

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MAY 2025

LOCAL EVENTS

May 7: Young at Heart Expo

May 11: Happy Mother's Day

May 11: Mother's Day Brunch at The Clarion Hotel. Call 604-870-1050 ext 4051 for more info.

May 19: Victoria Day

May 31: A Whole New World - A Concert of Movie Musicals' Greatest Hits is at the Abbotsford Arts Centre.

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

May 1: Evolution of Music

May 8: Taxes and Credits with CRA and Service Canada

May 22: Beat the Heat and Everything You Ever Wanted to Ask About Emergency Preparedness

May 29: Understanding Hearing Health



Happy Mother's Day to all our Mom Volunteers!

Come see us at the Young At Heart Expo May 7th. We are still looking for a few volunteers to sit at our table. Please call the office if you are able to take a shift. Thank you!

Our May 14th Workshop will have 2 speakers. Darlene is a Life Coach and will be doing a short presentation. And we will be having a speaker from COSCO coming to talk about Personal Planning - legal, personal and financial plans you might want to implement for the future.

Our **Annual Summer Picnic** will be taking place in June this year. It will be held June 18th at Mill lake park 11:30-1pm. More details will be available in next months newsletter.



May 23: Marlene M.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Karen Hardy

MEMBERS AT

LARGE:

Margarite Bysouth

Brenda Townsend

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MARK YOUR CALENDAR

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.

Hidden Word Brain Teaser Puzzles

Hidden Words

Don't put your head in the sand--try this tricky word brain teaser! Spell a hidden word by choosing the right letter for each clue. The hidden word is related to one of the clues.



Hidden Word #1

1. The first letter is in ECHO but not NOISE.
2. The second letter is in ACTOR but not SCRIPT.
3. The third letter is in BIRD and in BRAIN.
4. The fourth letter is in CORN but not COB.
5. The fifth letter is in NICE and in KIND.
6. The sixth letter is in EVENING but not MORNING.
7. The seventh letter is in TRAPEZE but not TIGHTROPE.
8. The eighth letter is in LAKE but not STREAM.

Answer: _____

Hidden Word #2

1. The first letter is in ASLEEP but not AWAKE.
2. The second letter is in PEACH but not CHERRY.
3. The third letter is in UNCLE and in AUNT.
4. The fourth letter is in TIGER but not JUNGLE.
5. The fifth letter is in SHIP and in SHORE.
6. The sixth letter is in EARLY and in LATE.
7. The seventh letter is in ARMY but not NAVY.

____ (SLP)
____ (AP)
____ (N)
____ (TIR)
____ (SH)
____ (LAE)
____ (RM)

Answer: _____

Hidden Word #3

1. The first letter is in BREEZE but not BLOW.
2. The second letter is in SQUASH but not SPINACH.
3. The third letter is CUB but not BEAR.
4. The fourth letter is in PITCH and in CATCH.
5. The fifth letter is in MOUTH and in CHEW.
6. The sixth letter is in LIPS and in KISS.
7. The seventh letter is SPIN but not TOPS.
8. The eighth letter is in VOICE but not VOCAL.

____ (REZ)
____ (QU)
____ (CU)
____ (TCH)
____ (H)
____ (IS)
____ (IN)
____ (IE)

Answer: _____



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Age-Related Forgetfulness or Signs of Dementia?

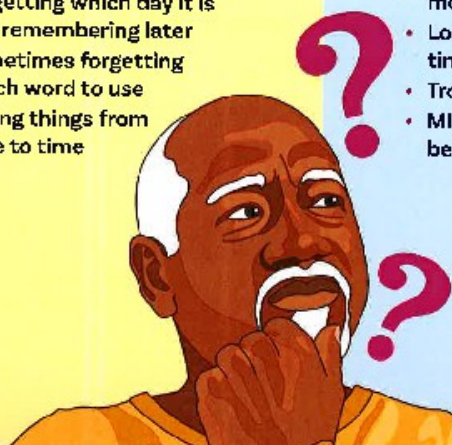
Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Do you need extra help with light housework, groceries, help after surgery, laundry, or transportation to appointments? There are several options in Abbotsford to help with many of your personal needs.

-Healthy Aging 604-854-1733 -Better at Home 604-870-3772

-Just Like Family Home Care 778-244-7742

-Hero Home Care 1-888-988-9913

Young
at Heart
SUND

Redefining
Our Aging
Years

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

PETTING CORRAL | VENDORS

GUEST SPEAKERS | FOOD TRUCKS

OVER \$10,000 IN PRIZE GIVEAWAYS

THANK YOU TO OUR SPONSORS



FREE ADMISSION • COME SEE OVER 35+ EXHIBITORS!

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



Brain Teaser Answers

#1: CARNIVAL

#2: PANTHER

#3: ZUCCHINI



Lemon Oatmeal Sugar Cookies

Ingredients

2-3/4 cups all-purpose flour

2 teaspoons baking powder

1/4 teaspoon salt

1 cup (2 sticks) butter, softened

2 cups sugar

2 eggs

2 teaspoons lemon zest

3 tablespoons lemon juice

1 cup old-fashioned oats

Instructions

1. In a bowl, sift together flour, baking powder, and salt.
2. In a separate bowl, use an electric mixer to beat butter and sugar. Add eggs and beat well. Beat in lemon zest and juice. Gradually add flour mixture, then stir in oats. Chill dough for at least 2 hours.
3. Preheat oven to 375°F. Grease baking sheets or line with parchment.
4. Drop dough by rounded tablespoons on baking sheets, allowing room for cookies to spread. Using a flat-bottomed glass or custard cup that has been greased and dipped into sugar, flatten each ball to a 1/4-inch thickness (dip the glass into sugar each time).
5. Bake for 8 to 10 minutes, or until lightly browned around the edges.