

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER AUGUST 2023

AUGUST EVENTS AROUND ABBOTSFORD

Aug 4-6 Abbotsford Agrifair - Ag Rec Centre starting at noon daily

Aug 11-13 Abbotsford Air Show



Summer Picnic

It is almost time for our Summer Picnic!! This year it will be on September 12th from 11:30 am to 1 pm at Mill Lake Park (Shelter #4). All volunteers and their clients are invited. We will need confirmation that you will be attending and numbers so that we can order enough food. I will send out more information in the September newsletter. Hoping to see all of you there!

Nature's Music

by Lenore Hetrick

I love nature's music,
And summertime songs.
In the forest her great singers
Gather in throngs.

The wind plays the harp,
And the birds take the tune.
The bass part is sung
By the man in the moon!

Each one knows his part
To the very last letter.
And even our radio
Doesn't sound any better!



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MARK YOUR CALENDAR

There are no events scheduled for July and August. We will be having our volunteer and client picnic September 12th and we will provide more information for that in August.

Have a great summer!

Do you know of anyone that might be interested in volunteering with Abbotsford Peer Support? We will be holding training sessions at the end of September. Please contact Karen at 604-850-0011. Thank you for your continued support!

August 5—Brenda T.
August 23—Karen G.
August 26—Richard K.
August 30—Joanne S.



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

You Know You're Getting Older When.....

- it takes a half hour each morning to wake up your leg
- household items common when you were a kid are now found in antique shops
- you enter a room to get something and can't for the life of you remember what it was
- you get winded gumming a mint
- you've noticed lately that old people aren't really that old, but young people seem awfully young
- you have to find a new dentist because yours retired



Seniors and Caregivers Social Cafe

The get-togethers take place every Thursday from 10 a.m. to noon at the Matsqui Recreation Centre (MRC) and include refreshments, crafts, music, and games.

The purpose is to give seniors (and their caregivers, if interested) an opportunity to visit, meet new people, participate in activities, and socialize in a safe environment.

The group will also try to provide transportation for individuals if needed.

For more information, or to register, please call 604-854-1733.

Abbotsford Association for Healthy Aging

Abbotsford Community Hub Centre

#108-32883 South Fraser Way

healthyagingabbotsford@gmail.com

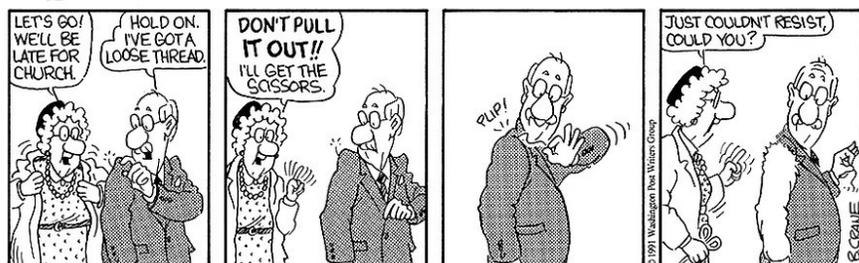
Stage 2 Water Restrictions now in effect as a precautionary measure

In support of the provincial government's direction to residents to conserve water due to worsening drought conditions across the province, the Abbotsford Mission Water and Sewer Commission (AMWSC) is moving to Stage 2 Water Restrictions effective immediately and is encouraging all residents to do their part to conserve water this summer.

Though the current local water supply is within Stage 1 parameters, the water levels in both Dickson Lake and Cannel Lake are significantly lower than seasonal norms and moving to Stage 2 Water Restrictions as a precautionary measure will help maintain a sustainable and reliable water supply and prevent the potential for shortages during periods of high demand in the region, such as drought and extreme heat.

Stage 2 water-use restrictions limit lawn sprinkling in both communities to one day a week, during weekend mornings only, but still allows watering for plants and gardens, impermeable surfaces and vehicle washing with a hand-held container or hose with a spring-loaded shut-off device.

The AMWSC is also encouraging residents to follow simple water conservation tips such as letting their lawns go dormant, taking shorter showers, and turning off the tap while brushing teeth or washing dishes, in order to preserve the water supply for essential uses like drinking, cooking and cleaning.



Healthy Aging Abbotsford August Schedule

Social Café and Crafts & Chat Schedule

Matsqui Recreation Centre

Mondays

Aug 7 - No Program

Aug 14 - Matsqui Rec Centre - Yarn Art

Aug 21 - Matsqui Rec Centre - Paper Flowers

Aug 28 - Matsqui Rec Centre - Flower Bookmark

Tuesdays

Aug 3 - Matsqui Rec Centre - Music w/ Lonnie

Aug 10 - Matsqui Village Park - Flower Crowns

Aug 17 - Matsqui Village Park - Tie Dye

Aug 24 - Matsqui Village Park - Rock Painting

Aug 31 - Matsqui Village Park - Book Bags Pop Up