

Sun Mon Tue Wed Thu Fri Sat



03. Free English Classes for New Immigrants @ Surrey English Language Centre
#350 - 9801 King George Blvd.
Fraser Health Crisis Line Volunteer Recruitment - Surrey For information go to www.options.bc.ca or call 604.584.5811 extension 1309

04. Cheap Movie Night
Theatres around Town
Free Counselling To Low Income Families
(By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm

05. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Surrey Urban Farmers Market
North Surrey Rec Centre Plaza 2:00-6:00pm

06. Hot Lunch @ Sources Women's Place 15318 - 20 Ave. 12:00-1:30pm
Jamming at Fleetwood
11:30-1:30pm
15996 - 84 Ave., Surrey, BC

07. SMART Recovery Meeting
7:00pm @ Sources Community Resource Centre.
#102, 3771 - 72A Ave., Surrey
2017 Canada Cup International Softball Championship @ Softball City: 2201 - 148 St., Surrey, BC & Cloverdale Athletic Park: 6330 - 168 ST, Surrey BC

08. Members' Coffee @ Central City Starbucks 10:00-11:30am
Free Family Swim @ South Surrey Indoor Pool 1:00-4:00pm
Public Social Dance @ 1938 - 152 St. Contact: 604.358.5652 Cost: \$10.00

09. Members' Coffee @ Central City Starbucks Time: 10:00-11:30am
Toastmasters by the Sea @ White Rock Library 1:30-3:00pm 604.536.2175

10. Free English Classes for New Immigrants @ Surrey English Language Centre
#350 - 9801 King George Blvd.
Bereavement Support @ Legacy Church of the Nazarene 9012 - 160 St., Surrey, BC @ 1pm

11. Cheap Movie Night
Theatres around Town
Free Counselling To Low Income Families
(By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm

12. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Surrey Urban Farmers Market
North Surrey Rec Centre Plaza 2:00-6:00pm

13. Hot Lunch @ Sources Women's Place 15318 - 20 Ave. 12:00-1:30pm
Jamming at Fleetwood
11:30-1:30pm
15996 - 84 Ave., Surrey, BC

14. SMART Recovery Meeting
7:00pm @ Sources Community Resource Centre.
#102, 3771 - 72A Ave., Surrey

15. Members' Coffee @ Central City Starbucks 10:00-11:30am
Free Community Dinner @ Oak Ave Neighborhood Hub. 12740 - 102 Ave. Open @ 4:00pm. Served @ 4:30pm.

16. Members' Coffee @ Central City Starbucks 10:00-11:30am
Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm

17. YMCA Youth Mindfulness @ Guildford Rec 4:30-7:00pm, FREE 19+, 604.673.6175
Free English Classes for New Immigrants @ Surrey English Language Centre
#350 - 9801 King George Blvd.

18. Cheap Movie Night
Theatres around Town
Free Counselling To Low Income Families
(By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm

19. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Surrey Urban Farmers Market
North Surrey Rec Centre Plaza 2:00-6:00pm

20. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Hot Lunch @ Sources Women's Place 15318 - 20 Ave. 12:00-1:30pm

21. Nature's Amble Walking Group for Bereaved (Surrey Hospice Society). Pre-register @ 604.584.7006.
Free Lunch @ Surrey Urban Mission 11:30am-1:00pm

22. Members' Coffee @ Central City Starbucks 10:00-11:30am
Middle-Eastern Friendship Ctr. Open 11:00am-6:00pm Wed-Sat. Family Lunch 2:00pm Saturdays. 13483 - 108 Ave.

23. Members' Coffee @ Central City Starbucks 10:00-11:30am
Free Family Swim @ Surrey Sports & Leisure 3:00-5:00pm 16555 Fraser Hwy.
Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave., Time: 6:00am-3:00pm

24. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Free English Classes for New Immigrants @ Surrey English Language Centre
#350 - 9801 King George Blvd.

25. Cheap Movie Night
Theatres around Town
Living a Healthy Life with Chronic Condition @ 1222 King George Blvd. FREE, 1:30-4:00pm, 604.940.1273

26. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Surrey Urban Farmers Market
North Surrey Rec Centre Plaza 2:00-6:00pm
Surrey MS Support Group @ Fleetwood Christian Reformed Church 9165 160 St., Surrey, BC

27. Hot Lunch @ Sources Women's Place 15318 - 20 Ave. 12:00-1:30pm
Community Dinner @ First United Church 15385 Semiahmoo Ave. White Rock 4:30pm

28. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm

29. Members' Coffee @ Central City Starbucks 10:00-11:30am.
Free Family Swim @ North Surrey Indoor Pool 2:00-5:00pm; 10275 City Parkway Ave.
Cloverdale Market @ the Fairgrounds, 176 St. & 62 Ave. Time: 6:00am-3:00pm

30. Members' Coffee @ Central City Starbucks 10:00-11:30am
Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm

31. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Free English Classes for New Immigrants @ Surrey English Language Centre
#350 - 9801 King George Blvd.



Celebrate  

CANADA'S  **150th** 

LEISURE & FUN ACTIVITIES IN YOUR COMMUNITY

DROP IN PROGRAMS

FREE FAMILY SWIMS held at different pools on different days:

- **NORTH SURREY INDOOR POOL:** 10275 City Pkwy. Last Saturday of each month from 2-5pm
- **SURREY SPORTS & LEISURE POOL:** 16555 Fraser Hwy. #100, Third Sunday of each month from 3-5pm
- **SOUTH SURREY INDOOR POOL:** 14655 - 17 Ave, First Saturday of each month, 1-4pm.

Members Coffee @ Central City: 10153 King George Blvd. Meet at Starbucks near the food court. 10-11:30am on Sat and Sun. Enjoy the company of peers while sipping your own tea or coffee. Price is just the cost of your beverage.

Weekly Painting Group @ South Surrey Recreation & Art Centre: 14601 - 20 Ave, meets every Thursday from 6-9pm. Everyone does their own thing, no lessons, just fun, friendship and helpful hints. \$10 per month. For more details contact Anne Wiese: aewiese@hotmail.com; or 604.536.8160.

GENERAL ACTIVITIES

- **Tuesday Cheap Movie Nights:** Any movie theatres in the lower mainland. Discounted price of \$6-7 in most theatres. Cheapest tickets in Surrey at Hollywood 3.
- **Surrey Urban Farmers Market:** Come by with the family for a snack at our food trucks, or drop by for some groceries after work! City Hall Plaza: 13450 - 104 Ave (June-October)
- **Cloverdale Market:** Located at the Cloverdale Fairgrounds off of 176th St. (Hwy 15) & 62nd Ave. Contact: 604.837.1676
- **Free Counselling To Low Income Families:** Moving Forward Family Services in Newton (by appointment, not a drop-in) 778.321.3054
- **Fraser Health Crisis Line Volunteer Recruitment - Surrey** For information go to www.options.bc.ca or call 604.584.5811 ext.1309 (Throughout July 01-31, 2017)

ADULTS & SENIORS

- **Men's & Women's Sharing Circle @ Fraser Region Aboriginal Friendship Centre:** 6878 King George Blvd. You are encouraged to talk about what you believe is important. Using the Seven Sacred Teachings, we will find and share solutions, ideas about life's challenges and accomplishments. Women's Circle @ Fraser Region Aboriginal Friendship Centre, Thursdays 2-4pm; Men's Circle Fridays 2-4pm.
- **Circle for Elders @ Fraser Region Aboriginal Friendship Centre:** 6878 King George Boulevard held on Wednesdays and Fridays 1-3pm. An opportunity for elders to connect with one another, hold fundraisers, and gain access to different resources.
- **Free English Classes for New Immigrants** 9801 King George Blvd Suite #111 & #350 Surrey, BC 604.582.7479 **FREE***

COMMUNITY FREE MEALS

- **Gracepoint Community Church:** 3487 King George Blvd; Sundays 5pm
- **Pacific Community Church:** 5337 - 180 St; Mon 6:30pm
- **Sources Women's Place Resource Centre:** 15318 - 20 Ave, offers lunch, Tues-Fri, 12-1:30pm, for women and their children.
- **First United Church:** 15385 Semiahmoo Ave, White Rock (Dinner: 4:30pm)

For more information regarding events and recreation in Surrey, please visit:

<http://www.surrey.ca/3464.aspx>

<http://www.surreyleader.com/calendar/#/?i=1>

JULY 2017
on-going events...

