

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 APRIL 2026



LOCAL EVENTS

- Apr 3: Good Friday
- Apr 5: Easter Sunday
- Apr 6: Easter Monday
- Apr 11: Drive Thru Shred-a-thon at Communitas Supportive Care Society from 9 am - 1 pm
- Apr 17-25: The Fraser Valley Stage at The Abbotsford Arts Centre presents The Wizard of Oz
- Apr 18: Urban Jungle Nursery is having a Spring Market from 10 am until 4 pm



Happy Easter from everyone at Abbotsford Peer Support for Seniors. Our breakfast and workshop will be **April 14th** at Crossroads Restaurant. Then our next chance to gather together is at the **Picnic in June**. Invitations will be sent out in May.

PRESIDENT:
Joanne S.
VICE PRESIDENT:
Judy H.
TREASURER:
Bonnie M.
SECRETARY:
Karen H.
MEMBERS AT LARGE:
Ken B.
Walter J.
Bev P.
Brenda T.

MARK YOUR CALENDAR

Apr 14: 9:30 am - Breakfast, Workshop and Board Meeting at Crossroads.
May 28: 9:30 am - Board Meeting for Board Members only.
June 17: Summer Picnic

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

SENIOR SOCIAL AFTERNOONS

STARTING APRIL 13
EVERY MONDAY AFTERNOON
(EXCEPT HOLIDAYS)
1:30 - 3 pm

Each week there will be refreshments and activities such as card and board games, jigsaw puzzles, The Playground™, book talks and more

THE LAST MONDAY OF EACH MONTH WILL HAVE A SPECIAL ACTIVITY OR PRESENTER!



- Apr 9: Carolynn S.
- Apr 22: Walter J.
- Apr 23: Cheryl W.
- Apr 29: Judy H.

Clearbrook Library
32320 George Ferguson Way, Abbotsford | 604-859-7814
Read. Learn. Play. | www.fvrl.ca



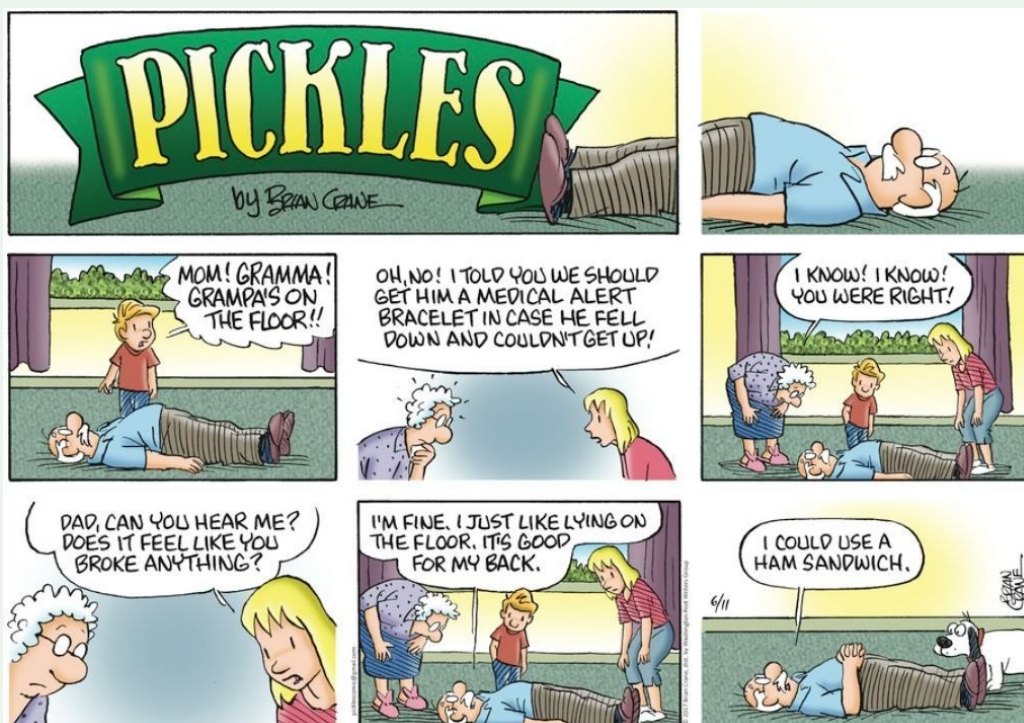
APSS is funded by a Gaming Grant from the BC Government.

Government of B.C. Fire Safety Tips for Seniors

- Discuss your fire escape plan with family and neighbors. Contact your building manager or fire department to discuss your plan if you need extra help.
- Make a fire escape plan around your abilities. If you need to use a wheelchair or a cane, make sure you can get to it easily and get out quickly. If you wear hearing aids or eyeglasses, put them next to your bed while you are sleeping.
- If you use a walker or wheelchair, check all exits to be sure that you can go through the doorways.
- Know at least two ways out of every room, if possible.
- If you can't hear your smoke alarm, consider getting one that has a different sound or one that comes with a bed shaker or strobe light.
- Test smoke and carbon monoxide alarms at least once a month. When testing smoke alarms, do not stand on a chair or steps. Instead, use a broom handle to press the test button.
- Never smoke around medical oxygen.
- Use a timer to remind you that you are cooking.
- Purchase a Fire Blanket for emergencies.

Portable Space Heaters

- Only use space heaters that have a protective screen covering the elements.
- Give space heaters at least one metre of clear space all around.
- Keep all flammable materials away from space heaters.
- Do not dry wet shoes, clothing or towels on space heaters.
- Always turn off or unplug space heaters before leaving the house or going to bed.



Healthy Aging Support Groups for Caregivers.

There are two groups that run every other Wednesday at MRC.

The first one is a drop in support group for all caregivers who are 55 plus. They meet at Matsqui Recreation Centre at 1 pm. You can contact Nancy at 604-768-5421 for more information on this program.

The opposite Wednesdays are the Alzheimer's coffee and chat support group. It is for caregivers and their recipients'. The care recipients are in separate room doing an activity with the facilitator from the Alzheimer Society. You must register with the Alzheimer's Society for this program.

ENGLISH COMMUNITY CONVERSATION



55+ INSPIRED

FREE ENGLISH COMMUNITY CONVERSATION

Are you a beginner-intermediate English speaker? Join us for interactive discussions, and practice vocabulary while building confidence and fluency. Connect with others, practice your English, and enjoy learning in a welcoming space where everyone is encouraged to participate.

Matsqui Recreation centre

Mondays, Apr 13 - Jun 22 10am - 11:30am

Pre-register at direct2rec.com



DIRECT2REC.COM

