

ABBOTSFORD PEER SUPPORT FOR SENIORS

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PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER JULY 2025

LOCAL EVENTS

Jul 1: Happy Canada Day! - The Canada Day Parade starts at 11 am on S. Fraser Way from Bourquin Cres, down Trethewey St and ends at WJ Mouat Secondary School.

Abbotsford Exhibition Park is hosting a Family Festival starting at 1 pm with entertainment, food and fireworks to close out the day. See the map on page 3.

Jul 12: Berry Fest—12-8 pm in Downtown Abbotsford

Summer Adult Bus Tours

Contact The City of Abbotsford at 604-853-4221 or their website for more information.

Jul 2—Forbidden Vancouver Tour

Jul 9—Day in Steveston

Jul 18—The Train Tour

Jul 28—Sea to Sky Gondola

Aug 8—West Vancouver Trestle Bridge

Aug 13—Smuggler Cove/Marine Park

Aug 21—Richmond Sunflower Festival

Aug 26—Coquihalla Canyon Park



Summer has officially arrived! There are no activities happening at Abbotsford Peer Support over the summer but the office is still open Tuesday, Wednesday and Thursday from 9 am until 1 pm. Give us a call or email if you need anything or just want to say hi. We hope you have a safe and fun summer!



Congrats to the **Abbotsford Canucks** on their Calder Cup Win!

Such a great victory for our local team.



Jul 15: Nancy C.
Jul 23: Louise P.



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

MARK YOUR CALENDAR

No activities at this time.

Keep checking future newsletters!

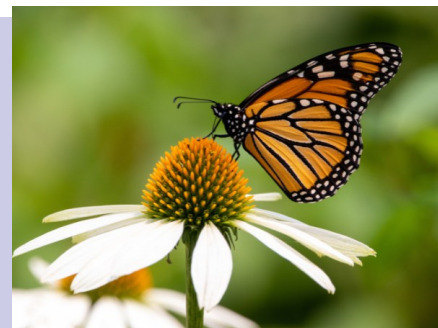
Reminder: Our office hours are Tuesday thru Thursday 9 am to 1 pm.



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

5 tips to help you stay motivated to exercise:

- 1 Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.
- 2 Do activities you enjoy to make it more fun. Be creative and try something new!
- 3 Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support.
- 4 If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- 5 Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.



*I meant to do my work today—
But a brown bird sang in the apple
-tree*

*And a butterfly flitted across the
field,*

*And all the leaves were calling
me.*

—Richard Le Gallienne, English
poet (1866–1947)

BACK IN 1959

SPORTS NEWS

NFL Champs - Baltimore Colts
NBA Champs - Boston Celtics
World Series Champs - Los Angeles Dodgers
Stanley Cup Champs - Montreal Canadiens
Kentucky Derby - Tomiy Lee

POPULAR SLANG 1950'S

Blast - a good time....Flick - a movie
Boss - great....Split/Cut Out - leave
Bread - money....Gig - work, job
Spaz - klutz....Horn - telephone
Bad news - depressing person
Bug - to bother....The heat - police
No sweat - no problem
Nerd - same as now

Billboard #1 Song - The Battle of New Orleans - Johnny Horton

HOT SONGS

MacK The Knife/ Dream Lover - Bobby Darin
Personality/ Stagger Lee - Lloyd Price
Venus - Frankie Avalon
Lonely Boy - Paul Anka
Come Softly To Me/ Mr. Blue - The Fleetwoods
Kansas City - Wilbert Harrison
The Three Bells - Browns
El Paso - Marty Robbins
The Chipmunk Song - Chipmunks
Smoke Gets in Your Eyes - Platters
A Teenager in Love - Dion & The Belmonts

Favorite Toys & Games

Fisher-Price Little People,
Silly Putty, Play-Doh
Barbie Fashion Dolls
Doll Houses
Yahtzee, Risk, Scrabble
Hula Hoop, Colorforms
Matchbox cars
Mr. Potato Head
Corn Popper, Gummy
Pogo Sticks

NEWS HEADLINES

Alaska and Hawaii become the 49th and 50th states
Bonanza premiers, first color TV series
Mattel's Barbie Doll is launched and
first sold in toy stores
Sleeping Beauty, Walt Disney's 16th animated
film, is released
The first commercial copier for sale in US
is launched by Xerox
First integrated circuit invented by Jack Kilby,
of Texas Instruments,
First transcontinental commercial jet flight in US
goes from LA to NY
US Air Force concludes that less than 1% of UFOs
are unknown objects
The St. Lawrence Seaway is completed,
linking Great Lakes to Atlantic Ocean
Fidel Castro takes over Cuba

U.S. Facts

President
Dwight D.
Eisenhower



US population
177.83 Million

Foods and Candy Favorites

McDonald's, Taco Bell, Kentucky Fried Chicken
Eggo waffles, Pizza Hut pizza, Cheez Whiz
Ruffles, Dunkin' Donuts, Peanut M&Ms
Marshmallow Peeps, refrigerated cookie dough
tacos and nachos, Häagen-Dazs ice cream

BEST TV SHOWS

Gunsmoke....Wagon Train
Have Gun - Will Travel....Perry Mason
The Danny Thomas Show....Bonanza
The Red Skelton Show....Rawhide
The Bing Crosby Show....The Twilight Zone

AVERAGE COST OF LIVING

Annual income = \$3,641
Minimum wage = \$1.00
New car costs = \$2,200
Movie ticket = 50 cents
Gallon of gas = 25 cents
Gallon of milk = \$1.01
Pound of bacon = 49 cents
Postage stamp = 4 cents
Candy bar = 5 cents

Famous People Born in 1959

Val Kilmer....Emma Thompson
Hugh Laurie....Rosanna Arquette
Kyle MacLachlan....Marie Osmond
Sam Raimi....Sade....John McEnroe
Magic Johnson....Allison Janney
Mackenzie Phillips....Brian Williams
Marcia Gay Harden....Morrissey
Sheena Easton....Flavor Flav
Sarah Ferguson....Simon Cowell
Emeril Lagasse....Michael Kors

Best Movie Academy Award winner - Gigi

In Your Local Theater

Some Like It Hot....Ben Hur
North by Northwest
Operation Petticoat....The Shaggy Dog
Pillow Talk....Sleeping Beauty
Rio Bravo....Come Dance with Me
Suddenly Last Summer....Gidget
Diary of Anne Frank
The Nun's Story....Operation Petticoat
Journey to the Center of the Earth
Tarzan's Greatest Adventure
Hiroshima Mon Amour
Pork Chop Hill....Anatomy of a Murder

Clothing Styles

Halter Dresses, Pedal Pushers
Color Striped Pants, Car Coats
Full Petticoats, Bell Shaped Skirts
Short & Curly Hair, Short Bangs

Did you know that
Archway in Abbotsford
has a Community Van
Service?

They help individuals and
families without
transportation attend
appointments,
commitments, services,
and community activities,
within the City of
Abbotsford. The service
is dependent on the
timely availability of
volunteer drivers.

Their vans are not
wheelchair accessible
and riders must be able
to get in and out of the
vehicle without
assistance.

The fee is \$2.50 for one-
way and \$5.00 for a
round trip ride within
Abbotsford.

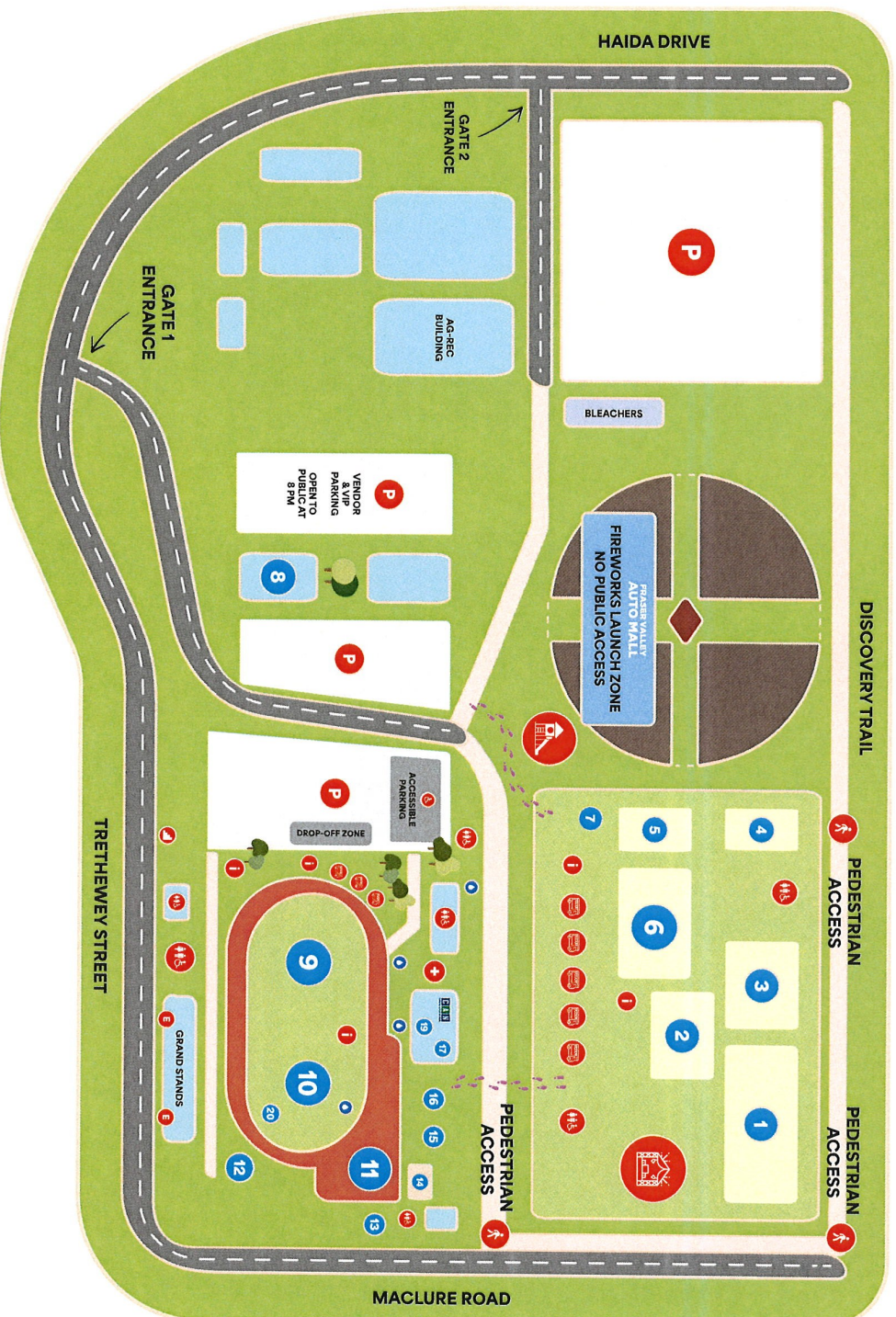
Contact them at commu-
nityvan@archway.ca or
604-743-0354.

ABBOTSFORD CANADA DAY

TUESDAY, JULY 1, 2025
ABBOTSFORD EXHIBITION PARK



SITE MAP



LEGEND

- 1 Hayrides
- 2 Agri-Fun Zone
- 3 Marketplace
- 4 Dogwood Pacesetters
- 5 Inflatables (Open 1-8 PM)
- 6 Community Showcase
- 7 HUB International Airbrush Tattoos (Open 1-7 PM)
- 8 Twisters Gymnastics Club (Open 1-5 PM)
- 9 STEM Zone
- 10 Sports Zone
- 11 Kids Zone
- 12 Elite Fire Protection
- 13 Misty Tent
- 14 Untech Slip & Slide
- 15 Blackwood Sand Box (Open 1-8 PM)
- 16 Go Play Outside
- 17 Culture Connect
- 18 Abbotsford Sports Hall of Fame (Open 1-5 PM)
- 19 CAN Sensory Zone
- 20 Volunteer Centre
- 21 Mini Golf (Open 1-7 PM)

- Road
- Information Tent
- Washrooms
- First Aid
- Playground
- Stair Access
- Parking
- Pedestrian Path
- Pedestrian Access
- Food Trucks
- Main Stage
- Emergency Exit
- Water Station



TOURISM
ABBOTSFORD



98.3
STAR

107.1
COUNTRY

FRASER VALLEY
AUTO MALL



Funded by the
Government of Canada

Financé par le
gouvernement
du Canada

A cartoon beaver with orange fur, a black nose, and a small black tail is holding a Canadian flag. The beaver is smiling and has its arms raised. The flag is red and white with a red maple leaf in the center. The background is white.

- 1. What is Canada's national animal?**
a) Polar Bear b) Beaver c) Moose d) Loon
- 2. What year did "O Canada" become the official national anthem?**
a) 1978 b) 1973 c) 1986 d) 1980
- 3. What percentage of Earth's total fresh water is found in Canada?**
a) 30% b) 20% c) 12% d) 15%
- 4. What is the national summer sport of Canada?**
a) Lacrosse b) Basketball c) Hockey d) Curling
- 5. Canada is the world's largest exporter of what fruit?**
a) Apples b) Raspberries c) Blueberries d) Grapes
- 6. Which of the following games was invented in Canada?**
a) Scrabble b) Trivial Pursuit c) Yahtzee d) Monopoly
- 7. Which of these was not a Canadian invention?**
a) Post-It Notes b) Egg Carton c) Walkie-Talkie d) Peanut Butter
- 8. Which Province or Territory holds Canada's largest mountain?**
a) British Columbia b) Alberta c) Nunavut d) Yukon
- 9. When did the first Tim Hortons open up?**
a) 1982 b) 1968 c) 1964 d) 1972
- 10. License plates in the Northwest Territories are shaped like what?**
a) Polar Bears b) A Boat c) Map of Canada d) Beavers

1. ADPEA
2. TERAEBECL
3. MTI ORTHSNO
4. NAADAC
5. BQRAEEUB
6. RORTYERT
7. GLFA
8. MALRTEAPIN
9. SERWFKORI
10. LMEPA
11. QETOU
12. DYLIHIAO
13. RVAEEB
14. CRVIEOPN
15. OSGEO
16. NTOEIPU
17. TWAAOT
18. KHYCOE

A cartoon beaver with a friendly expression, wearing a red necktie, and holding a Canadian flag with both paws. The beaver is orange-brown with a black tail. The flag is red with a white square in the center containing a red maple leaf.

- ___ 1. What is a beaver's favourite snack?
- ___ 2. What do you call a polar bear with no teeth?
- ___ 3. How much poutine was left after the hockey game?
- ___ 4. What do geese do when they get stuck in traffic?
- ___ 5. Why is maple syrup always so sad?
- ___ 6. What board game are Canadians best at?
- ___ 7. What kind of tea do hockey players drink?
- ___ 8. Why couldn't the Canadian stop laughing while in the Rockies?
- ___ 9. Why are Canadian students so smart?
- ___ 10. Why shouldn't curlers tell jokes on the ice?
- ___ 11. Where do beavers sleep?
- ___ 12. What was the skeleton doing at the hockey game?

- A. Penal-tea
B. Nunavut
C. Sorry!
D. They honk
E. Wood chips
F. On a river bed
G. A gummy bear
H. Because it's sappy
I. It might crack up
J. They get a lot of ehs
K. Driving the zam-boney
L. Because the Rockies are hill areas!

- | | |
|----------------------------------|------------------|
| ___ 1. Canada | A. Fredrickton |
| ___ 2. British Columbia | B. Iqaluit |
| ___ 3. Alberta | C. Quebec City |
| ___ 4. Saskatchewan | D. Ottawa |
| ___ 5. Manitoba | E. Yellowknife |
| ___ 6. Ontario | F. Victoria |
| ___ 7. Quebec | G. Regina |
| ___ 8. Newfoundland and Labrador | H. Whitehorse |
| ___ 9. New Brunswick | I. Charlottetown |
| ___ 10. Nova Scotia | J. St. John's |
| ___ 11. Prince Edward Island | K. Edmonton |
| ___ 12. Yukon | L. Winnipeg |
| ___ 13. Northwest Territories | M. Halifax |
| ___ 14. Nunavut | N. Toronto |

Canada Day

Trivia



- What is Canada's national animal?
a) Polar Bear b) Beaver c) Moose d) Loon
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Canada Day

Unscramble



- | | |
|----------------|-------------|
| 1. ADRPEA | PARADE |
| 2. TERAEBECL | CELEBRATE |
| 3. MTI ORTHSNO | TIM HORTONS |
| 4. NAADAC | CANADA |
| 5. BQRAEEUB | BARBEQUE |
| 6. RORTYIERT | TERRITORY |
| 7. GLFA | FLAG |
| 8. MALRTEAPIN | PARLIAMENT |
| 9. SERWFKORI | FIREWORKS |
| 10. LMEPA | MAPLE |
| 11. QETOU | TOQUE |
| 12. DYLIHIO | HOLIDAY |
| 13. RVAEEB | BEAVER |
| 14. CRVIEOPN | PROVINCE |
| 15. OSGEO | GOOSE |
| 16. NTOEIPU | POUTINE |
| 17. TWAAOT | OTTAWA |
| 18. KHYCOE | HOCKEY |

Canada Day

Riddles



- What is a beaver's favourite snack?
 - What do you call a polar bear with no teeth?
 - How much poutine was left after the hockey game?
 - What do geese do when they get stuck in traffic?
 - Why is maple syrup always so sad?
 - What board game are Canadians best at?
 - What kind of tea do hockey players drink?
 - Why couldn't the Canadian stop laughing while in the Rockies?
 - Why are Canadian students so smart?
 - Why shouldn't curlers tell jokes on the ice?
 - Where do beavers sleep?
 - What was the skeleton doing at the hockey game?
- | | |
|-------------------|--|
| A. Penal-tea | G. A gummy bear |
| B. Nunavut | H. Because it's sappy |
| C. Sorry! | I. It might crack up |
| D. They honk | J. They get a lot of ehs |
| E. Wood chips | K. Driving the zam-boney |
| F. On a river bed | L. Because the Rockies are hill areas! |

Canada Day

Name the Capital



- | | |
|---------------------------------|------------------|
| D. 1. Canada | A. Fredricton |
| F. 2. British Columbia | B. Iqaluit |
| K. 3. Alberta | C. Quebec City |
| G. 4. Saskatchewan | D. Ottawa |
| L. 5. Manitoba | E. Yellowknife |
| N. 6. Ontario | F. Victoria |
| C. 7. Quebec | G. Regina |
| J. 8. Newfoundland and Labrador | H. Whitehorse |
| A. 9. New Brunswick | I. Charlottetown |
| M. 10. Nova Scotia | J. St. John's |
| I. 11. Prince Edward Island | K. Edmonton |
| H. 12. Yukon | L. Winnipeg |
| E. 13. Northwest Territories | M. Halifax |
| B. 14. Nunavut | N. Toronto |