



February

South Surrey  
SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## South Surrey Recreation & Arts Centre

Our state-of-the-art Intergenerational expanded facility offers an abundance of programs for all ages. This facility features an 8,000 square foot fitness centre, designated arts space, pottery studio, three gymnasiums, two fitness studios, an indoor cycling studio, an open lobby area, two preschools with natural outdoor play space, youth lounge, and an Intergenerational Therapeutic Garden.

### Hours of Operation

Monday-Friday: 6:00am-9:00pm  
 Saturday: 8:00am-6:00pm  
 Sunday: 8:00am-4:00pm  
 Statutory Holidays: Visit website



### South Surrey Recreation & Arts Centre Staff Seniors Team

Jeff: Town Centre Manager  
 Sue: Community Service Coordinator  
 Avneet: Community Service Coordinator  
 Sharon: Community Service Assistant  
 Tara-Lee: Community Service Assistant  
 Julia: Community Service Assistant  
 Sarah: Community Service Assistant  
 Rebecca: Community Service Assistant  
 Aleisha: Community Service Assistant  
 Rosanne: Clerk  
 Belinda: Clerk

**VIEW Online**

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at [surrey.ca/enews](http://surrey.ca/enews).

## News Around the Centre

### February Drop-In Senior Services Activities

Monday	Badminton 8:00-10:00am (Canceled Feb. 20) Bridge 9:30am-1:30pm Pickleball 12:30-2:30pm
Tuesday	Badminton 7:30-9:30am Table Tennis 12:30-2:30pm
Wednesday	Badminton 11:30am-1:30pm Pickleball 1:15-3:15pm
Thursday	Badminton 8:00-10:00am Pickleball 10:15-11:45am S.A.L.S.A 12:00-2:30pm (1st & 3rd Thurs/month)
Friday	Pickleball 11:30am-1:30pm

### Cancelling Drop-in Reservations

Cancel drop-in reservations online, by calling the call centre 604-501-5100 or SSRAC at 604-592-6970. Reserved spots will be given to those on the waitlist at the start time of drop-in fitness classes and after 10 minutes from the start time of drop-in sport programs.

Failure to withdraw from drop-in programs after three times will cause a one-week hold on your membership.

### South Surrey Recreation & Arts Centre Senior Reps

Reps for seniors activities meet once every two months.

Steve & Val: Badminton

Angela & Bob: Bridge

Bill & Sharon: Pickleball

Gurmeet & Bindu & Charanjit: S.A.L.S.A (South Asian Ladies Social Association)

### Drop-in Bridge

If you would like more information in regards to playing bridge on Monday mornings, please feel free to contact either Bob at [bobzoltok@gmail.com](mailto:bobzoltok@gmail.com) or Angela at [layfam@telus.net](mailto:layfam@telus.net).

Seniors Services Membership required.  
 Mondays 9:30am-1:30pm

### Drop in Social for Women

**South Asian Ladies Social Association (S.A.L.S.A.)**

The S.A.L.S.A group meets on the 1st and 3rd Thursday of every month. Various activities and educational talks will be happening in the future beginning with a "Try It" chair yoga class on February 2.

Seniors Services Membership required.  
 Feb. 2 and Feb. 16  
 12:00-2:30pm

### Sharing Library

Take a book, leave a book, read a book! Find your next good read from the sharing library, located in MP 1.

### Badminton 55+

The badminton group donated \$100 to the Sources Food Bank at the end of 2022. We organized a lunch at the local Red Rose restaurant with 54 people enjoying the socializing with fellow players and friends. The food was excellent, lots of it and the service was very good. The group continues to grow as new people discover how unique and special the group is from the playing to the socializing. We are in a new year with opportunities to create new friendships and enjoy the fun and exercise on the courts!

All the best to everyone for the rest of 2023!

### Badminton and Pickleball Coffee Times

Coffee social times after the 55+ play times for \$1.00.

#### Badminton

Tuesdays 9:30am

Thursdays 10:00am

#### Pickleball

Fridays 1:30pm

## Fitness

### Drop-In Fitness 55+

Join one of our senior classes or any other class listed on the drop-in schedule and go at your own pace. Drop-in schedules are available at the front desk.

#### Drop in: Fit 55+

A moderate-intensity class consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques.

M/Tu/Th/Fri 11:45am-12:45pm

W 10:30-11:30am

MP7

South Surrey Recreation & Arts Centre

#### Drop in: Fitness 55+ Lite

Enjoy low to moderate intensity exercise that introduces upper and lower body muscle conditioning and stretching. The use of a chair is optional.

Gym 3

M 1:00-2:00pm

South Surrey Recreation & Arts Centre

#### Drop in: Chair Exercise

Work out without the ups and downs of a regular fitness class. Each class includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

Th 11:45am-12:45pm

Gym 3

South Surrey Recreation & Arts Centre

## Chronic Pain Management

(from Self-Management BC/University of Victoria)

Do you live with chronic pain? Would you like to put life back into your life? The Chronic Pain Program is for adults of any age who have chronic pain such as: fibromyalgia, chronic pelvic pain, arthritis, post stroke or persistent headache, or other sources of pain. This interactive workshop covers a range of strategies and tools to help you manage your pain and get on with living a fulling life.

**Dates:** Feb 14-March 21 **Time:** 12:00-2:30pm

**Location:** South Surrey Recreation & Arts Centre

South Surrey Recreation & Arts Centre

14601 20 Ave, Surrey, BC V4A 9P5

## Family Day Events

Join us for a special winter opening and take part in free family friendly activities celebrating Family Day.

Darts Hill Garden

Sa Feb. 18 10:00am-4:00pm

Enjoy time with your family! Stay and play and family sport activities for all to enjoy. Pre-registration required.

South Surrey Recreation & Arts

M Feb. 20 9:30-11:30am

Historic Stewart Farm

M Feb. 20 12:00-4:30pm

## Connecting Generations

Connecting Generations provides an opportunity for dialogue by bringing together youth and seniors of diverse backgrounds and cultures. The project facilitates the opportunity for dialogue within an environment where people feel comfortable to have conversation that would normally not be discussed and/or addressed from various cultures and generations, while promoting learning, sharing experiences, and hearing each other's stories.

For more information contact us at: [agefriendlyforseniors@surrey.ca](mailto:agefriendlyforseniors@surrey.ca)



## Memberships

### Seniors Services

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.

## Save The Date

### Focus on Seniors Forum - Safety, Health and Wellness

April 28

The aim of the Forum is to offer a wide range of opportunities, where older adults of all ages and abilities can engage in knowledge sharing and social connections. Access to educational information on community programs, services and relevant topics are delivered through various formats that includes presentations and interactive booths.

Registration information to come.

South Surrey Recreation & Arts Centre

## Seniors Community Resources

Find quick links and handy access to community programs, services, resources and information for seniors, and their families and caregivers.

[www.surrey.ca/seniors-community-resources](http://www.surrey.ca/seniors-community-resources)

## Focus On Seniors Webinar

Join us for an informative webinar for seniors, their families and caregivers. Tune in for a variety of topics and resources relevant to 55+ adults living in Surrey.

**Wednesday February 15, 11am - 12pm**

Event ID# 237885 Fee: FREE

Link: [FocusOnSeniorsFebruary](#)

**Wednesday March 15, 11am - 12pm**

Event ID# 237888 Fee: FREE

Link: [FocusOnSeniorsMarch](#)

## Coffee Break at the Farm

Bring friends (or meet new ones) and enjoy a cup of tea or coffee while you play cards or board games, do a puzzle or learn about local history. Bi-weekly on Wednesdays Feb. 8 and Feb. 22. Free for Adults only. Feel free to drop-in or pre-register so we know to expect you by calling 604-501-5100.

Historic Stewart Farm  
13723 Crescent Road