



Welcome!

Cloverdale Recreation Centre

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.

Facility Hours of Operation

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

Clayton Community Centre

The Clayton Community Centre is Surrey's newest community centre that combines arts, library, and recreation amenities into one facility. It is located in the fast growing community of Clayton Heights.

Facility Hours of Operation

Monday - Friday 6:00am - 9:00pm
 Saturday 7:00am - 7:00pm
 Sunday 7:00am - 5:00pm

55+ Team

Feel free to call, email or stop by if you have any questions or to say "Hello!".

Cloverdale Recreation Centre

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

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

Rosanna - Head Cook

Clayton Community Centre

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

Beverley - Beverley.Rennicks@surrey.ca

Clayton Community Centre Maintenance

Clayton Community Centre will be closed for scheduled maintenance.

August 6 to August 19:

Gymnasium closed. All other areas, programs and services remain open for programs and services.

August 20 to September 9:

Full facility closed.

VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at 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
	Mahjong	12:00pm-3:00pm
	Bluegrass & Roots Jam	1:00pm-4:00pm
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

55+ Registered Fitness

Cloverdale Recreation Centre

Chair Exercises 55+

Registration Required 12:00pm-1:00pm

Mon, July 8 - Aug 19 Event # 00386965

\$43.50 Members/ \$58.20 Non-Members

Wed, July 10 - Aug 21 Event # 00386968

\$50.75 Members/ \$67.90 Non-Members

Clayton Community Centre

Chair Yoga 55+

Registration Required 10:30am-11:30am

Wed, July 3 - July 31 Event # 00385436

\$34.50 Members/ \$45.75 Non-Members

Chair Exercises 55+

Registration Required 11:00am-12:00pm

Thurs, July 4 - Aug 1 Event # 00385437

\$36.25 Members/ \$48.50 Non-Members

55+ Drop-in Fitness

Cloverdale Recreation Centre

Ball, Balance & Strength 55+

Monday 10:45am-11:45am

Gentle Yoga

Tuesday 8:00pm-9:00pm

Sunday 9:00am-10:00am

Fit 55+ Lite

Wednesday 10:45am-11:45am

Yoga

Friday 7:45am-8:45am

Clayton Community Centre

Fit 55+

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

Ball, Balance & Strength 55+

Tuesday 10:45am-11:45am

Friday 9:30am-10:30am

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

Grandparent and Me Tea

Friday, July 26

10:00am - 12:00pm

Celebrate the season with your grandchildren as you make crafts, decorate cookies, and sip hot drinks. Suitable for children aged 3-12.

Registration Required Event # 00388793

\$3 Members / \$7 Non-Members

Cloverdale Recreation Centre



New Activity Group: Mahjong

Join a game of Mahjong, a tile based game that was developed in 19th century China. New players are welcome.

Thursdays 12:00pm-3:00pm

Cloverdale Recreation Centre

Program Spotlight: Spanish - Adult

Spanish - Beginner - Adult

Registration Required 5:00pm-6:30pm

Wed, July 10– Aug 14 Event # 00388780

\$52.20 Members & Non-Members

Spanish - Intermediate - Adult

Registration Required 6:45pm-8:15pm

Wed, July 10– Aug 14 Event # 00388781

\$52.20 Members & Non-Members

Cloverdale Recreation Centre



The Clayton Market

Come check out this open air market every other Sunday featuring 70+ farmers, makers, small businesses and more! This market is free to attend and everyone is welcome!

July 7 & 21, Aug 11 & 25 and Sept 8

10:00am - 3:00pm

Clayton Community Centre

Save the Date

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

July 1 Canada Day

T	July 2	Armchair Travel
F	July 12	Cribbage Tournament
T	July 16	Movie Afternoon
T	July 30	Bridge Tournament

August 5 B.C. Day

T	August 6	Armchair Travel
F	August 9	Cribbage Tournament
T	August 20	Movie Afternoon
T	August 27	Bridge Tournament

Armchair Travel

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

Destination: **Eastern Canada**

Tues, July 2 1:00pm - 3:00pm \$5.50

Registration Required Event # 00388784

Cloverdale Recreation Centre

Movie Afternoon

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

Showing: **The Blind Side**

2009 - Biography/Drama

Starring: Quinton Aaron, Sandra Bullock, Tim McGraw

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

Tues, July 16 1:00pm - 3:00pm Free!

Registration Required Event # 00388786

Cloverdale Recreation Centre

Spot the Differences



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	July 3	BBQ Pulled Pork
W	July 10	Caper Dill Salmon
W	July 17	Chicken Lettuce Wrap
W	July 24	Shrimp Scampi
W	July 31	Fish Tacos

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!

The Safety Corner:

Emergency Preparedness Guide for Older Adults

The City of Surrey has launched a new resource to help you prepare in the event of a disaster or emergency. Connect with Erin, Beverley or Brandy to pick up a guide.

Staying Safe During Extreme Heat

Seniors are most at-risk for heat-related illnesses. People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to high temperatures. During heat season:

Monitor Indoor Temperature: Keep indoor spaces as cool as possible.

Stay Hydrated: Drink plenty of water to prevent dehydration.

Arrange to have a family member, friend or neighbour check in on you periodically.

Read more about how to prepare for summer heat at: surrey.ca/heat-season-preparedness



Cloverdale Recreation 604-598-7960
6188 176 Street

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