



April 2024

Guildford SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome

The Guildford Recreation Centre is located in the heart of Guildford. We are a multigenerational facility offering adults 55+ a wide range of activities. We strive to meet our community needs at every level, including fitness, health and wellness, games, bus trips, special events and more. We welcome you to drop by and visit our seniors lounge and meet some of our members.

Hours of Operation—Recreation Centre:

Monday to Friday: 6am - 9pm

Saturday and Sunday: 6am - 8pm

Phone Number: 604-502-6360

Lounge:

Monday to Friday: 9am - 4pm

Food Services:

Monday, Wednesday, & Friday: 10:30am - 1:30pm

Memberships

Seniors Services Memberships

\$27.50

Seniors Services Membership (valid at all City of Surrey lounges and centres)

This pass provides members with....

- ◆ Access to free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ Access to 55+ gymnasium drop-in programs

Note: The purchase of a one year Seniors annual recreation facility pass includes a Seniors Services membership.

Kitchen Services

Stop by the 2nd floor lounge Monday, Wednesday and Friday for some snacks and hot drinks in the Seniors Lounge!

Menu:

Coffee/ Tea / Hot Chocolate—\$1.45

Muffins —\$1.45

Scones—\$1.95

Toast—\$1.00

Bagel—\$2.00

Grilled Cheese—\$4.00

GRC Maintenance Closure

The Guildford Recreation Centre will be undergoing a scheduled maintenance closure this spring.

Aquatic Facility Closure: May 6—May 31

Full Facility Closure: June 1—June 17

We will be ready to welcome you back on June 18, 2024. An extension will be automatically added to your Recreation Surrey Passes. Please feel welcome to attend programs and services at other City of Surrey Recreation Centres; refer to our Recreation Guide and drop-in schedule to see city-wide offerings.

Guildford Bus Trips

Looking for a day trip? Register for one of our Bus Trips! Reminder that food is not included unless stated, but is often able to be purchased at the destination. Completion of a Medical Form is required prior to the trip. Pick up and drop off is from the Guildford Recreation Centre.

Afternoon Tea at Historic Stewart Farm Bus Trip — 55+

Enjoy afternoon tea with a dash of local history! Time travel back to a 19th century farm and enjoy fresh, seasonal baked goods with a cup of Historic Stewart Farm's exclusive Murchies's tea blend. Afterwards explore the grounds and venture through farm house.

Friday, April 19

11:30am-3:30pm

Members: \$33.00 | Non Members: \$38.00

Course ID: 369765

Stevenson Village Bus Trip — 55+

Enjoy the historic charm of Steveston Village. Visit shops and restaurants, or bring your own lunch. Dress for the weather.

Tuesday, May 21

11am-3pm

Members: \$24.25 | Non Members: \$29.25

Course ID: 370010



National Volunteer Week

April 14-20

Dear Volunteers!

Thank you for stepping up to volunteer when we need help in our programs and in our seniors lounge. You are all trusted and valued partner in our services for sharing your time, skills, empathy, and creativity. We wouldn't have done it without your ongoing and selfless involvement. We cannot thank YOU enough for all you do.

Happy National Volunteer Week!

Sharing Library



Are you interested in reading what your community likes?

Guildford will be introducing a Sharing Library Hub in our Senior's Lounge. We invite you to donate any books to kickstart our library. We will have a dedicated area for any 55+ to borrow a book of their choice. We encourage you to share your favourite stories and discover ones that may become your favourite!



Staffing Update

Name: Gabriel G.

Position: 55+/Adult Programmer

What I enjoy about working in recreation:

Building new relationships is my favourite part of recreation. I love to make a difference in people's lives and leave a lasting impact.

My favourite hobby: I spend

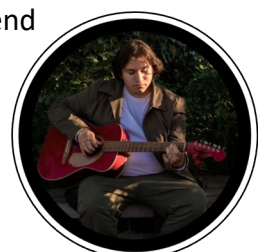
most of my time creating

music. I am self taught

in guitar, saxophone,

trumpet, and bass. If you

haven't guessed, I do love music!



Try It: Sports and Games 55+

Try It: Circuit Training—55+

Learn your way around the weight room. Use the equipment in a circuit format and learn what muscle groups each machine is used for. Proper form for improving cardio and strength is demonstrated.

Friday, April 26



9am-10am

Location: Clayton Community Centre — 7155 187A Street

Course ID: 382667

Guildford Social Gathering

Join us to work on community projects that will be implemented in the Guildford neighbourhood. The social gatherings will facilitate conversations and activities exploring social and cultural connections in the community. If you are 55+ and live in and around the Guildford area, we would love to hear about your unique experiences.

Upcoming workshops:

Friday, April 12



12:30pm-2:30pm

Location: Guildford Recreation Centre

Course ID: 388438

Friday, April 26

12:30pm-2:30pm

Location: Guildford Recreation Centre

Course ID: 388440

Spotlight: Wheeling 8's

Join the Wheeling 8's group for social square dancing. The group welcome all wheelchair, caregiver, and able bodied dancers. Come join the group for a fun activity to do Thursday evenings!

Thursdays 6pm-8pm



For more information, contact Mikayla at 604-502-6247

VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at surrey.ca/enews.

Guildford Seniors' Centre

15105 105 Avenue, V3R 7G8

Guildford Library Programs



CanLit Book Club

Wednesday, April 3

Guildford Library Meeting Room

1:30pm-3pm

The CanLit Book Club is a drop in club focused on Canadian authors. Come join in on the fun!

Contact: Valerie at 604-598-7373

vapatrik@surrey.ca

Technology Help Drop-in

Friday, April 5, 12, 19, 26

Guildford Library Computer Room

10am-11am

Bring your questions and your device and get one to one technology help in a friendly atmosphere!

Adult Writers' Group ages 19+

Thursday, April 4 and 18

Guildford Library Meeting Room

6pm-7:30pm

Each Adult Writers' Group meeting allows for members to share and critique each other's writing in a positive and safe environment.

Come and allow your imagination to be challenged and encouraged!

All genres welcome.

Contact: Alan at 604-598-7371

alan.woo@surrey.ca

Medicine Roller Making

Saturday, April 27

Guildford Library Meeting Room

1pm-2:30pm

Create your own blend, with Deanna Miller, using pre-infused medicinal oils and essential oils to fill a 10ml roller ball. They will discuss the plants used to create the infused oils, and their benefits. Registration begins March 27.

Contact: Guildford Library at 236-474-3176

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Drop in Activities

Guildford 55+ Member Activity Groups

MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
MON	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Ukulele (and more) group	2pm-4pm
TUES	Seniors Lounge	9am-4pm
	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
WED	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Seniors Lounge	9am-4pm
	Ladies Social	10:30am-11:30am <i>(last Thursday only)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Ballroom Dance	1pm-3pm
FRI	Seniors Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Live Music (Jammers)	10:30-12:30pm <i>(not first Friday)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Cribbage Tournament	12-4pm <i>(first Friday only)</i>
	Table Tennis	2:30pm-4pm <i>(not first Friday)</i>

Spring Cribbage Tournaments

Registration is now open for the Spring Cribbage Tournaments. Participants are invited to challenge other players in this engaging cribbage tournament. Knowledge in cribbage, a partner, and pre registration is required.

Friday, April 5



12pm-3:30pm

Course ID: 378544

Friday, May 3

12pm-3:30pm

Course ID: 378545