



November 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

November Hot Meal Schedule

Food Services

Mon - Friday - 10am - 1:30pm

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

Menu subject to change

Fri	Nov 1	Soup & Sandwich
Mon	Nov 4	Chicken Alfredo
Tues	Nov 5	Beef Dip
Wed	Nov 6	Soup & Sandwich
Thurs	Nov 7	Baked Sole & Rice
Fri	Nov 8	Soup & Sandwich
Mon	Nov 11	CLOSED
Tues	Nov 12	Ham & Scalloped Potatoes
Wed	Nov 13	Soup & Sandwich
Thurs	Nov 14	Crispy Chicken & Fries
Fri	Nov 15	Soup & Sandwich
Mon	Nov 18	Fish & Chips
Tues	Nov 19	Chicken Cordon Bleu
Wed	Nov 20	Soup & Sandwich
Thurs	Nov 21	Liver & Onions
Fri	Nov 22	Soup & Sandwich
Mon	Nov 25	Potato Crusted Cod
Tues	Nov 26	Turkey Parmesan
Wed	Nov 27	Soup & Sandwich
Thurs	Nov 28	Hamburger & Fries
Fri	Nov 29	Soup & Sandwich

Save the Date

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

W	Nov 6	Diwali Celebration
Th	Nov 7	Bus Trip: Canadian Museum of Flight
F	Nov 8	Dinner & Dance Event
M	Nov 11	CLOSED
F	Nov 15	Cribbage Tournament
W	Nov 20	November Birthdays Party
Th	Nov 28	Falls Prevention Clinic

November Dinner & Dance

Celebrate with others over a delicious roast beef dinner and a night of dancing and entertainment by Two of a Kind, playing classic rock and country hits. Vegetarian food option is available. Table reservations are open for those registered.

The NSC Advisory Committee has asked those attending if they can please bring in a donation to the local Food Bank as a way to give back this season. If you "can" that would be great!

Fri	Nov 8	5:00pm-8:30pm
	1 sessions	#402352
	Member	\$25.00
	Non-member	\$30.00



Diwali Celebration

Come celebrate Diwali the festival of lights. Watch a special performance with music and dancing after. Fun photos, activities, food and hot drinks will be served.

Wednesday, Nov 6	11:30am-3:00pm
Fee	FREE

**Visit the Family Diwali event afterwards from 4:00pm-7:00pm for more fun and games.*

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
Tue	Pickleball *Newton Rec Centre	8:30am-10:30am
	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Canasta	1:00pm-3:15pm
Wed	Table Tennis	8:45am-11:15am
	Women's Social Group in Punjabi	10:00am-12:30pm
	Pickleball *Newton Rec Centre	10:00am-12:30pm
	Cribbage *partner needed	12:00pm-3:00pm
Thu	Carpet Bowling	1:00pm-3:00pm
	Cribbage *partner needed	12:00pm-3:00pm
	Bazaar Crafters	1:00pm-3:00pm
Fri	Bingo	1:00pm-3:15pm
	Table Tennis	8:45am-11:15am
	Painting	9:15am-12:15pm
	Writing Group *3rd Fri monthly*	10:00am-12:00pm
	Computer Club Lab Help	10:00am-12:00pm
M-F	Rummoli	12:30pm-3:15pm
	Billiards	8:45am—3:15pm



Fitness & Wellness

Newton Seniors Centre:

Chair Yoga 55+

Fri Nov 1	1:45pm - 2:45pm
8 sessions	#394303
Member	\$56.80
Non Member	\$75.60

Tai Chi 55+

Fri Nov 1	9:15am - 10:15am
8 sessions	#394301
Member	\$48.80
Non Member	\$65.20

Yoga 55+

Mon Nov 4	11:30am - 12:30pm
6 sessions	#394305
Member	\$42.60
Non Member	\$56.70

Chair Exercises - 55+

Fri Nov 1	10:45am - 11:45am
6 sessions	#394292
Member	\$45.00
Non Member	\$60.00

Arthritis Joint Works - Beginner 55+

Tues Sept 24	10:15am - 11:15am
11 sessions	#394259
Member	\$70.95
Non Member	\$94.60

Arthritis Joint Works - Intermediate 55+

Tues Sept 24	11:30am - 12:30pm
11 sessions	#394275
Member	\$70.95
Non Member	\$94.60

Drop-in Fit 55+

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

Newton Recreation Centre:

Line Dance - Beginner 55+

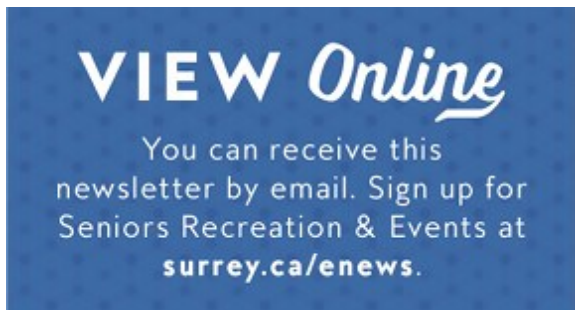
Wed Oct 30	1:30pm - 2:30pm
8 sessions	#394427
Member	\$40.40
Non Member	\$53.60

Line Dance - Intermediate 55+

Wed Oct 30	2:45pm - 3:45pm
8 sessions	#394429
Member	\$40.40
Non Member	\$53.60

Drop-in Fit 55+

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



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

Fall Bus Trips

"Canadian Museum of Flight"

Check out the Canadian Museum of Flight which has over 25 aircraft both static and flying. Afterwards go to Brogan's Diner for old-fashioned home cooking. Admission included.

Thurs	Nov 7	9:30am-3:30pm
1 sessions		#396357
Member		\$32.25
Non Member		\$37.25
Newton Seniors Centre		

Remembrance Day Ceremony

Join us on Remembrance Day at the Outdoor Cenotaph to recognize the sacrifices those made in the past. With help from the Kwantlen Girl Guides and Air Cadets, we will recognize a few important anniversaries, the placing of poppies and a wreath, and share 2 minutes of silence.

Mon	Nov 1	10:30am-11:30am
Fee		FREE



November Cribbage Tournaments

Location	Date
Guildford	Fri Nov 1
Cloverdale	Fri Nov 8
Newton	Fri Nov 15
Fleetwood	Fri Nov 22

Reminder partners are needed to play

2024 Open House Update

Due to the recent events regarding the facility, the 2024 Open House date has been postponed. Save the date for a wonderful time!

Come to our 2024 Open House to meet all of the great activity groups that use the centre. Live entertainment, hands on activities, treats and prizes will be available. Bring a friend, new members welcome!

Thursday, Nov 21	11:30am-1:30pm
Fee	FREE

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
 Crazy Krafters—Claudia

Cards & Games

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

Cultural

Writing Group—Diane
 Painting for Pleasure—Siegfredo

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 wonder-

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.