



April 2025

Guildford
SENIORS

RECREATION SURREY
Healthy Communities. Active Together.

Welcome!

The Guildford Recreation Centre is located in the heart of Guildford. We are a multigenerational facility offering adults 55+ a wide range of activities. We strive to meet our community needs at every level, including fitness, health and wellness, games, bus trips, special events and more. We welcome you to visit our lounge and meet some of our members.

Hours of Operation—Recreation Centre:

Monday to Friday: 6am - 9pm
Saturday and Sunday: 6am - 8pm
Phone Number: 604.502.6360

Lounge:

Monday to Friday: 9am - 4pm

Food Services:

Monday and Wednesday: 10am-3pm
Friday: 10:30am - 1:30pm

Bus Drop Off at Guildford Exchange Bay 1/3:

R1, 320, 326, 335, 337, 375, 501, and 509

Memberships

Seniors Services Memberships \$30.00

The Seniors Services Membership provides members with City-wide access to:

- ◆ Free volunteer-led drop-in activities
- ◆ Discounted pricing on select registered programs and special events
- ◆ Discounted pricing on bus trips
- ◆ 55+ gymnasium drop-in programs

Note: The purchase of a one year Seniors annual recreation facility pass includes a Seniors Services membership.

Kitchen Services

Stop by the upstairs Lounge Monday, Wednesday, and Friday for light snacks and hot drinks!

Menu:

- Coffee/ Tea / Hot Chocolate—\$1.75
- Muffins —\$1.75
- Scones / Banana Bread—\$2.25
- Toast—\$1.15
- Bagel—\$2.15
- Soup—\$3.75
- Grilled Cheese—\$4.00
- Turkey / Specialty Sandwiches—\$4.75

Luncheon Social— 55+

Howdy! Saddle up and join your peers at our Rodeo Themed Luncheon Social! Feast on a delicious spread of chili, coleslaw, and mini donuts while being entertained by the sensational Gail Hawksworth. Get ready for an afternoon filled with socializing and laughter! Sign up today!

Thursday, May 22

12pm-2pm

Members \$10.50 | Non-Members \$12.50

Multipurpose Room 3

Course ID: 435777



Focus on Seniors Webinar—55+: Family History Research for Beginners



In this presentation you will learn how to get started on your family history research. We will go over various tips and techniques as well as what resources to use that will help you discover inspiring stories, solve family mysteries, and reveal how the past has shaped your family today. After all, family history is more than just connecting names on a family tree. It's a way to deepen your connection to the past, enrich your understanding of the present, and build a link to future generations.

Wednesday, April 23

11am-12pm

Online

Course ID: 433138

National Volunteer Week

April 27-May 3

Dear Volunteers!

A heartfelt thank you for always stepping up when we need you most; in our programs, in our lounge, and beyond. You are not just volunteers; you are trusted, valued partners who bring your time, skills, empathy, and creativity to everything you do. Your dedication and generosity make all the difference, and we truly couldn't do it without you.

We are endlessly grateful for all that you do!

Happy National Volunteer Week!

Guildford Bus Trips

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

Fort Langley National Historic Site Bus Trip— 55+

Come enjoy the community of Fort Langley and explore Vancouver's only fort! Pack a picnic lunch or eat at one of Fort Langley's many restaurants. Price of admission included.

Wednesday, April 16

Guildford Recreation Centre

9:30am-2pm

Members: \$29.00 | Non Members: \$34.00

Course ID: 429019

Lavender Farm Bus Trip— 55+

Wander through rows of lavender, pollinating bees and shop the lavender inspired shop.

Friday, June 27

Guildford Recreation Centre

10am-2pm

Members: \$27.50 | Non Members: \$32.50

Course ID: 429051



Easter Themed Wheeling 8's



The Wheeling 8's invite you to an Easter-Themed Square Dancing Session! Join them as they keep the fun going with lively square dancing and a special raffle to support their club.

This inclusive group welcomes wheelchair users, caregivers, and able-bodied dancers. Be part of the excitement and enjoy a fantastic Thursday afternoon of dance, laughter, and community!

Thursday, April 17
1pm-3pm
Multipurpose Room 1

Spring Cribbage Tournaments



Registration is open for the Spring Cribbage Tournaments. Participants are invited to challenge other players in this engaging cribbage tournament. Knowledge of cribbage, a partner, and pre registration is required. The dates below are for Guildford tournaments only:

Friday, April 7
12pm-3:30pm
Course ID: 435782

Friday, May 2
12pm-3:30pm
Course ID: 435783

Friday, June 6
12pm-3:30pm
Course ID: 435784

Fraser Heights Senior Services



We have introduced Senior Services activities to Fraser Heights Recreation Centre. Join us at the below drop-in programs!

Drop in Cribbage

Every Thursday
12:30pm-3:30pm
Multipurpose Room 3

Drop in Coffee Social

Every Friday
10:30am-12:45pm
Multipurpose Room 3

These programs are included with the Seniors Services membership.

Guildford Seniors' Centre
15105 105 Avenue, V3R 7G8

Guildford 55+ Member Activity Groups		
SUN	Table Tennis	3pm-4:30pm
MON to FRI	Badminton	8:15am-9:45am & 10am-11:30am
MON	Lounge <i>(Coffee & baked goods 10am-3pm)</i>	9am-4pm
	Carpet Bowling	10:30am-12:30pm
	Pickleball	11:45am- 1:15pm & 1:30pm-3pm
	Canasta	12pm-2pm
	Ukelele	2pm- 4pm
TUES	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Social with Women	1pm-2pm
	Table Tennis	9am-11am
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
WED	Lounge <i>(Coffee & baked goods 10am-3pm)</i>	9am-4pm
	Canasta	12pm-2pm
	Knitting (P.U.R.L.S)	1pm-3pm
THU	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Ballroom Dance	1pm-3pm
FRI	Lounge <i>(Coffee & baked goods 10:30-1:30pm)</i>	9am-4pm
	Scrabble	9:30am-1pm
	Live Music (Jammers)	10:30am-12:30pm <i>(not first Friday)</i>
	Pickleball	11:45am-1:15pm & 1:30pm-3pm
	Canasta	12pm-2pm
	Cribbage Tournament	12pm-3:30pm <i>(first Friday only)</i>
Table Tennis	2:30pm-4:30pm <i>(not first Friday)</i>	

VIEW Online

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

WALKit Activity Programs—55+



Crescent Beach Walk—55+
Wednesday, April 2
12pm-1:30pm
Course ID: 426719

Join our volunteers on this local nature walk in Surrey's only beach community! Explore the walking trails in Blackie Spit Park. Check out the Dunsmuir Community Garden. Walk the gravel promenade pathway that runs next to the beach and witness the sights and sounds of the ocean.

Bear Creek Park Nature Walk—55+
Wednesday, April 9
12pm-1:30pm
Course ID: 426721

Explore the nature trails that wind through meadows and forests. Lookout for owls, eagles, ducks, frogs, and salamanders.

Serpentine Greenway—55+
(Presented in Punjabi)
Thursday, April 10
10am-11:30am
Course ID: 445594

Join our volunteers for a walk on the Serpentine Greenway in Newton. Experience nature in an urban setting while learning about activities offered at Newton Athletic Park.

Bakerview Urban Wall—55+
(Presented in Mandarin)
Thursday, April 24
10am-11:30am
Course ID: 438679

Join our volunteers on this local urban walk that will highlight local community services, programs and businesses. Explore local landmarks such as the Semiahmoo Library and police station "living wall."

55+ Staff Team

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