

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 JUNE 2026



LOCAL EVENTS

June 1-7: **Senior's Week**

June 4: Free Health Talk at Garden Park Tower - Demystifying Health Care for Seniors from 8:30 am—until 12:30 pm.

June 20: Free Family Fishing Day at Fraser Valley Trout Hatchery from 8 am until 1 pm. Contact them at gofishbc.com.

June 21: **Father's Day**

Jun 27: Taste Around the World from 3 - 5 pm. Check City of Abby website for registration.

Jul 1: **Canada Day**



Jun 3: Michelle J.
Jul 15: Nancy C.
Jul 23: Louise P.
Jul 26: Tara M.
Aug 3: Alice Y.
Aug 5: Brenda T.
Aug 7: Alisha T.
Aug 10: Vickie P.
Aug 14: Shirley C.
Aug 16: Doug W.
Aug 22: Christa E.
Aug 23: Karen G.
Aug 30: Joanne S.

Happy Father's Day to all of our Volunteer Dads!!

Senior Week is June 1-7. We will have a table at Sevenoaks Alliance Church on June 1st from 9:30 am until 2 pm 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**. Invitations with details have been sent out. Please remember to invite your clients and let the office know who is able to attend.

There will be no breakfasts or workshops in July and August. The office will be open during these summer months but we will be taking some time off as well to enjoy the summer.

And lastly, **There will be no newsletters in July and August.** We are updating some computer programs and the newsletter will be updated as well.

Have a great summer everyone and Thank You for all that you do for Abbotsford Peer Support!!

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

June 17: Summer Picnic

Sep 8: Volunteer Breakfast and Board Meeting at Crossroads Restaurant

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



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

Learning Plus Seniors Week will be having a special presentation on **Health and Wellness** in older adulthood. We will have a table set up at the back of the room to promote our program. Please come say hi!

June 4th 10 am - 12 pm
Abbotsford Recreation Centre – MP 2/3



The day after Father's Day.

CartoonStock.com

Ken Ryu Jujutsu Society
32856 Gatefield Avenue, Abbotsford B.C. V2S-7A1
Phone: 604-859-7173 Email: kenryujujutsusociety@gmail.com
HEALTH - SAFETY - GROWTH - CHALLENGE

You get
PRIZES

Ken Ryu Jujutsu Society
OPEN HOUSE
SATURDAY JUNE 6, 2026 (9 a.m. – 12 p.m.)

Location: **Trinity Memorial United Church**
33737 George Ferguson Way, Abbotsford, BC

Time	Event	Description
09:00 – 09:45	AiKiJutsu Intermediate - Advanced Experienced Practitioners	Spectators welcome to observe practice* *Space Permitting
09:45 – 10:00	Question and Answers Open Forum	practices / programs / demos / BOOKINGS Join us for a Martial Art warm-up (10:00 – 10:15)
10:00 – 10:45	AiKiJutsu - Beginner Class soft form, meditative, martial art	strength - stability - balance - mobility >>> ParticipACTION EVENT <<<
10:45 – 12:00	Personal Safety Program Must sign waiver participate	Includes Self Defence Techniques* *Space Permitting – SAFETY FOCUSED
12:00 – 1:00	Question and Answers: Your opportunity to mingle with our participants, hear from them You are invited to Refreshments and Light Lunch, please register by email to ensure we are prepared to serve you.	

Record your ParticipACTION Activities.



Community
Challenge2026



Enjoy a slice of
Ricardo's Premium Pizza.

Community
Cup
Presentation

healthartsociety
celebrating 20 years
1996-2016

You're Invited

In celebration of Seniors Week
join Health Arts Society for a coffee break

Meet the Health Arts Society, learn about our initiatives in Abbotsford and surrounding communities, enjoy demonstrations of two featured arts programs, and mingle with like-minded community members.

Concerts in Care



Health Arts Society's flagship program bringing world-class live music from classical to jazz to folk directly into seniors' communities for over 20 years.

Artful Encounters



A participatory arts program facilitated by Dr. Kathryn Ricketts that brings together music, visual art, storytelling, and movement to create engaging creative experiences for seniors.

Tues, June 2nd, 2026
10:00 am - 11:30 am

Reach Gallery Museum
32388 Veterans Way, Abbotsford

Scan here to RSVP



Or RSVP by email or phone
info@healtharts.org
778 385 4552

Generously supported by



Did you know that Public Universities and Colleges in BC offer **tuition-free courses** for seniors aged 65+? This applies to Canadian Citizens and Permanent Residents. Contact the institutions directly for more information.

- **UFV** - Abby residents can have tuition waived for up to 2 courses per semester during the Fall and Winter.
- **Kwantlen** - Offers fee exemptions for seniors taking general interest courses.
- **SFU** - Features the SFU Seniors Program (55+) with various non-credit workshops and courses.

Abbotsford Seniors' Week COMMUNITY EVENTS

FVRL Seniors Social

Join the FVRL at Clearbrook Library for the senior's afternoon social. Each week there will be refreshments and activities such as card and board games, jigsaw puzzles. The Playground™ book talks and more.



Clearbrook Library

32230 George Ferguson Way
June 1 M 1:30pm - 3pm
No registration is required

Healthy Aging South Asian Seniors Social Cafe

Join Healthy Aging's South Asian Social Cafe for refreshments, engaging activities, and plenty of social time. Meet new friends and enjoy a fun, welcoming atmosphere!



Matsqui Recreation Centre

June 2 Tu 10am - 12pm
Register at: 778.201.3745

Archway South Asian Day Program



Come celebrate BC Seniors Week with Archway at their vibrant South Asian Day Program!

Archway

#4-32700 George Ferguson Way
June 3 W 12:30pm - 2:30pm
No registration is required

Healthy Aging Tech Savvy Seniors



Have tech questions? Bring your device (phone, tablet, or laptop) and learn practical tips that make navigating technology easier and more enjoyable.

Matsqui Recreation Centre

June 3 W 10am - 12pm
Register at: 604.245.8410

Try-It Lawn Bowling



Lawn bowling is a fun, outdoor sport, and you are invited to come and try it out. You will receive an introductory, free session, and we will provide the equipment. *Canceled if it is wet. Flat shoes required.

Mill Lake Park

Off Waite St and Alta Ave
June 3 W 2pm - 3pm
Register at: 778.772.7387 or 604.850.3925

Healthy Aging Seniors Social Cafe



Join Healthy Aging's Social Cafe for refreshments, engaging activities, and plenty of social time. Meet new friends and enjoy a fun, welcoming atmosphere!

Matsqui Recreation Centre

June 4 Th 10am - 12pm
Register at: 778.201.3745

Health Talks: Demystifying



Healthcare for Seniors

The Abbotsford Division of Family Practice, in partnership with the Fraser Valley Health Care Foundation, is hosting a free half-day event for seniors featuring educational presentations, community engagement opportunities, and a light meal with refreshments.

Garden Park Tower

#101-2825 Clearbrook Rd
June 4 Th 8:30am-12:30pm

Register at: www.adofp.ca/upcoming-events

Castle Fun Park Hole in One



Donut Social

Join Castle Fun Park as they host a 'hole in one donut social' for seniors during BC senior week. Coffee and donuts will be served before starting a game of mini golf.

Castle Fun Park

June 5 F 10:30am 1/\$10
Register yourself/team at: 604.850.0401 or email sue.boossley@castlefunpark.com

Finishing Well - End of Life Choices

Join us at Clearbrook MB Church for a thoughtful seminar on "Finishing Well: End-of-Life Choices". Discover helpful guidance and support on topics such as compassionate end-of-life care, understanding and communicating your wishes through 'My Voice'. Practical steps for funeral planning - breaking it down into clear, manageable decision you can make today.

Clearbrook MB Church

2719 Clearbrook Rd
June 5 F 10am
No registration required. Call 604.850.6607 for more information

SENIORS' WEEK

JUNE 1 - 5, 2026



JOIN US FOR ABBOTSFORD'S
SENIORS' WEEK!



SCAN TO REGISTER FOR KICK-OFF EVENT

SENIORS' WEEK SCHEDULE



Abbotsford Seniors' Week Kick-off Event CULTURAL CONNECTIONS

Dr. Satwinder Bains, our keynote speaker, will highlight Abbotsford's rich cultural diversity and explore how these connections enhance healthy, positive aging. Enjoy vibrant cultural performances, explore local resources at our community fair, share a delicious lunch, and experience much more throughout the event!

Monday, 9:30am - 2pm
JUNE 1ST
Seven Oaks Alliance Church
2575 Gladwin Road

For more information call 778.752.6923 or email commdevelopment@abbotsford.ca
Register at
www.abbotsford.ca/seniorsweek

Sponsors



Sign up for these FREE events at direct2rec.com

Tuesday, JUNE 2nd

OPEN HOUSE AND ART EXHIBITION

Join us at the Abbotsford Recreation Centre Open House for a day of connection and creativity. Enjoy a light lunch, explore a stunning art exhibition featuring local community artists, and enjoy great music and company in a welcoming atmosphere.

Abbotsford Recreation Centre
Tu 11am - 1pm 131945

Wednesday, JUNE 3rd

OPEN HOUSE AND MUSIC PERFORMANCE

Join us at the Matsqui Recreation Centre Open House for a day of connection and creativity. Enjoy a light lunch, listen to a musical performance from a local ukulele group, and enjoy great company in a welcoming atmosphere.

Matsqui Recreation Centre
W 10am - 12pm 132312

GENERATIONS IN BLOOM

Join us for a fun and creative intergenerational event where youth and seniors come together to decorate and fill their own garden pots to take home. Participants will work side by side, share stories, and enjoy hands-on crafting as we celebrate community, creativity, and connections across generations. All supplies are provided!

Abbotsford Recreation Centre
W 3pm - 4:30pm 136061

TRY-IT WHIST

Are you looking to learn the game of Whist? Join us for Try-It Whist where you can learn to play in a fun and interactive environment.

Matsqui Recreation Centre
W 12:45pm - 3:45pm 136011

MUSCLES AND MOVEMENT

Progress your strength, mobility, and coordination in this 45-minute class designed to challenge both body and mind. Building on Bones & Balance, it increases movement complexity in a fun, supportive setting. Most exercises are standing, with chair or floor options for accessibility. Intensity Level: 3

Matsqui Recreation Centre
W 4pm - 5pm 139618

SENIORS WEEK YOGA

Gentle and accessible, Chair Yoga for Seniors helps improve flexibility, balance, and relaxation using simple movements done while seated or supported by a chair. Perfect for all mobility levels, this calming class promotes wellness, reduces stiffness, and supports healthy aging in a friendly, supportive environment.

Matsqui Recreation Centre
W 9am - 10am 136452

Thursday, JUNE 4th

LEARNING PLUS

Join us for a special presentation as we explore, celebrate, and support health and wellness in older adulthood.

Abbotsford Recreation Centre
Th 10am - 12pm 135587

BONES AND BALANCE

A 45-minute functional fitness class focused on strength, balance, and mobility to help you stay strong and steady at any age. Suitable for all fitness levels with chair-based and standing options using bands and weights. Supportive instructors and a fun, welcoming atmosphere. Intensity Level 2

Abbotsford Recreation Centre
Th 8am - 9am 136563

Friday, JUNE 5th

TRY-IT CRIBBAGE

Are you looking to learn the game of Crib? Join us for Try-It Crib where you can learn to play in a fun and interactive environment.

Matsqui Recreation Centre
F 12:45pm - 3:45pm 136013

WALK AND MINGLE 55+

Enjoy a friendly indoor walking class that combines movement and conversation in a supportive setting. Guided by a certified instructor, you'll walk at a moderate pace, stay active, and connect with others while working toward your step goals. Intensity Level 2

Abbotsford Recreation Centre
F 9am - 9:45am 136453

