




Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>A PROGRAM OF options COMMUNITY SERVICES</p>		<p>01. 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>02. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Surrey Urban Farmers Market North Surrey Rec Centre Plaza 2:00-6:00pm</p>	<p>03. Hot Lunch @ Sources Women's Place 15318 - 20 Ave. 12:00-1:30pm</p> <p>Jamming at Fleetwood 15996 - 84 Avenue Surrey, BC 11:30-1:30pm</p>	<p>04. SMART Recovery Meeting 7:00pm @ Sources Community Resource Centre. #102, 3771 - 72A Ave., Surrey</p> <p>2017 Canada Cup International Softball Championship @ Softball City: 2201 - 148 St., Surrey, BC & Cloverdale Athletic Park: 6330 - 168 ST. Surrey, BC</p>	<p>05. Members Coffee @ Central City Starbucks Time: 10:00-11:30am</p> <p>Free Family Swim @ South Surrey Indoor Pool Time: 1:00-4:00pm</p> <p>Public Social Dance @ 1938 - 152 St. Cost: \$10.00 604.358.5652</p>
<p>06. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Toastmasters by the Sea @ White Rock Library 1:30-3:00pm 604.536.2175</p>	<p>07. 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</p>	<p>08. 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>09. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Surrey Urban Farmers Market North Surrey Rec Centre Plaza 2:00-6:00pm</p>	<p>10. Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p> <p>Jamming at Fleetwood 15996 84 Avenue, Surrey, BC 11:30-1:30pm</p>	<p>11. SMART Recovery Meeting 7:00pm @Sources Community Resource Centre. #102, 3771 - 72A Ave., Surrey</p>	<p>12. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Free Community Dinner @ Oak Ave Neighborhood Hub. 12740 - 102 Ave. Open @ 4:00pm. Served @ 4:30pm.</p>
<p>13. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. 6:00am-3:00pm</p>	<p>14. YMCA Youth Mindfulness @ Guildford Rec 4:30-7:00pm, FREE 19+ 604.673.6175</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>15. 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>16. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Surrey Urban Farmers Market North Surrey Rec Centre Plaza 2:00-6:00pm</p>	<p>17. 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>18. 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>19. 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>20. 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. 6:00am-3:00pm</p>	<p>21. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>22. Cheap Movie Night Theatres around Town</p> <p>Living a Healthy Life with Chronic Condition @ 1222 King George Blvd. FREE, 1:30-4:00pm 604.940.1273</p>	<p>23. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Surrey Urban Farmers Market North Surrey Rec Centre Plaza 2:00-6:00pm</p> <p>Surrey MS Support Group @ Fleetwood Christian Reformed Church 9165 - 160th St., Surrey, BC</p>	<p>24. Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p> <p>Community Dinner @ First United Church 15385 Semiahmoo Ave. White Rock 4:30pm</p>	<p>25. 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>26. Members Coffee @ Central City Starbucks 10:00-11:30am.</p> <p>Free Family Swim @ North Surrey Indoor Pool 10275 City Parkway Ave. 2:00-5:00pm</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. 6:00am-3:00pm</p>
<p>27. Members Coffee @ Central City Starbucks 10:00-11:30am</p> <p>Cloverdale Market @ the Fairgrounds, 176 St & 62 Ave. 6:00am-3:00pm</p>	<p>28. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Free English Classes for New Immigrants @ Surrey English Language Centre #350 - 9801 King George Blvd</p>	<p>29. Cheap Movie Night Theatres around Town</p> <p>Living a Healthy Life with Chronic Condition @ 1222 King George Blvd. FREE, 1:30-4:00pm 604.940.1273</p>	<p>30. Free Lunch @ Surrey Urban Mission 11:30-1:00pm</p> <p>Surrey Urban Farmers Market North Surrey Rec Centre Plaza 2:00-6:00pm</p> <p>Surrey MS Support Group @ Fleetwood Christian Reformed Church 9165 - 160th St.</p>	<p>31. Hot Lunch @ Sources Women's Place 15318 - 20 Ave 12:00-1:30pm</p> <p>Community Dinner @ First United Church 15385 Semiahmoo Ave. White Rock 4:30pm</p>	<p style="text-align: center;">BC DAY AUGUST 8TH!</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 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 extension 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 and 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>

AUG 2017
on-going events...

