

# 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 FEBRUARY 2026



### LOCAL EVENTS

Feb 2: Groundhog Day

Feb 14: Valentine's Day

Feb 16:  
Family Day



Feb 20:  
Matsqui

Centennial Auditorium is hosting pianist Janeba Kanneh-Mason who will be performing classical music from 7:30-9:30 pm. Call 604-859-3134 for more information.

Feb 20 & 21: The Great Abbotsford Puzzle Sale will be at Cascade Community Church. Over 2000 new and gently used puzzles for sale. Contact 604-309-0660 for more information.

Feb 24: AGM for Abby Peer Support.



The Board of Directors and the Staff of Abbotsford Peer Support would like to thank all of you who were able to make it to our Christmas Social in December. We were so happy to see you all and spend that special time with you.

Our **AGM** will now take place on **February 24, 2026**. The location is at Crossroads Restaurant and the details will be sent to you in a separate email in a few weeks.



Jan 4: Eva D.  
Jan 15: George H.  
Feb 13: Bonnie B.

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

### MARK YOUR CALENDAR

Feb 3, 2026: Board Meeting only – no breakfast

Feb 24, 2026: AGM and breakfast at Crossroads Restaurant 9:15 am

Mar 10: Board Meeting only – no breakfast

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



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

## ARE YOU FIT TO DRIVE? TIPS TO CHECK IN WITH YOURSELF FROM COMMUNITY SOCIAL SERVICES

Some days are harder than others, and ensuring you are ok to be behind the wheel before you drive is an important check-in. You have a responsibility to yourself, your passengers, and everyone else on the road. Remember to:

- Take a breath. If you are feeling emotionally overwhelmed by something that happened before you got in the car, take a pause and consider going on a short walk to collect yourself before you drive.
- Assess your energy. Fatigue, especially if your job requires night shifts, can leave you too tired to drive safely. Consider other ways to get home, like a taxi, a ride from a friend or colleague or transit.

### What generation are you?

- Lost Generation – 1883-1900
- Greatest Generation – 1901-1927
- Silent Generation – 1928-1945
- Baby Boomer – 1946-1964
- Generation X – 1965 - 1980
- Millennial – 1981-1996
- Generation Z – 1997-2012
- Generation Alpha – 2013 - present

.....

• How is the moon like dentures? •

• Both come out at night. •

• Retirement is wonderful. It's •

• doing nothing without worrying •

• about getting caught. •

.....

## YES, I'M A SENIOR CITIZEN!

I'm the life of the party—even if it only lasts until 8 p.m.

I'm very good at opening child proof caps—with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe, secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

### Potato Soup

#### Ingredients

- 3 slices bacon, diced
- 3 cups peeled and diced potatoes
- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 2 cups egg noodles
- 2 cups milk
- 3 tablespoons butter

#### Instructions

1. In a skillet, cook bacon until browned and crispy. Remove from skillet and place on paper towels to drain.
2. In a soup pot, combine potatoes, onions, celery, salt, and pepper. Cover with water and cook for 25 minutes, or until vegetables are tender.
3. Bring soup to a boil and add noodles, stirring constantly to separate them.
4. Add milk and butter, and cook for 10 to 15 minutes more, or until noodles are done.
5. Top with reserved bacon before serving.

