



April 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

April Hot Meal Schedule

Food Services

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

Mon	Apr 1	CLOSED
Tues	Apr 2	Crispy Chicken
Wed	Apr 3	Chef's Choice
Thurs	Apr 4	Cabbage Rolls & Perogies
Fri	Apr 5	Lasagna
Mon	Apr 8	Fish & Chips
Tues	Apr 9	Hamburgers
Wed	Apr 10	Macaroni & Cheese
Thurs	Apr 11	Chicken Pot Pie
Fri	Apr 12	Soup & Sandwich
Mon	Apr 15	Spaghetti & Meatballs
Tues	Apr 16	Potato Crusted Cod
Wed	Apr 17	Liver & Onions
Thurs	Apr 18	Sweet & Sour Pork
Fri	Apr 19	Cannelloni
Mon	Apr 22	Baked Sole
Tues	Apr 23	Chicken Cordon Bleu
Wed	Apr 24	Chili
Thurs	Apr 25	Kabuli Pulao
Fri	Apr 26	Grilled Cheese
Mon	Apr 29	Chicken Alfredo
Tues	Apr 30	Bangers & Mash

April Special Event

"Black Eyed Susan"

Friday, Apr 12 5:00pm-9:00pm
Registration #381423
Members \$25.00
Non Members \$31.50

Put on your best boots & hat for our Country Western Dinner & Dance. Enjoy a delicious chicken cordon bleu dinner and a night of dancing and entertainment by Black Eyed Susan, playing classic rock and country 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 is not available.



Vaisakhi Celebration

Join together to learn about and prepare for the upcoming Vaisakhi holiday. Family friendly crafts and activities will be available to make.

Thurs Apr 11 3:30pm-6:30pm
1 session #370220
Fee FREE
Newton Seniors Centre

Try-It: Seniors Services Dance 55+

Have fun trying something new. Come join others in exploring Arts & Crafts together. An additional \$10 supply fee will apply.

Thur Jan 24 10:00am-12:00pm
2 sessions #355703
Fee \$19.40

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
	Computer Club General Meeting	1:00pm-3:00pm
Tue	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Canasta	1:00pm-3:30pm
	Table Tennis	1:00pm-3:30pm
Wed	Table Tennis	8:30am-11:00am
	Women's Social Group	10:00am-12:30pm
	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
	Writing Group	10:00am-12:00pm
	Rummoli	12:30pm-3:30pm
M-F	Billiards	8:30am—3:30pm

Save the Date

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

F Mar 29 CLOSED
M Apr 1 CLOSED
W Apr 3 Movie Afternoon
Th Apr 11 Vaisakhi Celebration
F Apr 12 April Dinner & Dance
F Apr 19 Cribbage Tournament
F Apr 26 April Birthdays Party

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
5 sessions	#368419
Member	\$36.25
Non Member	\$48.50

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

Movie Afternoon: "Yesterday"

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

Wednesday, Apr 3	1pm - 3pm
Registration	#369122
Fee	FREE

Bus Trip 55+

"Tulip Festival"

Come enjoy the flowery fields. Bring your own lunch or buy from vendors. Dress for the weather. Price includes transportation and admission fees.

Mon Apr 29	9:00am-3:00pm
1 sessions	#370593
Member	\$37.25
Non Member	\$42.25

New Computer Club Website

The Newton Seniors Centre Computer Club (NSCCC) has a new website! Please visit www.nsgcc.info for all the latest updates and classes.

April 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 Apr 26	1:00pm-2:00pm
1 sessions	#369155
Fee	\$3.45

April Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri Apr 5
Cloverdale	Fri Apr 12
Newton	Fri Apr 19
Fleetwood	Fri Apr 26

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

National Volunteer Week

This month we celebrate National Volunteer week from April 21-27. The Newton Seniors Centre has many volunteers that help with our groups, services and more. Please take a moment this month to thank them for all the hard work they do. Without them the Centre wouldn't be such an amazing place!

Thank you to all our volunteers!

Drop In Seniors Services Sports

Newton Recreation Centre

Tuesdays:

Pickleball 8:30am - 10:30am

Wednesdays:

Pickleball 10am - 12pm

Thursdays:

Badminton *1/2 gym 12:30pm - 2:00pm

Fridays:

Pickleball 8:30am - 10:30am

Pickleball 12:30pm - 2:00pm

Please arrive 5-10 minutes before your sport.