



# Cloverdale SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome!

The Cloverdale Recreation Centre is located in the heart of Cloverdale. We are a multi-generational facility offering adults aged 55+ a wide range of activities. We strive to meet our community needs at every level including fitness, health & wellness, games, bus trips, special events and more.

### CRC Facility Hours of Operation

Monday - Friday 6:00am - 10:00pm  
Saturday 7:00am - 7:00pm  
Sunday 7:00am - 5:00pm

### Food Services

Monday - Friday 9:00am - 2:00pm  
*\*hours subject to change*

### Lounge

Open during Facility Operation hours.

## 55+ Team

Feel free to call, email or stop by the Seniors Services office on the second floor at Cloverdale Rec Centre!

**Brandy** - 604-502-6409  
Brandy.Levington@surrey.ca

**Erin C.** - 604-592-7075  
Erin.Cooper@surrey.ca

**Beverley** - Beverley.Rennicks@surrey.ca

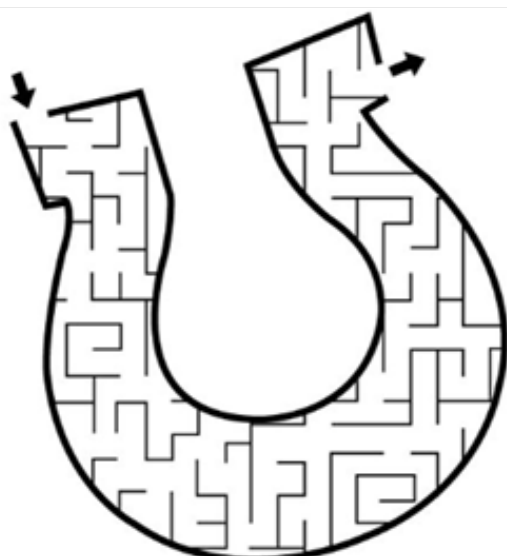
**Rosanna** - Head Cook

## Closure During Cloverdale Rodeo

The weightroom and all programs will be cancelled at Cloverdale Recreation Centre from Fri, May 17 at 3:00pm - Mon, May 20 as we host the Cloverdale Rodeo & Country Fair.

There will be limited services and programs on May 16, 17 and 21.

For recreational opportunities at other City of Surrey facilities please visit [surrey.ca](http://surrey.ca).



## VIEW Online

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

## Seniors Services Membership

### Citywide Programs & Services

Senior 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 Senior Services Membership fee is \$27.50 annually.

55+ Membership Activity Groups Cloverdale Recreation Centre		
MON	Quilters	9:30am-12:30pm
	Cribbage	1:00pm-3:00pm
	Guitar	1:00pm-3:00pm
	Stamp Group <i>*4th Mon. only</i>	1:00pm-3:00pm
	Pickleball	12:00pm-2:00pm
TUE	Painting	12:30pm-2:30pm
	Fiddlers Group	1:00pm-4:00pm
	Social in Punjabi	1:00pm-3:00pm
	Table Tennis	1:00pm-3:00pm
WED	Knit & Chat	10:00am-12:00am
	Ukulele	10:00am-12:00pm
	Poker	11:30pm-4:00pm
	Pickleball	12:00pm-2:00pm
	Scrabble	12:30pm-2:30pm
	Bingo	1:00pm-3:00pm
THU	Computer Group	10:00am-12:00pm
	Pickleball	10:30am-12:30pm
	Bluegrass & Roots Jam	1:00pm-4:00pm
	Silvertones Choir	1:00pm-3:00pm
FRI	Pickleball	9:00am-11:00am
	Woodcarvers	9:00am-11:00am
	Table Tennis	1:00pm-3:00pm
55+ Membership Activity Groups Clayton Community Centre		
MON	Knit & Crafts	10:00am-12:00pm
TUE	Seep Card Group	11:00am-2:00pm
THU	Seep Card Group	11:00am-2:00pm
FRI	Drop In Social	10:00am-12:00pm
	Electric Guitar	10:00am-12:00pm

## Sharing Library

Take a book, leave a book, read a book!  
Find your next good read from the sharing library, located on the second floor lobby of Cloverdale Rec Centre.



## 55+ Registered Fitness

### CLOVERDALE REC CENTRE

#### Chair Exercises 55+

Registration Required 12:00pm-1:00pm  
Wed, May 22 - June 26 Event # 00368744  
\$43.50 Members/ \$58.20 Non-Members

#### Restorative Yoga - Adult

Registration Required 11:30am-12:45pm  
Fri, May 24 - June 21 Event # 00368717  
\$56.50 Members & Non-Members

## 55+ Drop-in Fitness

### CLOVERDALE REC CENTRE

#### Fit 55+

Monday 8:15am-9:15am

#### Fit 55+ Lite

Wednesday 10:45am-11:45am

#### Yoga

Friday 7:45am-8:45am

### CLAYTON COMMUNITY CENTRE

#### Ball, Balance & Strength 55+

Tuesday 10:45am-11:45am

Friday 9:30am-10:30am

#### Fit 55+

Tuesday & Thursday 9:15am - 10:15am

#### Register to secure your spot.

*\*Schedule subject to change.*

*\*Drop-In fees or Full Facility Membership required. See facility schedule for annual/ monthly membership prices.*

With a Full Facility Membership - Free  
Seniors (70+) \$2.00 Seniors (60-69) \$5.75  
Adult (19-59) \$7.50



## 55+ 50's Diner Luncheon

Friday, June 21

12:00pm - 2:00pm

Cruise on over for a retro lunch. Enjoy a classic burger and fries while you socialize and listen to some tunes from performer John Parsons.

Registration Required Event # 00370176

\$9 Members/ \$11 Non-Members



## Steveston Village Bus Trip

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

Thursday, June 6

Cloverdale Rec. Centre 10:30am - 2:30pm  
Registration Required Event # 00371798

Clayton Community Centre 11:00am - 3:00pm  
Registration Required Event # 00370575

\$24.25 Members/ \$29.25 Non-Members

## Dickens Sweets & British Museum Bus Trip

Take a trip down memory lane at the Dickens Sweets & British Museum—the original British sweet and grocery store in the Fraser Valley.

Wednesday, May 15

Newton Seniors Centre 10:30am - 2:30pm  
Registration Required Event # 00370076

\$18.25 Members/ \$23.25 Non-Members

## Summer Registration

Summer Registration will start on Sunday, June 2nd at 9pm. On this date you can register for programs and events that happen from July - August. Register early so you don't miss getting your spot! Recreation Guides will be arriving on May 25th so you can plan early.

## Save the Date

For more information about "Save the Date" please call 604-598-7960.

T May 7 Armchair Travel  
F May 10 Cribbage Tournament  
T May 14 Movie Afternoon

### Cloverdale Rodeo May 17 - 20

F May 24 Rodeo Luncheon  
F May 28 Bridge Tournament  
T June 04 Armchair Travel  
F June 14 Cribbage Tournament  
T June 18 Movie Afternoon  
F June 21 50's Diner Luncheon  
F June 25 Bridge Tournament

## Armchair Travel

Immerse yourself in a different culture each month through video and food samples!

Destination: **Iceland**

Tues, May 7 1:00pm - 3:00pm \$5.50

Registration Required Event # 00370179

## Movie Afternoon

Stop by for a **free** movie and a snack with friends!

Showing: **Casablanca**

1942 - Drama  
*Starring: Humphrey Bogart, Ingrid Bergman & Paul Henreid*

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.

Tues, May 14 1:00pm - 3:00pm Free!

Registration Required Event # 00370182

## Frauds & Scams Presentation

Join our 55+ Computer Group and learn about frauds and scams, the tools that fraudsters use, common schemes targeting Canadian seniors, safety strategies, and resources to consult if someone you know has been scammed! Presented by: Seniors First BC.

Thurs, May 9 10:00am - 12:00pm

Registration Required Event # 00380657

Cloverdale Recreation Centre

## Food Services

Stop by the 2nd floor lounge to enjoy fresh made soup, sandwiches and baked goods! Hot Meals are served Wednesdays between 11am-1:30pm, while supplies last.

Monday - Friday 9:00am - 2:00pm

\*hours subject to change

### \$7 Hot Meals

W May 1 Brazilian Savory Pancake  
W May 8 Chicken Meatloaf  
W May 15 Dim Sum  
W May 22 Fish and Chips  
W May 29 Beef Stew

## Takeout Meals

Stuck for a meal or craving a fresh baked treat? Did you know that you can order take out from the kitchen?

Rosanna can prepare a to-go container with your choices from a selection of homemade soups, sandwiches and baked goods!

## Clayton Community Festival

Join us for a fun, family-friendly event to celebrate Clayton's vibrant community! The event runs rain or shine. We recommend taking public transit, carpooling or walking! Activities will include: Arts and Crafts, Games for Everyone, Prizes and Giveaways, Food for Purchase, Vendors and more!

Saturday, May 11 11:00am - 3:00pm

18710 Fraser Highway

## Arbor Day

Join us to plant 50 new shade trees, and 250 forest trees and shrubs at Salmonberry Park. Enjoy live music, kids' activities and more. All planters will receive a free lunch (while quantities last). For more information please contact: [stewardship@surrey.ca](mailto:stewardship@surrey.ca)

Saturday, May 24 10:00am - 1:00pm

19027 72A Avenue

Cloverdale Recreation 604-598-7960  
6188 176 Street

Clayton Community Centre 604-502-6300  
7155 187A Street