

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER SEPTEMBER 2025

LOCAL EVENTS

Sep 1: Labour Day

Sep 12 and 13: MCC Festival for World Relief - Enjoy Mennonite food at the Tradex and support MCC Food projects.

Sep 14: Parallax: Perspectives on the Canada/US Border. This is an exhibit at The Reach Gallery Museum that tells you about the history of the 49th Parallel. This exhibit runs until January 2026.

Sep 18-21: The Snowbird RV Show is on at the Tradex.

Sep 27 and 28: The Abby Fall Home Show is on at the Ag Rec Centre.



Summer is almost over and now we can start thinking about everything happening in the Fall at Abby Peer Support. We have three **Workshops** booked for **September 11, October 15 and November 19th**. They are all being held at **Matsqui Recreation Centre (MRC) at 3106 Clearbrook Road in Multi-Purpose Room 5**. We will be providing snacks and beverages at the workshops. The September Workshop will be presented by Linda from COSCO and she will be talking about **Hearing Health**.

We have also started to prepare for our **Annual Christmas Social for current volunteers and their clients** on December 10th. It will be held at New Life Church and invitations will be sent out closer to the event so please save the date!

Rachel will be away from the office September 9th until October 7th so please call Brenda if you need assistance. She will be covering for Rachel and will be happy to help you with whatever you need.

Have a great September!



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Karen Hardy

MEMBERS AT LARGE:

Margarite Bysouth

Brenda Townsend

~

MARK YOUR CALENDAR

September 11 (Thur):

9:30 am - Workshop – COSCO – Hearing Health.

11:30 am – Board Meeting

October 15 (Wed):

9:30 am – Workshop – Falls Prevention.

11:30 am – Board Meeting

November 19 (Wed):

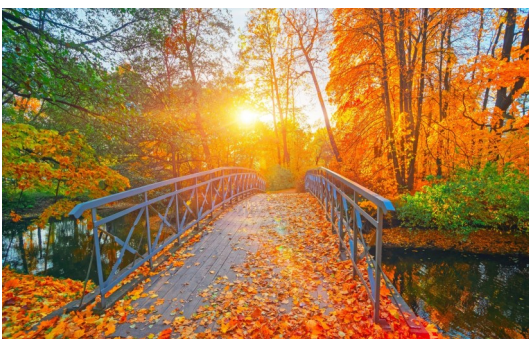
9:30 am – Workshop – Subject to come later.

11:30 am – Board Meeting

December 10 (Wed):

Christmas Social

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



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



Abbotsford Men's Shed

MEN
HELPING
MEN

MAKE FRIENDS

SHARE SKILLS

HELP COMMUNITY

Did you know that there is a **Men's Shed** in Abbotsford? A Men's Shed is a space where men gather to work on projects that are fun and help out their community. If you are interested in learning more check out their website at bcmensshed.ca.

**I BELIEVE PURPOSE IS
SOMETHING FOR WHICH ONE
IS RESPONSIBLE; IT'S NOT
JUST DIVINELY ASSIGNED.**

MICHAEL J. FOX



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

- 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!



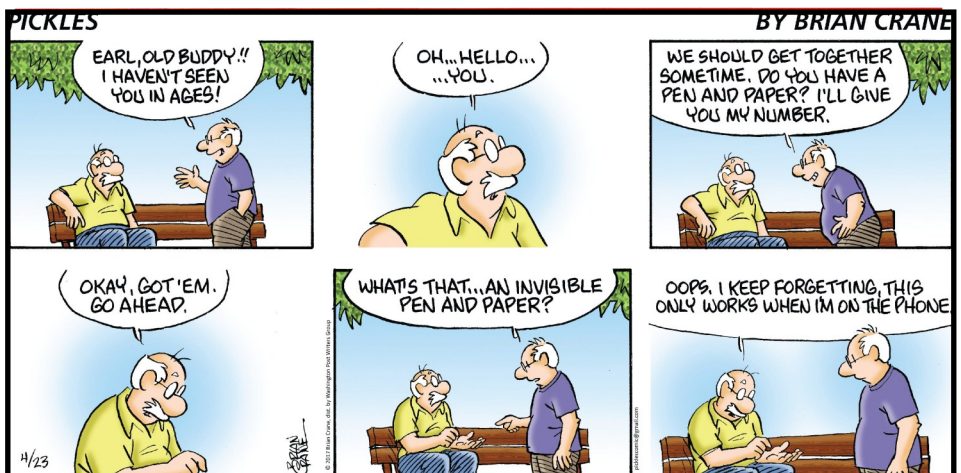
- 3 Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support.



- 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.



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I SPY flowers

