



January 2025

South Surrey
SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Happy New Year!



South Surrey Recreation & Arts Centre

Our state-of-the-art Intergenerational expanded facility offers an abundance of programs for all ages. This facility features an 8,000 square foot fitness centre, designated arts space, pottery studio, three gymnasiums, two fitness studios, an indoor cycling studio, an open lobby area, two preschools with natural outdoor play space, youth lounge, and an Intergenerational Therapeutic Garden.

Hours of Operation

Monday-Friday: 6:00am-9:00pm
 Saturday: 8:00am-8:00pm
 Sunday: 8:00am-6:00pm
 Wednesday, Jan 1 CLOSED

South Surrey Recreation & Arts Centre Senior Reps

Steve & Val: Badminton
 Angela & Bob: Bridge
 Bill & Sharon: Pickleball
 Charanjit: South Asian Ladies
 Social Association (SALSA)
 Bryan: Table Tennis

Thank You!

A sincere thank you to our seniors activity groups for their generous donations to the local food bank. Your kindness and support have brought much-needed nourishment and holiday cheer to those in need.

Seniors Services Memberships

For \$30.00 per year, enjoy access to free, registered volunteer led drop-in activities, events and clubs, as well as discount pricing on select 55+ registered programs.

Drop-in Activities for January

Monday	Badminton 8:00-10:00am Duplicate Bridge 9:15am-1:15pm Pickleball 12:30-2:30pm
Tuesday	Badminton 7:30-9:30am Table Tennis 12:30-2:30pm
Wednesday	Badminton 11:30am-1:00pm Pickleball 1:15-3:15pm
Thursday	Badminton 8:00-10:00am Pickleball 10:15-11:45am SALSA 12:00-2:30pm (1st & 3rd Thurs/month)
Friday	Pickleball 11:00am-1:00pm

55+ Coffee Times

Enjoy a coffee and socialize after the 55+ play times for \$1.00.

Badminton: Tuesdays 9:30am
 Thursdays 10:00am
Pickleball: Fridays 1:00pm

Recreation Pass Promotion



Buy a one-year pass in January and **receive a 13th month for free**. A full facility pass provides access to drop-in programs, fitness centres, pools and arenas, and includes a Seniors Services membership. Senior discounts available for 60+ and 70+. For more information view www.surrey.ca/passes.

Surrey Library Expo: Spark Your Curiosity



Join us to celebrate Family Literacy Day on **Saturday, January 25** with activities for all ages at the **South Surrey Recreation & Arts Centre**. Experience a showcase of the many things Surrey Libraries has to offer:

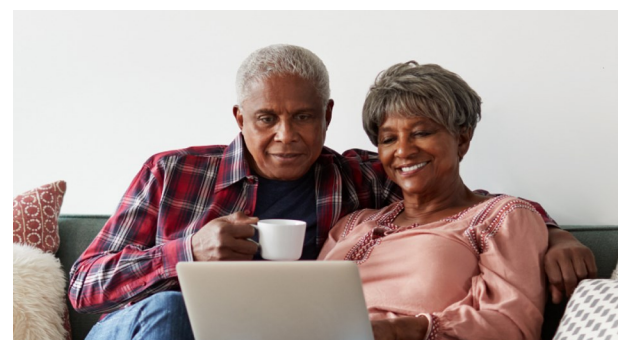
- Dot, Dash & Bee-Bot robotics coding
- Book Bowling, Paper Crafts
- Green Screen
- Early Years Play Area & Giant Games
- Mobile Library
- Snail Mail Social
- Walter Meet & Greet, Popcorn, & more

Drop-in. No registration required.

Saturday, January 25, 10:00am-2:30pm.

FREE. South Surrey Recreation & Arts Centre

Focus on Seniors Webinar: Brain Health



In recognition of Alzheimer Awareness Month in January, join us for a webinar on Brain Health presented by Alzheimer Society of British Columbia. 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 healthy and vital.

Online. 1 session: FREE.

W 11:00am-12:00pm Jan 15 #421769

Registered Courses

Register for the following classes online at www.surrey.ca/register, by phone at 604-501-5100 or at any recreation centre.

Meditation

Improve your overall wellbeing through meditation and relaxation techniques. Learn how to practice mindfulness and deep breathing to feel calmer and develop a deeper level of consciousness and awareness.

Kwomais Point Park.

6 sessions: \$56.70

M	7:15-8:15pm	Jan 6	#415638
Tu	8:00-9:00am	Jan 7	#415642
Th	7:15-8:15pm	Jan 9	#415640



Yoga—55+

Develop strength, flexibility and proper body alignment using a variety of yoga poses, breathing exercises and relaxation techniques. May include a meditation component.

Kwomais Point Park.

6 sessions: Member \$42.60;

non-Member \$56.70

Tu	9:15-10:15am	Feb 18	#415645
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Yin Yoga—Adult

Target the connective tissues of your hips, pelvis and lower spine with a combination of stretching and releasing through longer-held yoga poses. May include a meditation component. **Kwomais Point Park.**

6 sessions: \$56.70

W	10:30-11:30am	Jan 8	#415666
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W	10:30-11:30am	Feb 19	#415667
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VIEW Online

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

South Surrey Recreation & Arts Centre
14601 20 Ave, Surrey, BC V4A 9P5
604-592-6970

WALKit 55+

Join us for free group walks on **Wednesdays** to work on mobility, meet new people, and explore different neighbourhoods in Surrey. **Walks begin at 10am and last approximately 90 minutes.** Upcoming walks include:

- Jan 8: Cloverdale Athletic Park Walk
- Jan 15: Redwood Park Nature Walk
- Jan 22: Fleetwood Park Nature Walk
- Jan 29: Green Timbers Nature Walk

NEW— We are offering walks on Thursdays **conducted in Punjabi:**

- Jan 23: Serpentine Greenway

For more information and to preregister for walks, visit www.surrey.ca/walkit.

Lunar New Year at Museum of Surrey



Celebrate Lunar New Year — the Year of the Snake — with a lively cultural celebration at the Museum of Surrey on **Saturday, February 8**. Activities include live performances, dragon dance teaching, poetry performances, traditional and modern dance, tai chi performances, storytelling and more.

Saturday, February 8, 1:00–4:00pm. FREE.

Museum of Surrey, 17710 56A Avenue.

Silent Film Night: Romantic Comedies



Join us and your fellow cinephiles for an evening of films and conversation as we revisit some forgotten sappy and sweet favorites from the silent film era. Movie picks vary from shorts to feature length films. Popcorn included!

Historic Stewart Farm. 1 session: \$12.45

F	7:00-9:00pm	Feb 14	#417735
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Spice it Up!

Afghan Cooking - Adult

Bring your appetite as you experience preparing, cooking and sampling traditional Afghan dishes. Ingredients provided. 1 session: \$18.15 + \$15 supply fee.

South Surrey Recreation & Arts Centre:

Th 6:00-8:30pm Jan 16 #421584

Elgin Hall:

Th 6:00-8:30pm Feb 20 #421582

Mexican Cooking - Adult

Bring your appetite as you experience preparing, cooking and sampling a selection from Mexico. Ingredients provided. 1 session: \$18.15 + \$15 supply fee.

South Surrey Recreation & Arts Centre:

Th 6:00-8:30pm Jan 23 #421934

Elgin Hall:

Th 6:00-8:30pm Jan 30 #421941

Indian Cooking - Adult

Enjoy the hands-on experience of preparing, cooking and sampling a selection of dishes from India. Ingredients provided. 1 session: \$18.15 + \$15 supply fee.

Elgin Hall:

Th 6:00-8:30pm Feb 6 #419575

Spotlight on City Services

CitySpeaks
Your Surrey. Your Say.

CitySpeaks is a quick and easy way to have your say about important decision that matter to you. By signing up online, you will receive email invitations to complete online surveys. Through these surveys, City planners and decision-makers receive accurate insights from the community and know the results reflect those of the community. As the City conducts 200+ surveys a year, the best way to keep informed on engagement topics and see data is to join CitySpeaks. Beyond the CitySpeaks member panel, the City administers many open invitation surveys to all residents and interested parties to share their opinions on the same topics as addressed in CitySpeaks.

www.surrey.ca/cityspeaks