

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 OCTOBER 2025



Sep 19 - Oct 12: Culture Days are on in Abbotsford at various locations. Check out the City's website for more information.

Sep 30: National Day for Truth and Reconciliation

Oct 1: International Day of Older Persons

Oct 13: Happy Thanksgiving

Oct 31: Happy Halloween



Happy Fall and Happy Thanksgiving volunteers! We are so thankful for all of our wonderful Volunteers and Board Members. **Thank you for all that you do!**

We want to let you know that the Board has decided to resume breakfasts starting October 15th.

October's Breakfast and Workshop is at Crossroads Restaurant on 1821 Sumas Way. We are encouraging our new volunteers to attend as well so that you can meet some of the other volunteers.

The workshop for November is still being finalized and details will be sent by email later in

October.

PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Karen Hardy

MEMBERS AT

LARGE:

Margarite Bysouth

Brenda Townsend

~

MARK YOUR CALENDAR

October 15 (Wed):

9:30 am – Workshop –

Falls Prevention at

Crossroads

Restaurant

11:30 am – Board

Meeting

November: Details

TBA

December 10 (Wed):

Christmas Social

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



Oct 24: Kathy V.



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

Abbotsford Urgent and Primary Care Centre

You can visit an urgent and primary care centre for urgent, non-emergency care when you can't get an appointment with a family doctor or walk in clinic. There is one located at #100 - 2692 Clearbrook Rd and they are open 7 days a week. Their phone number is 604-870-3325. You can get more information on the Fraser Health website. There is a location in Mission as well at #304 - 32555 London Ave (Junction Mall) and their phone number is 604-814-5648.

Some examples of when to use urgent care are:

- Cuts that need stitches
- Skin, sinus or lung infections
- New wounds, including burns
- New or worsening pain
- New mental health issues such as low mood, anxiety or depression
- New nausea and diarrhea
- New pain or burning when peeing



PUMPKIN RAISIN MUFFINS

- 1 CUP WHOLE WHEAT FLOUR
- 3/4 CUP ALL-PURPOSE FLOUR
- 1/2 CUP SUGAR
- 2 TSP BAKING POWDER
- 1/2 TSP BAKING SODA
- 1 1/2 TSP CINNAMON
- 1/2 TSP NUTMEG
- 1/2 TSP POWDERED GINGER
- 3/4 CUP RAISINS
- 7 OZ CANNED PUMPKIN PUREE
- 1/4 CUP OIL
- 1 CUP BUTTERMILK OR SOUR MILK
- 2 EGGS

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a large bowl, combine flours, sugar, spices, baking powder/soda and raisins.
3. In a smaller bowl, beat eggs, then add pumpkin, oil and milk.
4. Make a large well in the centre of the dry ingredients, and pour the pumpkin mixture into this well.
5. Gently fold wet and dry ingredients together until just combined. Do not beat.
6. Spoon batter into paper-lined or lightly greased muffin tins.
7. Bake in preheated oven for 18-20 minutes or until firm to the touch.

The Computer Swallowed Grandma

The computer swallowed grandma.
 Yes, honestly its true!
 She pressed 'control' and 'enter'
 And disappeared from view.
 It devoured her completely,
 The thought just makes me squirm.
 She must have caught a virus
 Or been eaten by a worm.
 I've searched through the recycle bin
 And files of every kind;
 I've even used the Internet,
 But nothing did I find.
 In desperation, I asked Jeeves
 My searches to refine.
 The reply from him was negative,
 Not a thing was found 'online.'
 'So, if inside your 'Inbox,'
 My Grandma you should see,
 Please 'Copy,' 'Scan' and 'Paste' her
 In an email back to me.

Author ~ unknown
 shared by silversurfers.com