

WE ARE HERE TO PROVIDE SUPPORT

Happy Canada Day!!

**LAUGHING
MATTER**

She hurried to the pharmacy to pick up the medication. When she got back to the car, she found her keys locked inside. The woman found an old rusty coat hanger on the ground. She looked at it and and said, "I don't know how to use this." "She bowed her head and asked God to send her some help.

Within 5 minutes an old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag. He got off his cycle and asked if he could help. "She said, "Yes, my husband is sick. I've locked my keys in my car.

He said, "Sure." He walked over to the car, and in less than a minute the car was open. She hugged the man and through tears said, "Thank you, God, for sending me such a very nice man."

The man heard her little prayer and replied, "Lady, I am not a nice man. I just got out of prison yesterday; I was in prison for car theft."

The woman hugged the man again, sobbing, "Oh, thank you, God! You even sent me a professional!"

HOW TO DO



**SUPERBRAIN
YOGA**

Superbrain Yoga is a simple beneficial exercise that does not involve any complicated body twists or turns. It is designed to help improve aspects of your mental health such as concentration. While hard evidence for the effectiveness of super-brain yoga is limited, some feel it can especially benefit hyperactive children and teens, senile people, autistic people, and people with ADD/ADHD. Superbrain Yoga is a simple activity that involves touching the ears and doing squats. With a little effort, you can easily gain the benefits of Superbrain Yoga. Go to www.wikihowlife/Do-Superbrain-Yoga. see the attachment to the newsletter or pick up a copy at the Volunteer Breakfast.

**VOLUNTEER
BREAKFAST**

Our next Volunteer Breakfast will be July 2nd, 2019 at 9:00am. Come enjoy breakfast at Crossroads Restaurant! Let's all share a memorable summer holidays you've had in the past. We look forward to seeing you there!

**SUMMER
PICNIC**

Mark your calendar for July 18! You and your client are invited to a magical morning at Mill Lake Park, with entertainment, games and a picnic!

**CANADA'S NATIONAL
FLOWER**

Bunchberry wins *Canada national flower* vote. In a nation-wide poll that ended on *Canada Day* 2017. 80% of almost 10,000 people picked bunchberry (*Cornus canadensis*) as their choice for a *national flower*.



BOARD MEMBERS

- Diane Anderson: President**
- Bonnie Wetmore, V Pres**
- Stephen Chan: Treasurer**
- George Ho: Secretary**
- Willa Kraft: Director**
- Pat Stare, Director**



**Canada's National
Animal is the beaver.**

APSS is funded by United Way Lower Mainland and a Gaming Grant from the BC Government.

THE CANADIAN FLAG

The Maple Leaf flag became Canada's flag on 15 February 1965. Before this, Canada used the British Red Ensign with Canada's coat of arms on it. ... The Royal Union Flag is the British Union Jack, and is a symbol that Canada is a member of the Commonwealth, and that Canada and Britain share a history and a monarch.



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ABBOTSFORD RECREATION CENTRE FLEX PASS

If you received an email from the office saying your new Flex Pass is at the recreation centre checkin counter, please remember to stop by and get your photo taken and pick up your new card.

APSS WEBSITE

We've begun working on our website, keeping it updated with new and fresh information. You'll find us at: www.abbotsfordpeersupportforseniors.ca. We have begun uploading the most recent version of our newsletter. Click on the Senior Information tab and you'll see the recent newsletter at the top of the list, and other items of interest to you. As we add new content, we'll let you know!

VOLUNTEER TIME SHEETS WANTED

Please turn in your completed time cards from January to June 2019, if you haven't already done so. They are needed by July 15 for our reporting.

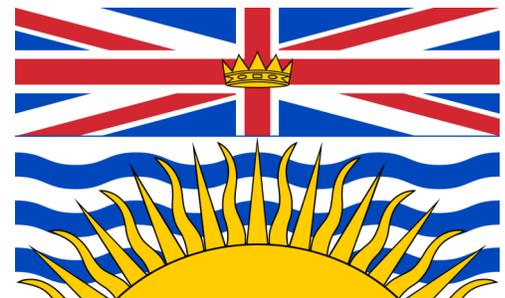
You can email them to us at apss.seniors@telus.net, bring them to the July 2nd Volunteer Breakfast, or drop them by the office.

Our clients appreciate you, and so do we!

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BC DAY AUGUST 5th

The **British Columbia Day** Act was first introduced to the Legislative Assembly in 1974. The aim of the Bill was to create a statutory holiday on the first Monday in August to recognize the pioneers in the province and the act gained royal assent in 1996.



Did you know? The flag of British Columbia is based upon the shield of the provincial arms of British Columbia. At the top of the flag is a rendition of the Royal Union Flag, defaced in the centre by a crown, and with a setting sun below, representing the location of the province of British Columbia at the western end of Canada

Don't be afraid to go out on a limb, that's where the fruit is.