



December 2024

South Surrey SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Happy Holidays!

From the staff at the South Surrey Recreation & Arts Centre, our team would like to wish you all a happy holiday season!



We want to thank all those who have participated in our programs and activities throughout the year in 2024, and we look forward to serving you in 2025!

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
Dec 24 & 31:	8:00am-3:00pm
Dec 25, 26, 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

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 December

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

Badminton and Pickleball Coffee Times

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

Badminton:	Tuesdays 9:30am Thursdays 10:00am (Dec 26 cancelled)
Pickleball:	Fridays 1:00pm

Food Bank in Lobby

During this festive season, please consider donating to the Food Bank collection boxes in our lobby. The **Sources Food Bank** appreciates all donations but is in most need of: canned meat and fish, canned fruit and vegetables, whole grain rice and rolled oats, pasta & sauce, peanut butter, healthy canned soups, baby formula and diapers (sizes 5 & 6).

Due to food safety, the Food Bank cannot accept items that have been opened/compromised or that are more than 12 months past their expiry/best before date.

FAMILY FUN PASS

DROP-IN FUN FOR EVERYONE!

Get unlimited access to drop-in activities to pools, gymnasiums, arenas, fitness or weight-rooms and keep the entire family active over the Winter break. Visit just three times and the pass pays for itself. On sale December 1. **Pass valid December 21 to January 5.** Adult \$25, Child/Youth \$12.50, Student & Senior (ages 60-69) \$18.75, Senior 70+ \$7.50.

25th Annual Winter Ice Palace

December 14-January 5



It's that time of year again where **Cloverdale Arena** transforms into a winter wonderland with festive lights twinkling, seasonal decorations everywhere you look and lively music filling the air! This popular, traditional event is an unforgettable skating experience and is the perfect way to spend time with your loved ones during this holiday season. Early sign up opens 72 hours in advance of skating session times. Participants must register at least one hour in advance of their desired session time to secure their spot. Sign up one of three ways: Online at www.surrey.ca/register, by phone at 604-501-5100 or in person at any recreation facility.

Winter Craft Market

Semiahmoo Arts is hosting their popular Winter Craft Market. Browse the market and get in the holiday spirit, with vendors selling everything from pottery and cards, to yarn arts and seasonal gift items. **FREE** admission. Turnbull Gallery, South Surrey Recreation & Arts Centre.

Friday, December 6, 11:00am-5:00pm.

Recreation Pass Promotion

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

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	Jan 7	#415644
Tu	9:15-10:15am	Feb 18	#415645



Painting with Watercolour—55+

Build on your watercolour skills. Explore colour mixing perspectives, composition and brush stroke techniques. Beginners are welcome, but some artistic knowledge is an asset. Supplies extra. Operated by the Semiahmoo Arts Society. **South Surrey Recreation & Arts Centre.**

8 Sessions: \$256.80

Th	10:00am–12:00pm	Jan 16	#420567
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WALKit 55+

Join us for free group walks on **Wednesdays** to work on mobility, meet new people, and explore different neighbourhoods in Surrey.

Two start times are available for each walk: 10am and 12noon. Upcoming walks include:

- Dec 4: Fraser Heights Walk
- Dec 11: Crescent Beach Walk
- Dec 18: Cloverdale Greenway

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

Surrey Libraries

This fall, Surrey Libraries is offering various **drop-in programs** of interest to those 55+.

Mobile Library

South Surrey Recreation & Arts Centre, first Tuesday of every month, 10:30am-12:30pm

The Mobile Library is a small library on wheels with over 1,000 items to borrow, featuring books for children, teens and adults, free library cards, basic technology help, free Wi-Fi and a book drop.

Technology Help

Semiahmoo Branch, Wednesdays 5:00-7:00pm

Get one-to-one technology help in a friendly atmosphere. Bring your questions and your device. We will help you with questions about computer and tablets basics, using eReaders, and cyber safety basics.

Seniors' Social Sundays

Ocean Park Branch, Sundays 1:00-2:30pm

Meet up and make new friends! Join us for Scrabble, Chess, Checkers, Dominoes, cards, colouring, and puzzles. Light refreshments provided.

Craft'N'Yarn

Ocean Park Branch, Sundays 3:00-4:30pm

Bring your current project to work on in the company of others. Crafters of all kinds and abilities welcome; not an instructional class.

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

Stewart Farm

Experience an old-fashioned holiday celebration with upcoming events at Historic Stewart Farm. 13723 Crescent Road.



Christmas Drop In: Deck the Halls

The Christmas season has arrived! Enjoy homemade refreshments, take in the holiday décor and watch some holiday heritage demonstrations. This weekend, come explore the types of homemade decorations that Victorians made for the holidays, tour the festively decorated farmhouse, and make your own traditional paper ornament to take home. **FREE.**

Sa, Su 12:00-4:30pm Dec 7&8 Drop In

Victorian Christmas Evening

Join us for a special evening of classic Christmas fun. Enjoy live harp music with Leanne Page in the parlour as you snack on wood stove treats. Make a homemade lantern and then venture outside to visit Father Christmas in the pole barn. A perfect local Christmas activity for the whole family. **FREE.**

Sa 4:00-7:00pm Dec 7 Drop In

Give the Gift of Recreation!



Treat your loved ones to a gift they're sure to enjoy! Keep your friends & family healthy and active at any recreation facility in Surrey. Gift cards can only be purchased in-person at recreation facilities. You may redeem gift cards online or in person at recreation facilities. Gift cards may be used to purchase:

- Registered courses
- Drop-ins
- Membership passes
- Retail, concession, and much more.

Purchase today at any recreation facility.