





Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>A PROGRAM OF options COMMUNITY SERVICES</p>	<p>DAYLIGHT SAVING TIME</p>  <p><i>Spring forward!</i></p> <p>MARCH 12, 2017 SUNDAY @ 2:00AM 1 HOUR FORWARD</p>		<p>01. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd.</p>	<p>02. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd.</p>	<p>03. Nature's Amble Walking Group for Bereaved (Surrey Hospice Society). Pre-register @ 604-584-7006.</p> <p>Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p>	<p>04. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Free Family Swim @ South Surrey Indoor Pool 1:00-4:00pm</p>
<p>05. Members Coffee @ Central City Starbucks Time: 10:00-11:30am</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm</p>	<p>06. Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd Free Counselling (must qualify) @ Options 9815 - 140 St.</p>	<p>07. Cheap Movie Night Theatres around Town</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm</p>	<p>08. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Meditation for Beginners @ Surrey Central Library Time: 7:00pm (All Ages) Contact: 604.871.0416</p>	<p>09. Hot Lunch @ Sources Women's Place 15318 - 20th Ave 12:00-1:30pm</p> <p>Multi-Cultural Cooking Club @ Oak Ave Neighborhood Hub 12740 - 102 Ave. 10-30am-1:30pm.</p>	<p>10. Nature's Amble Walking Group for Bereaved (Surrey Hospice Society). Pre-register @ 604-584-7006.</p> <p>Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p>	<p>11. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Free Community Dinner @ Oak Ave Neighborhood Hub. Open @ 4:00pm. Served @ 4:30pm. 12740 - 102 Ave..</p>
<p>12. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm</p>	<p>13. Mood Disorders Group @ Surrey Clubhouse-Roost 7:00-9:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>14. Cheap Movie Night Theatres around Town</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm</p>	<p>15. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St. 10:00-5:00pm</p>	<p>16. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p>	<p>17. Nature's Amble Walking Group for Bereaved (Surrey Hospice Society). Pre-register @ 604.584.7006.</p> <p>Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> 	<p>18. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Middle-Eastern Friendship Ctr Open 11:00am-6:00pm Wed-Sat. Family Lunch 2:00pm Saturdays. 13483 - 108 Ave.</p>
<p>19. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Free Family Swim @ Surrey Sports & Leisure 3:00-5:00pm, 16555 Fraser Hwy.</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm</p>	<p>20. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>21. Cheap Movie Night Theatres around Town</p> <p>Mood Disorders Men's Group @ Surrey Clubhouse - Roost 6:00-8:00pm</p>	<p>22. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St, 10:00-5:00pm</p>	<p>23. Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p> <p>Multi-Cultural Cooking Club @ Oak Ave Neighborhood Hub 12740 102 Ave. 10-30am-1:30pm.</p>	<p>24. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm</p>	<p>25. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Free Family Swim @ North Surrey Indoor Pool 2:00-5:00pm, 10275 City Parkway Ave.</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm</p>
<p>26. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. Time: 6:00am-3:00pm</p>	<p>27. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>28. Cheap Movie Night Theatres around Town</p> <p>Laughter Yoga White Rock Library 7:00pm 604.961.4211</p>	<p>29. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm</p>	<p>30. Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p> <p>Multi-Cultural Cooking Club @ Oak Ave Neighborhood Hub 12740 102 Ave. 10-30am-1:30pm.</p>	<p>31. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm</p> <p>Free Counselling To Low Income Families (By Appointment) @ Options 9815 - 140 St., 10:00-5:00pm</p>	 <p>MARCH</p> <p>Everyone's Irish On March 17th.</p> <p>17th</p>

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 2-5pm
- **SURREY SPORTS & LEISURE POOL:** 16555 Fraser Hwy #100, 3rd Sunday of each month 3-5pm
- **SOUTH SURREY INDOOR POOL:** 14655 - 17 Ave, 1st 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) & 62 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

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.
- **Mood Disorders Group @ Surrey Clubhouse - The Roost:** 13582 - 68 Ave, meets from 7-9pm every 2nd Monday of each month. If you are interested in learning more about the group contact Judy Nagy 604.840.6996.
- **Mood Disorders Men's Group @ Surrey Clubhouse-The Roost:** 13582 - 68 Ave meets from 6-8pm every 3rd Tuesday each month. If you are interested in learning more about the group contact Frank 604.690.3912.
- **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***



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 Avenue White Rock

For more information regarding events and recreation in Surrey, please visit: www.surrey.ca/culture-recreation

MARCH 2017
on-going events...



March 17th

St. Patrick's Day

