



June 2023

Newton SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

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

Newton Recreation Centre Public Swim days and times

Monday: 6:00am-3:30pm & 6pm - 9:00pm
Tuesday: 7:30am-3:30pm & 7pm - 8:30pm
Wednesday: 6:30am-3:30pm
Thursday: 7:30am-3:30pm & 7pm - 8:30pm
Friday: 6:00am-9:00pm
Saturday and Sunday: 12:30pm-8pm

June Hot Meal Schedule

Food Services

Mon - Friday - 10am - 2pm

Hot Meals Monday - Friday 11:30am - 1:30pm

* Menu subject to change

Thursday June 1 Chicken Parmesan
Friday June 2 Soup & Sandwich

Monday June 5 Crispy Chicken
Tuesday June 6 Indian Lunch
Wednesday June 7 Baked Sole
Thursday June 8 Liver & Onions
Friday June 9 Soup & Sandwich

Monday June 12 Lasagna
Tuesday June 13 Potato Crusted Cod
Wednesday June 14 Chicken Alfredo
Thursday June 15 Bangers & Mash
Friday June 16 Soup & Sandwich

Monday June 19 Fish & Chips
Tuesday June 20 Quesadilla
Wednesday June 21 Ham & Scalloped Potatoes
Thursday June 22 Beef Stew
Friday June 23 Soup & Sandwich

Monday June 26 Spaghetti & Meatballs
Tuesday June 27 Chicken Cordon Bleu
Wednesday June 28 Hamburgers
Thursday June 29 Cabbage Rolls
Friday June 30 Soup & Sandwich

Seniors Services Membership & Activities

The City of Surrey's Seniors Services Membership (55+) gives you local and citywide access to welcoming recreation and social spaces and fun ways to connect with your community. For \$25/year, enjoy access to free or nominal fee volunteer-led registered drop-in activities, events, and clubs, as well as discount pricing on select 55+ registered programs.

All 55+ Drop In Membership Activities require registration before attending. You can register online, by phone or by stopping by any City of Surrey Recreation Centre.

Monday	Carpet Bowling	9:00am—11:00am
	Wood Carving	9:15am— 12:00pm
	Women's Social Group	10:30am—1:00pm
	Computer Group	1:00pm—3:00pm
Tuesday	Krazy Krafters	10:00am—12:00pm
	Live Music—Fun Jam	10:30am—12:30pm
	Writing Group	10:00am—12:00pm *4th Tuesday each month*
Wednesday	Table Tennis	9:00am—11:30am
	Cribbage	12:30pm—3:30pm
	Carpet Bowling	1:00pm—3:00pm
Thursday	Cribbage	12:30pm—3:30pm
	Bazaar Crafters	1:00pm—3:00pm
	Bingo	1:00pm—3:00pm
Friday	Table Tennis	9:00am—11:00am
	Painting	9:15am—12:15pm
	Computer Group	10:00am—12:00pm
	Rummoli	12:30pm—3:30pm
Saturday	Table Tennis	2:00pm—4:00pm *Newton Recreation Centre*
Monday—Friday	Billiards	9:00am—4:00pm

Save the Date

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

F June 9 Seniors Week: Hawaiian Dance Try It
W June 14 Movie Afternoon
F June 16 Cribbage Tournament
W June 21 Spice of Life
F June 23 Dinner & Dance Event



June Special Event

Halifax Wharf Rats

Friday, June 23 5:00pm-8:30pm
Registration #322074
Member \$25.00
Non Member \$31.50

Enjoy an evening of socializing with friends over a delicious coastal dinner, followed by live entertainment with the Halifax Wharf Rats. A vegetarian food

option will be available.

If you have a large party coming, please see the front desk about reserving a table for 6 or 8.



Wellness

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, June 16 1:45pm - 2:45pm
3 sessions #324107
Member \$18.15
Non Member \$24.15

Friday, July 14 1:45pm - 2:45pm
6 sessions #305189
Member \$36.30
Non Member \$48.30

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, June 12 11:30am - 12:30pm
3 sessions #324109
Member \$20.70
Non Member \$27.45

Monday, July 10 11:30am - 12:30pm
7 sessions #305194
Member \$43.05
Non Member \$57.05

Zumba Gold 55+

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

Tuesday, July 4 2:30pm - 3:30pm
6 sessions #305172
Member \$55.35
Non Member \$73.35

Osteofit – Level 55+

Enjoy a gentle exercise program for people with osteoporosis and low bone mass. Designed by the BC Women's Hospital & Health Centre with a focus on improving strength and reducing the risk of falls and fractures. No previous experience necessary.

Tuesday, July 11 10:15am - 11:15am
12 sessions #305467
Member \$42.35
Non Member \$56.35

Hawaiian Dance—Beginner 55+

Explore the gentle movements of Hawaiian dance. No dance experience necessary.

Tuesday, July 4 12:45pm - 2:15pm
6 sessions #305178
Member \$63.45
Non Member \$84.60

Drop-in Fit 55+

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

Mondays 10:30am - 11:30am
Wednesdays 9:30am—10:30am
Fridays 10:30am—11:30am

Newton Recreation Centre

Tuesdays 9:00am—10:00am
Thursdays 9:00am—10:00am

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

Movie Afternoon: "Julie & Julia"

Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

Wednesday, June 14 1pm - 3pm
Registration #260344
Fee FREE

Spice of Life

Newton Seniors Centre

Wednesday, June 21 12:30pm - 2:30pm
Registration #260336
Fee \$7.75

Share a meal with other seniors in your community. There will be an affordable lunch, presenters and activities. In partnership with Brel-la Community Services Society and the City of Surrey.

Newton Bus Trips

VanDusen Gardens

Explore the grounds, stroll through the rose garden and be mesmerized by nature. Admission included. Must bring or purchase food.

Tuesday, June 13 9:00am - 3:00pm
1 session #261322
Member \$36.50
Non Member \$41.50

Newton Seniors Computer Club

See the latest information on the Newton Seniors Computer Club at: <https://newtonseniorscomputerclub.webs.com>

Interested in Canasta or Board Games?

Interested in Canasta or Board Games? We are looking to bring back our Canasta card club and start a Board Games club at the Seniors Centre. If you are interested please let the front counter know and we can look at setting up a day & time to play.

NEW

Bridge Tournaments

Participate in a friendly bridge tournament. Bridge playing experience required.

Friday, July 7 11:00am - 3:00pm
Friday, August 4 11:00am - 3:00pm

Newton Seniors Advisory Board

2022-2023 Advisory Board

President Ray A
Treasurer Liz K
Recording Secretary Kristen W
Correspondence Diane A
Equipment Baldev K

Activity Representatives

Arts & Crafts Joan W
Craft/Bazaar Group | Krazy Krafters

Cards & Games Karen B & Lydia M
Bingo | Cribbage | Rummoli

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 | Table Tennis

Crib Tournery Reminder

Cribbage Tournaments run on the:
1st Friday - Guildford
2nd Friday - Cloverdale
3rd Friday - Newton
4th Friday - Fleetwood
of each month.

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

Saturdays:

Table Tennis 2:00pm—4:00pm