



January 2025

Newton SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome

Newton Seniors' Centre is located in the heart of Newton and is a recreation facility offering adults 55+ a wide range of activities and programs. We strive to meet community needs at every level, including fitness, health and wellness, games, special events, bus trips, and more.

Facility Hours of Operation

Mon to Fri - 8:30am - 3:30pm

Newton Recreation Centre Public Swim days and times

Monday: 12:30pm - 3:30pm/6:30pm - 9:00pm
Tuesday: 12:30pm - 3:30pm/7:00pm - 9:00pm
Wednesday: 12:30pm - 3:30pm
Thursday: 12:30pm - 3:30pm/7:00pm - 9:00pm
Friday: 12:30pm - 9:00pm
Saturday and Sunday: 12:30pm - 8:00pm

*Holiday hours Dec 23 - Jan 5 see online

January Hot Meal Schedule

Food Services

Mon - Friday - 10am - 1:30pm

Hot Meals Monday - Friday 11:30am - 1:30pm

Menu subject to change

Wed	Jan 1	Soup & Sandwich
Thurs	Jan 2	Macaroni & Cheese
Fri	Jan 3	Soup & Sandwich
Mon	Jan 6	Crispy Chicken
Tues	Jan 7	Potato Crusted Cod
Wed	Jan 8	Soup & Sandwich
Thurs	Jan 9	Perogies & Cabbage Rolls
Fri	Jan 10	Soup & Sandwich
Mon	Jan 13	Fish & Chips
Tues	Jan 14	Chicken Cordon Bleu
Wed	Jan 15	Soup & Sandwich
Thurs	Jan 16	Beef Stew
Fri	Jan 17	Soup & Sandwich
Mon	Jan 20	Chicken Alfredo
Tues	Jan 21	Lasagna
Wed	Jan 22	Soup & Sandwich
Thurs	Jan 23	Liver & Onions
Fri	Jan 24	Soup & Sandwich
Mon	Jan 27	Baked Sole
Tues	Jan 28	Meatloaf
Wed	Jan 29	Lunar New Year Meal
Thurs	Jan 30	Sweet & Sour Pork
Fri	Jan 31	Soup & Sandwich

Save the Date

For more information about 'Save The Date' please call 604.501.5010.

W	Jan 1	CLOSED
M	Jan 6	Computer Group is Back
W	Jan 8	Movie Afternoon: The Princess Bride
F	Jan 17	Cribbage Tournament
M	Jan 27	Carpet Bowling Tournament
Th	Jan 30	Lunar New Year Celebration
F	Jan 31	Registration Info Session

Lunar New Year Celebration

Celebrate the Lunar New Year and the Year of the Snake with us. The kitchen will offer a special hot meal that day and treats for those that attend.



Carpet Bowling Tournament

Join our Carpet Bowling group to compete in a friendly tournament. Great practice and challenge for new or regular players. Must be a Seniors Services Member to register and there is limited space. Note it is suggested you register with a partner to compete as a team.

Mon	Jan 27	9:00am-2:30pm
1 session		#435635
Fee		FREE

VIEW Online

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

Seniors Services Membership

Seniors 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 Seniors Services Membership fee is \$30.00 annually.**

Mon	Carpet Bowling	9:00am-11:00am
	Woodcarving	9:15am-12:00pm
	Story Sharing Social	10:00am-12:00pm
	Computer Club General Meeting	1:00pm-3:00pm <i>*no Jan 27 meeting</i>
Tue	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Hawaiian Dance	10:00am-12:00pm
	Canasta	1:00pm-3:15pm
	Table Tennis	1:00pm-3:15pm
Wed	Table Tennis	8:45am-11:15am
	Women's Social Group in Punjabi	10:00am-12:30pm
	Cribbage <i>*partner needed</i>	12:00pm-3:00pm
	Carpet Bowling	1:00pm-3:00pm
Thu	Cribbage <i>*partner needed</i>	12:00pm-3:00pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:15pm
Fri	Table Tennis	8:45am-11:15am
	Painting	10:30am-1:15pm
	Writing Group <i>*3rd Fri monthly*</i>	10:00am-12:00pm
	Computer Club Lab Help	10:00am-12:00pm
	Rummoli	1:00-3:15pm
M-F	Billiards	8:45am—3:15pm

Technology Needs?

The Newton Seniors Centre Computer Club (NSCCC) will be back Monday Jan 6 for regular meetings. Visit their website for more details and the Winter educational offerings:

www.nsccc.info

Fitness & Wellness

Newton Seniors Centre:

Chair Yoga 55+

Fri Jan 10	1:45pm - 2:45pm
8 sessions	#420457
Member	\$56.80
Non Member	\$75.60

Tai Chi 55+

Fri Jan 10	9:15am - 10:15am
6 sessions	#420427
Member	\$36.60
Non Member	\$48.90

Yoga 55+

Mon Jan 6	11:30am - 12:30pm
8 sessions	#420434
Member	\$56.80
Non Member	\$75.60

Arthritis Joint Works - Beginner 55+

Tues Jan 21	10:15am - 11:15am
10 sessions	#420358
Member	\$64.50
Non Member	\$86.00

Arthritis Joint Works - Intermediate 55+

Tues Jan 21	11:30am - 12:30pm
10 sessions	#420360
Member	\$64.50
Non Member	\$86.00

Drop-in Fit 55+ *starts Jan 21

Tues	9:00am - 10:00am
Thurs	9:00am - 10:00am

Newton Recreation Centre:

Line Dance - Beginner 55+

Wed Jan 8	2:00pm - 3:00pm
6 sessions	#420410
Member	\$30.30
Non Member	\$40.20

Line Dance - Intermediate 55+

Wed Jan 8	3:15pm - 4:15pm
6 sessions	#420417
Member	\$30.30
Non Member	\$40.20

Drop-in Fit 55+

Mon	10:00am - 11:00am
Wed	9:30am - 10:30am
Fri	10:00am - 11:00am

February Dinner & Dance

Celebrate with others over a delicious roasted chicken dinner and a fun night of dancing and live entertainment. Vegetarian food option is available. Table reservations are open for those registered.

Fri Feb 14	5:00pm-8:30pm
1 sessions	#422533
Member	\$20.00
Non-member	\$25.00

*Entertainment to be announced

Newton Seniors' Centre
13775 — 70 Avenue V3W 0E1
604-501-5010

Choose To Move

Learn how to integrate physical activity into your daily life with this free, flexible program. You will work with an activity coach for six months who will help you create a plan and motivate you to become more active.

Must attend the info session on Jan 14 #420483.

Tues Jan 21	2:00pm-3:00pm
10 sessions	#420493
Fee	FREE
Newton Seniors Centre	

Movie Afternoon: "The Princess Bride"

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other.

Wed Jan 8	1:00pm-3:00pm
Fee	FREE

3 WAYS TO Register

Go Online		surrey.ca/register
By Phone		604-501-5100
In Person		At any Surrey Parks, Recreation & Culture facility

January Cribbage Tournaments

Location	Date
Guildford	Fri Jan 3
Cloverdale	Fri Jan 10
Newton	Fri Jan 17
Fleetwood	Fri Jan 24

Reminder partners are needed to play

Online Registration Information Session

Stop by the Computer Lab Drop-in for a FREE online registration information session. This can help you better understand how to register online for the programs and events. Staff and our Computer Club volunteers will be there to guide you through step-by-step.

Fri Jan 31	10:00am-12:00pm
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Newton Seniors Advisory Committee

2024-2025 Advisory Committee

Ray A	Joan D	Gurmeet K
Gerry L	Baldev K	Angus G
Kristen W	Gabriel M	Don R
Diane A	Siegfredo B	Patricia T

Activity Representatives

Arts & Crafts

Wood Carving—Terry
 Bazaar Crafters—Judi
 Krazy Krafters—

Cards & Games

Bingo—Kristen
 Cribbage—Patricia
 Rummoli—Patricia
 Canasta - Patricia

Cultural

Writing Group—Diane
 Painting for Pleasure—Claudia
 Hawaiian Dance - Maureen

Education

Computer Group—Sigrid

Social

Women's Social Group—Gurmeet
 Fun Jammers—Siegfredo
 Story Sharing Social—Jake

Sports

Billiards/Snooker—Don
 Carpet Bowling—Baldev
 Table Tennis/Badminton—Gabriel

A very big thank you to the Advisory Committee and the Activity Representatives. You work with the Newton Seniors Centre is what makes it a wonderful and welcoming place to visit!

Drop In Seniors Services Sports

Newton Recreation Centre

Tuesdays:

Pickleball 8:30am - 10:30am

Wednesdays:

Pickleball 10am - 12pm

Thursdays:

Badminton *1/2 gym 12:30pm - 2:00pm

Fridays:

Pickleball 8:30am - 10:30am

Pickleball 12:30pm - 2:00pm

Please arrive 5-10 minutes before your sport.

Note: some days & times may be cancelled or half-gym due to registered programs. Please look online for up to date schedules.