



July 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 & 6pm - 9:00pm
 Tuesday: 12:30pm-3:30pm & 7pm - 9:00pm
 Wednesday: 12:30pm-3:30pm
 Thursday: 12:30pm-3:30pm & 7pm - 9:00pm
 Friday: 10:00am-9:00pm
 Saturday and Sunday: 12:30pm-8:00pm

July Hot Meal Schedule

Food Services

Mon - Friday - 10am - 1:30pm
 Hot Meals Monday - Friday 11:30am - 1:30pm
 Menu subject to change

Mon	July 1	CLOSED
Tues	July 2	No Food Service
Wed	July 3	No Food Service
Thurs	July 4	No Food Service
Fri	July 5	No Food Service
Mon	July 8	Baked Sole
Tues	July 9	Chicken Alfredo
Wed	July 10	Soup & Sandwich
Thurs	July 11	Pork Loin & Scalloped Potatoes
Fri	July 12	Soup & Sandwich
Mon	July 15	Crispy Chicken
Tues	July 16	Potato Crusted Cod
Wed	July 17	Soup & Sandwich
Thurs	July 18	Sweet & Sour Pork
Fri	July 19	Soup & Sandwich
Mon	July 22	Fish & Chips
Tues	July 23	Liver & Onions
Wed	July 24	Soup & Sandwich
Thurs	July 25	Macaroni & Cheese
Fri	July 26	Soup & Sandwich
Mon	July 29	Spaghetti & Meatballs
Tues	July 30	Hamburgers
Wed	July 31	Soup & Sandwich

Save the Date

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

M	July 1	CLOSED
T-F	July 2-5	Kitchen Closed
W	July 3	Armchair Traveler: United Kingdom
F	July 19	Cribbage Tournament
F	July 26	July Birthdays Party
M	Aug 5	CLOSED

So Long Summer Party

Enjoy an afternoon of food from the grill & socializing with friends and family of all ages. Family friendly activities & games will also be a part of the festivities. A vegetarian food options will be available.

Fri	Aug 9	11:30am-1:30pm
1 sessions		#386321
Kids Meal		\$5.00
Adult Meal		\$7.00

Thank you Volunteers!

The Newton Seniors Centre staff want to thank all of our volunteers for such an amazing year so far.

The help you give in our food service area and with the membership groups is a vital part of the Centres success.

We appreciate the hard work and dedication you give.

Thank you!

Important Notice

Kitchen Closure July 2 - 5

The kitchen will be closed from Tuesday July 2 to Friday July 5 for scheduled maintenance. Coffee and baked goods will still be available for purchase. Kitchen food service will reopen Monday July 8.

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 \$27.50 annually.**

Mon	Carpet Bowling Wood Carving Story Sharing Social	9:00am-11:00am 9:15am-12:00pm 10:00am-12:00pm
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 Cribbage *partner needed Carpet Bowling	8:30am-11:00am 10:00am-12:30pm 12:00pm-3:00pm 1:00pm-3:00pm
Thu	Cribbage *partner needed Bazaar Crafters Bingo	12:00pm-3:00pm 1:00pm-3:00pm 1:00pm-3:15pm
Fri	Table Tennis Painting Writing Group *3rd Fri monthly* Rummoli	8:30am-11:00am 9:15am-12:15pm 10:00am-12:00pm 12:30pm-3:15pm
M-F	Billiards	8:30am—3:15pm

Armchair Traveler: United Kingdom

Travel to different destinations around the world through the world of documentaries. Light refreshments included.

Wednesday, July 3	1pm - 3pm
Registration Fee	#383624 \$5.50

Fitness & Wellness

Newton Seniors Centre:

Chair Yoga 55+

Fri July 5	1:45pm - 2:45pm
9 sessions	#383540
Member	\$62.10
Non Member	\$82.35

Yoga 55+

Mon July 8	11:30am - 12:30pm
6 sessions	#383541
Member	\$41.40
Non Member	\$54.90

Chair Exercises - 55+

Tues July 2	10:15am - 11:15am
6 sessions	#403840
Member	\$43.50
Non Member	\$58.20

Yoga 55+

Tues July 2	11:30am - 12:30pm
6 sessions	#403841
Member	\$41.40
Non Member	\$54.90

Zumba Gold - 55+

Mon July 8	2:30pm - 3:30pm
7 sessions	#383535
Member	\$48.30
Non Member	\$64.05

Drop-in Fit 55+

Tuesdays	9:00am - 10:00am
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Newton Recreation Centre:

Line Dance - Beginner 55+

Wed July 3	1:30pm - 2:30pm
9 sessions	#383557
Member	\$43.20
Non Member	\$57.60

Line Dance - Intermediate 55+

Wed July 3	2:45pm - 3:45pm
9 sessions	#383566
Member	\$43.20
Non Member	\$57.60

Drop-in Fit 55+

Mon	10:30am - 11:30am
Wed	9:30am - 10:30am
Thur	9:45am - 10:45am
Fri	10:00am - 11:00am

July Birthdays Party

Enjoy a birthday celebration with your friends! Whether your birthday is this month, or you want to join in and celebrate others, you are invited to socialize and have fun. A hot beverage and a piece of cake are included in the fee. **If it's your birthday—it's free!**

Fri July 26	1:00pm-2:00pm
1 sessions	#383569
Fee	\$3.45

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

Summer Bus Trips

"Tea & Tour at Darts Hill"

Spend a morning at Dart's Hill Garden Park! Enjoy tea, coffee and light refreshments followed by a guided tour.

Fri July 5	10:00am - 1:00pm
1 session	#389521
Member	\$17.00
Non Member	\$22.00
Newton Seniors Centre	

"Granville Island"

Join us for a walk along the sights and shops at Granville Island Public Market.

Wed Aug 7	8:30am - 2:30pm
1 session	#389739
Member	\$25.25
Non Member	\$30.25
Newton Seniors Centre	

Grandparents & Me Tea

Celebrate the season with your grandchildren as you make crafts, decorate cookies, and sip hot drinks. Suitable for kids aged 3-12.

Mon July 8	12:30pm-2:30pm
1 sessions	#389629
Child	\$7.00
Grandparent	\$3.00



Free Legal Advice Clinics

On the third Tuesday of each month, Surrey First BC is offering free law advice to older adults. They can answer questions on Wills & Estates, Power of Attorney, Small Claims Court and Elder Abuse. Note: lawyers are not able to offer advice about Real Estate Conveyancing, Family or Criminal Law.

To book an appointment please call 604-688-1927.

Computer Club Update

The Newton Seniors Computer Club will be taking a break over the summer between June 10 - Sept 8. It will return Monday, Sept 9. For information and updates visit the website at:

www.nsgcc.info

Newton Seniors Advisory Board

2023-2024 Advisory Board

President	Ray A
Vice President	Gerry L
Treasurer	Kristen W
Recording Secretary	Kristen W
Correspondence	Diane A

Activity Representatives

Arts & Crafts

Wood Carving, Bazaar Group, Krazy Krafters

Cards & Games

Karen B, Lydia M & Pat T
Bingo, Cribbage, Rummoli, Canasta

Cultural

Writing Group, Painting for Pleasure

Education

Angus G
Computer Group

Social

Joan D & Diane A
Special Events, Women's Social Group, Fun Jammers

Sports & Equipment

Gabriel M & Don R
Billiards/Snooker, Carpet Bowling, Table Tennis

July Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri July 5
Cloverdale	Fri July 12
Newton	Fri July 19
Fleetwood	Fri July 26

Reminder partners are needed to play

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: during the summer, some days & times may be cancelled due to registered camp programs.
Please look online for up to date schedules.*