family history not only deepens our understanding of ourselves but also the connections to current family members and the generations that follow. Guest speaker Carmen Merrells is a Librarian in Surrey Libraries' Family History Department at Cloverdale Branch.

Social for Women

Every Thursday 10:30AM-11:30AM

In the Seniors Lounge

Come meet and enjoy uplifting conversations with women in your community. This is a volunteer led program included in the Seniors Services Membership.

Guildford Recreation Centre

15105 105 Avenue, V3R 7G8

Summer Cribbage Tournaments

After June 4, book ahead to save your spot for all Summer cribbage tournaments!

Knowledge of cribbage is required.

Friday, July 7 12pm - 4pm

Course ID: 313622

Friday, August 4 12pm - 4pm

Course ID: 313624

Library Programs

Guildford CanLit Book Club (ages 18+)

Wednesday, June 7

Guildford Library Meeting Room

1:30pm-3:00pm

The CanLit Book Club is a drop in club focused on Canadian authors. Come join in on the fun!

Contact: Valerie at 604-598-7373

vapatrik@surrey.ca

Technology Help Drop-in

Friday, June 2, 9, 16, 23 and 30

Guildford Library Computer Room

10:00am-11:00am

Bring your questions and your device and get one to one technology help in a friendly atmosphere!

Guildford Adult Writers' Group (ages 19+)

Thursday, June 1 and 15

Guildford Library Meeting Room

6:00pm-7:30pm

Each Adult Writers' Group meeting allows for members to share and critique each other's writing in a positive and safe environment. Come and allow your imagination to be challenged and encouraged!

All genres welcome.

Contact: Alan at 604.598.7371

alan.woo@surrey.ca

ElderDog Canada

"Help seniors keep love in the home"

ElderDog Canada will be visiting Guildford Library on Saturday, June 10 from 11am-4pm to provide information of their services on dog care support. Support and services are free of charge and can include:

- Dog walking, transportation to and from vets or groomers, assistance with obtaining food and feeding, foster care and more

Drop in Activities

Guildford 55+ Member Activity Groups		
MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
MON	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Cards/Canasta	12pm-4pm
	Ukulele (and more) group	2pm-4pm
TUES	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Table Tennis	9am-11:00am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
WED	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Cards/Canasta	12pm-4pm
	Bridge Group	12pm-4pm
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Social for Women	10:30-11:30am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
FRI	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	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- 4:30pm <i>(not first Friday)</i>

City-Wide Seniors Info

Do you want to receive 55+ news and updates by email? For more information about Seniors Services in Surrey to sign up for the e-newsletter visit us online at

www.surrey.ca/seniors.

VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at surrey.ca/enews.