



November 2024

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 to 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 \$30.00

The Seniors Services Membership provides members with:

- ◆ Access to free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs, special events, and bus trips
- ◆ Access to free 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 upstairs Lounge from Monday to Friday for snacks and hot drinks!

Menu:

Coffee/ Tea / Hot Chocolate—\$1.45

Muffins—\$1.45

Scones / Banana Bread—\$1.95

Toast—\$1.00

Bagel—\$2.00

Grilled Cheese Sandwich—\$4.00

Turkey / Specialty Sandwiches—\$4.10

Guildford Bus Trips

Looking for a day trip? Register for one of our Bus Trips! Reminder that food is not included unless stated, but is often able to be purchased at the destination. Completion of a Medical Form is required prior to the trip. Pick up and drop off is from the Guildford Recreation Centre.

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



Guildford P.U.R.L.S Knitting Sale

Looking for the perfect Christmas gift or something to keep cozy this winter? Don't miss the highly anticipated Guildford P.U.R.L.S Fall Sale! Explore a beautiful collection of handcrafted knit and crochet pieces, each crafted with love and care. Additionally, every purchase supports a local charity, so you'll not only find unique, heartfelt items but also give back to the community. Shop with purpose and warmth this season!

Friday, November 29

10am-2pm

Guildford Recreation Centre—Lobby outside Library Entrance



Café Update

We're thrilled to announce that our kitchen services are back, Monday to Friday! Stop by the Seniors Lounge from 10:30 AM to 1:30 PM to enjoy our baked goods, sandwiches, and warm beverages. Plus, don't miss the chance to meet our amazing volunteers!

Our kitchen volunteers are:

Alice
Amrita
Annie
Im
Patsy

We hope to see you there!

Fitness Drop-ins

Guildford Recreation Centre offers daily drop-in fitness programs. The fitness drop-in schedule is updated monthly, so we encourage you to check the current schedule online or speak with our staff members for the latest information. The Seniors Services membership does not cover fitness drop-ins; participation in these programs is included with a Recreation Pass. Some of our November Fitness highlights are listed below:

Chair Exercises—13+:

Wednesdays
10:45am-11:45am

Fit 55+

Wednesdays & Thursdays
9:30am-10:30am



Program Spotlight— Canasta



The Canasta group gathers in the Seniors Lounge for engaging rounds of Hand & Foot Canasta, a variant that utilizes five decks of cards. This regular activity welcomes all interested participants to join their Canasta games.

We also offer two deck Canasta variant.

Mondays, Wednesdays, and Fridays

12pm-2pm

Seniors Lounge

Zumba Gold—55+

Enjoy a fusion of international rhythms and choreographed dance routines with this energetic workout. No dance experience necessary.

November 3 to December 1

9:45am-10:45am

Fraser Heights Recreation Centre

10588 160 street

Multipurpose Room 4

Members \$28.40 | Non-Members \$37.80

Course ID: 397256

Guildford Social Gathering—55+

Guildford's monthly Social Gatherings facilitate discussions and activities that explore social and cultural connections in the community. If you are 55+ and live in and around the Guildford area, we would love to hear about your unique experiences.

Upcoming workshop:

Friday, November 22

12:30pm-2:30pm

Multipurpose Room 1

Course ID: 418177



Fall Cribbage Tournaments



Registration is 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. The dates below are for Guildford Tournaments only; for other centres, please ask a staff member.

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

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

Guildford 55+ Member Activity Groups

MON to	Activity	Time
MON	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
	Canasta	12pm-2pm
	Ukelele	2pm- 4pm
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
TUES	Table Tennis	9am-11am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
WED	Canasta	12pm-2pm
	Knitting (P.U.R.L.S)	1pm-3pm
	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
THU	Ladies Social <i>(last Thursday only)</i>	10:30am-11:30am
	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	Scrabble	9:30am-1pm
	Live Music (Jammers) <i>(not first Friday)</i>	10:30am-12:30pm
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Canasta	12pm-2pm
	Cribbage Tournament <i>(first Friday only)</i>	12pm-3:30pm
	Table Tennis <i>(not first Friday)</i>	2:30pm-4:30pm

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

Specialty Luncheon—55+

Kick off this holiday season for a festive celebration at our Specialty Luncheon! Enjoy a delicious meal, lively entertainment, and great company as you make memories with friends. Stay tuned for more details, and be sure to reserve your spot today to celebrate the festivities!

Thursday, December 12

12pm-2:30pm

Members \$15.50 | Non-Members \$17.50

Multipurpose Room 3

Course ID: 408035

Guildford Pickleball Committee

We are excited to announce the formation of our new Seniors Pickleball Committee! This dedicated group of five volunteers plays an essential role in enhancing our Pickleball sessions by fostering a welcoming, safe, and inclusive environment for all participants. Their ongoing efforts contribute to the positive atmosphere we strive to maintain.

Our valued Pickleball volunteers are:

Colleen
Greg
Judy
Kenny
Wayne



Sudoku

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