

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER DECEMBER 2023

DECEMBER EVENTS AROUND

ABBOTSFORD

Dec 2: The Salvation Army presents the 16th Annual Santa Shuffle. It is a 1 km walk or 5 km run around Mill Lake Park.

Dec 3: The Celtic Tenors will be performing at the Central Heights Church in Abbotsford.

Dec 4: The Original Legends of Rock and Roll presents Buddy's Holly Jolly Christmas at the Clarke Theatre in Mission.

Dec 9: Abbotsford Community Music School presents Christmas Celebrations - A Christmas Concert at The Emmanuel Mennonite Church in Abbotsford.

Dec 9: The Fraser Valley Academy of Dance presents The Nutcracker at the Clarke Theatre in Mission.

Dec 15-23: Miss Bennet: Christmas at Pemberley is a sequel to Pride and Prejudice at Matsqui Centennial Auditorium.

Dec 16 - 17/21 - 23: MtLehmanChristmasHomeTour.com will be having tours of some of the local homes used in many of the Hallmark Christmas Movies.

Dec 17: Cascadia's Christmas Celebration Concert at Matsqui Centennial Auditorium.



The board and Staff at Abbotsford Peer Support want to remind you about our upcoming Christmas Social Luncheon for Current Volunteers and their Good Morning Program and/or Peer Support Clients. The invitations will be emailed out separately from the newsletter.

Please note the date, time and location on the invitation and RSVP date.

Thank you so much from all of us here at Abbotsford Peer Support for Seniors.

Have a very Merry Christmas and a Happy New Year!



Dec 4: Bonnie M.
Dec 5: Carolyn W.
Dec 11: Vera B.
Dec 22: Rosalinde K.
Dec 23: Sandi K.
Dec 24: Janice B.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT

LARGE:

Pat Stare

Margarite Bysouth

MARK YOUR CALENDAR

There will be no breakfast or board meeting this month.

The Christmas Social Luncheon will be on December 13th. Please refer to your email for more information.

The office will be closed December 22 to January 2nd.



APSS is funded by a Gaming Grant from the BC Government.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Dec 7: Common Types of Income for Adults 65+

Dec 14: Tips & Tricks for Fall Prevention

SURVIVING THE HOLIDAYS

Dec 2, 2pm-4pm
CENTRAL HEIGHTS CHURCH

HELP AND HOPE AS YOU NAVIGATE THE CHRISTMAS SEASON

Wondering how you will survive the weeks surrounding Christmas? Are you dreading these holidays, knowing that everything has changed and that happy memories from past years can't be recreated?

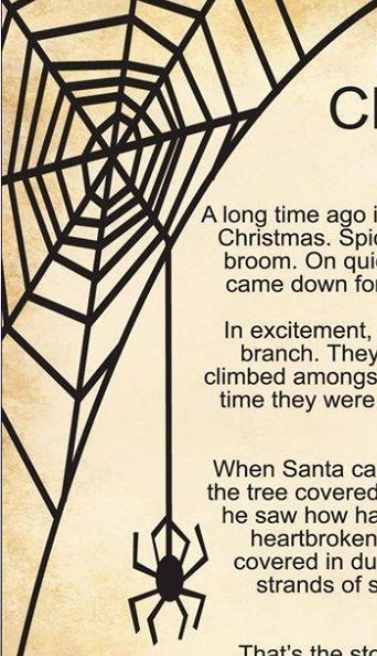
Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death. You'll learn:

- How to deal with the many emotions you'll face during the holidays
- What to do about traditions and other coming changes
- Helpful tips for surviving social events
- How to discover hope for your future

For more information or to sign up,

contact griefshare@centralheights.ca 604-852-1001

Legend of the Christmas Spider



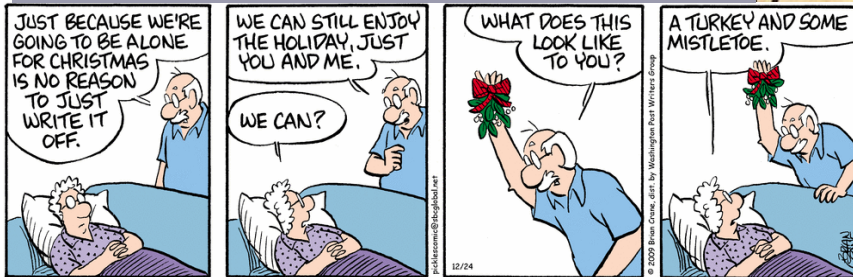
A long time ago in Germany, a mother was cleaning for Christmas. Spiders fled up to the attic to escape the broom. On quiet Christmas Eve, the spiders slowly came down for a peek. "Oh, what a beautiful tree!"

In excitement, they scurried up and out along each branch. They were filled with happiness as they climbed amongst the glittering beauty. But alas! By the time they were done, the tree was shrouded in their dusty grey web.

When Santa came with gifts for the children and saw the tree covered with spider webs, he smiled because he saw how happy the spiders were, but knew how heartbroken the mother would be if she saw it covered in dusty webs. So he turned the webs to strands of silver and the tree was even more beautiful than before.

That's the story of tinsel on trees and why every tree should have a Christmas Spider in it's branches.

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Christmas came early to the Swan family.

Everyone please meet Calvin.

He is a rescue puppy and we believe he is a Shepherd/Husky mix.

We are so excited to have him join our household and are looking forward to many years of adventures with him!



* **CRANBERRY SAUCE** *
* 1 bag fresh cranberries *
* 1 cup sugar *
* Pinch salt *
* 1 cup water *
* Optional flavor ideas: orange *
* zest, cinnamon, brandy, or any *
* other ideas you may have. *
* Boil all the above ingredients in *
* a pot until soft. Cool and serve. *

I wanted to share a recipe that is a favorite in our house during the Christmas season. It is a fun easy way to make cinnamon buns.

'LAND OF NOD' CINNAMON BUNS

- 20 frozen dough rolls
- 1 cup brown sugar
- 1/4 cup vanilla instant pudding
- 1—2 TBSP cinnamon
- 3/4 cup raisins (optional)
- 1/4—1/2 cup melted butter

Before you head to bed at night, grease a 10" bundt pan and add frozen rolls. Sprinkle with brown sugar, pudding powder, cinnamon and raisins. Pour melted butter over all. Cover with a clean, damp cloth. Leave out at room temperature overnight.

In the morning, preheat oven to 350F and Bake for approximately 25 minutes. Enjoy!