

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, Wednesday, & Friday: 10:30am -1:30pm

Memberships

Seniors Services Memberships

\$27.50

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.

Drop in Activities

Guildford 55+ Member Activity Groups		
MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
	Seniors Lounge (Coffee & baked go Carpet Bowling	9am-4pm oods 10:30-1:30pm) 10:30am-12:30pm
MON	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Ukulele (and more) gr	
TUES	Seniors Lounge	9am-4pm
	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm
	Seniors Lounge	9am-4pm
WED	· • •	oods 10:30-1:30pm)
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Seniors Lounge Ladies Social	9am-4pm 10:30am-11:30am
	Laules Social	
	Pickleball	(last Thursday only 11:45am-1:15pm &
	Ballroom Dance	<u>1:30pm-3pm</u> 1pm-3pm
FRI	Seniors Lounge (Coffee & baked ad	9am-4pm (oods 10:30-1:30pm
	Live Music (Jammers)	10:30-12:30pm
		(not first Friday)
	Pickleball	11:45am-1:15pm
	Cribbago Tournament	& 1:30pm-3pm
	Cribbage Tournament	
	Table Tennis	(first Friday only) 2:30pm-4pm
	-	(not first Friday

GRC Maintenance

RECREATION SURREY Healthy Communities. Active Together.

Seniors Week

Guildford



Join us for BC Seniors Week from June 2 to 8! This week is dedicated to acknowledging and celebrating the valuable contributions of seniors in our communities.

There will be a variety of free activities and events throughout all the City of Surrey Recreation Centres.

Unfortunately, our facility will be closed during Seniors Week due to our scheduled maintenance closure. However, any activities hosted by our Town Centre will be located at Fraser Heights Recreation Centre. To learn more: visit surrey.ca/seniors.

Registration is required for all Seniors Week activities and events.

Try It: Sports and Games Badminton— 55+

Fraser Heights Recreation Centre Tuesday, June 4 12:30pm-2:30pm Course ID: 380473

Coffee Chat With Gabriel

Have a suggestion for the community? Come to the Seniors Lounge on May 17 to speak with our 55+ programmer, Gabriel, to discuss any potential services and offerings.

Friday, May 17

10am-2pm

Drop in or book a 15 minute slot by contacting Gabriel at:

Email: gabriel.garcia@surrey.ca

Phone: 604.591.4642

Kitchen Services

Stop by the 2nd floor lounge Monday, Wednesday and Friday for some snacks and hot drinks in the Seniors Lounge!

Menu:

Coffee/ Tea / Hot Chocolate—\$1.45 Muffins —\$1.45 Scones—\$1.95 Toast—\$1.00

Bagel—\$2.00

Grilled Cheese—\$4.00

Closure

The Guildford Recreation Centre will be undergoing a scheduled maintenance closure this spring.

Aquatic Facility Closure: May 6—May 31

Full Facility Closure: June 1—June 17

We will be ready to welcome you back on June 18, 2024. An extension will be automatically added to your Recreation Surrey Passes. Please feel welcome to attend programs and services at other City of Surrey Recreation Centres; refer to our Recreation Guide and drop-in schedule to see city-wide offerings.



55+ Care Kits

We are now offering Senior Care Kits for patrons who may encounter toileting accidents at our facility. They are located in the bottom cabinet closest to the Lounge entrance and are available to use as needed at no cost. If you have any questions, please ask Gabriel or Mikayla. Sizes vary.

Program Spotlight— | Guildford Library **Jammers**

Join our Jammers group every Friday to hear great live music performed or bring your musical instrument and perform songs with others!

Every Friday (not first Friday) 10:30am-12:30pm Multipurpose Room

Try It: Sports and Games 55+

Try It: Bocce Ball—55+

Join us for a fun game of bocce ball. Learn the basic rules and scoring. Enjoy playing a noncompetitive game.

Friday, May 31

10am-11am

Location: Fleetwood Community Centre — 15996 84 Avenue

Course ID: 384786

WALKit Activity Programs—55+

Crescent Beach Walk Wednesday, May 1 12pm-1:30pm Course ID: 382205

Join us on this local nature walk in Surrey's only beach community! Explore the walking trails in Blackie Spit Park. Check out the Dunsmuir Community Garden. Walk the gravel promenade pathway that runs next to the beach. Check out the sights and sounds of the ocean.

Serpentine Greenway Walk

Wednesday, May 29 12pm-1:30pm Course ID: 382222

Join us for a walk on the Serpentine Greenway in Newton. Experience nature in an urban setting while learning about activities offered at Newton Athletic Park.

Spotlight:



Programs FREE

Harm Reduction: Overdose Response Training

Monday, May 13 **Guildford Library Meeting Room** 5:30pm-7:30pm

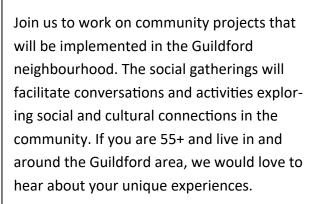
Want to know how to safely administer naloxone and receive your own naloxone kit? Join us for a free lifesaving, interactive training session where you'll learn more about the ongoing supply poisoning crisis, essential strategies for identifying an opioid overdose, and the confidence to administer naloxone. All training supplies are included, and participants will receive a naloxone kit of their own. Training provided by Fraser Health Toxic Drug Response and Priority Populations Team.

Technology Help Drop-in Friday, May 3, 10, 17, 24, 31 **Guildford Library Computer Room** 10am-11am

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

EREE

Guildford Social Gathering



Upcoming workshops: Friday, May 10 12:30pm-2:30pm **Location: Guildford Recreation Centre** Course ID: 391934 Friday, May 24 12:30pm-2:30pm

Surrey Bus Trips

Looking for a day trip? Register for one of our Bus Trips! Food is not included unless stated, but is often able to be purchased at the destination. Completion of a Medical Form is required prior to the trip.

Dickens Sweets & British Museum - 55+

Make a trip down memory lane at the Dickens Sweets & British Museum. This is the original British sweet and grocery store in the Fraser Valley Region!

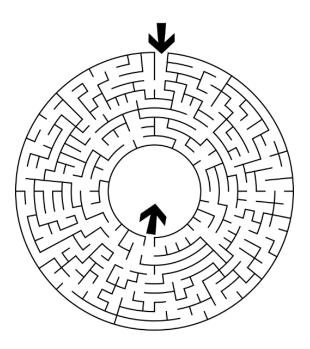
Wednesday, May 15 Leaves From: Newton Seniors Centre 10:30am-2:30pm Members: \$18.25 | Non Members: \$23.25 Course ID: 370076

Bowling at Sandcastle Lanes— 55+

Meet new people and bowl together. Enjoy 2 hours of bowling with 4 people per lane. Bowling shoe rentals are included. Bring or buy a lunch.

Wednesday, June 19 Leaves From: Chuck Bailey Recreation Centre 10:30am-3pm Members: \$50.75 | Non Members: \$55.75 Course ID: 370071





Senior Services Membership— 90+

Did you know that all community members who are 90+ can receive a Seniors Services Membership at no cost! If you are eligible, come to our Front Desk to receive yours today and have access to free 55+ volunteer led drop -in programs.

Guildford Seniors' Centre

15105 105 Avenue, V3R 7G8

Location: Guildford Recreation Centre

Course ID: 391935

VIEW Online

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

surrey.ca/seniors

