

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 2025

LOCAL EVENTS

Apr 3: Vaisakhi
Celebration of South
Asian Art from 4 - 8
pm at Open Space.
Tickets available at
Eventbrite.

Apr 18: Good Friday

Apr 18: Easter Block
Party at Sandy Hill
Elementary from
12:30 - 2:30 pm. This
is a free event for the
whole family.

Apr 20: Happy Easter!

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

Apr 10: Amphibians
and Float Planes

Apr 17: Crime
Prevention and Safety
Talk

Apr 24: Heart Health



It is hard to believe it is already April!

We have a few fun activities coming up at APSS in the next few months.

Our April 9th **Workshop** will be at ARC at 9:30 am and our topic will be Self-Compassion.

We will have a booth at the **Young at Heart Expo** on May 7th and there is more information on the next page if you are interested in attending.

Our **Workshop** in May will be on the 14th and the topics/speakers are being finalized.

June 2nd until the 6th is **Senior Week** and we will have more information next month on that.

And our **Annual Summer Picnic** will be happening in June this year. It will be held on June 18th at Mill Lake Park. More details will come in the May Newsletter.

This month I have added a puzzle to the third page of the newsletter. I will try to add one every month.
Enjoy!



Apr 9: Carolynn S.
Apr 22: Walter J.
Apr 23: Cheryl W.
Apr 29: Judy H.



PRESIDENT:
Joanne Schweitzer
VICE PRESIDENT:
Judy Huzzey
TREASURER:
Bonnie Millin
SECRETARY:
Karen Hardy
MEMBERS AT LARGE:
Margarite Bysouth
Brenda Townsend
~

MARK YOUR CALENDAR

**Apr 9: Workshop at
ARC - 9:30 until 11:30
am**

**May 14: Workshop at
ARC - 9:30 until 11:30
am.**

**June 2 - 6: Senior
Week**

**Jun 4: Board Meeting
for Board Members
and Staff only - 9:30 am**

**June 18: APSS
Summer Picnic**

**Reminder: Our office
hours are Tuesday thru
Thursday 9 am to 1 pm.**



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

YOUNG AT HEART ABBOTSFORD SENIOR EXPO

REDEFINING OUR AGING YEARS

WEDNESDAY, MAY 7TH, 2025 | 10:00AM - 3:00PM
ABBOTSFORD CURLING CLUB & EVENT CENTRE
2555 MCMILLAN ROAD, ABBOTSFORD, B.C.

GAMES TO PLAY
Sponsored by Abbotsford Horseshoe Club

PETTING CORRAL | VENDORS

OVER \$10,000 IN PRIZE GIVEAWAYS

FREE ADMISSION • COME SEE OVER 35+ EXHIBITORS!

JOIN US FOR **FUN ACTIVITIES** AND LOTS OF **PRIZES TO BE WON!**



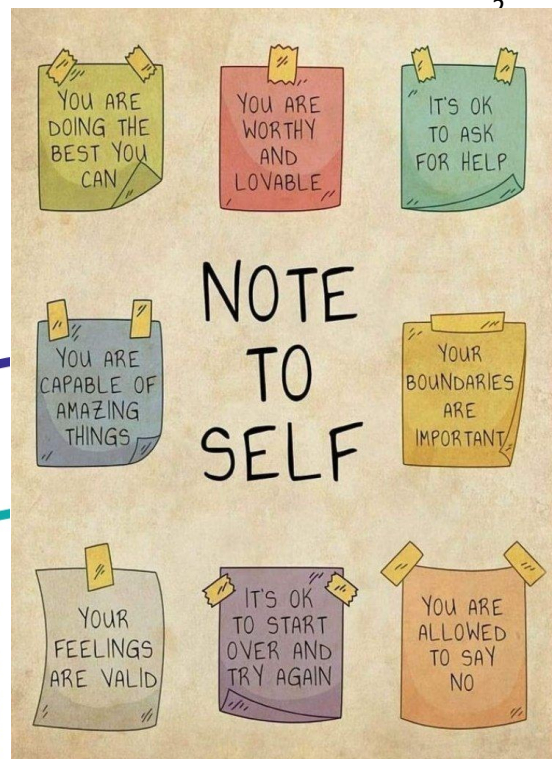
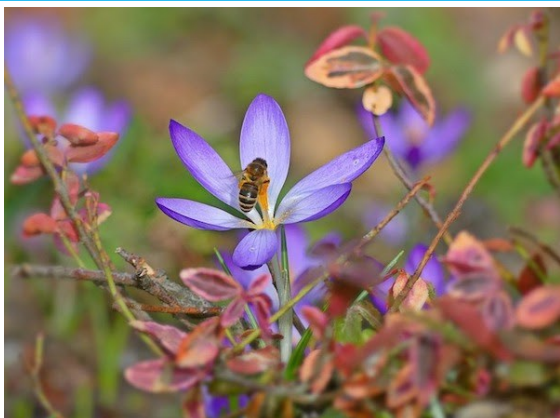
Petting Corral



Special Guest Speakers

Abbotsford Hospital Café is now offering hot \$5 meals to Abbotsford Seniors.

The program is open Monday through Friday, excluding statutory holidays, offering a hot meal for \$4.99 in the hospitals' cafe from 4 - 6 pm. No registration or ID is required for Seniors (ages 65 and up). Just inform food service staff you are purchasing a senior meal.



FRAUD PREVENTION TIPS

Educating yourself and those in your care about typical fraud schemes will help you recognize bad actors attempting to exploit unsuspecting people.

These five tips will help to prevent fraud:

- Reset computer passwords every six months.
- Never give personal information or respond to phone requests, even if the caller says they are from your bank or the police.
- Set up your bank account to send you alerts. You can specify the type of alert, such as withdrawals or credit card charges, and have them sent to your mobile phone or email.
- If someone asks for money – even a grandchild – tell them you need to think about it, hang up and call someone you can trust for advice. They may pressure you to decide quickly but resist the urge. Pressure tactics push people to make poor decisions.
- Remember the adage: if it seems too good to be true, it likely is. Getting in early on investments or paying for things in cryptocurrency are red flags. Again, check with a trusted person before accepting these offers.

Fraud can happen to anyone, regardless of how careful they are. If it happens to you or someone under your care, contact your financial institution and file a police report.

WEATHER

B	R	A	I	N	B	O	W	N	O	B	W	E	E	G	J	L	K	T	D
M	A	S	S	O	S	L	E	E	T	E	L	T	P	A	A	L	Q	E	H
S	Q	R	Y	J	A	R	F	S	C	H	A	I	S	P	W	U	N	M	U
U	H	R	O	D	T	L	A	R	T	M	E	M	Z	P	R	O	G	P	M
E	Y	C	D	M	K	H	O	V	I	R	R	R	G	Z	I	N	R	E	I
E	G	O	Z	E	E	F	U	L	A	O	A	C	M	T	A	I	R	R	D
C	R	N	P	T	H	T	C	N	T	T	C	T	A	O	Z	R	V	A	I
U	O	D	R	E	A	W	E	S	D	W	M	T	O	C	M	E	D	T	T
M	M	E	E	O	I	A	C	R	E	E	I	O	W	S	I	E	V	U	Y
U	E	N	S	R	L	T	Y	N	I	P	R	N	S	D	P	R	T	R	C
L	T	S	S	O	N	E	C	V	I	H	D	T	D	P	V	H	R	E	M
O	E	A	U	L	W	R	L	C	W	S	U	N	N	Y	H	G	E	U	R
N	R	T	R	O	Y	E	E	W	V	K	Z	R	J	A	N	E	X	R	S
I	E	I	E	G	R	R	P	F	O	G	G	Y	R	I	A	W	R	V	E
M	S	O	L	Y	P	R	C	L	O	U	D	Y	N	I	Q	N	R	E	Q
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U	O	V	E	R	C	A	S	T	B	X	H	M	F	R	P	A	X	W	T
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K	Q	E	N	E	R	G	Y	L	T	R	O	P	O	S	P	H	E	R	E

WORD SEARCH

AIR
ATMOSPHERE
BAROMETER
BLIZZARD
CIRRUS
CLIMATE
CLOUDY
CONDENSATION
CUMULONIMBUS
CYCLE

ENERGY
EVAPORATION
FOGGY
FORCE
GAUGE
HAIL
HEAT
HUMIDITY
HURRICANE
HYGROMETER

LIGHTNING
MASS
METEOROLOGY
OVERCAST
PRECIPITATION
PRESSURE
RAINBOW
SLEET
SMOG
STORM

STRATOSPHERE
STRATUS
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TROPOSPHERE
VAPOR
WATER
WIND