



Welcome

The Whalley Town Centre is home to multi-generational facilities offering adults 55+ a wide range of activities to meet community needs and promote health and wellness.

Facility Hours

Chuck Bailey

Monday - Thursday 9:00am - 9:00pm
Friday - Sunday 9:00am - 4:00pm

North Surrey Sport & Ice Complex

Monday - Wednesday 8:00am - 9:00pm
Thursday 6:00am - 9:00pm
Friday 8:00am - 9:00pm
Saturday - Sunday 8:00am - 8:00pm

Holiday Hours

November 11 9:00am - 4:00pm
*Holiday hours are the same at each facility

Volunteers

Below are our greatly appreciated volunteers who help out on a regular basis with our Senior's Programs:

- Bingo — **Cynnamon & Terry**
- Bridge — **Colette & Doreen**
- Carpet Bowling — **Warren**
- Choir — **Diane H.**
- Food Services — **Bob, Craig, Debbie, Gertie, Joyce K., Marge, Peter, Sandy, Warren & Wendy**
- Knitting — **Eniko**
- Painting for Pleasure — **Joyce M. & Maxine**
- Pottery — **Diane M.**
- Table Tennis — **Kim & Nancy**
- Snooker/Pool — **Steadwick**
- Xin Jiang - Uyghur Dance — **Lanying**
- Advisory Committee — **Colette, Diane H., Frank, Glynnis, Joyce M., & Maxine**

Looking to volunteer with the City of Surrey?

Learn more online at

<https://www.surrey.ca/about-surrey/>

Sunrise Café

**Monday - Friday
10:00am - 2:00pm**

Our café offers a casual setting for you to enjoy a meal and socialize with other members of the community. Enjoy a variety of baked goods, soups, sandwiches, hot beverages, and omelettes, available daily. Tuesday through Thursday, a hot lunch menu option is offered until meals run out. **Please note that the café is closed on Monday, November 11th.**

Nov 5	Beef Strips and Rice
Nov 6	Chicken Cordon Bleu
Nov 7	Meatballs and Mashed Potatoes
Nov 12	Cabbage Rolls
Nov 13	Lasagna
Nov 14	Chicken Schnitzel
Nov 19	Roasted Pork
Nov 20	Chicken Pot Pie
Nov 21	Shepherds Pie
Nov 26	Spaghetti and Meatballs
Nov 27	Perogies
Nov 28	Baked Salmon

We would like to extend our gratitude to our café team! Our staff and volunteers have spent countless hours serving our community with excellence and a smile. Thank you so much for all you do!

Seniors Services Membership & Membership Activities

The City of Surrey's Seniors Services Membership (55+) gives you local and citywide access to welcoming recreation, social spaces, and fun ways to connect with your community. For \$30/year, enjoy access to free or nominal fee volunteer-led registered drop-in activities, events, and clubs, as well as discount pricing on select 55+ registered programs. Looking to try a program out? Join us for up to 3 free drop ins. All 55+ Drop In Membership Activities require registration before attending. You can register online, by phone or by stopping by any City of Surrey Recreation Centre. **Please note you must have a valid membership at the start date of the program to receive the discount or be able to register for the program.**

55+ Membership Activity Groups			
Monday	Pottery Xin Jiang Dance	10:15am - 2:15pm 9:30am - 11:30am	Surrey Arts Centre North Surrey Sport & Ice Complex
Tuesday	Carpet Bowling Painting Choir Table Tennis	9:30am - 12:00pm 9:30am - 12:30pm 12:30pm - 2:30pm 1:00pm - 3:00pm	Chuck Bailey Chuck Bailey Chuck Bailey Chuck Bailey
Wednesday	Pickleball Xin Jiang Dance	9:30am - 11:30am 9:30am - 11:30am	Chuck Bailey North Surrey Sport & Ice Complex
Thursday	Carpet Bowling Table Tennis Knitting & Crafting	9:30am - 12:00pm 1:00pm - 3:00pm 1:00pm - 3:00pm	Chuck Bailey Chuck Bailey Chuck Bailey
Friday	Bridge	12:30pm - 3:00pm	Chuck Bailey
Saturday	Bingo	11:00am - 1:30pm	Chuck Bailey
Daily	Snooker & Pool	During facility operating hours.	Chuck Bailey

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

Joke of the Month

What do you call November 1st?
Oct-over.

Remembrance Day Event In Surrey

Saturday, November 11, 2024 | 11:00am

Veteran's Square | 17610 56A Avenue

Come to Veteran's Square to attend one of Surrey's largest ceremonies on Remembrance Day. Attending Remembrance Day ceremonies on November 11th is a well known way to honour those who served Canada in times of war, military conflict and peace.

Tickets are free. For more information email info@surreypolice.ca

Surrey Tree Lighting Festival & Holiday Market

Saturday, November 23-24, 2024 |

12:00pm - 8:00pm

Surrey Civic Plaza | 13540 104A Avenue

As the holiday season approaches, Surrey's Civic Plaza transforms into a winter wonderland during the Surrey Tree Lighting Festival & Holiday Market.

Witness the magic of the tree lighting ceremony, shop for unique gifts at the holiday market, take photos at light displays, and enjoy live entertainment for all ages.

Tickets are free. If you would like to participate in the festival, or would like to share your thoughts or suggestions, please email specialevents@surrey.ca. For more information on this holiday event, do visit the following link <https://surreytreelighting.ca/>

Focus on Seniors Webinar Series

Wednesday, November 20, 2024 |

11:00am - 12:00pm

Online

Join us for a talk on falls prevention that will get you moving. We will start by identifying the risk factors that can increase your risk of falling. We will then explore how the four pillars of falls prevention (vision, medications/vitamins, exercise and home safety) can reduce your risk of falling. We will also showcase some of the most popular and important home safety and protective equipment.

Chuck Bailey Recreation Centre

13458 107A Ave | 604-598-5898

North Surrey Sport & Ice Complex

10950 126A St | 604-591-4410

Surrey Arts Centre

13750 88 Ave | 604-501-5566

Bear Creek Lights

November 2 - 16, 2024 | 4:30pm - 9:00pm

Bear Creek Park | 13750 88 Ave

Celebrate nature at night by exploring stunning light displays set along nature trails at Bear Creek Park each fall. For more information or to book your free tickets, do visit the following link: <https://www.surrey.ca/parks-recreation/parks/park-programs/bear-creek-lights>

Heart to Home Holiday Market

November 16 & 17 | 12:00pm - 4:00pm

Surrey Art Gallery | 13750 88 Ave

Give the gift of local, handmade art this year to loved ones in your life. This market boasts roughly thirty artists, live demos and music, and a festive shopping experience. Tickets are free. For more information email artgallery@surrey.ca

Upcoming Tournaments

Bridge Tournament

Friday, November 1 | 11:00am - 3:00pm

Friday, December 6 | 11:00am - 3:00pm

Chuck Bailey Recreation Centre

Registration is required for all drop ins and tournaments. Please stop by our front desk or call 604-598-5898 for more information and to register.

Armchair Traveller

We are happy to announce that we will be implementing an Armchair Traveller program for seniors starting **January 2025!** The program will allow seniors to be able to travel to different destinations around the world through from the comfort of their chair! As this is the first time this program will be taking place we wish to collaborate with our seniors to offer the best possible program. Whether there's a specific location you'd like to see or a type of snack you'd like to try, we want to hear from you!

We respectfully request that patrons come to front desk to share their ideas for Armchair Traveller! We thank you in advance for your collaboration!

Seniors Lounge

Our Seniors Lounge is open for those with a Seniors Services Pass. Come sip on coffee, read a book, or play a game of cards with your

Bus Trips

Looking for a day trip? Register for one of our Bus Trips. Food is not included, unless stated, but is often able to be purchased at the destination. **Completion of a Medical Form is required prior to the trip.**

Fall | Registration Open!

Bill Reid Gallery Bus Trip - 55+

Wednesday, November 6 | 10:00am - 3:00pm

Members: \$37.75 | Non Members: \$42.75

Chuck Bailey Recreation Centre

Enjoy a guided tour of the Bill Reid Gallery of Northwest Coast Art. Gain a deeper understanding of the legacy of Bill Reid and his many talents. Price of admission included.

Vancouver Christmas Market Bus Trip - 55+

Thursday, December 12 | 3:30pm - 8:00pm

Members: \$44 | Non Members: \$49

Chuck Bailey Recreation Centre

Discover handcrafted gifts, delicious food and drink, and entertainment for the entire family. This annual festive celebration creates the perfect atmosphere of holiday entertainment! Price of admission included.

Special Café Day

Come and participate in our gratitude wall which will be taking place on Thursday, November 28th during our café operating hours! Spread positivity in the community by sharing what you are grateful for!

Daylight Savings

Daylight saving time will come to a close for 2024 on November 3rd. At 2 a.m. that Sunday, clocks will shift back one hour which grants many an extra hour of sleep. This change will bring earlier sunrises as well as nightfall which take place before 7:00 p.m.

Drop In Chair Exercises - 13+

Fridays | 10:30am - 11:30am

Chuck Bailey Recreation Centre

Work out without the ups and downs of a regular fitness class. Each class includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.