



November 2024

## 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  
 Remembrance Day: 8:00am-8:00pm (November 11)

### 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 \$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 November

Monday	Badminton 8:00-10:00am <i>(8:15 am start Nov 11)</i> 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 <i>(1st &amp; 3rd Thurs/month)</i>
Friday	Pickleball 11:00am-1:00pm

## Falls Prevention

**Free Clinic Wednesday, November 6 at South Surrey Recreation & Arts Centre.** The falls prevention mobile clinics are targeted to seniors living in the community and involve personalized assessment sessions. Registration is required. To register or to get more information call 604-374-2273 or email fallsprevention@fraserhealth.ca.

## 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.

## Priority Registration for Surrey Residents



You asked, we listened! We've improved our registration experience by adding priority registration for Surrey residents for Winter 2025 **registered programs**. Residents will now enjoy early access to register on two dates:

- **Sunday, Nov 24 at 9:00pm** most programs
- Sunday, Dec 8 at 9:00pm aquatic programs

Non-residents can sign up for all programs starting Sunday, December 15 at 9:00pm. More information at [www.surrey.ca/register](http://www.surrey.ca/register).

## Bear Creek Lights



Celebrate nature at night by exploring stunning light displays set along nature trails at Bear Creek Park each fall. Bear Creek Lights features a one-kilometre walking trail through the park's garden. This year's event runs **4:30-9:00pm, November 2-16** (closed Nov 11). More information and tickets at [www.surrey.ca/bearcreekparklights](http://www.surrey.ca/bearcreekparklights).

## Tree Lighting Festival

Every year, the City invites residents to watch Mayor and Council "flip the switch" to light the City's 60ft Christmas Tree. Entering its 14th year in 2024, Surrey Tree Lighting Festival also includes a holiday market, a dance stage, DJs, food trucks, and activities for all ages. Find out more at [www.surreytreelighting.ca](http://www.surreytreelighting.ca). **FREE**. Surrey Civic Plaza, 13450 104 Avenue.

Saturday-Sunday, Nov 23-24., 12:00-8:00pm;  
 Tree lighting: Nov 23, 6:30pm

## Registered Courses

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.

### The Essentials of Aromatherapy

Learn the top ten essential oils, their therapeutic properties, and how to use them every day safely and effectively. Create a roll-on, massage oil, solid scent perfume, and perfume spray.

#### South Surrey Recreation & Arts Centre

1 session: \$15.15, plus \$26.00 materials fee  
M 6:30-9:00pm Nov 4 #401749

### 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.**

7 sessions: \$66.15

Tu 10:30-11:30am Nov 5 #399786  
W 10:30-11:30am Nov 6 #406638

### Yoga

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.**

7 sessions: \$66.15

F 10:00-11:00am Nov 8 #399786

## Bus Trips

Explore the Lower Mainland this fall with seniors bus trips offered by the City of Surrey. From Canada Flight Museum and the Vancouver Christmas Market, to Lafarge Lake Lights, there is plenty to see and do on these day trips leaving from recreation centres throughout Surrey. Discounts offered for Seniors Services members. Find out more at [www.surrey.ca/register](http://www.surrey.ca/register).

## Armchair Traveller

Join Surrey Libraries and Recreation Surrey for online presentations from the comfort of your own home. Travel to different destinations around the world through engaging documentaries. Enjoy photos and videos during these sessions with an opportunity for discussion and sharing once the presentation is over. **Online. FREE.** Sign up at [www.surrey.ca/register](http://www.surrey.ca/register).

W 1:30-2:30pm Nov 13 #416059  
W 1:30-2:30pm Dec 11 #416060

## 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:

- Nov 6: Kwomais Nature Walk
- Nov 13: Green Timbers Greenway
- Nov 20: Elgin Heritage Walk
- Nov 27: Bear Creek Park Nature Walk

**NEW**— We are offering walks on Thursdays **conducted in Punjabi:**

- Nov 14: Mud Bay Park, 10am

For more information and to preregister for all walk, visit [www.surrey.ca/walkit](http://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 (Nov 5, Dec 3), 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](http://surrey.ca/enews).

## Holiday Concert 55+ at City Hall

Celebrate the holiday season with an amazing fun and festive concert followed by a social reception.

**Surrey City Hall Atrium, 13450 - 104 Avenue**

1 session: \$10.00

Sa 10:30am-1:00pm Nov 30 #412507

## Stewart Farm

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



### Victorian Christmas Evening

Drop-in for a special evening of music, treats, crafts and live performances by the Re-enactors. Make a lantern to take on a caroling walk in the park and snap a photo with Father Christmas. **FREE.**

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

### Evening Carol Sing

Sing your heart out during a festive evening of carols, treats and good company in the charmingly decorated Stewart Hall. \$6.15 per session. Registration required.

Sa 6:00-7:00pm Dec 14 #401962

Sa 7:00-8:00pm Dec 14 #401963

## Happy Diwali!

Diwali, the Festival of Lights, is one of the most significant festivals in the Indian culture. It is often a celebration that includes good food, fireworks, colored sand, and special candles and lamps. During Diwali, families and friends share sweets (also known as Mithai), dried fruit and gifts, and many give food and goods to those who are less fortunate.

Diwali is celebrated by the Hindu, Sikh, and Jain religions and celebrations differ depending on region and tradition. Diwali takes place annually and lasts for five days. The exact dates change each year and are determined by the position of the moon – but it usually falls between October and November.