



February 2023

Newton SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Spice of Life

Newton Seniors Centre

Wednesday, February 15 12:30pm - 2:30pm
Registration #260322
Fee \$7.75

Share a meal with other seniors in your community. There will be an affordable lunch, entertainment and activities. Presented by the Brella Community Services Society and the City of Surrey.

Movie Afternoon: "Mama Mia"

Newton Seniors Centre

Wednesday, February 1 1pm - 3pm
Registration #260338
Fee FREE

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

Pink Shirt Day

Newton Seniors Centre

Wednesday, February 22 All day
Fee FREE

Now a movement celebrated in almost 180 countries across the globe, Pink Shirt Day was inspired by an act of kindness in Nova Scotia when a small group of youth stood in solidarity and support for a young boy was bullied for wearing a pink shirt to school.

Join us in keeping the with spirit of Pink Shirt Day and wear your own piece of pink clothing. Pink cookies and pink lemonade will be provided.

Volunteers Needed

If you would like to volunteer, please pick up a volunteer application form at the Newton Seniors Centre front desk or go online to fill one out.

Save the Date

For more information about 'Save The Date' please call 604.501.5010.

W	Feb 1	Movie Afternoon
W	Feb 15	Spice of Life
F	Feb 17	Cribbage Tournament
M	Feb 20	CLOSED
W	Feb 22	Pink Shirt Day
F	Feb 24	Special Event Dinner

February Special Event

Susie Francis & the Versatiles present: "The Roaring 20's"

Friday, February 24 5:00pm - 9:00pm
Registration #
Fee \$25.00

Enjoy an evening of socializing with friends over a delicious dinner, followed by live toe tapping music with laughter, song and dance. Vegetarian food option will be available.



Writing Club Volunteer Lead Wanted

Newton Seniors Centre

The NSC Writing Club is looking for an enthusiastic & creative person to volunteer to help lead members in exploring writing styles and telling their story. The Writing Club also produces the "Reflections" book that contains a collection of anecdotes, life experiences, poetry and humor.

The Writing Club meets on the fourth Tuesday of each month from 10AM—12PM. If you are interested please contact Poonam or Billy at 604-501-5012.

Welcome

Newton Seniors' Centre is located in the heart of Newton and is a recreation facility offering adults 55+ a wide range of activities and programs. We strive to meet community needs at every level, including fitness, health and wellness, games, special events, bus trips, and more.

Facility Hours of Operation

Mon to Fri - 9am - 4pm*
*Front Office closes at 3:30pm
December 26 & 27 CLOSED

Newton Recreation Centre

Public Swim days and times

Monday: 7:30am-3:30pm & 6pm - 8:30pm
Tuesday: 7:30am-3:30pm & 7pm - 8:30pm
Wednesday: 7:30am-3:30pm
Thursday: 7:30am-3:30pm & 7pm - 8:30pm
Friday: 7:30am-8:30pm
Saturday and Sunday: 12:30pm-8pm

February Hot Meal Schedule

Food Services

Mon - Friday - 10am - 2pm
Hot Meals Monday - Friday 11:30am - 2pm
* Menu subject to change

Wednesday	Feb 1	Sweet & Sour Pork
Thursday	Feb 2	Shepherd's Pie
Friday	Feb 3	Chicken Fried Rice

Monday	Feb 6	Meatloaf
Tuesday	Feb 7	Liver & Onions
Wednesday	Feb 8	Fish & Chips
Thursday	Feb 9	Chicken Alfredo
Friday	Feb 10	Pork Schnitzel

Monday	Feb 13	Lasagna
Tuesday	Feb 14	Chicken Cordon Bleu
Wednesday	Feb 15	Potato Crusted Cod
Thursday	Feb 16	Beef Stroganoff
Friday	Feb 17	Soup & Sandwich

Monday	Feb 20	CLOSED
Tuesday	Feb 21	Cannelloni
Wednesday	Feb 22	Swedish Meatballs
Thursday	Feb 23	Beef Stew
Friday	Feb 24	Soup & Sandwich

Monday	Feb 27	Crispy Chicken
Tuesday	Feb 28	Cabbage Rolls

Wellness

Weight Training 55+

Learn basic fitness theory and the proper and safe way to use free weights.

Monday, February 13 9:15am - 10:15am
5 sessions #228828
Member \$30.75
Non Member \$40.75

Newton Recreation Centre

Chair Yoga 55+

Gain confidence with your balance and mobility through the use of a chair for support during yoga poses, breathing exercises and relaxation techniques. Great for beginners or people with limited flexibility.

Friday, February 17 1:45pm - 2:45pm
6 sessions #228859
Member \$36.30
Non Member \$48.30

Zumba Gold 55+

Enjoy a fusion of international rhythms and choreographed dance routines with this energetic workout. No dance experience necessary.

Tuesday, February 14 2:30pm - 3:30pm
5 sessions #232578
Member \$36.90
Non Member \$48.90

Yoga 55+

Develop strength, flexibility and proper body alignment using a variety of yoga poses, breathing exercises and relaxation techniques. May include a meditation component.

Monday, February 13 11:30am - 12:30pm
5 sessions #232584
Member \$30.75
Non Member \$40.75

Arthritis Joint Works—Beginner 55+

Led by a fitness professional trained in arthritis exercise technique this program and instructor are approved by the Arthritis Society.

Tu, Th, February 14 10:15am - 11:15am
12 sessions #228811
Member \$72.60
Non Member \$96.60

Arthritis Joint Works—Intermediate 55+

Led by a fitness professional trained in arthritis exercise technique this program and instructor are approved by the Arthritis Society.

Tu, Th, February 14 11:30am - 12:30pm
12 sessions #228816
Member \$72.60
Non Member \$96.60

Tai Chi 55+

Gain flexibility, balance and strength using slow, rhythmic, non-stressful movements using this Chinese system of gentle exercise.

Friday, February 17 9:15am - 10:15am
6 sessions #228837
Member \$36.90
Non Member \$48.90

Membership Drop In Activities

Crafting Groups

Come share your projects with fellow crafters. Supplies not included.
Tuesdays (Krazy Crafters) 10am - 12pm
Thursdays (Bazaar Crafters) 1pm - 3pm

Computer Group

The computer group meets every Monday from 1pm - 3pm. Workshops and resources offered to increase your computer know-how. Volunteers are available to answer questions.

Table Tennis

Take part in a game of table tennis. All skill levels and abilities welcome. Equipment provided.
Wednesdays 9am - 11:30am
Fridays 9am - 11:30am

Wood Carvers Group

This group meets at the Newton Seniors Centre every Monday from 9:15am—12:00pm.

Writing Group

Share your stories through writing. Work towards mastering the art of storytelling. This group meets from 10am - 12:00pm on the 4th Tuesday of the month.

Bingo

Play a game or two of bingo. Cards are available for a small fee.
Thursdays 1pm - 3pm

Carpet Bowling

Join others for a friendly game of low-impact carpet bowling. All skill levels and abilities welcome.
Mondays 9:00am - 11:00am
Wednesdays 1:00pm - 3:00pm

Drop in Live Music

Bring your musical instrument and practice and perform songs with other players. Audience welcome.
Tuesdays 10:30am - 12:30pm

Women's Social Group

This group meets at the Newton Seniors Centre every Monday from 11:00am—1:00pm.

Painting

Bring you creativity to the Newton Seniors Centre every Friday from 9:15am—12:15pm.

Rummoli

Come play at the Newton Seniors Centre every Friday from 12:30pm—3:00pm.

Membership Drop In Activities (continued)

Cribbage

Join others for a friendly game of cribbage. Recommended play in pairs. welcome.
Wednesdays 12:30pm - 3:00pm
Thursdays 12:30pm - 3:00pm

Newton Seniors Advisory Board

2021-2022 Advisory Board

President	Ray A
Past President	Rick J.
Treasurer	Liz K
Recording Secretary	Kristen W.
Correspondence	Diane A
Equipment	Baldev K

Activity Representatives

Arts & Crafts Joan W. & Val W
Craft/Bazaar Group | Card Making
Krazy Crafters

Cards & Games Karen B & Lydia M
Bingo | Canasta | Cribbage | Rummoli
Ten Card Crib | Whist

Cultural Jon C. & Brenda C.
Writing Group | Painting for Pleasure

Education Angus G.
Computer Group & Classes | Woodcarving Group

Social Joan D.
Special Events | Women's Social Group

Sports & Fitness Gabriel M
Billiards/Snooker | Carpet Bowling | Tennis | Table Tennis

Drop In Seniors Sports

Newton Recreation Centre

Tuesdays:
Pickleball 8:30am - 10:30am

Wednesdays:
Pickleball 10am - 12pm

Thursdays:
Badminton 1:15pm - 2:45pm

Fridays:
Pickleball 8:30am - 10:30am
Pickleball 1:15pm - 2:45pm

Newton Seniors' Centre
13775 — 70 Avenue V3W 0E1
604-501-5010