

# **Welcome**

The Fleetwood Community Centre is located in the heart of Fleetwood Town Centre. This multigenerational facility offers a wide variety of volunteer lead activities and fitness for adults 55+. We strive to meet the community's needs including fitness, health and wellness, bus trips, special events and more. Discover our facility today!

15996 84 Avenue, Surrey, BC V4N 0W1

Monday to Friday: 7:30am - 9pm Saturday & Sunday: 8am - 5pm

Closed on Statutory Holidays **Phone:** (604) 501-5030

# **Memberships**

## **Seniors Services Membership**

The \$27.50 Seniors Services Membership grants access to volunteer led 55+ activities held in all Surrey Recreation Facilities for one year.

### **Annual Recreation Passes**

An Annual Recreation Pass will allow you access to all Surrey pools, arenas, weight rooms, and drop-in fitness classes. Did you know it also includes Seniors Services Membership?

60 Years - 69 Years—\$416.25 70 Years and older—\$138.75

## **Fall Dinner Social**

Join us for our first Dinner Social of the Fall season! Enjoy an evening of socializing with friends over a delicious 2 course meal, followed by entertainment. Register by phone or at our front desk.

### Tuesday, September 17th 2024

4:30pm – 7:30pm Course ID: 403579 Member: \$20.00 Non-member: \$25.00

# 55+ Staff Team

Colleen Jeffrey – 55+ Coordinator Jake Coey – 55+ Programmer

# **Registered Programs**

## **Line Dance - Beginner**

Learn line dancing basics, dance combinations and routines. No partner or experience needed.

#### **Fleetwood Community Centre**

 Sept. 9<sup>th</sup> – Oct. 21<sup>st</sup>
 Mondays: 6 Sessions

 Course ID: 401835
 4:15 – 5:15pm

 Ages 55+
 Member: \$25.25

 Non-member: \$33.50

 Course ID: 401844
 5:20 – 6:20pm

Fee: \$33.50

## **Spanish - Beginner - Adult**

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

#### **Fleetwood Community Centre**

Mondays: 6 Sessions

Ages 19+

Sept. 9<sup>th</sup> – Oct. 21<sup>st</sup> 5:00pm - 6:30pm Course ID# 403530 Fee: \$45.50

## **Spanish - Intermediate - Adult**

Build on basic Spanish skills. Learn to build sentences and phrases to start to express ideas. For intermediate skill levels.

### **Fleetwood Community Centre**

Mondays: 6 Sessions

Sept. 9<sup>th</sup> – Oct 21<sup>st</sup> 6:45pm - 8:15pm Course ID# 403532 Fee: \$45.50

## Guitar – Beginner – Adult

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar.

### **Fleetwood Community Centre**

Mondays: 7 Sessions

Sept. 9<sup>th</sup> – Oct 28<sup>th</sup> 7:15pm – 8:15pm Course ID# 401863 Fee: \$40.20



55+ Seniors Services Membership Activities		
Monday	Ballroom Dance	1:00pm - 4:00pm
Tuesday	Coffee Social	9:00am - 12:00pm
	Bridge	12:30pm - 3:30pm
	Ballroom Dance	1:00pm - 4:00pm
	Table Tennis	6:30pm – 8:00pm
Wednesday	Knitting & Crocheting	9:00am - 12:00pm
	Coffee Social	10:00am - 12:30pm
	Table Tennis	12:00pm - 1:30pm
	Crib	12:30pm - 3:00pm
Thursday	Social in Mandarin	9:00am - 12:00pm
	Seniors Services Connector	10:00am-12:00pm
	Mahjong	12:30pm – 4:30pm
	Carpet Bowling	1:00pm - 3:00pm
	Table Tennis	6:30pm – 8:00pm
Friday	Coffee Social	10:00am – 12:30pm
	Women's Social in Punjabi	10:00am - 1:00pm
	Table Tennis	2:00pm - 3:30pm
	Badminton	7:00pm – 9:00pm
NA F	SEEP	2:00pm - 6:00pm
M - F		12:30pm - 4:30pm
Saturday	SEEP	12.30piii - 4.30piii

# **Drop-in Table Tennis**

Come try out Table Tennis at one of our weekly dropin times. Now available in the evenings!

 Tuesdays
 6:30pm - 8:00pm

 Wednesdays
 12:00pm - 1:30pm

 Thursdays
 6:30pm - 8:00pm

 Fridays
 2:00pm - 3:30pm

# **Drop-in Badminton**

If you're looking for a place to play badminton indoors during the summer heat, Fleetwood has you covered. We have two courts available. Now running every week!

**Friday** 7:00pm - 9:00pm

# **Drop-in Mahjong**

Join a game of Mahjong. New players welcome. Seniors Services Membership required.

**Thursdays** 12:30pm – 4:30pm

# **Summer Scheduling**

You may notice a slight change in our scheduling during the summer. We host quite a few summer camp programs, which may impact a small number of 55+ activities. Please see the front desk staff for more information, or an updated schedule pamphlet.

## **Movie Afternoon**

Enjoy an afternoon of film. Movies range from classics to contemporary.

#### **Newton Seniors Centre**

Wednesday, August 7th

1:00pm-3:00pm Event ID# 383625

#### **Cloverdale Recreation Centre**

Tuesday, August 20th

1:00pm-3:00pm Event ID# 388787

#### **Guildford Recreation Centre**

Tuesday, September 10th

1:00pm-3:00pm Event ID# 396405

## Want to volunteer?

Volunteering at the City of Surrey is an enriching, fulfilling experience. Volunteer opportunities are available in a variety of activities at the Fleetwood Community Centre and throughout the City. For information, please connect with recreation centre staff and/or contact Volunteer Resources by phone at 604-598-5863 or email at <a href="mailto:volunteer@surrey.ca">volunteer@surrey.ca</a>.

We are currently looking for an additional volunteer to support our drop-in BINGO program on Mondays from 1:00pm-3:00pm.

# **Crossword Puzzle**

#### **Across**

- 1. Popular snack served in a bun
- 4. Feeling sick or nauseous
- 5. The amount of money you pay to enter a certain place
- 6. A spooky attraction
- 8. A small structure or stand with merchants
- 9. Feelings of excitement or fear
- 13. A large wheel with passenger cars
- 15. A small item that is kept as a reminder of a place
- 17. A small, round object used as payment for rides or games
- 18. A high speed, looping ride
- 19. A rotating platform ride with seats
- 20. Where people queue up for rides
- 21. A place where you can buy light meals
- 22. A large outdoor event with games, rides, and entertainment

### Down

- 2. A famous and popular amusement park located in California
- 3. Activities that you can participate in at a theme park or fair
- 7. Small temporary structure at a fair where goods are sold
- 9. Small piece of paper that grants entry
- 10. Person who claims to predict the future
- 11. Items which can be won by playing games
- 12. Another term for a carousel
- 13. A special pass that allows you to skip lines
- 14. A large amusement park that follows a specific concept
- 16. An experience of being moved quickly and thrillingly, often on a mechanical device

# **Save The Date!**

## **Cribbage Tournaments**

Guildford Recreation CentreID# 395200Friday, August 2nd12:00pm - 3:30pmCloverdale Recreation CentreID# 388791Friday, August 9th12:00pm - 3:30pmNewton Seniors CentreID# 393590Friday, August 16th12:00pm - 3:00pmFleetwood Community CentreID# 390791

Friday, August 23<sup>rd</sup> 12:00pm - 3:00pm **Guildford Recreation Centre ID# 395211** 

Friday, September 6<sup>th</sup> 12:00pm - 3:30pm

Fleetwood Community Centre ID# 402448

Friday, September 13<sup>th</sup> 12:00pm - 3:30pm

## **Bridge Tournaments**

**Chuck Bailey Recreation Centre**ID# 382618

Friday, August 2<sup>nd</sup>

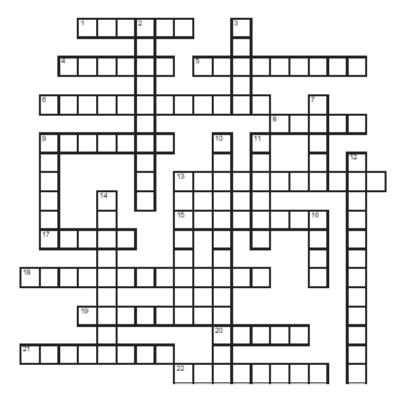
11:00am - 3:00pm

Cloverdale Recreation Centre ID# 388789

Tuesday, August 27<sup>th</sup> 11:00am - 3:00pm

**Chuck Bailey Recreation Centre ID# 401314**Friday, September 6<sup>th</sup>
11:00am - 3:00pm

Cloverdale Recreation Centre ID# 402457
Tuesday, September 24<sup>th</sup> 11:00am - 3:00pm



# 55<sup>+</sup> Group Fitness

# Drop-in Fit 55+

Enjoy moderate intensity exercise consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques.

**Tue, Wed, Thu** 10:30am - 11:30am

## **Drop-in 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.

**Mon, Wed, Fri** 9:00am – 10:00am

## **Drop-in Chair Exercises**

Enjoy a workout that includes a cardio warmup, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

**Wednesdays** 10:30am – 11:30am

# **Armchair Traveler**

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home- or in person at one of our facilities! Travel to different destinations around the world through the world of documentaries. Enjoy photos, and video during these sessions with an opportunity for some discussion and sharing once the presentation is over.

#### **Cloverdale Recreation Centre**

Tuesday, August 6<sup>th</sup> 1:00pm - 3:00pm Event ID# 388785 Fee: \$5.50

**Online** 

Wednesday, August 14<sup>th</sup> 1:30pm - 2:30pm Event ID# 390373 Free

#### **Cloverdale Recreation Centre**

Tuesday, September 3<sup>rd</sup> 1:00pm - 3:00pm Event ID# 402431 Fee: \$5.50

#### **Newton Seniors Centre**

Wednesday, September 4<sup>th</sup> 1:00pm - 3:00pm Event ID# 394229 Fee: \$5.50

# WALKit Activity Program

Free admission for all walks.

9:00am-10:30am

Fraser Heights Walk Fri, Aug. 2<sup>nd</sup>
9:00am-10:30am Event ID# 392148
Fleetwood Walk Wed, Aug. 7<sup>th</sup>

9:00am-10:30am Event ID# 387325 Fleetwood Walk Fri, Aug. 9<sup>th</sup>

Event ID# 387388

Clayton Nature Walk Wed, Aug. 14<sup>th</sup> 9:00am-10:30am Event ID# 387328

Clayton Nature Walk Fri, Aug. 16<sup>th</sup> 9:00am-10:30am Event ID# 387389

Elgin Heritage Park Wed, Aug. 21<sup>st</sup> 9:00am-10:30am Event ID# 387331

Elgin Heritage Park Fri, Aug. 23<sup>rd</sup> 9:00am-10:30am Event ID# 387390

WALKit: Social Celebration Fri, Aug. 23<sup>rd</sup>
12:30pm-2:00pm Event ID# 406828

# **Surrey Nature Walks**

Join a guided nature walk around the Surrey Nature Centre and Green Timbers Park. Walks are designed for all ages and will go rain or shine. Free admission for all walks.

Sat, August 10<sup>th</sup> **Surrey Nature Centre** Event ID# 388044 10:00am – 10:45am Wed, August 21st **Surrey Nature Centre** 10:00am – 10:45am Event ID# 388041 Sat, September 14<sup>th</sup> **Surrey Nature Centre** 10:00am - 10:45am Event ID# 397981 **Surrey Nature Centre** Wed, September 25<sup>th</sup> 10:00am – 10:45am Event ID# 397982