



April 2024

# 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-8:00pm  
Sunday: 8:00am-6:00pm

### Statutory Holidays

Mon, Apr 1 8:00am-8:00pm

### South Surrey Recreation & Arts Centre Senior Reps

Representatives meet every two months.

Steve & Val: Badminton  
Angela & Bob: Bridge  
Bill & Sharon: Pickleball  
Gurmeet & Charanjit: S.A.L.S.A (South Asian Ladies Social Association)  
Bryan: Table Tennis

## VIEW Online

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

South Surrey Recreation & Arts Centre  
14601 20 Ave, Surrey, BC V4A 9P5  
604-592-6970

## Seniors Services Memberships

For \$27.50 per year, enjoy access to free, registered drop-in activities, events, and clubs, as well as discount pricing on select 55+ registered programs.

### Drop-in Activities for April

Monday	Badminton 8:00-10:00am Duplicate Bridge 9:15am-1:15pm Pickleball 12:30-2:30pm
Tuesday	Badminton 7:30-9:30am Table Tennis 12:30-2:30pm
Wednesday	Badminton 11:30am-1:00pm 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

### Badminton and Pickleball Coffee Times

Enjoy a coffee and socialize after the 55+ play times for \$1.00.

**Badminton:** Tuesdays 9:30am  
Thursdays 10:00am  
**Pickleball:** Fridays 1:30pm

## South Asian Ladies Social Association

The South Asian Ladies Social Association (SALSA) group meets on the 1st and 3rd Thursday of every month to take part in various activities and educational talks. In April, the SALSA group will celebrate the festival of Vaisakhi with music, dance performances and treats.

*Meetings are generally conducted in Punjabi. A Seniors Services Membership is required.*

## Volunteer Week April 14-20

A great big thank you for all of our volunteers for stepping up to help in our programs. By sharing your time, skills, empathy and creativity, you become a valued and trusted partner in the Adult/55+ Services. We can't thank YOU enough for all you do: Gurmeet, Sharon, Steve, Val, Mamie, Wendy, Bindu, Carmen, Bill, Charanjit, Heidi, John, Angela, Bob, Bryan, Holly, Donn, Martin, Brian, Selena. **Happy National Volunteer Week!**



Pickleball 55+ volunteers Brian, Sharon and Stan.

## Spring Fest May 4

Celebrate spring through Surrey's multicultural traditions of music, dance, art, food and more at **Historic Stewart Farm** in collaboration with **Totest Aleng, Indigenous Learning House**. Attend this all-ages event and let's celebrate spring together! Saturday, May 4, 12:00-4:00pm, FREE Elgin Heritage Park, 13723 Crescent Road



## WALKit 55+

Join us for free group walks on **Wednesdays** to work on mobility, meet new people, and explore different neighbourhoods in Surrey. **Two start times are available for each walk: 10am and 12noon.** Upcoming walks include:

- April 3: Green Timbers Greenway
- April 10: Guildford Urban Walk
- April 17: Elgin Heritage Walk
- April 24: Cloverdale Greenway

For more information and to preregister, visit [www.surrey.ca/walkit](http://www.surrey.ca/walkit).

## Registered Fitness

The following registered fitness classes take place at **Kwomais Point Park**, 1367—128 Street. To register go online to [surrey.ca/register](http://surrey.ca/register), call 604-501-5100 or visit any recreation centre.

### 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.

7 Sessions:

55+ Member \$48.30, Non-member \$64.05

Tu 9:15–10:15am Apr 2 371369

6 Sessions:

55+Member \$41.40; Non-member \$54.90

Tu 9:15–10:15am May 21 371370



### Meditation

Improve your overall wellbeing through meditation and relaxation techniques. Learn how to practice mindfulness and deep breathing to feel calmer and develop a deeper level of consciousness and awareness.

6 Sessions: \$54.90

M 7:15–8:15pm Apr 8 371385

5 Sessions: \$45.75

M 7:15–8:15pm May 27 371387

### Restorative Yoga

Improve wellbeing through the release of tension and gentle realignment. Adapt classic yoga poses and use breathing exercises and relaxation techniques with an emphasis on healing.

7 Sessions: \$79.10

Tu 10:30–11:45am Apr 2 371372

W 7:15–8:30pm Apr 3 371382

6 Sessions: \$67.80

Tu 10:30–11:45am May 21 371375

W 7:15–8:30pm May 22 371383

*“Exercise is the key not only to physical health but to peace of mind”*

— Nelson Mandela

## Mother’s Day in the Garden



**May 11-12, Sat & Sun, 10:00am-4:00pm.**

### Mother’s Day at The Glades Woodland Garden.

Discover one of South Surrey’s garden gems during our annual Mother's Day celebration.

Enjoy live music, a picnic area, and coffee vendors onsite as you take in the amazing spring colour of over 3,500 mature rhododendrons. 457 – 172 St. **Preregistration is required.** [www.surrey.ca/glades](http://www.surrey.ca/glades).

**May 12, Sun, 10:00am-4:00pm.**

### Mother’s Day at Darts Hill Garden Park.

Enjoy live music in the garden as you explore a wondrous collection of rare mature trees, shrubs and perennials. 1633 – 170 St.

**Entry by donation.** [www.surrey.ca/dartshill](http://www.surrey.ca/dartshill)

## Learn Spanish

At the South Surrey Recreation & Arts Centre.

### Spanish—Beginner

Learn basic Spanish vocabulary, pronunciation and phrases to help build conversational skills and comprehension.

8 sessions: \$69.60

Tu 5:30-7:00pm Apr 9 368647

### Spanish—Intermediate

Expand your skills as you learn to build sentences and phrases to express ideas. For intermediate skills levels.

8 sessions: \$69.60

Tu 7:15-8:45pm Apr 9 368649

## Semiahmoo Potters Spring Show & Sale

Browse and purchase local pottery creations at the Semiahmoo’s Potters’ spring sale.

Saturday, May 4, 10:00am-5:00pm and Sunday, May 5, 10:00am-4:00pm, FREE.

**Turnbull Gallery, South Surrey Recreation and Arts Centre.**

## Income Tax Clinic

Do you need help with your tax return? If you have a modest income and a simple tax situation, volunteers at a free tax clinic may be able to complete your tax return for you.

The program is offered through Canada Revenue Agency’s Community Volunteer Income Tax Program (CVITP). Find out more at [www.canada.ca/taxes-help](http://www.canada.ca/taxes-help).

## Technology Help at Surrey Libraries

Need help with your electronic device? Book a one-on-one technology session in a friendly atmosphere at a local Surrey library. Bring your questions and your device.

You can get help with questions about:

- Computer basics - mousing, internet searching, Microsoft Word
- Tablet basics - downloading apps, eBooks, magazines
- Essentials of using eReaders or laptops
- Cyber safety basics - how to be safe while using the Internet

Call the library directly to book your spot.

Semiahmoo branch 604-592-6910; Ocean Park branch 604-502-6449.

## Rotary Book Sale

The Rotary Club of White Rock is hosting their charity book sale from **April 5-9** at the Peace Arch Curling Club, 1475 Anderson Street, White Rock. Good condition used books on sale from \$1-\$3 each. For more information view [www.whiterockrotary.org](http://www.whiterockrotary.org).

## Painting with Watercolour 55+

Build on your watercolour skills. Explore colour mixing perspectives, composition and brush stroke techniques. Beginners are welcome, but some artistic knowledge is an asset. Supplies extra. Operated by the Semiahmoo Arts Society.

**South Surrey Recreation & Arts Centre**

6 Sessions: \$162.00

Th 10:00am-12:00pm May 16 369103

