

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MAY 2026

LOCAL EVENTS

May 7: Free Volunteer Appreciation event from 5:30 pm-8:00 pm at the Ag Rec Centre. Register at abbotsford.ca/volunteer-event

May 10:
Happy
Mother's Day!



May 12-June 16: Free 6-Session Pain Self-Management Workshop at Matsqui Rec Centre. Call 604-940-1273 to register.

May 18: Victoria Day
June 1-7: Senior Week

*Celebrate
May Birthdays*

May 23: Marlene M.
May 25: Georgia C.



Happy Mother's Day to all of our Volunteer Moms!

We recently had a sad loss at APSS. Two of our long-time volunteers have passed away - **Cheryl W.** and **George H.** How lucky and grateful we are to have had both of these wonderful people in our lives. **They will be missed.**

*A Beautiful Soul
Is Never
FORGOTTEN*

Senior Week is June 1-7. We will have a table at Seven Oaks Alliance Church on June 1st and a few of our volunteers will be there to talk to potential new volunteers and clients.

Our **Annual Summer Picnic** is on **June 17th for current volunteers and their clients.** Invitations with details will be sent out in early June.



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

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.



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

Are you looking for a way to keep active and meet some new people?

Then check out **Ai Ki Jutsu** at Abby Recreation Centre. This 4-session series is for Seniors 55+ and there are Beginner and Intermediate classes. You can register at The City of Abbotsford.



May is National Caregiver Month

Family Caregivers of BC (FCBC) is a provincial, not-for-profit organization that supports over one million people in BC who provide physical and/or emotional care to a family member, friend, or neighbour. FCBC helps caregivers feel more confident and supported in their role by providing access to information, education, and compassionate supports tailored to caregivers' needs. They understand the complex emotions caregivers may experience, including isolation, grief, joy, and exhaustion. FCBC offers direct support through one-on-one emotional support, caregiver support groups, health care system navigation, and free educational resources.

Need to talk to someone?

Call the Caregiver Support Line: [1-877-520-3267](tel:1-877-520-3267)



The **AbbyFresh Directory** supports local farms, producers, processors and markets in Abbotsford through the power of connection. AbbyFresh connects you with the food you eat and the people who grow it, produce it and provide it

Support local: Use the AbbyFresh directory as your resource to support locally grown and produced food.

Learn: Meet your local farmers and learn more about the people and businesses who grow and produce our food.

Visit their website at abbyfresh.southfraser.com.

Abbotsford Hospice Society has several programs if you are needing extra support while grieving a loved one. You can contact them at 604-852-2456 or www.abbotsfordhospice.org.

- Reflections in Grief: May 4– June 29
- Walk with Grief Group: June 17-Aug 12
- Memorial Butterfly Release: June 27

At my age,
I'm good at
multi-tasking.

I can listen,
ignore and
forget,
all at
once.



ABBOTSFORD DIVISION OF FAMILY PRACTICE
& FRASER VALLEY HEALTH CARE FOUNDATION
PRESENTS

HEALTH TALKS

DEMYSTIFYING HEALTH CARE FOR SENIORS



Thursday, June 4, 2026
8:30 AM - 12:30 PM



Garden Park Tower
#101 - 2825 Clearbrook Rd, Abbotsford

A half-day event designed for seniors featuring educational presentations, community engagement opportunities, and a light meal with refreshments.

FREE TO ATTEND

REGISTER TODAY AT
WWW.ADOFP.CA/UPCOMING-EVENTS



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NNELS (National Network for Equitable Library Service)

An online library of books in DAISY, MP3 audio, e-text, and braille formats for individuals with print disabilities. See library staff to register. See www.fvrl.ca for locations.

LIBRARY For you

For more information and to register contact:

Outreach Services Department

1-888-668-4141 extension 7076

libraryforyou@fvrl.bc.ca

Hours of Operation: M-F 8:30 am - 4 pm

www.fvrl.ca/library-you