



August 2024

South Surrey SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

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
 BC Day Aug 5: 8:00am-8:00pm

South Surrey Recreation & Arts Centre Senior Reps

Representatives meet every two months.

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

VIEW Online

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

Seniors Services Memberships

For \$27.50 per year, enjoy access to free, registered drop-in activities, events and clubs, as well as discount pricing on select 55+ registered programs.

Drop-in Activities for August

Monday	Badminton 8:00-10:00am <i>(8:15 am start Aug 5)</i> Duplicate Bridge 9:15am-1:15pm Pickleball 10:15am-12:15pm
Tuesday	Badminton 7:30-9:30am Table Tennis 12:00-2:00pm
Wednesday	Badminton (1 gym) 8:15-9:45am Pickleball 11:00am-12:45pm
Thursday	Badminton 7:30-9:30am Pickleball (1 gym) 9:45-11:15am S.A.L.S.A 12:00-2:30pm <i>(1st & 3rd Thurs/month)</i>
Friday	Pickleball 10:30am-12:30pm

Gym Maintenance

Gym maintenance will take place from **August 6-9, 2024**. Please note that schedules will change. View www.surrey.ca/register for up-to-date information.

Badminton Coffee Times

Enjoy a coffee and socialize after the 55+ play times for \$1.00. Tuesdays & Thursdays at 9:30am; cancelled August 5 & 7.

Summer Fun Pass

There's still time to enjoy the benefits of the Summer Fun Pass with unlimited access to drop-in activities including swimming, skating, gymnasium sports, and fitness classes.

Valid until September 2. Prices are prorated throughout the summer. Check with the Recreation Centre or call 604-501-5100 for

Intergenerational Garden Club Drop-In

The South Surrey Recreation Centre recently hosted a very successful intergenerational garden club drop-in. In July, youth, adults and families assisted our gardener in the revitalization of the garden. Participants learned to identify and remove invasive plants, helped to build a new pollinator garden to attract beneficial insects, and learned other gardening tips and tricks. **Join us Thursdays** in August for drop-in gardening. **August 1, 8, 15, 22 from 10am-12pm**, South Surrey Recreation & Arts Centre garden.



Above: Sarah, Tia, Lucy and Kasper. Below: Maria and Lucy



Fall 2024 Registration Open

Most Fall programs are now open for registration. Aquatic programs will open for registration on Sunday, August 11 at 9pm.

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

Registered Fitness

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

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.**

8 Sessions:

\$56.80 (member); \$75.60 (non-member)

Tu 9:15–10:15am Sep 10 #399797

7 Sessions:

\$49.70 (member); \$66.15 (non-member)

Tu 9:15–10:15am Nov 5 #399798



Yin Yoga

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.**

8 sessions: \$75.60

Tu 10:30-11:30am Sep 10 #399785

Tu 6:00-7:00pm Sep 10 #399789

W 10:30-11:30am Sep 11 #406636

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 Sep 9 #399870

8 Sessions: \$75.60

Tu 8:00-9:00am Sep 10 #399800

Th 7:15-8:15pm Sep 12 #399872

Community Picnics

Pack your picnic blanket and join in to celebrate connecting with your family, friends and community at a picnic event with music, activities and free snacks! Picnics run every Thursday until September 12. View dates and location at www.surrey.ca/parkprograms.

Sounds of Summer

Enjoy free performances as part of our annual summertime music series. With diverse genres from jazz and R&B to classic rock, this live concert takes place Wednesdays in August from 6:30-8:00pm. Full details at www.surrey.ca/sounds-of-summer.



Get Back Unplugged

- Aug 7—Get Back Unplugged at Darts Hill Garden Park
- Aug 14—BADMNY at Surrey Civic Plaza
- Aug 21—Mikey Jones at Unwin Park
- Aug 28—Francis Baptiste at Bear Creek Park

Tea & Tour Darts Hill

Stop by Darts Hill on the first Friday of the month for a tea or coffee with friends, followed by a leisurely tour of the garden featuring what's in bloom. Check-in with on-site staff when you arrive, they will direct you to the meeting location. Upcoming dates:

- Friday, Aug 9, 10:30am-12:00pm
- Friday, Sep 6, 10:30am-12:00pm

WALKit 55+

Join us for free group walks on **Wednesdays and Fridays at 9am** to work on mobility, meet new people, and explore different neighbourhoods in Surrey. Upcoming walks include:

- Jul 31 & Aug 2: Fraser Heights
- Aug 7 & 9: Fleetwood
- Aug 14 & 16: Clayton Nature Walk
- Aug 21 & 23: Elgin Heritage Park
- Aug 28 & 30: Green Timbers Greenway

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

Stay Cool in Surrey

Come and stay safe and cool in one of our community spaces. During our regular facility hours, the **South Surrey Recreation & Arts Centre** is available to anyone seeking relief from extreme heat or wildfire smoke during the summer months.

Seniors Volunteers

Volunteering at the City of Surrey is an enriching, fulfilling experience. By becoming a City of Surrey volunteer, you can help support the community we are all a part of. Volunteer opportunities are available in a variety of activities at the South Surrey Recreation and Arts Centre and throughout the City. For more information, please connect with recreation centre staff and/or contact Volunteer Resources by phone at 604-598-5863 or email at volunteer@surrey.ca.



“We are always the same age inside.”

Gertrude Stein

Seniors Spotlight

On June 21, the South Surrey Recreation & Arts Centre hosted a fun day of pickleball games. The day included a morning of game play, followed by a catered lunch in our garden. A big thanks to Sharon and Bill for organizing and to all our pickleball volunteers for helping with the event.

