



November 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 number: (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
	Coffee Social	10:00am—12:30pm
Friday	Women's Social in Punjabi	10:00am—1:00pm
	Table Tennis	2:00pm—3:30pm
	SEEP	2:00pm—6:00pm
	Badminton	7:00pm—8:30pm
	SEEP	12:30pm—4:30pm
Saturday	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 will open November 10th—spaces will be limited. This program is organized by the Fleetwood Business Improvement Association.

Fleetwood Community Centre

ID: TBA | 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. 10th | 9:00—10:30am

Fee: \$11.00

Bear Creek Lights

Join in on this fall tradition at Bear Creek Park! For over a decade this event has been a source of lasting memories for it's visitors. See nature shine with stunning light displays set along beautiful nature trails. Tickets are available online at surrey.ca.

Bear Creek Park

13750—88 Avenue

Nov. 2nd—Nov. 16th

FREE

Fleetwood Programs

Spanish

In the beginner class, learn basic Spanish vocabulary, pronunciation and phrases to help build conversational skills and comprehension. In the intermediate course, you'll learn to build sentences and phrases to start to express ideas. **Nov. 4th—Dec. 9th | 5 sessions**

Beginner Class

ID: 403531 | Mondays | 5:00—6:30pm | 19+

Intermediate Class

ID: 403533 | Mondays | 6:45—8:15pm | 19+

Fee: \$45.50 **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. **Nov. 4th—Dec. 9th | 5 sessions**

ID: 401866 | Mondays | 7:15—8:15pm | 19+

Fee: \$33.50

Line Dance—Beginner

Learn line dancing basics, dance combinations and routines. No partner or experience needed. **Nov. 4th—Dec. 9th | 5 sessions**

ID: 401837 | Mondays | 4:15—5:15pm | 55+

Fee: \$33.50 | Member: \$25.25

ID: 401845 | Mondays | 5:20—6:20pm | 19+

Fee: \$33.50

Fall 55+ Bus Trips

There are three different bus trips planned for the fall. They will all depart from the Fleetwood Community Centre. Sign up now and reserve your spot!

FlyOver Canada and Lunch at the Old Spaghetti Factory

ID: 396376 | Nov. 12th | 8:30am—2:30pm

Fee: \$87.75 | Member: \$82.75

Vancouver Christmas Market

ID: 401135 | Dec. 17th | 3:30—8:00pm

Fee: \$49.00 | Member: \$44.00

Save The Date!

Cribbage Tournaments

Friday, November 8th | 12:00pm—3:30pm
Cloverdale Recreation Centre | ID: 402453

Friday, November 15th | 12:00pm—3:00pm
Newton Seniors Centre | ID: 404935

Friday, November 22nd | 12:00pm—3:00pm
Fleetwood Community Centre | ID: 403436

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

Bridge Tournaments

Friday, November 1st | 11:00am—3:00pm
Chuck Bailey Recreation Centre | ID: 401546

Tuesday, Nov. 26th | 11:00am—3:00pm
Cloverdale Recreation Centre | ID: 402459

Friday, December 6th | 11:00am—3:00pm
Chuck Bailey Recreation Centre | ID: 401551

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, November 13th | 1:30—2:30pm
Online | ID: 416059

Wednesday, December 11th | 1:30—2:30pm
Online | ID: 416060

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, Nov. 6th | Kwomais Nature Walk

10:00—11:30am | ID: 406066

12:00—1:30pm | ID: 406069

Wed, Nov. 13th | Green Timbers Greenway

10:00—11:30am | ID: 406082

12:00—1:30pm | ID: 406084

Thurs, Nov. 14th | Mud Bay Park

10:00—11:30am | ID: 415414

Wed, Nov. 20th | Elgin Heritage Park

10:00—11:30am | ID: 406085

12:00—1:30pm | ID: 406086

Wed, Nov. 27th | Bear Creek Park

10:00—11:30am | ID: 406087

12:00—1:30pm | ID: 406088

Sudoku Puzzle

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