



April 2025

Welcome

The **Fleetwood Community Centre** is located in the heart of Fleetwood. This multigenerational facility offers a wide variety of volunteer lead activities and fitness for adults 55+. We strive to meet the community's needs including fitness, health and wellness, bus trips, special events and more. Discover our facility today!

Monday—Friday: 7:30am—9:00pm

Saturday and Sunday: 8:00am—5:00pm

Phone: (604) 501-5030

15996 84th Avenue, Surrey BC V4N 0W1

Fleetwood 55+ Staff

Colleen—CJeffrey@surrey.ca

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Seniors Services Membership

Purchase a membership to access any activities in the timetable below, special program discounts and more!

Fee for 1 Year Membership: \$30.00

Drop In Seniors Services Schedule—Fleetwood		
Monday	Ballroom Dance	1:00pm—4:00pm
	Bingo	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
Tuesday	Coffee Social	9:00am—12:00pm
	Bridge	12:30pm—3:30pm
	Ballroom Dance	1:00pm—4:00pm
	SEEP	2:00pm—6:00pm
Wednesday	Knitting & Crocheting	9:00am—12:00pm
	Coffee Social	10:00am—12:30pm
	Cribbage	12:30pm—3:00pm
	Table Tennis	2:00pm—3:30pm
	SEEP	2:00pm—6:00pm
Thursday	Social in Mandarin	9:00am—12:00pm
	Seniors Services Connector	10:00am—12:00pm
	Live Music	11:30am—2:00pm
	Mahjong	12:30pm—4:30pm
	Carpet Bowling	1:00pm—3:00pm
	SEEP	2:00pm—6:00pm
Friday	Coffee Social	10:00am—12:30pm
	Women's Social in Punjabi	10:30am—1:00pm
	Table Tennis	2:00pm—3:30pm
	Badminton	2:30pm—4:00pm
	SEEP	2:00pm—6:00pm
Saturday	SEEP	12:30pm—4:30pm

Spotlight On...

Mother's Day Tea

Celebrate Mother's Day with tea, treats, and fun activities! Spend quality time together while honoring moms and mother figures.

Fleetwood Community Centre

Sat, May 10th | 11:00am—1:00pm

Fee: \$8.55 | Course ID: 437345

Summer Barbecue—Luncheon Social 55+

Enjoy an afternoon of socializing with friends over a delicious 2 course meal, followed by entertainment. Luncheon menu and entertainment to be announced.

Fleetwood Community Centre

Tue, Jun 3rd | 11:30am—1:30pm | All ages

Fee: \$12.50 | Member: \$10.50 | ID: 433753

Seniors Tea & Tour

Bring a friend and enjoy a tour of our heritage buildings followed by tea and treats. Special Performances by the Re-enactors. Registration required.

Museum of Surrey | **FREE**

Fri, June 6th

11am—1pm | ID#428556

2pm—4pm | ID#428561

An Update Regarding Drop In Activities' Registration

Registration for each Drop In Seniors Services activity is now available 1 week and 1 hour in advance. For example, if you would like to attend Drop In Cribbage on Wednesday at 12:30pm, you can sign up the Wednesday prior at 11:30am. This way, when you check in for your activity, you can sign up for the next week's session at the same time. If you have any questions, please don't hesitate to give us a call, or to contact any of the Fleetwood 55+ team by email. Our contact information is in the top left of this page.

Fleetwood Programs

Spanish

Register for one of our Spanish courses, and begin practicing your pronunciation, conversational skills, and comprehension. In the intermediate classes, focus closer on sentences, phrases, and expressing ideas.

Mar. 31—Jun. 16 | 10 sessions | \$91.00*

Beginner Class

ID: 428775 | Mondays | 7:15—8:45pm | 19+

Intermediate Class

ID: 428762 | Mondays | 3:45—5:15pm | 19+

Conversational Class - NEW

ID: 428773 | Mondays | 5:30—7:00pm | 19+

**Fee is the same for each course.*

Guitar—Beginner

Learn the basics of playing guitar including chords and finger placement. Must bring your own guitar. **Mar. 31—Jun. 16 | 10 sessions**

ID: 428784 | Mondays | 7:30—8:30pm | 19+

Fee: \$67.00

Bollywood Dance

Pretend you're in a Bollywood movie in this energetic dance class and learn Bollywood dance moves. No dance experience required.

Apr. 9—Jun. 18 | 11 sessions

ID: 428785 | Wednesdays | 5:30—6:30pm | 19+

Fee: \$73.70

This program is at the Surrey Sport and Leisure Centre

Line Dance—Beginner

Learn line dancing basics, dance combinations and routines. No partner or experience needed. **Mar. 31—Jun. 16 | 10 sessions**

ID: 428723 | Mondays | 4:15—5:15pm | 55+

Fee: \$67.00 | Member: \$50.50

ID: 428738 | Mondays | 5:20—6:20pm | 19+

Fee: \$67.00

Save The Date!

Cribbage Tournaments

Friday, April 4th | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 435782

Friday, April 11th | 12:00pm—3:30pm

Cloverdale Recreation Centre | ID: 433665

Friday, April 25th | 12:00pm—3:00pm

Fleetwood Community Centre | ID: 445610

Friday, May 2nd | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 435783

Friday, May 9th | 12:00pm—3:30pm

Cloverdale Recreation Centre | ID: 433666

Friday, May 23rd | 12:00pm—3:00pm

Fleetwood Community Centre | ID: 445611

Friday, June 6th | 12:00pm—3:30pm

Guildford Recreation Centre | ID: 435784

Friday, June 13th | 12:00pm—3:30pm

Cloverdale Recreation Centre | ID: 433667

Bridge Tournaments

Friday, April 4th | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 437330

Tuesday, April 29th | 11:00am—3:00pm

Cloverdale Recreation Centre | ID: 433660

Friday, May 2nd | 11:00am—3:00pm

Chuck Bailey Recreation Centre | ID: 437336

Tuesday, May 27th | 11:00am—3:00pm

Cloverdale Recreation Centre | ID: 433661

Drop In Table Tennis—55+

Take part in a game of table tennis. All skill levels and abilities welcome. Seniors Services Membership required.

Tuesdays & Thursdays: 6:30pm—8:00pm

Wednesdays & Fridays: 2:00pm—3:30pm

Fleetwood Community Centre

Admission included with Seniors Services Membership

VIEW Online

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

Drop In Fitness 55+

A variety of 55+ 'Drop In' fitness classes are offered every week at Fleetwood Community Centre. Please take a look at our schedule below! Some classes' registration may fill up in advance, so please book ahead at our counter or by phone call where possible.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

Drop In Fit 55+

Enjoy moderate intensity exercise consisting of low-impact cardio followed by muscle conditioning and relaxing stretch techniques.

10:30am | Tuesday, Wednesday, and Thursdays

Drop In Circuit Training 55+

Learn your way around the weight room. Use the equipment in a circuit format and learn what muscle groups each machine is used for. Proper form for improving cardio and strength is demonstrated.

9:00am | Mondays, Wednesdays, and Fridays

Drop In Chair Exercises 55+

Enjoy a workout that includes a cardio warm-up, muscle strengthening exercises, stretches and a cool-down session, all from the seat of your chair.

10:30am | Wednesdays

Drop In Mahjong 55+

Join a game of Mahjong. New players welcome. Currently, we have enough equipment for 2-3 groups to play! Come try a game, and have a coffee or tea with other Mahjong enthusiasts.

*Included with Seniors Services Membership

12:30—4:30pm | Thursdays

Drop In Badminton

Get active with a game of badminton. Join up with other players or come with friends to form a team. Doubles play with player rotations. All skill levels and abilities welcome.

Fee: \$7.50 | 60+ Fee: \$5.75 | 70+ Fee: \$2.25

Coyote Creek Elementary School

8:15—9:45pm | Tuesdays & Thursdays | Age 19+

Fleetwood Community Centre*

2:30—4:00pm | Fridays | Age 55+

*Included with Seniors Services Membership

Volunteering Opportunities

Volunteering at the City of Surrey is an enriching, fulfilling experience. Volunteer opportunities are available in a variety of activities at the Fleetwood Community Centre and throughout the City. We are currently looking for volunteers for;

Thursdays: *Concession Assistant*

Fridays: *Concession Assistant*

Please email Nisha.Samra@surrey.ca if you are interested!

WALKit Program

Free admission for all walks! Ages 55+.

Wed, Apr. 2nd | Crescent Beach Walk

10:00—11:30am | ID: 426718

12:00—1:30pm | ID: 426719

Wed, Apr. 9th | Bear Creek Park

10:00—11:30am | ID: 426720

12:00—1:30pm | ID: 426721

Wed, Apr. 9th | Fleetwood—Transit Training

1:00—2:30pm | ID: 439696

Thu, Apr. 10th | Serpentine Greenway

1:00—2:30pm | ID: 445594

Wed, Apr. 16th | Bakerview Urban Walk

10:00—11:30am | ID: 426722

12:00—1:30pm | ID: 426723

Wed, Apr. 23rd | Newton—Unwin Park

10:00—11:30am | ID: 426724

12:00—1:30pm | ID: 426725

Sudoku Puzzle

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6	7	9						
		5	4		7	2		
5				2		4		
			8	1	4			
		6		3				9
		1	3		9	7		
						9	6	4
	2							