



August 2024

Guildford SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome!

The Guildford Recreation Centre is located in the heart of Guildford. We are a multigenerational facility offering adults 55+ a wide range of activities. We strive to meet our community needs at every level, including fitness, health and wellness, games, bus trips, special events and more. We welcome you to visit our lounge and meet some of our members.

### Hours of Operation—Recreation Centre:

Monday to Friday: 6am - 9pm  
Saturday and Sunday: 6am - 8pm

Phone Number: 604.502.6360

### Lounge:

Monday to Friday: 9am - 4pm

### Food Services:

Monday, Wednesday, & Friday: 10:30am - 1:30pm

### Bus Drop Off at Guildford Exchange Bay 1/3:

R1, 320, 326, 335, 337, 375, 501, and 509

## Memberships

### Seniors Services Memberships

The Seniors Services Membership provides members with City-wide access to:

- ◆ Access to free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ Access to 55+ gymnasium drop-in programs

**Note:** The purchase of a one year Seniors annual recreation facility pass includes a Seniors Services membership.

## Kitchen Services

Stop by the 2nd floor Lounge on Monday, Wednesday and Friday for a snack or hot drink!

### Menu:

Coffee/ Tea / Hot Chocolate—\$1.45

Muffins —\$1.45

Scones—\$1.95

Banana Bread—\$1.95

Toast—\$1.00

Bagel—\$2.00

Grilled Cheese—\$4.00

## September Bus Trip

Looking for a day trip? Join us on one of our Bus Trips! Please note that food is not included unless specified, but is often available for purchase at the destination. Completion of a Medical Form is required prior to participation. Pick up and drop off is from the Guildford Recreation Centre.

### Canadian Museum of Flight and Hilltop Diner Bus Trip—55+

Check out the Canadian Museum of Flight which has over 25 aircraft both static and flying. Afterwards, go to the Hilltop Diner for old-fashioned home cooking.

Wednesday, September 18

8:30am-2:30pm

Members \$32.25 | Non-Members \$37.25

Course ID: 396342



## Armchair Traveller 55+

We are thrilled to introduce the Armchair Traveller at the Guildford Recreation Centre!

Dive into the wonder of different cultures through documentaries and sampling traditional foods. Join us for an exciting journey around the world, all from the comfort of your seat. Light refreshments included.

First destination: Spain

Thursday, September 12

1pm-3pm

Price: \$5.50

Lounge

Course ID: 399700

The program takes place on the second Thursday of every other month.



VIEW Online

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

## Social Luncheon 55+

Celebrate summer at *Guildford's Beach Day* luncheon! Enjoy a delightful afternoon socializing over a wholesome meal of Fish Tacos and Key Lime Pie, accompanied by live entertainment from the talented Peter Montgomery. Reserve your spot today and join in the fun!

Thursday, August 22

12pm-2pm

Members \$9.00 | Non-Members \$11.00

Multipurpose Room 3

Course ID: 399463

## Movie Afternoon 55+

We are excited to announce Movie Afternoons at Guildford starting this fall! Enjoy an afternoon of film and complimentary popcorn. This month's feature film is:

Ferris Bueller's Day Off

1h 43mins

Starring: Matthew Broderick & Jeffrey Jones

A popular high school student, admired by his peers, decides to take a day off from school. On Ferris' trail is high school principal, Rooney, determined to catch him in the act.

Tuesday, September 10

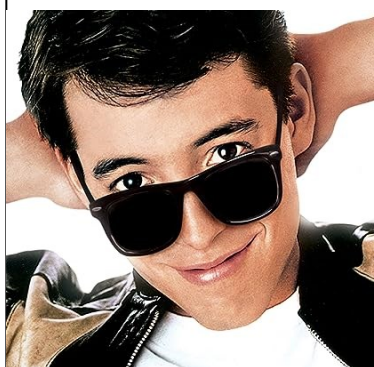
1pm-3pm

Price: Free!

Lounge

Course ID: 396405

FREE



## Senior Services Membership Fee Increase

Starting September, the Seniors Services Membership fee will increase to \$30 per year. Participants who are 90+ years old receive a free Senior Services Membership!



# Fall Cribbage Tournaments



Registration is now open for the Fall Cribbage Tournaments. Participants are invited to challenge other players in this engaging cribbage tournament. Knowledge of cribbage, a partner, and pre-registration is required.

**Friday, September 6**  
12pm-3:30pm  
Course ID: 395211

**Friday, October 4**  
12pm-3:30pm  
Course ID: 395214

**Friday, November 1**  
12pm-3:30pm  
Course ID: 395221

**Friday, December 6**  
12pm-3:30pm  
Course ID: 395224

**Friday, January 3**  
12pm-3:30pm  
Course ID: 395488

# Summer Sandwich Specials

Try our Summer Sandwich Specials! The Seniors café will be selling sandwiches on select days in August. Indulge in our freshly-made sandwiches for just \$4.10 each while supplies last.

**August 9—Tuna Sandwich**

**August 23—Black Forest Ham Sandwich**



# Activity Group Ideas Wanted

Share your ideas for new activity groups in Guildford! Whether it's a weekly or monthly group, we're here to support with equipment and space. Interested?

**Gabriel at:**  
604.591.4642  
gabriel.garcia@surrey.ca

**Guildford Seniors' Centre**  
15105 105 Avenue, V3R 7G8

Guildford 55+ Member Activity Groups		
MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
	Lounge <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>	9am-4pm
MON	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
TUES	Lounge	9am-4pm
	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Movie Afternoon <i>(second Tuesday only)</i>	1pm-3pm
WED	Lounge <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>	9am-4pm
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Lounge	9am-4pm
	Ladies Social <i>(last Thursday only)</i>	10:30am-11:30am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
FRI	Ballroom Dance	1pm-3pm
	Lounge <i>(Coffee &amp; baked goods 10:30-1:30pm)</i>	9am-4pm
	Live Music (Jammers)	10:30-12:30pm <i>(not first Friday)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Cribbage Tournament	12-4pm <i>(first Friday only)</i>
	Table Tennis	2:30pm-4pm <i>(not first Friday)</i>

# Minds of Motion 55+

Enjoy a mix of fitness and friends with this registered program that includes a fitness class followed by an hour of social interaction. This program provides an opportunity for people with early-stage dementia and their care partners to embark on their journey in an environment of acceptance, success, and fun. Run in partnership with the Alzheimer's Society of BC. Care partner participation required.

**Every Wednesday**  
**September 18 to November 13**  
**1pm to 3pm**  
**Multipurpose Room 3**  
**\$56.80 Members | \$69.20 Non-Member**  
**Course ID# 399462**

Not running October 16.

# Save The Date

## Movie Afternoon—55+

**Tuesday, October 8**  
Lounge  
Course ID: 396406

## Luncheon Social—55+ (Halloween Themed)

**Thursday, October 24**  
Multipurpose Room 3  
Course ID: 408055

## Armchair Traveller—55+

**Thursday, November 14**  
Lounge  
Course ID: 399742

# More Guildford Bus Trips

## Bill Reid Gallery Bus Trip—55+

Enjoy a guided tour of the Bill Reid Gallery of Northwest Coast Art. Gain a deeper understanding of the legacy of Bill Reid and his many talents. Admission included.

**Wednesday, November 6**

**9:30am-2:30pm**  
**Members \$37.75 | Non-Members \$42.75**  
Course ID: 402686

## Lafarge Lake Lights Bus Trip—55+

Enjoy this winter attraction that features over 100,000 Christmas lights and festive displays around Coquitlam's Lafarge Lake at night.

**Wednesday, December 4**

**5pm-8pm**  
**Members \$14.25 | Non-Members \$19.25**  
Course ID: 395640



# 55+ Staff Team

**Mikayla—Community Services**

**Coordinator**

Phone: 604.502.6247

Email: mikayla.francis@surrey.ca

**Gabriel—Community Services Programmer**

Phone: 604.591.4642

Email: gabriel.garcia@surrey.ca