

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 JUNE 2025

LOCAL EVENTS

Jun 15: Happy Father's Day

Jun 18: Peer Support Picnic

Jun 20: National Indigenous People's Day Celebration from 9:30 am until 1:30 pm at Mill Lake Park

Jul 1: Happy Canada Day

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

Jun 5: Community Resources special presentation for BC Seniors Week

Jun 12: Romantic Britain

Jun 19: Abbotsford - Past, Present and Future with Mayor Ross Siemens



Happy Father's Day to all of our Dad Volunteers!!

We are looking forward to our **Summer Picnic** on June 18th. Invitations will go out early June for all Current Volunteers and their Peer Support and Good Morning Call Clients.

Senior week is happening June 2nd to the 6th. There is a 2 page schedule attached to this newsletter if you are interested in any of the activities.



Have a great month!

Jun 7: Gurcharan S.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Karen Hardy

MEMBERS AT

LARGE:

Margarite Bysouth

Brenda Townsend

~

MARK YOUR CALENDAR

June 2 - 6: Senior Week

Jun 4: Board Meeting for Board Members and Staff only - 9:30 - 11:00 am

June 18: APSS Summer Picnic - 11:30 am - 1:00 pm Mill Lake Park

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



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

Tips for Healthy Eyes at Any Age

There are things you can do to take good care of your eyes and help keep them healthy as you age:

Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

- Stop smoking.
- Make smart food choices.
- Be physically active and maintain a healthy weight.
- Maintain normal blood pressure.
- Manage diabetes (if you have it).
- If you spend a lot of time at the computer or focused on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

Signs of an Eye Emergency

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See many new floaters (tiny specks or "cobwebs" that seem to float across your vision) and/or flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

AUNTY ACID'S TEXT CODE FOR SENIORS



ATD - At The Doctors
BFF - Best Friend Fell
BTW - Bring The Wheelchair
BYOT - Bring Your Own Teeth
FWIW - Forgot Where I Was
GHA - Got Heartburn Again
IMHO - Is My Hearing-aid On
LMDO - Laughing My Dentures Out
TTYL - Talk To You Louder

aunty acid
www.facebook.com/auntyacid

THINGS WE SAY TODAY, WHICH WE OWE TO SHAKESPEARE:

"KNOCK, KNOCK! WHO'S THERE?" "HEART OF GOLD"
"IN A PICKLE" "SET YOUR TEETH ON EDGE" "GOOD RIDDANCE"
"FAINT HEARTED" "SO-SO" "SEND HIM PACKING"
"LIE LOW" "FIGHT FIRE WITH FIRE" "BAITED BREATH" "COME WHAT MAY"
"WEAR YOUR HEART ON YOUR SLEEVE" "THE GAME IS UP"
"NOT SLEPT ONE WINK" "FULL CIRCLE" "OUT OF THE JAWS OF DEATH"
"WHAT'S DONE IS DONE" "NAKED TRUTH" "TOO MUCH OF A GOOD THING"
"LAUGHING STOCK" "BREADED HIS LAST" "BREAK THE ICE" "WILD GOOSE CHASE"
"HEART OF HEARTS" "VANISH INTO THIN AIR" "LOVE IS BLIND"
"SEEN BETTER DAYS" "MAKES YOUR HAIR STAND ON END"
"DEAD AS A DOOR NAIL" "FOR GOODNESS' SAKE" "FAIR / FOUL PLAY" "OFF WITH HIS HEAD"
"GREEN EYED MONSTER" "BRAVE NEW WORLD" "A SORRY SIGHT"
"THE WORLD IS MY OYSTER" "BE ALL / END ALL"

Abbotsford Association for Healthy Aging

SENIORS **\$2**
SOCIAL CAFE
REFRESHMENTS • GAMES • CONNECTION

Matsqui Village Park - 6074 Riverside St.
Call us at: 604-854-1733

JOIN US JUNE 23- SEPT 15
EVERY WEDNESDAY 10AM-12PM

RAIN OR
SHINE!

Healthy Aging
ABBOTSFORD

SENIORS' WEEK

JUNE 2 - 8, 2025



WEEK SCHEDULE

Abbotsford Seniors' Week Kick-off Event

AGING'S SO COOL...EVERYONE IS DOING IT

Kick-off the week with keynote David Wilson "Aging With Wise Hope", workshops, resource fair, music and fun! FREE

Monday, 10am - 2pm

JUNE 2nd

Sevenoaks Alliance Church - 2575 Gladwin Road
doors open at 9:30am
light lunch provided

Transportation may be available. Contact Healthy Aging Abbotsford 604.854.1733.
Sponsored by Chartwell and in part by Maplewood House



Register at abbotsford.ca/seniorsweek
For more information call 604.557.1464 or email
commdevelopment@abbotsford.ca



SENIORS'

Tuesday, JUNE 3rd

Abbotsford Recreation Centre Open House and Art Exhibition

Join us for an Open House. Check out our 55+ Activity Centre and Art Exhibit. Take a facility tour, meet the staff, and take part in some games and listen to music. Light lunch provided.

11am - 1pm **FREE** - sponsored in part by Boleyn's Park
Register at direct2rec.com (#118825) or call 604.557.1464

11am - 2pm Art Exhibition in Lobby no registration required
2499 McMillan Road

Introduction to the Weight Room for Seniors

New to the Recreation facilities? Unsure how to use the equipment? No problem! We have the perfect program.

12pm - 2pm **FREE**

Abbotsford Recreation Centre - 2499 McMillan Road
Register at direct2rec.com

Wednesday, JUNE 4th

No Cost Seniors Walking Group

This group combines indoor walking with socializing in a safe environment that is lead by a fitness leader. Come prepared to get those step goals achieved, as well as enjoy the company of other walking enthusiasts.

12pm - 1pm **FREE**

Abbotsford Recreation Centre - 2499 McMillan Road
Register at direct2rec.com

South Asian Day Program Open House

Come and have some snacks with the leaders of the South Asian Day Program.

12 - 2pm

Khalsa Diwan Society - 33094 South Fraser Way

No registration required

FMI Gurcharan.Dhillon@gardway.ca

Thursday, JUNE 5th

Abbotsford Social Activity Association Open House

Everyone is welcome to tour the facility and listen to the music jam, play some pool and cribbage and have some light refreshments. Come see what ASAA is all about!

10am - 2pm **FREE**

33889 Essendene Avenue

For more information asaacommunity@gmail.com

Introduction to the Weight Room for Seniors

New to the Recreation facilities? Unsure how to use the equipment? No problem! We have the perfect program.

12pm - 2pm **FREE**

Abbotsford Recreation Centre - 2499 McMillan Road

Register at direct2rec.com

Thursday, JUNE 5th

"Estate Planning Essentials" Vital Conversations For Seniors

An estate planning seminar by Emily Anderson from Albert & Co Law designed to breakdown complicated legal topics into simple terms and provide essential information about wills, powers of attorney, health care decision making, and probate. Refreshments provided.

10am - 11:30am No registration required.

Clearbrook MB Church - 2719 Clearbrook Rd.

Learning Plus 'Community Resources special presentation for BC Seniors Week'

Presentations by Linda Yauk of Seniors First BC, Trina Sims of Archway Community Services, Rachel Neufeldt of Abbotsford Peer Support Services and Sarah Urrau from OK Clinical Therapy will provide information on programs and services offered by their organizations, as well as how you can get more involved in your local community! Refreshments provided.

10am - 12pm

Abbotsford Recreation Centre - 2499 McMillan Road

FREE - sponsored in part by Cobs Bread & Starbucks & Mahogany Platinum

Register at direct2rec.com (#112673) or call 604.557.1464

Friday, JUNE 6th

TRY IT Crib

Come learn to play crib in a fun supportive environment.

10:30am - 12pm **FREE**

Matsqui Recreation Centre - 3106 Clearbrook Road

Register at direct2rec.com (#119242) or call 604.557.1464

TRY IT Zumba Gold

What better way to celebrate seniors than a Dance Party. This class introduces easy to follow Zumba choreography-slowed down to focus on balance, range of motion and coordination.

12pm - 1pm **FREE**

Abbotsford Recreation Centre - 2499 McMillan Road

Register at direct2rec.com

Wellness & Movement

New to Fitness? No problem! This class is designed to be gentle on your joints, and provide an adaptive environment for those who need breaks or walk at your own pace. Incorporating stretching, strength, and cool down. Focuses on improving daily living for 45 minutes, and then gives 15-minute portion for you to socialize or ask the instructor health related questions at the end of the class.

10:30am - 11:30am **FREE**

Matsqui Recreation Centre - 3106 Clearbrook Road

Register at direct2rec.com