



July 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 drop by and 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

Memberships

Seniors Services Memberships

\$27.50

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 some snacks and hot drinks!

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

Social Luncheon 55+

Join us and celebrate the summer with an afternoon of socializing with friends, a wholesome meal, and entertainment. Book your spot today!

Thursday, August 22

12pm-2pm

Members \$9.00 | Non-Members \$11.00

Multipurpose Room 3

Course ID: 399463

Seniors 3 Free Pass

Do you know someone who is new to our City of Surrey Recreation Centres? The Seniors 3 Free Pass will grant a 55+ newcomer three free drop-ins to try any activities included in the Senior Services Membership. This pass is eligible to new members only and one pass per person. Recommend a friend or family member today to join any participating recreation facility in the City of Surrey! For the passes, contact:

Gabriel at

Email: gabriel.garcia@surrey.ca

Phone: 604.591.4642

or

Mikayla at

Email: mikayla.francis@surrey.ca

Phone: 604.502.6247



Save the Date

Movie Afternoon—55+

Tuesday, September 10

1pm-3pm

Lounge

Armchair Traveller—55+

Thursday, September 12

1pm-3pm

Lounge

Canadian Museum of Flight Bus Trip—55+

Wednesday, September 18

8:30am-2:30pm

Registration will open on July 28

Garden Volunteers Needed

Gardening season has arrived! We are looking for volunteers to help us beautify our space and practice their gardening skills. You can garden at your own pace or with a group. No experience is required and equipment will be provided.

Please contact Gabriel if you are interested in volunteering at:

Email: gabriel.garcia@surrey.ca

Phone: 604.591.4642



Try It: Sports and Games Carpet Bowling - 55+

FREE

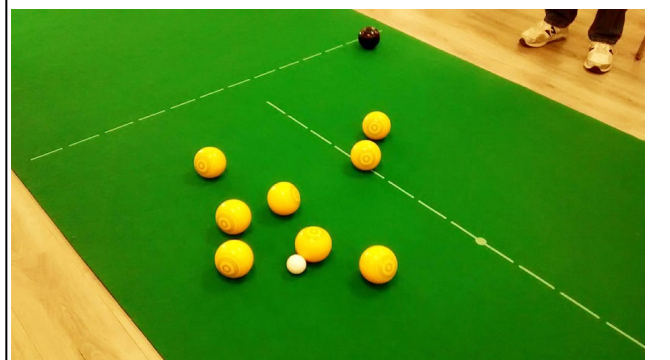
Carpet Bowling is a welcoming and accessible activity that occurs year round. We are encouraging new players to participate and learn at your own pace.

Monday, July 22

1pm-2:30pm

Course ID: 405520

Location: Guildford Recreation Centre - Large Multipurpose Room—15105 105 avenue



Sandwich Specials

The Seniors café is introducing sandwiches to the Kitchen Services menu this July! Come purchase our delicious sandwiches for \$4.10. While supplies last.

July 12—Turkey Sandwich

July 26—Egg Salad Sandwich

Summer Cribbage Tournaments



Registration is now open for the Summer 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, July 5

12pm-3:30pm

Course ID: 395199

Friday, August 2

12pm-3:30pm

Course ID: 395200

Surrey Events



Sounds of Summer

Join us for a free concert as part of the Sounds of Summer outdoor concert series. Get ready to groove with a variety of performances across multiple venues. Here is a selection of some concerts you can choose from:

Leo D.E Johnson

Wednesday, July 10

6:30pm-8pm

The Glades Woodland Garden—457 172 street

Ben Dunnill & Colin Sankey

Wednesday, July 24

6:30pm-8pm

Francis Park—15951 83 avenue

For more information of the Sounds of Summer concert series. Please visit www.surrey.ca/events.

Sudoku

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

Guildford 55+ Member Activity Groups		
MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
MON	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Lounge	9am-4pm
TUES	Table Tennis	9am-10:30am
	Pickleball	11:45am-1:15pm
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
WED	Knitting (P.U.R.L.S)	1pm-3pm
	Lounge	9am-4pm
THU	Ladies Social	10:30am-11:30am <i>(last Thursday only)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Ballroom Dance	1pm-3pm
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
FRI	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>

Guildford Library Programs



Technology Help Drop-in

Friday, July 5, 12, 19, & 26

Guildford Library Computer Room

10am-11am

Bring your questions and your device and get one to one technology help in a friendly atmosphere!

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

WALKit Activity Programs—55+



WALKit: Newton Walk—55+

Join us on this local urban and nature walk that will highlight local community services, and programs. Explore the trails in Unwin Park and learn more about the Garden of Generations.

Friday, July 5

9am-10:30am

Location: Unwin Park—13313 68 avenue

Course ID: 387383

WALKit: Bear Creek Park Nature Walk—55+

Walk in one of Surrey's most popular parks. Explore the nature trails that wind through meadows and forests. Lookout for owls, eagles, ducks, aquatic insects, frogs, and salamanders.

Friday, July 12

9am-10:30am

Location: Bear Creek Park—13750 88 avenue

Course ID: 387384

WALKit: Crescent Beach Walk—55+

Join us on this local nature walk in Surrey's only beach community! Explore the walking trails in Blackie Spit Park. Check out the Dunsmuir Community Garden. Walk the gravel promenade pathway that runs next to the beach. Check out the sights and sounds of the ocean.

Friday, July 19

9am-10:30am

Location: Blackie Spit —3136 McBride avenue

Course ID: 387385

WALKit: Mud Bay Park Nature Walk—55+

Join us for a walk which features spectacular view of Boundary Bay! Be on the lookout for shorebirds and waterfowl. Enjoy ocean views while walking along the shore.

Friday, July 26

9am-10:30am

Location: Mud Bay Park—13030 48 avenue

Course ID: 387387

VIEW Online

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

Guildford Seniors' Centre

15105 105 Avenue, V3R 7G8

surrey.ca/seniors

