



December 2024

Welcome

The **Fleetwood Community Centre** is located in the heart of Fleetwood. 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!

Monday—Friday: 7:30am—9:00pm

Saturday and Sunday: 8:00am—5:00pm

Phone: (604) 501-5030

15996 84th Avenue, Surrey BC V4N 0W1

Fleetwood 55+ Staff

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Seniors Services Membership

Purchase a membership to access any activities in the timetable below, special program discounts and more!

Fee for 1 Year Membership: \$30.00

Drop In Seniors Services Schedule—Fleetwood		
Monday	Ballroom Dance	1:00pm—4:00pm
	Bingo	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
Tuesday	Coffee Social	9:00am—12:00pm
	Bridge	12:30pm—3:30pm
	Ballroom Dance	1:00pm—4:00pm
	SEEP	2:00pm—6:00pm
	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
	SEEP	2:00pm—6:00pm
Thursday	Social in Mandarin	9:00am—12:00pm
	Seniors Services Connector	10:00am—12:00pm
	Live Music	11:30am—2:00pm
	Mahjong	12:30pm—4:30pm
	Carpet Bowling	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
	Table Tennis	6:30pm—8:00pm
	Friday	Coffee Social
Women's Social in Punjabi	10:00am—1:00pm	
Saturday	Table Tennis	2:00pm—3:30pm
	SEEP	2:00pm—6:00pm
	Badminton	7:00pm—8:30pm
	SEEP	12:30pm—4:30pm

Spotlight On...

Holiday Dinner Social 55+

Enjoy an afternoon of socializing over a delicious 3 course meal, followed by a live musical performance by the Beauty Shop Dolls. Turkey and other holiday fixings will be served, and a limited amount of vegetarian entrées will also be available.

Fleetwood Community Centre

ID: 403574 | Dec. 12th | 1:30—4:30pm

Fee: \$25.00 | Member: \$20.00

Santa 4 Seniors 55+

Enjoy a free pancake breakfast with Santa! Registration required, spaces will be limited. This program is organized by the Fleetwood Business Improvement Association.

*Sign up will not be available online

Fleetwood Community Centre

ID: 429434 | Dec. 10th | 9:00—11:00am

FREE

Breakfast with Santa

Join your family and enjoy breakfast with Santa and Mrs. Claus. Kids have a chance to play games and enjoy a variety of tasty breakfast items.

Fleetwood Community Centre

ID: 402348 | Dec. 7th | 9:00—10:30am

Fee: \$11.00

Vancouver Christmas Market Bus Trip—55+

Discover handcrafted gifts, delicious food and drink, and entertainment for the entire family. This annual festive celebration creates the perfect atmosphere of holiday entertainment! Price of admission included.

ID: 401135 | Dec. 17th | 3:30—8:00pm

Fee: \$49.00 | Member: \$44.00

Fleetwood Programs

Spanish

Register for one of our Spanish courses, and begin practicing your pronunciation, conversational skills, and comprehension. In the intermediate classes, focus closer on sentences, phrases, and expressing ideas.

Jan. 13th—Mar. 3rd | 7 sessions | \$63.70*

Beginner Class

ID: 420155 | Mondays | 7:15—8:45pm | 19+

Intermediate Class

ID: 420140 | Mondays | 3:45—5:15pm | 19+

Conversational Class (new at Fleetwood!)

ID: 420149 | Mondays | 5:30—7:00pm | 19+

*Fee is the same for each course.

Guitar—Beginner

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar. **Jan. 13th—Mar. 3rd | 7 sessions**

ID: 420134 | Mondays | 7:30—8:30pm | 19+

Fee: \$46.90

Bollywood Dance

Pretend you're in a Bollywood movie in this energetic dance class and learn Bollywood dance moves. No dance experience required.

Jan. 15th—Mar. 5th | 7 sessions

ID: 421593 | Wednesdays | 5:30—6:30pm | 19+

Fee: \$53.60

This program is at Surrey Sport and Leisure Centre

Line Dance—Beginner

Learn line dancing basics, dance combinations and routines. No partner or experience needed. **Jan. 13th—Mar. 3rd | 7 sessions**

ID: 420126 | Mondays | 4:15—5:15pm | 55+

Fee: \$46.90 | Member: \$35.35

ID: 420132 | Mondays | 5:20—6:20pm | 19+

Fee: \$46.90

Save The Date!

Cribbage Tournaments

Friday, December 6th | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 395224

Friday, December 13th | 12:00pm—3:30pm

Cloverdale Recreation Centre | ID: 402454

Friday, December 20th | 12:00pm—3:00pm

Newton Seniors Centre | ID: 406511

Friday, January 3rd | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 395488

Friday, January 17th | 12:00pm—3:00pm

Newton Seniors Centre | ID: 420453

Friday, January 24th | 12:00pm—3:00pm

Fleetwood Community Centre | ID: 420169

Bridge Tournaments

Friday, December 6th | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 401551

Friday, January 3rd | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 425705

Tuesday, January 28th | 11:00am—3:00pm

Cloverdale Recreation Centre | ID: 416031

Friday, February 7th | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 417110

Armchair Traveler

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home. 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.

Wednesday, December 11th | 1:30—2:30pm

Online | ID: 416060

Wednesday, January 8th | 1:30—2:30pm

Online | ID: 420185

Wednesday, February 12th | 1:30—2:30pm

Online | ID: 420188

Wednesday, March 12th | 1:30—2:30pm

Online | ID: 420190

VIEW Online

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at surrey.ca/enews.

Drop In Fitness 55+

A variety of 55+ 'Drop In' fitness classes are offered every week at Fleetwood Community Centre. If you are interested, please take a look at our schedule below! Some classes may fill up registration in advance, so please book ahead at our counter or by phone call where possible.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

Drop In Fit 55+

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

10:30am | Tuesday, Wednesday, and Thursdays

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.

9:00am | Mondays, Wednesdays, and Fridays

Drop In Chair Exercises 55+

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

10:30am | Wednesdays

Drop In Mahjong 55+

Join a game of Mahjong. New players welcome. Currently, we have enough equipment for 2-3 groups to play! Come try a game, and have a coffee or tea with other Mahjong enthusiasts.

*Included with Seniors Services Membership

12:30—4:30pm | Thursdays

Drop In Badminton

Get active with a game of badminton. Join up with other players or come with friends to form a team. Doubles play with player rotations. All skill levels and abilities welcome.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

Coyote Creek Elementary School

8:15—9:45pm | Tuesdays & Thursdays | Age 19+

Fleetwood Community Centre*

7:00—8:30pm | Fridays | Age 55+

*Included with Seniors Services Membership

Volunteering Opportunities

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. We are currently looking for volunteers for;

Mondays: *Drop In Bingo—Bingo Caller*

Thursdays: *Concession Assistant*

Fridays: *Concession Assistant*

Please email Nisha.Samra@surrey.ca if you are interested!

WALKit Program

Free admission for all walks! Ages 55+.

Wed, Dec. 4th | Fraser Heights Walk

10:00—11:30am | ID: 406096

12:00—1:30pm | ID: 406097

Wed, Dec. 11th | Crescent Beach Walk

10:00—11:30am | ID: 406103

12:00—1:30pm | ID: 406104

Thurs, Dec. 18th | Cloverdale Greenway

10:00—11:30am | ID: 406105

12:00—1:30pm | ID: 406110

Wed, Jan. 8th | Cloverdale Athletic Park

10:00—11:30am | ID: 415970

12:00—1:30pm | ID: 415972

Wed, Jan. 15th | Redwood Park Nature Walk

10:00—11:30am | ID: 419580

12:00—1:30pm | ID: 419581

Sudoku Puzzle

		5	2					6
3						8	9	
			4	5		3		
		4				5		1
			6		4			
1		3				9		
		1		3	8			
	5	9						8
7					1	4		