

Join Us!

RECREATION SURREY
Healthy Communities. Active Together.

NATIONAL SENIORS DAY

THURSDAY, OCTOBER 1

In celebration of National Seniors Day, the City of Surrey is hosting a variety of exciting seniors events across the city.

CELEBRATING SENIORS EVENT IN WHALLEY/ CITY CENTRE

10 am - 2 pm
City Hall

Join us for complimentary welcome refreshments and door prizes. There will also be guided tours of City Hall, community resources, and presentations in Council Chambers focused on housing, including the topics of ownership, rental, and assisted living.

Info: [604-501-5100](tel:604-501-5100)

9 am - 2 pm
Chuck Bailey Recreation Centre

Enjoy art displays, sports and games, refreshments, door prizes, and more. Brunch will be available for purchase at Sunrise Café.

Info: [604-598-5898](tel:604-598-5898)

Shuttle service will be available connecting City Hall and Chuck Bailey Recreation Centre.

SENIORS SOCIAL

9 am - 4 pm
Cloverdale Recreation Centre
Join us for tea and coffee all day. Cake served at noon, while supplies last.

Info: [604-598-7960](tel:604-598-7960)

PANCAKE BREAKFAST

8:30 am - 10:30 am
Guildford Recreation Centre
Enjoy a Guildford Lions Club pancake breakfast. Guildford or City-wide seniors members dine for FREE!

Info: [604-502-6360](tel:604-502-6360)

FLOOR CURLING

1:30 pm - 3:30 pm
Fleetwood Community Centre
Come try the fastest growing seniors sport in Canada. Floor curling promotes flexibility, circulation, and increased range of motion. Refreshments provided.

Info: [604-501-5030](tel:604-501-5030)

NOURISH THE MIND & BODY EVENT

9:15 am - 1 pm
Newton Seniors Centre

Join us for a screening of some of the most inspiring, motivating and interesting TED Talks offering new perspectives on life. At 11:30 am a pancake brunch will be available to purchase for \$5.

Info: [604-501-5010](tel:604-501-5010)

SENIORS MINI HEALTH FAIR

9 am - 12 noon
**South Surrey
Recreation & Arts Centre**

Enjoy light refreshments at this interesting health and wellness fair featuring vendor booths and community partners.

Info: [604-592-6970](tel:604-592-6970)

www.surrey.ca/seniors

 **CITY OF SURREY**
the future lives here.