



April 2025



## 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  
 Good Friday, Apr 18 8:00am-8:00pm  
 Easter Mon, Apr 21 8:00am-8:00pm

### South Surrey Recreation & Arts Centre Senior Reps

Steve & Val: Badminton  
 Angela & Bob: Bridge  
 Bill & Sharon: Pickleball  
 Charanjit & Baksho: South Asian Ladies Social Association (SALSA)  
 Bryan: Table Tennis

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

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 April

Monday	Badminton 8:00-10:00am 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 (1st & 3rd Thurs/month)
Friday	Pickleball 11:00am-1:00pm

### 55+ Coffee Times

Enjoy a coffee after the 55+ play times .

**Badminton:** Tuesdays 9:30am  
 Thursdays 10:00am  
**Pickleball:** Fridays 1:00pm

## National Volunteer Week

April 27-May 3

This special week is dedicated to recognizing and thanking volunteers across Surrey and Canada for their invaluable contributions to our communities. It serves as an opportunity to highlight the benefits of volunteering for both individuals and society. The South Surrey Recreation & Arts Centre extends its heartfelt gratitude to all our volunteers who generously donate their time and energy to our programs, helping to create a vibrant and thriving community.



## Get Ready to Garden!

### Gardening Basics for Families

Cover gardening essentials in this hands-on session from building soil to placing plants.  
 1 session: \$5.65

Sa 10:00-11:30am Apr 12 #432548

### Drop-In Volunteer Work in the Garden

The South Surrey Recreation & Arts Centre is looking for youth, adults, newcomers, and families who are passionate about gardening. Learn and grow your skills under the guidance of a master gardener in our garden. .

- April 12 12:00pm-2:00pm
- May 24 12:00pm-2:00pm
- May 31 10:00am-12:00pm
- June 14 10:00am-12:00pm

Please inquire at the front desk of the South Surrey Recreation & Arts Centre if you are interested.



## Vaisakhi Parade

Saturday, April 19

Vaisakhi Day takes place every year in April. To pay tribute to the harvest celebration roots of the parade, attendees are given free food and drink from hundreds of local residents and businesses. The parade will begin at approximately 9:30am at Gurdwara Sahib Dashmesh Darbar (12885 85 Ave) and features cultural floats, community performers and live music.



## Bus Trip 55+ Van Dusen Gardens

Explore the grounds, stroll through the rose garden and be mesmerized by nature.

Admission included. Must bring or purchase food. Departs from the **South Surrey Recreation & Arts Centre**.

1 session: Member \$34; non-Member \$39

Th 9:00am-3:00pm Apr 24 #429052

## Yoga 55+

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**.

6 sessions:

Member \$42.60; non-Member \$56.70

Tu 9:15-10:15am May 20 #427013

## Paint Watercolour 55+

Build on your watercolour skills. Explore colour mixing perspectives, composition and brush stroke techniques. Beginners are welcome, but some artistic knowledge is an asset. Supplies extra. Operated by the Semiahmoo Arts Society. **South Surrey Recreation & Arts Centre**.

6 Sessions: \$192.00

Th 10:00am-12:00pm Apr 10 #431860

Th 10:00am-12:00pm May 22 #431870

## Semiahmoo Arts Open House

Join us for a fun-filled day **Saturday, April 5, 10am-3pm** at the Semiahmoo Arts Open House! Discover a variety of activities and events, including a student art market, drop-in Life Drawing, and Pottery Painting. Stroll through our facility while enjoying live music, and don't miss our arts supply garage sale! **South Surrey Recreation & Arts Centre**.

## Income Tax Clinic

Brella offers **free tax clinics in South Surrey for eligible older adults** with modest income and simple tax situations until April 30. The program is offered through Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). If you need assistance with filing your income tax return, please call 604-531-9400 ext. 214 to make an appointment.

## WALKit 55+ Beginner **NEW**

Join us for a gentle walk. If you are new to exercise or experience limited mobility, walking is a great way to start exercising. These free walks take place on **Thursdays at 10:30am** and last up to 60 minutes, with distances of approx. 1-2km.

- Apr 24: Grandview Heights Aquatic
- May 1: South Surrey Indoor Pool
- May 8: South Surrey Rec & Arts Centre
- May 15: Bakerview Park
- May 22: Grandview Heights Aquatic
- May 29: South Surrey Rec & Arts Centre

For more information and to preregister for walks, visit [www.surrey.ca/walkit](http://www.surrey.ca/walkit).

## Mother's Day in the Garden

Celebrate mom by strolling through gardens and soaking in all that nature has to offer.

- The Glades Woodland Garden (457 – 172 Street): May 10 & 11, 10am-4pm. Tickets required.
- Darts Hill Garden Park (1633 – 170 Street): May 11, 10am-4pm
- Stewart Farm Mother's Day Tea (13723 Crescent Road): May 10 & 11. Preregistration required.

## Badminton Play Day

It is 6:00am on dark March morning. The South Surrey Recreation & Arts Centre goes from a place of quiet to one of bustle as the volunteers and staff begin to arrive for the Badminton tournament. By 7:00am the players are arriving and enjoying the coffee and delicious treats. By 8:00am the tournament is underway and the enthusiastic players are giving it their all. The tournament goes smoothly and after many close games, the first prize goes to Wade and Tom. A **big thank you** to the volunteers Donn, Steve, Mamie, Barb, Gary, Richard, Barney, Val and Mike.



## Party for the Planet

Saturday, April 26



Party for the Planet is BC's largest Earth Day event. Free to all, the event features live music, dance performances, food trucks, Indigenous Cultural sharing, environmental education, family activities and much more. Surrey Parks will also offer a plant sale, and tomato plant giveaway.

**Saturday, April 26, 11:00am-7:00pm, FREE.**

Surrey Civic Plaza, 13450 – 104 Avenue

### Spotlight on City Services

## Online Heritage Tools

Several online tools allow you to learn about Surrey's history, and also make your own! The **Memory Map** is an interactive resource dedicated to gathering and sharing Surrey based memories. Whether you pin the restaurant of your first date or the location where you took part in a demonstration, pinning your memory helps shape Surrey's story.

With **Surrey's Online Heritage Search** you can browse more than 100,000 archival photos, maps, documents and oral histories, as well as more than 5,000 Surrey-based artifacts.

**Surrey Time Lapse** connects Surrey Archives' historic images to modern day locations. Divided by town centres, this tool provides a unique 'then and now' experience.

Find out more at [www.surrey.ca/heritage](http://www.surrey.ca/heritage)

