



May 2022

Newton SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Focus on Seniors Webinars

Caregiver Self Care

Tuesday, May 24 1pm - 2:00pm
Registration Online

We understand the common feelings of isolation, grief, compassion, joy, and exhaustion faced by many family and friend caregivers. During this presentation from Family Caregivers of British Columbia, you will hear strategies for self care and resources available for those on the caregiving journey.

The Value of Social Connections

Wednesday, June 15 11am - 12:30pm
Registration Online

In recognition of World Elder Abuse Awareness Day, this webinar will provide information on what elder abuse is, what it looks like and what can be done to help. The presenters will offer information on services that are available to prevent and respond to situations of elder abuse, including information from Fraser Health, Seniors First BC, Crime Stoppers, BC Association of Community Response Networks, and Brella Community Services Society (formally Seniors Come Share Society).

In a recent report issued by the Seniors Advocate of BC, Hidden and Invisible (Nov. 2021) there is no law requiring people to report abuse and neglect of older adults in B.C., it is important that individuals – whether a senior, a family member, a professional or a concerned citizen – know what seniors’ abuse and neglect is, what signs to look for and who to contact with concerns. Awareness is the first step in effective reporting which is paramount to protecting vulnerable adults from abuse and neglect.

Coffee Break at The Farm

Friday, May 6 9:30am - 11:30am
Historic Stewart Farm FREE

Bring friends (or meet new ones) and enjoy a cup of tea or coffee while you play card or board games, do a puzzle or learn about our local history. A great way to relax before or after a walk through the nature trails of Elgin Heritage Park. Feel free to drop-in or pre-register so we know to expect you! Register online or at 604-501-5100.

Save the Date

For more information about ‘Save The Date’ please call 604.501.5010.

Sa	Apr 30	Party for the Planet
F	May 6	Coffee Break at the Farm
M	May 23	CLOSED
Su	May 29	First Day of Registration
F	June 7	National Seniors Week
Th	June 16	Strawberry Tea
F	June 17	Strawberry Tea
Sa	June 18	Strawberry Tea
Su	June 19	Strawberry Tea

B.C. Seniors Week

Tuesday, June 7 12pm - 1:45pm
Registration #175484

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

Light refreshments and Latin flavour snacks will be served in the cafeteria

* This is a FREE 55+ event but registration is required

Strawberry Tea

Kick off the summer right

Thursday, June 16	1pm - 2pm
Friday, June 17	1pm - 2pm
Saturday, June 18	1pm - 2pm
Sunday, June 19	1pm - 2pm
Historic Stewart Farm	\$13.40

Enjoy tea, sweets, local berries and hand-churned ice cream served on the porch of Historic Stewart Farm. Great for singles, couples and groups.

Volunteers

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

Welcome Back

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. Come discover what the Seniors’ Centre has to offer.

Facility Hours of Operation

Mon to Fri - 9am - 3pm*
*Front Office closes at 3:00pm
Statutory Holidays - Closed

Food Services

Mon - Thurs - 10:00am - 2:00pm
Hot Lunch is available Mondays and Tuesdays 11:30am - 1pm

Aquatics Hours

Great News our pool at the Newton Recreation Centre is back in operation. The pool offers;

- Gradual pool access
- Automatic door provides access to change room
- 2 aquatic wheelchairs
- Hot tub lift
- Accessible stalls with hand-held shower, grab bars and benches.

Public Swim days and times

Tuesdays	9am - 1pm
Thursdays	9am - 1pm
Sat and Sun	12:30pm - 3pm

Seniors Drop in Sports

Badminton 55+

Get active with a game of badminton. Join up with other players or come with friends to form a team. All skill levels and abilities welcome. Seniors Services Membership required.

Tuesdays	8:30am - 10:00am
Thursdays	1:15pm - 2:45pm

Pickleball 55+

Enjoy a round of this paddle game. Join up with new people or come with a partner. All skill levels and abilities welcome. Seniors Services Membership required.

Tuesdays	1:15pm - 2:45pm
Thursdays	8:30am - 11:45am
Fridays	8:30am - 11:45am

Wellness

Bhangra Dance 55+

Experience the movements of Bhangra. Learn basic dance moves and sequences. No dance experience required.

Friday, May 20	12:30pm - 1:30pm
Registration	#181076
Member	\$28.20
Non Member	\$37.50

Tai Chi 55+

Gain flexibility, balance and strength using slow, rhythmic, non-stressful movements to restore your body's internal energy of 'Chi' using this Chinese system of gentle exercise.

Friday, May 20	9:15am - 10:15am
Registration	#129746
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, May 16	11:30pm - 12:30pm
Registration	#129689
Member	\$30.75
Non Member	\$40.75

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, May 20	1:45pm - 2:45pm
Registration	#181290
Member	\$36.30
Non Member	\$48.30

Zumba Gold 55+

Gain flexibility, balance and strength using slow, rhythmic, non-stressful movements to restore your body's internal energy of 'Chi' using this Chinese system of gentle exercise.

Tuesday, May 17	2:00pm - 3:00pm
Registration	#129798
Member	\$36.90
Non Member	\$48.90

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

Membership Drop In Activities

Walking Group

New walkers welcome! Every Monday at **9am** we meet at the Newton Seniors' Centre and then carpool to both scheduled and non scheduled walk locations. Walkers arrive back at the Centre by approx. 11am. Come walk for your health, stay for the fun. No membership required to participate.

The scheduled walks are:

Monday, May 2	Delta Dike
Monday, May 16	Lower Bog
Monday, May 30	Sunshine Hill

Whist

Whist is a classic English card game which although the rules are simple, there is scope for scientific play. Players meet every Monday from 12:30pm - 3:00pm.

Table Tennis

Take part in a game of table tennis. All skill levels and abilities welcome. Equipment provided. Seniors Services Membership required.

Thursdays	1pm - 3pm
Fridays	9am - 12:15pm

Wood Carvers Group

This group meets at the Newton Seniors Centre every Monday from 9:15am—12:00pm. You must have a current Senior Services Membership to participate.

Writing Group

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

Drop in Computer Help

Practice your computer skills or learn new ones. Workshops and resources offered to increase your computer know-how. Volunteers are available to answer questions. Seniors Services Membership required.

Mondays	10:30am - 12:30pm
Tuesdays	1pm - 3pm
Fridays	10:30am - 12:30pm

Newton Seniors Advisory Board

2019-2020 Advisory Board

President	Rick J
Past President	Ray A
1st Vice President	Terry C
2nd Vice President	Greg W
Treasurer	Liz K
Recording Secretary	Betty P
Correspondence	Diane A
Equipment	Baldev K

Activity Representatives

Arts & Crafts Diane T & Val W
Craft/Bazaar Group | Card Making
Krazy Krafters

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

Cultural Terry C & Brenda C
Pizazz Performers | Guitar | Writing Club
Painting for Pleasure

Education Greg W & Krishan B
Computer Club & Classes | Stamp Club
Woodcarving

Social Diane A & Wendy L
Special Events | Women's Social Group

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

Personal Emergency Preparedness

Develop an emergency plan to help you and your family know what to do after an emergency or if you need to evacuate your home or neighbourhood. It will take you about 20 minutes to prepare your plan. When creating your plan:

- Assign specific tasks to family member like gathering pets, collecting the supplies, providing first aid, etc.
- List the most important items to be taken with you and only those that can be hand carried.
- Mark the date you prepared your plan and update it as changes occur.
- Keep your plan in a place that's easy to find and to remember.
- Make sure everyone in the household knows about the plan.
- Practice it with everyone at least once a year.