

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

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

03. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Family Storytime @ White Rock Library
Time: 10:30am
Contact: 604.541.2201

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

05. SMART Recovery Meeting
7:00pm @Sources Community Resource Centre:
102 - 13771 72A Ave. Surrey
White Rock M.S. Self Help Group 11:00am
@Presbyterian Church
1480 George St. White Rock

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

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

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

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

10. Free Lunch @ Surrey Urban Mission 11:30am-1:00pm
Family Storytime @ White Rock Library
Time: 10:30am
Contact: 604.541.2201

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

12. SMART Recovery Meeting
7:00pm @Sources Community Resource Centre:
102 - 13771 72A Ave. Surrey
White Rock M.S. Self Help Group 11:00am
@Presbyterian Church
1480 George St. White Rock

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

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

15. 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

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

17. 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

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

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

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

21. 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

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

23. Cheap Movie Night
Theatres around Town
Living a healthy life with chronic condition @ 1222 King George Blvd. FREE
Time: 1:30-4:00pm
604.940.1273

24. 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

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

26. 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

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

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

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

30. Cheap Movie Night
Theatres around Town
Laughter Yoga White Rock Library 7:00pm
604.961.4211

31. 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



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) & 62nd Ave. Contact: 604.837.1676
- **Free Counselling To Low Income Families:** Moving Forward Family Services in Newton (by appointment, not a drop-in) Contact: 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.
- **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 Avenue White Rock (Dinner: 4:30pm)

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

<http://www.surrey.ca/culture-recreation>

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

MAY. 2017
on-going events...



Happy
Mother's Day