



December 2024

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

December Hot Meal Schedule

Food Services

Mon - Friday - 10am - 1:30pm

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

Menu subject to change

Mon	Dec 2	Beef Dip
Tues	Dec 3	Lasagna
Wed	Dec 4	Soup & Sandwich
Thurs	Dec 5	Potato Crusted Cod
Fri	Dec 6	Soup & Sandwich
Mon	Dec 9	Baked Sole
Tues	Dec 10	Chicken Pot Pie
Wed	Dec 11	Soup & Sandwich
Thurs	Dec 12	Holiday Turkey Lunch
Fri	Dec 13	Soup & Sandwich
Mon	Dec 16	Swedish Meatballs
Tues	Dec 17	Crispy Chicken
Wed	Dec 18	Soup & Sandwich
Thurs	Dec 19	Liver & Onions
Fri	Dec 20	Soup & Sandwich
Mon	Dec 23	Hamburgers & Fries
Tues	Dec 24	CLOSED
Wed	Dec 25	CLOSED
Thurs	Dec 26	CLOSED
Fri	Dec 27	CLOSED
Mon	Dec 30	CLOSED
Tues	Dec 31	CLOSED
Wed	Jan 1	CLOSED

Save the Date

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

W	Dec 4	Movie: Christmas Vacation
F	Dec 6	Computer Club Christmas Luncheon
W	Dec 11	Bus Trip: Lafarge Lake Lights
Th	Dec 12	Holiday Turkey Lunch
F	Dec 20	Cribbage Tournament
M	Dec 23	Happy Holidays Party
Dec 24—Jan 1		CLOSED for the Holidays

December Christmas Luncheon

SOLD OUT

Celebrate the holiday season with others over a delicious turkey dinner with all the fixings and entertainment by Darren Lee, playing his Elvis Tribute. Vegetarian food option is available. Table seating is first come, first served. This event is hosted by our very own Newton Seniors Computer Club!

Fri	Dec 6	12:00pm-2:30pm
1 sessions		#402358
Member		\$15.50
Non-member		\$17.50



Happy Holidays Party

Come celebrate the holidays with us! Whether you celebrate Krampusnacht, St. Nicholas Day, Bodhi Day, Feast Day, Hanukkah, Yule, Festivus, Christmas, Kwanzaa, New Year or anything else, you are welcome. Good friends, holiday cheer and a few treats for all who attend.

Monday, Dec 23	1:00pm-2:30pm
Fee	FREE

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 Woodcarving Story Sharing Social Computer Club General Meeting	9:00am-11:00am 9:15am-12:00pm 10:00am-12:00pm 1:00pm-3:00pm <i>*Dec 2 last meeting</i>
Tue	Krazy Krafters Live Music—Fun Jam Canasta Table Tennis	10:00am-12:00pm 10:00am-12:00pm 1:00pm-3:15pm 1:00pm-3:15pm
Wed	Table Tennis Women's Social Group in Punjabi Cribbage <i>*partner needed</i> Carpet Bowling	8:45am-11:15am 10:00am-12:00pm 12:00pm-3:00pm 1:00pm-3:00pm
Thu	Cribbage <i>*partner needed</i> Bazaar Crafters Bingo	12:00pm-3:00pm 1:00pm-3:00pm 1:00pm-3:15pm
Fri	Table Tennis Painting Writing Group <i>*3rd Fri monthly*</i> Computer Club Lab Help Rummoli	8:45am-11:15am 9:15am-12:15pm 10:00am-12:00pm <i>*will be back Jan 2025</i> 12:30pm-3:15pm
M-F	Billiards	8:45am—3:15pm

Holiday Closure

The Newton Seniors Centre will be closed for the holiday break **Tuesday December 24 - Wednesday January 1** and look forward to reopening Thursday January 2, 2025. We wish you and those close to you the very best over the holidays and a most excellent New Year.

Thank you for a wonderful 2024!

Fitness & Wellness

Newton Seniors Centre:

Chair Yoga 55+

Tue Jan 7	11:30am - 12:30pm
6 sessions	#420404
Member	\$42.60
Non Member	\$56.70

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
9 sessions	#420434
Member	\$63.90
Non Member	\$85.05

Chair Exercises - 55+

Fri Jan 10	10:30am - 11:30am
6 sessions	#420517
Member	\$45.00
Non Member	\$60.00

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+

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

Fall Bus Trips

"Lafarge Lake Lights"

Enjoy this winter attraction that features over 100,000 Christmas lights and festive displays around Coquitlam's Lafarge Lake at night.

Wed	Dec 11	5pm-8pm
1 sessions		#395644
Member		\$15.00
Non Member		\$20.00
Newton Seniors Centre		

Movie Afternoon: "Christmas Vacation"

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

Wed	Dec 4	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

December Cribbage Tournaments

Location	Date
Guildford	Fri Dec 6
Cloverdale	Fri Dec 13
Newton	Fri Dec 20
Fleetwood	Fri Dec 27

Reminder partners are needed to play

Holiday Turkey Lunch

Join us for a holiday turkey lunch with all the trimmings to enjoy the season and good company. The cost will be the same as a regular hot meal, just festive!

Thursday, Dec 12	11:30am-1:30pm
Regular Meal	\$7.00
Meal w/coffee & dessert	\$9.00

Thank you Volunteers!

The NSC staff want to thank our volunteers for all the help they give in our food services & membership groups. They are a vital part of the Centres operation and success.

We appreciate the hard work and dedication you give!

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

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— n/a

Cards & Games

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

Cultural

Writing Group—Diane
 Painting for Pleasure—Claudia

Education

Computer Group—Sigrid

Social

Women's Social Group—Gurmeet
 Fun Jammers—Anita
 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.

VIEW Online

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