



March 2024

**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.

***NEW* Facility Hours of Operation**

Mon to Fri - 8:30am - 3:30pm

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

March Hot Meal Schedule

Food Services

Mon - Friday - 10am - 2pm
 Hot Meals Monday - Friday 11:30am - 1:30pm
Menu subject to change

Fri	Mar 1	Smokies
Mon	Mar 4	Crispy Chicken
Tues	Mar 5	Potato Crusted Cod
Wed	Mar 6	Sweet & Sour Pork
Thurs	Mar 7	Lasagna
Fri	Mar 8	Soup & Sandwich
Mon	Mar 11	Fish & Chips
Tues	Mar 12	Hamburgers
Wed	Mar 13	Liver & Onions
Thurs	Mar 14	Meatloaf
Fri	Mar 15	Soup & Sandwich
Mon	Mar 18	Spaghetti & Meatballs
Tues	Mar 19	Chicken Cordon Bleu
Wed	Mar 20	Stew
Thurs	Mar 21	Perogies & Cabbage Rolls
Fri	Mar 22	Beef Dip
Mon	Mar 25	Baked Sole
Tues	Mar 26	Bangers & Mash
Wed	Mar 27	Beef & Tofu Rice Bowl
Thurs	Mar 28	Chicken Alfredo
Fri	Mar 29	Grilled Cheese Sandwich

Save the Date

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

F	Mar 8	Special Event Dinner & Dance: Two of a Kind
F	Mar 15	Cribbage Tournament
F	Mar 22	March Birthdays Party
W	Mar 27	Armchair Traveler: China

Important Reminder

Please make sure to arrive no more than 5-10 minutes before your scheduled activity and start to clean up 5 minutes before the end of your time.

We recognize some activities have small amounts of set up/take down but we need to ensure no one arrives early or stays late. This may disrupt other programs or activities that are scheduled in the space.

For more information please refer to the times on the Seniors Services Membership weekly grid to the right.

March Special Event

"Two of a Kind"

Friday, Mar 8	5:00pm-9:00pm
Registration	#376735
Members	\$25.00
Non Members	\$31.50

Come ring in Spring a little early at our March Dinner & Dance. Enjoy a delicious ham & scalloped potato dinner and a night of dancing and entertainment by Two of a Kind, playing classic rock hits. A vegetarian meal option will be available. Table reservation is open, please see the front counter for info.

NOTE: tables are not guaranteed and are a first come, first reserved basis. Please be respectful if the table you normally use in not available.

Seniors Services Membership

Seniors Services Memberships are valid at any of our recreation centres that offer seniors activities and programs. Seniors can participate in all of our town centres using their membership. **The Seniors Services Membership fee is \$27.50 annually.**

Mon	Carpet Bowling	9:00am-11:00am
	Wood Carving	9:15am-12:00pm
	Story Sharing Social	10:00am-12:00pm
	Women's Social Group	10:30am-1:00pm
	Computer Club General Meeting	1:00pm-3:00pm
Tue	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Writing Group	10:00am-12:00pm
	Canasta	1:00pm-3:30pm
	Table Tennis	1:00pm-3:30pm
Wed	Table Tennis	8:30am-11:00am
	Cribbage	12:30pm-3:30pm
	Carpet Bowling	1:00pm-3:00pm
Thu	Cribbage	12:30pm-3:30pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:30pm
Fri	Table Tennis	8:30am-11:00am
	Painting	9:15am-12:15pm
	Computer Club Lab Help	10:00am-12:00pm
	Rummoli	12:30pm-3:30pm
M-F	Billiards	8:30am—3:30pm



Fitness & Wellness

Newton Seniors Centre:

Chair Yoga 55+

Fri Apr 5	1:45pm - 2:45pm
7 sessions	#368893
Member	\$48.30
Non Member	\$64.05

Yoga 55+

Mon Apr 8	11:30am - 12:30pm
6 sessions	#368401
Member	\$41.40
Non Member	\$54.90

Tai Chi 55+

Fri Apr 12	9:15am - 10:15am
11 sessions	#368891
Member	\$63.80
Non Member	\$85.25

Arthritis Joint Works - Beginner 55+

Tues Apr 9	10:15am - 11:15am
12 sessions	#368408
Member	\$74.40
Non Member	\$99.60

Arthritis Joint Works - Intermediate 55+

Tues Apr 9	11:30am - 12:30pm
12 sessions	#368412
Member	\$74.40
Non Member	\$99.60

Chair Exercises - 55+

Thurs Apr 4	1:00pm - 2:00pm
6 sessions	#368419
Member	\$43.50
Non Member	\$58.20

Zumba Gold - 55+

Tues Apr 1	2:30pm - 3:30pm
7 sessions	#368391
Member	\$48.30
Non Member	\$64.05

Drop-in Fit 55+

Tues & Thurs	9:00am - 10:00am
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Newton Recreation Centre:

Line Dance - Beginner 55+

Wed Apr 3	2:00pm - 3:00pm
7 sessions	#368393
Member	\$33.60
Non Member	\$44.80

Line Dance - Intermediate 55+

Wed Apr 3	3:15pm - 4:15pm
7 sessions	#371431
Member	\$33.60
Non Member	\$44.80

Osteofit – Level 1 55+

Tues Apr 2	10:15am - 11:15am
7 sessions	#368386
Member	\$43.40
Non Member	\$58.10

Drop-in Fit 55+

Mon & Fri	10:30am - 11:30am
Wed	9:30am - 10:30am

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

Armchair Traveler: "China"

Travel to different destinations around the world through the world of documentaries. Light refreshments included.

Wednesday, Mar 27	1pm - 3pm
Registration	#352956
Fee	\$5.50



Meeting Soon?

If your group needs space at the Seniors Centre for a meeting outside of its regular time, please connect with Billy or Brenda at least 4 weeks ahead of time to secure a space.

March Birthday Party

Enjoy a birthday celebration with your friends! Whether your birthday is this month, or you want to join in and celebrate others, you are invited to socialize and have fun. A hot beverage and a piece of cake are included in the fee. If it's your birthday—it's free!

Fri Mar 22	1:00pm-2:00pm
1 sessions	#369155
Fee	\$3.45

March Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri Mar 1
Cloverdale	Fri Mar 8
Newton	Fri Mar 15
Fleetwood	Fri Mar 22

Don't forget to register to save your spot!



Newton Seniors Advisory Board

2022-2023 Advisory Board

President	Ray A
Treasurer	Kristen W
Recording Secretary	Kristen W
Correspondence	Joan D
Equipment	Baldev K

Activity Representatives

Arts & Crafts Joan W

Craft/Bazaar Group | Krazy Krafters

Cards & Games Karen B & Lydia M

Bingo | Cribbage | Rummoli

Cultural 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

Free Legal Advice Clinics

On the third Tuesday of each month, Surrey First BC is now offering free law advice to older adults. They can answer questions on Wills & Estates, Power of Attorney, Small Claims Court and Elder Abuse. Note: lawyers are not able to offer advice about Real Estate Conveyancing, Family or Criminal Law.

To book an appointment please call 604-688-1927.

Drop In Seniors Services Sports

Newton Recreation Centre

Tuesdays:

Pickleball 8:30am - 10:30am

Wednesdays:

Pickleball 10am - 12pm

Thursdays:

Badminton 12:30pm - 2:00pm

Fridays:

Pickleball 8:30am - 10:30am

Pickleball 12:30pm - 2:00pm

Please arrive 5-10 minutes before your sport.