



July 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  
 Canada Day July 1: 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

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

## 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 July

Monday	Badminton 8:00-10:00am (8:15 am start July 1) Duplicate Bridge 9:15am-1:15pm Pickleball 10:15am-12:15pm
Tuesday	Badminton (1 gym) 7:30-9:30am Table Tennis 12:00-2:00pm
Wednesday	Badminton 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 (1st & 3rd Thurs/month)
Friday	Pickleball 10:30am-12:30pm

### Badminton Coffee Times

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

**Badminton:** Tuesdays & Thursdays at 9:30am; cancelled July 2 and 4.

*“Take care of your body.  
 It’s the only place you  
 have to live.”*  
 — Jim Rohn

VIEW *Online*

You can receive this newsletter by email. Sign up for Seniors Recreation & Events at [surrey.ca/enews](http://surrey.ca/enews).

## Intergenerational Garden Club Drop-In



Join others who want to learn and cultivate their gardening skills and knowledge and give back to the community! South Surrey Recreation Centre is seeking youth, adults, newcomers and families to assist our gardener in revitalization of our garden. Identify and remove invasive plants, help build a new pollinator garden to attract beneficial insects, and learn other gardening tips and tricks. Drinks and snacks provided at the question-and-answer session at the end. Gardening gloves and tools will be provided. **FREE**

- Thu, July 11 10:00am-12:00pm
- Thu, July 18 10:00am-12:00pm
- Thu, July 25 10:00am-12:00pm

For more information contact Tara-Lee at 604-592-6979.



## Summer Fun Pass

Enjoy unlimited access to drop-in activities including swimming, skating, gymnasium sports, and fitness classes.

**Valid July 1 to September 2.** Prices are prorated throughout the summer. Adult \$97.50; Senior 60+ \$73.00; Senior 70+\$24.50

## 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.



## Registered Fitness

Register for the following classes online at [www.surrey.ca/register](http://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:

\$55.20 (member); \$73.20 (non-member)

Tu 9:15–10:15am Jul 9 #384769

### 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: \$73.20

Tu 10:30-11:30am Jul 9 #384763

Tu 6:00-7:00pm Jul 9 #384764



### 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.**

7 Sessions: \$64.05

M 7:15–8:15pm Jul 8 #384765

8 Sessions: \$73.20

Th 7:15-8:15pm Jul 11 #384767

## Coffee on the Veranda

Visit the Historical Stewart Farm this summer and drop in with friends or family for refreshments, games and conversation on the Farmhouse veranda.

Wednesdays 10:30am-12:00pm. **FREE.**

**13723 Crescent Road.**



## 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 July and August from 6:30-8:00pm. Full details at [www.surrey.ca/sounds-of-summer](http://www.surrey.ca/sounds-of-summer).



*Get Back Unplugged*

- Jul 3—Free Label; Clayton Community Ctr
- Jul 10—Leo D.E. Johnson at The Glades Woodland Garden
- Jul 17—Music City Showcase at Surrey Civic Plaza
- Jul 24—Ben Dunnill at Francis Park
- Jul 31—Hayley Wallis at Museum of Surrey
- Aug 7—Get Back Unplugged at Darts Hill Garden Park
- Aug 14—Bad Mny 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, Jul 5, 10:30am-12pm
- Friday, Aug 9, 10:30am-12pm
- Friday, Sep 6, 10:30am-12pm

## 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 3 & 5: Newton Urban Walk
- Jul 10 & 12: Bear Creek Park
- Jul 17 & 19: Crescent Beach
- Jul 24 & 26: Mud Bay Park Nature Walk
- Jul 31 & Aug 2: Fraser Heights

For more information and to preregister, visit [www.surrey.ca/walkit](http://www.surrey.ca/walkit).

## Outdoor Pools Open

Free public outdoor swimming is now open at the following City of Surrey pools. Find out more at [www.surrey.ca/outdoorpools](http://www.surrey.ca/outdoorpools).

- Bear Creek Outdoor Pool - 13820 88 Ave
- Greenaway Outdoor Pool - 17901 60 Ave
- Sunnyside Outdoor Pool - 15455 26 Ave
- Hjorth Road Outdoor Pool - 10277 148 St
- Holly Outdoor Pool - 10662 148 St
- Kwantlen Outdoor Pool - 13035 104 Ave
- Port Kells Outdoor Pool - 19340 88 Ave
- Unwin Outdoor Pool - 13313 68 Ave



## Neighbourhood Event Kit

If you are organizing a small neighbourhood event to build a sense of community, you can borrow our equipment to support your project. Each kit contains: a portable sound system, two pop-up canopy tents, two folding tables, and assorted lawn games (giant Jenga, Checkers, ring-toss—depending on availability). Bookings are first come, first served, so get your request in early! More info at [www.surrey.ca/neighbourhoodteam](http://www.surrey.ca/neighbourhoodteam).

## Seniors Spotlight



As part of the City of Surrey's Seniors Week celebrations in June, the South Surrey Recreation & Arts Centre hosted a free workshop on June 5 called **Gardening in Small Spaces: Vegetables**. The purpose of the workshop was to help participants create a practical garden for their balcony, deck or condo. Led by an expert gardener, the workshop included demonstrations to learn about soil, planting techniques, plant selection and maintenance.