

ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD
ABBOTSFORD, BC V3G 1C4
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER APRIL 2024



EVENTS AROUND ABBOTSFORD

Apr 10, 17 & 20:: Abby Hospice Society is holding a free 3 session seminar on wills and estate planning. Call 604-852-2456 (ext 404)

Apr 12-14: 94th Annual Bradner Flower Show at 5305 Bradner Road

Apr 21: Life, Love and Loss Musical at South Abby Church, 32424 Huntingdon Rd

May 2: The Bellamy Brothers are at the Clarke Theatre in Mission



We are so happy to have Julie from Service Canada come to speak at our April 9th breakfast and workshop. She will be coming to discuss the upcoming Federal Dental Benefits Plan. She will cover:

- Information on the CDCP, including eligibility criteria, and on Service Canada programs and benefits, and how to access them.
- Provide information on the CDCP and on Government of Canada programs, services, and benefits that they may be eligible for, and how to access them.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Apr 11: Staying connected to prevent loneliness & social isolation

Apr 18: Healthy aging in the 21st century

Apr 25: CRA and Service Canada - Benefits and credits for adults 65+

PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT

LARGE:

Pat Stare

Margarite Bysouth

Brenda Townsend

~

MARK YOUR CALENDAR

Apr 9, 2024:

9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant.

Please remember to

sign up by noon on

Wed Apr 3rd @ 604-

850-0011 or ad-

min.seniors@telus.ne

t so we can tell

Crossroads the

number of people to

expect. Thank you.

Reminder: Our of-

ice hours are Tues-

day thru Thursday 9

am to 1 pm.

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



Abbywood Walk of Fame

Check out the "Abbywood Walk of Fame" self-guided virtual tour to learn more about the filming locations Abbotsford has to offer. By selecting a location and clicking the overview function, you can see the variety of productions that have been filmed at each location.

Go to The City of Abbotsford website and click on Business Development. Then click on Filming and Abbywood Self Guided Tour.



April 9: Carolyn S.

Apr 22: Walter J.

Apr 23: Cheryl W.

Apr 29: Judy H.

Quiz time

1. Peter, Paul and ___
2. The Good, The Bad and The ___
3. Ear, nose and ___
4. Huey, Dewey and ___
5. Ready, steady ___
6. Wind, Earth and ___
7. Morning, noon and ___
8. Work, rest and ___
9. Gold, silver and ___
10. Solid, liquid and ___



Free 55+ Programs at ARC

Artful Enrichment: Silhouette Moon (Painting) – Tuesday April 9th 11am-12pm, Seniors Activity Lounge, Course ID #98361

55+ Uke N Play (Ukulele) – Monday evenings April 08th - April 29th Seniors Activity Lounge, Course ID #98390

Abbotsford Recreation Centre

604-853-4221

Seniors Coffee Social: Wednesdays 10:15—12:00 pm in the Senior Centre. Social gathering with a guest speaker and refreshments. \$4.50 drop-in or \$2.00 Seniors Activity Pass holders.

Apr 10: Brian Antonson - Broadcast Journalist/ Author

Apr 17: David Hancock - Hancock Wildlife Foundation

Apr 24: Shelly Canning - UFV Centre for Education & Research on Aging

2024 Spring Bus Tours

Direct2rec.com

Apr 12: Skagit Valley Tulip Festival (USA) - Tip toe through the tulips between La Conner and Mt Vernon before feasting on a BBQ salmon lunch.

Apr 24: Simply Sooke - Soak in the views from your waterside lunch spot before “walking the Spit” and visiting a few charming stores showcasing products from talented local artisans.



Chocolate Cake with Vinegar

- 1 ½ cups flour
- 1 cup sugar
- 3 tablespoons cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

Mix all dry ingredients together in a large bowl.

Combine:

- 1/3 cup vegetable oil
- 1 tablespoon vinegar
- 1 teaspoon vanilla extract

Pour over dry ingredients and **Add 1 cup boiling water.**

Mix until just blended.

Pour in a greased square cake pan and bake at 350 degrees for 25-30 minutes.

Answers

1. Mary
2. Ugly
3. Throat
4. Louie
5. Go
6. Fire
7. Night
8. Play
9. Bronze
10. Gas