



January 2025

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 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 City-wide access to:

- ◆ Free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ 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 light snacks and hot drinks!

Menu:

Coffee/ Tea / Hot Chocolate—\$1.40

Muffins —\$1.40

Scones / Banana Bread—\$1.85

Toast—\$1.00

Bagel—\$1.90

Soup—\$3.15

Grilled Cheese—\$3.80

Turkey / Specialty Sandwiches—\$3.90

Prices adjusted due to GST Federal Break.

Happy New Years!

Hello, everyone!

Thank you for making 2024 an absolutely incredible year! We've achieved some amazing milestones together, including the launch of Guildford's Pickleball Committee in September.

This year was filled with unforgettable events and programs, such as our Specialty and Social Luncheons, Cribbage Tournaments, Bus Trips, Strawberry Tea Event, and Holiday Jammers. These moments brought our community closer than ever!

A special shoutout to our amazing volunteers—your leadership and dedication truly shine, from running the Kitchen Café to organizing P.U.R.L.S Knitting Sales. You are the heart of Guildford, creating a warm and welcoming environment for everyone.

We're thrilled about what lies ahead in 2025 and can't wait to make it another fantastic year together!

New Café Offerings

Starting January 8, warm up your week with delicious soup at our Kitchen Café! Available every Wednesday and Friday, each serving is just \$3.15. The soup flavors will rotate depending on the day and week, so be sure to ask our Kitchen volunteers about the soup of the day. Don't miss out—stop by and savor the goodness!



55+ Staff Team

Gabriel—Community Services Programmer

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Mikayla—Community Services

Coordinator

Phone: 604.502.6247

Email: mikayla.francis@surrey.ca

Luncheon Social— 55+

Make this Valentine's Day unforgettable at our Luncheon Social! Join us for an afternoon of joy, laughter, and love as we welcome the incredible Allen and Sharon Boolinoff to the stage. Their captivating performance is sure to fill your heart with delight. Stay tuned for more details and let's celebrate this special holiday together in style!

Thursday, February 13

12pm-2pm

Members \$10.50 | Non-Members \$12.50

Multipurpose Room 3

Course ID: 417879



New Table Tennis Session

This winter, the Guildford Recreation Centre will be adding a new Table Tennis session on Sundays! Don't miss out on the fun! A Seniors Services Membership is required to join.

Every Sunday

3pm-4:30pm

Multipurpose Room 3

Senior Services Registration Time

This winter, the City of Surrey is making it easier for seniors to register for senior services programs! We're extending the registration window from one week in advance to **one week plus one hour** for senior services drop-in programs. This adjustment ensures a smoother registration process for our drop-in programs like Badminton, Table Tennis, and Social drop-ins. If you have any questions, please connect with a staff representative.

Pickleball will continue with its current registration schedule on Sundays at 8:30pm.

Fall Cribbage Tournaments

Registration is open for the Winter 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:

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



Friday, February 7
12pm-3:30pm
Course ID: 417876

Friday, March 7
12pm-3:30pm
Course ID: 417877

Fraser Heights Senior Services

This winter, we are introducing senior services to Fraser Heights Recreation Centre! See below for our upcoming drop-ins that will start third week of January!

Drop in Cribbage

Every Thursday
12:30pm-3:30pm
Multipurpose Room 3



Drop in Coffee Social

Every Friday
10:30am-12:45pm
Multipurpose Room 3

These programs are included with the Seniors Services membership.



Annual Recreation Pass Promotion

Between December 1, 2024 and January 31, 2025, if you purchase an Annual Recreation Pass you get an extra month added for free! Monthly payment plans are eligible for this promotion. Connect with a staff representative for more information!

Guildford Seniors' Centre

15105 105 Avenue, V3R 7G8

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

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

Focus on Seniors Webinar—55+: Brain Health

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.

Thursday, January 15
11am-12pm
Online
Course ID: 421769



GST Federal Break Update

From December 14 to February 15, the GST will not apply to certain products, including food items. Please check the updated menu pricing in the lounge for more details. For more information, visit: <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break>

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- New Years Lounge
- Guildford Canasta
- Seniors Carpet Bowling
- Holiday Pickleball
- Luncheons Knitting
- Bus Trips Jammers
- Coffee Cribbage