



# Cloverdale SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome!

### Cloverdale Recreation Centre

The Cloverdale Recreation Centre is located in the heart of Cloverdale. We are a multi-generational facility offering adults aged 55+ a wide range of activities. We strive to meet our community needs at every level including fitness, health & wellness, games, bus trips, special events and more.

### Facility Hours of Operation

Monday - Friday 6:00am-10:00pm  
Saturday 7:00am-7:00pm  
Sunday 7:00am-5:00pm

### Clayton Community Centre

The Clayton Community Centre is Surrey's newest community centre that combines arts, library, and recreation amenities into one facility. It is located in the fast growing community of Clayton Heights.

### Facility Hours of Operation

Monday - Friday 6:00am-9:00pm  
Saturday 7:00am-7:00pm  
Sunday 7:00am-5:00pm

## 55+ Team

Feel free to call, email or stop by if you have any questions or to say "Hello!".

### Cloverdale Recreation Centre

**Brandy** - 604-502-6409  
Brandy.Levington@surrey.ca

**Erin C.** - 604-592-7075  
Erin.Cooper@surrey.ca

**Rosanna** - Head Cook

### Clayton Community Centre

**Brandy** - 604-502-6409  
Brandy.Levington@surrey.ca

**Beverley** - Beverley.Rennicks@surrey.ca

## Scheduled Maintenance

The 2nd floor multi-purpose rooms at Cloverdale Rec Ctr. will be unavailable for use between Monday, Jan. 6 - Friday, Jan. 17, to perform necessary maintenance on the floors. During this time, there will be reduced 55+ Membership programming.

Refer to the Seniors Spotlight Boards, or connect with Erin or Brandy for more info.

Check out a variety of 55+ Activity Groups at facilities across the City!

## VIEW Online

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

## Seniors Services Membership

### Citywide Programs & Services

Senior Services Memberships are valid at any of our recreation centres that offer seniors activities and programs. Seniors can participate in all of our town centres using their membership. The Senior Services Membership fee is \$30 annually.

55+ Membership Activity Groups Cloverdale Recreation Centre		
MON	Quilters	9:30am-12:30pm
	Cribbage	1:00pm-3:00pm
	Guitar	1:00pm-3:00pm
	Stamp Group *4th Mon. only	1:00pm-3:00pm
	Pickleball	12:00pm-2:00pm
TUE	Painting	12:30pm-2:30pm
	Fiddlers Group	1:30pm-3:30pm
	Social in Punjabi	1:00pm-3:00pm
	Table Tennis	1:00pm-3:00pm
WED	Knit & Chat	10:00am-12:00pm
	Ukulele	10:00am-12:00pm
	Poker	11:30pm-4:00pm
	Pickleball	1:00pm-3:00pm
	Scrabble	12:30pm-2:30pm
	Bingo	1:00pm-3:00pm
THU	Computer Group	10:00am-12:00pm
	Pickleball	10:30am-12:30pm
	Mahjong	1:00pm-4:00pm
	Silvertones Choir	1:00pm-3:00pm
	Bluegrass	1:00pm-3:00pm
FRI	Pickleball	9:00am-11:00am
	Woodcarvers	9:00am-11:00am
	Table Tennis	1:00pm-3:00pm

55+ Membership Activity Groups Clayton Community Centre		
MON	Knit & Crafts	10:00am-12:00pm
TUE	Seep Card Group	11:00am-2:00pm
THU	Seep Card Group	11:00am-2:00pm
FRI	Drop In Games	10:00am-12:00pm
	Electric Guitar	10:00am-12:00pm

\*Schedule subject to change.



## 55+ Registered Fitness

### Clayton Community Centre

#### Chair Exercises 55+

Registration Required 10:45am-11:45am

Thurs, Jan 9-Feb 13 Event # 00418166

\$45.00 Members/ \$60.00 Non-Members

#### Circuit Training 55+

Registration Required 9:00am-10:00am

Fri, Jan 10-Feb 14 Event # 00418167

\$42.60 Members/ \$51.90 Non-Members

## Drop-In Spotlight: Indoor Cycling and Strength Lite

Enjoy this non-impact workout that features a variety of cycling drills including hills, sprints and intervals, and muscular toning. This is a low to moderate intensity class with exercises that introduce upper and lower body muscle conditioning.

Wednesday 11:15am-12:15pm

### Cloverdale Recreation Centre

## 55+ Drop-in Fitness

### Cloverdale Recreation Centre

#### Fit 55+

Monday & Wednesday 9:30am-10:30am

### Clayton Community Centre

#### Fit 55+

Tuesday & Thursday 9:00am-10:00am

#### Ball, Balance & Strength 55+

Friday 9:30am-10:30am

#### Tai Chi - Adult

Wednesday 12:15pm-1:15pm

Register to secure your spot.

\*Schedule subject to change.

\*Drop-In fees or Full Facility Membership required. See facility schedule for annual/monthly membership prices.

With a Full Facility Membership - Free  
Seniors (70+) \$2.25 Seniors (60-69) \$5.75  
Adult (19-59) \$7.50

# 55+ Lunar New Year Lunch

Friday, January 17th

12:00pm-3:00pm

Join us to celebrate the Year of the Wood Snake with a Chinese buffet lunch, followed by entertainment! Wearing red is encouraged.

Registration Required      Event # 00416028  
\$20 Members/\$25 Non-Members

Cloverdale Recreation Centre



Years of the Wood Snake: 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2032, 2054

Wood Snakes are known for their resourcefulness and adaptability, with an affinity for growth, stability, and new beginnings. This year encourages people to focus on self-development, cultivate relationships, and pursue long-term goals with patience and diligence.

## Program Spotlight: Spanish - Beginner

Learn basic Spanish vocabulary, pronunciation and phrases to help build conversational skills and comprehension.

Registration Required      5:00pm-6:30pm  
Wed, Jan 22-Mar 5      Event # 00416135

\$63.70 Members & Non-Members

Cloverdale Recreation Centre



You are never too old to set another goal or to dream a new dream. - C.S. Lewis

## Save the Date

### Cloverdale Recreation Centre

For more information about "Save the Date" please call 604-598-7960.

T	January 21	Movie Afternoon
T	January 28	Bridge Tournament
T	February 4	Armchair Travel
F	February 14	Cribbage Tournament
T	February 18	Movie Afternoon
T	February 25	Bridge Tournament

## Volunteer with the City of Surrey

We are looking for volunteers for Kitchen in 2025! To learn what is involved, stop by the Cloverdale Senior Services office, on the second floor beside the elevator.

## Movie Afternoon

Stop by for a **free** movie and a snack with friends!

Showing: Mr. Bean's Holiday

2007 - Comedy

*Starring: Rowan Atkinson, Richard Curtis, Simon McBurney*

Tues, Jan 21      1:00pm-3:00pm      Free!

Registration Required      Event # 00416038

Cloverdale Recreation Centre

## Movie Matinee

Stop by for a **free** movie and a snack with friends!

Showing: Little Women

2019 - Drama

*Starring: Saoirse Ronan, Emma Watson, Florence Pugh*

Thurs, Jan 9      10:00am-12:00pm      Free!

Registration Required      Event # 00433640

Clayton Community Centre

## Activity Group Spotlight: Mahjong

Join a game of Mahjong, a tile based game that was developed in 19th century China. New players are welcome.

Wednesday      10:00am-12:00pm

Clayton Community Centre

## Food Services

Stop by the 2nd floor lounge to enjoy fresh made soup, sandwiches and baked goods! Hot Meals are served Wednesdays between 11am-1:30pm, while supplies last.

Monday-Friday      9:00am-2:00pm

*\*hours subject to change*

### \$6.65 Hot Meals

W	January 15	Pancakes & Sausage
W	January 22	Hot Turkey Sandwich
W	January 29	Veggie Lasagne

## GST Update

Effective December 14 through February 15, GST will no longer apply to certain products, including food items. Please refer to the updated menu pricing available in the lounge. For more information please see <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break>

## Kitchen Closure

The kitchen will be closed from December 23rd to January 10th.

Bring your snack from home and relax in the lounge or challenge a friend to a game from our games basket!

The kitchen will reopen for food service on Monday, January 13th.

## Focus on Seniors Webinar Series: Brain Health

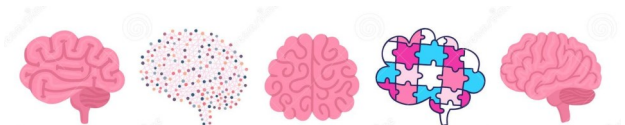
Join us for free informative online sessions for seniors, their families and caregivers.

The brain is one of your most vital organs, playing a role in every action and every thought. Just like the rest of your body it needs looking after and it is never too soon or too late to start! Register today to discover tips, strategies and goal setting practices that help your brain stay young and vital.

Wed, Jan 15      11:00am-12:00pm      Free!

Registration Required      Event # 00421769

Online



Cloverdale Recreation      604-598-7960  
6188 176 Street

Clayton Community Centre      604-502-6300  
7155 187A Street