



**April 2025**

# Newton SENIORS

RECREATION SURREY  
Healthy Communities. Active Together.

## Welcome

Newton Seniors' Centre is located in the heart of Newton and is a recreation facility offering adults 55+ a wide range of activities and programs. We strive to meet community needs at every level, including fitness, health and wellness, games, special events, bus trips, and more.

### Facility Hours of Operation

Mon to Fri - 8:30am - 3:30pm

### Newton Recreation Centre Public Swim days and times

Monday: 12:30pm - 3:30pm/6:30pm - 9:00pm  
 Tuesday: 12:30pm - 3:30pm/7:00pm - 9:00pm  
 Wednesday: 12:30pm - 3:30pm  
 Thursday: 12:30pm - 3:30pm/7:00pm - 9:00pm  
 Friday: 12:30pm - 9:00pm  
 Saturday and Sunday: 12:30pm - 8:00pm

## April Hot Meal Schedule

### Food Services

Mon - Friday - 10am - 1:30pm

Hot Meals Monday - Friday 11:30am - 1:30pm

**\*Menu subject to change\***

Tues	Apr 1	Potato Crusted Cod
Wed	Apr 2	Soup & Sandwich
Thurs	Apr 3	Lasagna
Fri	Apr 4	Soup & Sandwich

Mon	Apr 7	Fish & Chips
Tues	Apr 8	Chicken Pot Pie
Wed	Apr 9	Soup & Sandwich
Thurs	Apr 10	Beef Stew
Fri	Apr 11	Soup & Sandwich

Mon	Apr 14	Shephard's Pie
Tues	Apr 15	Crispy Chicken
Wed	Apr 16	Soup & Sandwich
Thurs	Apr 17	Liver & Onions
Fri	Apr 18	CLOSED

Mon	Apr 21	CLOSED
Tues	Apr 22	Macaroni
Wed	Apr 23	Soup & Sandwich
Thurs	Apr 24	Hamburgers
Fri	Apr 25	Soup & Sandwich

Mon	Apr 28	Baked Sole
Tues	Apr 29	Sweet & Sour Meatballs
Wed	Apr 30	Soup & Sandwich

## Save the Date

For more information about 'Save The Date' please call 604.501.5010.

W	Apr 2	Movie Afternoon
Th	Apr 10	Bus Trip
F	Apr 11	Dinner & Dance Event
F	Apr 18	CLOSED
M	Apr 21	CLOSED

## April Dinner & Dance *\*SOLD OUT\**

Celebrate with others over a delicious ham & scalloped potato dinner and a fun night of dancing and live entertainment with Max Eleven, playing all the classic rock hits. Vegetarian food option is available. Table reservations are open for those registered.

Fri	Apr 11	5:00pm-8:30pm
1 sessions		#00431758
Member		\$20.00
Non-member		\$25.00



## Thank you Megan!

We want to take a moment to recognize the hard work and passion of one of our volunteers. Megan has been at the Newton Seniors Centre for over 20 years and has been an important part of the NSC helping with programs, activities, events and our kitchen & café. Thank you Megan!

It is also Megan's birthday this month and we would like to wish her a very Happy Birthday!



## Seniors Services Membership

Seniors Services Memberships are valid at any of our recreation centres that offer seniors activities and programs. Seniors can participate in all of our town centres using their membership. **The Seniors Services Membership fee is \$30.00 annually.**

<b>Mon</b>	Carpet Bowling	9:00am-11:00am
	Woodcarving	9:15am-12:00pm
	Story Sharing Social	9:00am-12:00pm
	Women's Social Group in Punjabi	12:30pm-3:00pm
	Computer Club General Meeting	1:00pm-3:00pm
<b>Tue</b>	Krazy Krafters	10:00am-12:00pm
	Live Music—Fun Jam	10:00am-12:00pm
	Hawaiian Dance	10:00am-12:00pm
	Canasta	1:00pm-3:15pm
	Table Tennis	1:00pm-3:15pm
<b>Wed</b>	Table Tennis	8:45am-11:15am
	Cribbage	12:00pm-3:00pm
	Carpet Bowling	1:00pm-3:00pm
<b>Thu</b>	Cribbage	12:00pm-3:00pm
	Bazaar Crafters	1:00pm-3:00pm
	Bingo	1:00pm-3:15pm
<b>Fri</b>	Table Tennis	8:45am-11:15am
	Painting	10:30am-1:15pm
	Writing Group <i>*3rd Fri monthly*</i>	10:00am-12:00pm
	Computer Club Lab Help	10:00am-12:00pm
	Rummoli	12:30-3:15pm
<b>M-F</b>	Billiards	8:45am—3:15pm

**VIEW Online**

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

# Fitness & Wellness

## Newton Seniors Centre:

### Yoga 55+

Mon Mar 31	11:30am-12:30pm
6 sessions	#00431905
Member	\$42.60
Non Member	\$56.70

### Arthritis Joint Works - Beginner 55+

Tues Apr 1	10:15am - 11:15am
12 sessions	#00431907
Member	\$77.40
Non Member	\$103.20

### Arthritis Joint Works - Intermediate 55+

Tues Apr 1	11:30am - 12:30pm
12 sessions	#00431909
Member	\$77.40
Non Member	\$103.20

### Chair Yoga 55+

Fri Apr 4	1:45pm - 2:45pm
6 sessions	#00431918
Member	\$42.60
Non Member	\$56.70

### Tai Chi 55+

Fri Apr 4	9:15am - 10:15am
5 sessions	#00431916
Member	\$30.50
Non Member	\$40.75

### Chair Exercises 55+

Fri Apr 4	11:00am - 12:00pm
6 sessions	#00431920
Member	\$45.00
Non Member	\$60.00

### Hawaiian Dance 55+ *\*time change\**

Tue Apr 15	1:00pm-2:30pm
6 sessions	#00431911
Member	\$45.30
Non Member	\$60.30

### Drop-in Fit 55+

Tues	9:00am - 10:00am
Thurs	9:00am - 10:00am

## Newton Recreation Centre:

### Minds in Motion Punjabi 55+ *\*new location\**

Tue Apr 8	12:45pm-2:45pm
6 sessions	#00444087
Member	\$42.60
Non Member	\$51.90

### Line Dance - Beginner 55+

Wed Apr 2	2:00pm - 3:00pm
7 sessions	#00431922
Member	\$35.35
Non Member	\$46.90

### Line Dance - Intermediate 55+

Wed Apr 2	3:15pm - 4:15pm
7 sessions	#00431924
Member	\$35.35
Non Member	\$46.90

### Drop-in Fit 55+

Mon	10:00am - 11:00am
Wed	9:30am - 10:30am
Fri <i>*new time*</i>	10:15am - 11:15am

**Newton Seniors' Centre**  
**13775 — 70 Avenue V3W 0E1**  
**604-501-5010**

# Group Spotlight

## Krazy Krafters

Come out and explore many different ways to craft. Explore paper crafts like card making, Cricut & origami, yarn crafts like knitting, crocheting & embroidery, and hand quilting, beading or diamond art. Have suggestions? Let our lead Yvonne know.

Tuesdays 10:00am-12:00pm Café

## Fun Jammers Live Music

Whether you are a musician or enjoy listening, the Fun Jammers have something for you. Classic hits, group favorites, even a few requests can be heard. Connect with others through a passion for melody and all the joy it can bring. Must bring your own instrument.

Tuesdays 10:00am-12:00pm Room 2

# April Cribbage Tournaments

<u>Location</u>	<u>Date</u>
Guildford	Fri Apr 4
Cloverdale	Fri Apr 11
Newton	CLOSED
Fleetwood	Fri Apr 25

*\*Reminder partners are needed to play\**

## Bus Trip:

# "Nikkei National Museum & Cultural Centre"

Explore over 100 years of Japanese Canadian history. Learn about Japanese arts and culture and take part in some relevant activities. Price includes transportation and activities.

Thu Apr 10	9:30am-2:00pm
1 session	#00428980
Member	\$37.75
Non Member	\$42.75

**3 WAYS TO Register**

Go Online
[surrey.ca/register](https://surrey.ca/register)

By Phone
604-501-5100

In Person
At any Surrey Parks, Recreation & Culture facility

## Free Legal Advice Clinics

On the third Tuesday of each month, Surrey First BC is offering free law advice to older adults. They can answer questions on Wills & Estates, Power of Attorney, Small Claims Court and Elder Abuse. Note: lawyers are not able to offer advice about Real Estate Conveyancing, Family or Criminal Law. To book an appointment please call 604-688-1927.

# Newton Seniors Advisory Committee

## 2024-2025 Advisory Committee

Ray A	Joan D	Gurmeet K	Tussy V
Gerry L		Baldev K	Angus G
Kristen W		Gabriel M	Don R
Diane A		Siegfredo B	Patricia T

## Activity Representatives

### Arts & Crafts

Wood Carving—Terry  
 Bazaar Crafters—Judi  
 Krazy Krafters— Yvonne

### Cards & Games

Bingo—Kristen  
 Cribbage—Patricia  
 Rummoli—Patricia  
 Canasta - Patricia

### Cultural

Writing Group—Diane  
 Painting for Pleasure—Claudia

### Education

Computer Group—Sigrid

### Social

Women's Social Group—Gurmeet  
 Fun Jammers—Brian  
 Story Sharing Social—Jake

### Sports

Billiards/Snooker—Don  
 Carpet Bowling—Baldev  
 Table Tennis/Badminton—Gabriel  
 Pickleball - Tussy

# Drop In Seniors Services Sports

## Newton Recreation Centre

### Tuesdays:

Pickleball 8:30am - 10:30am

### Wednesdays:

Pickleball 10am - 12pm

### Thursdays:

Badminton *\*1/2 gym* 12:30pm - 2:00pm

### Fridays:

Pickleball 8:30am - 10:30am  
 Pickleball 12:30pm - 2:00pm

*Please arrive 5-10 minutes before your sport.*

*Note: some days & times may be cancelled or half-gym due to registered programs. Please look online for up to date schedules.*