

ABBOTSFORD PEER SUPPORT FOR SENIORS

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ABBOTSFORD, BC V3G 1C4
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER JUNE 2024

EVENTS AROUND ABBOTSFORD

Jun 2: Fraser Valley Symphony presents The Grand Finale - 3 to 5 pm

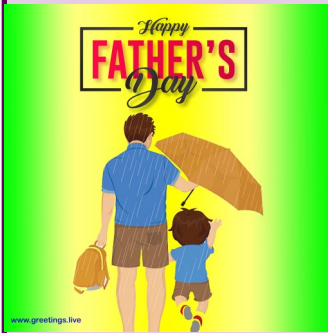
Jun 14: Wildlife Festival is at Abby Exhibition Park 1 pm

Jun 15: The Mango Market at 2884 Gladys Ave is having a Father's Day Celebration from 10 am-3pm

Jun 16: Happy Father's Day!

June 22: Abby Hospice is holding their annual Memorial Butterfly Release at Tanglebank Gardens at 11 am.

Jul 1: Happy Canada Day!!



Happy Father's Day to all the Dads!

A few Dad Jokes to pass along in honor of Father's Day:

Why don't eggs tell jokes? They might crack up!

Stop looking for the perfect match; use a lighter.

I love telling Dad jokes. Sometimes, he even laughs.

There will be no speaker for our June 11 breakfast and workshop. It will be an open discussion and a chance for everyone to get to know our new volunteers and to get clarification on anything you might be unsure of.

Please email or call Karen or Brenda at the office with any questions or ideas that you would like to discuss. This will be a good chance for us to have a group discussion and get to know each other better. Looking forward to seeing you then!



June 7: Gurcharan S.
June 19: Jaco N.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT

LARGE:

Pat Stare

Margarite Bysouth

Brenda Townsend

~

MARK YOUR CALENDAR

June 11, 2024:

9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant.

Please remember to sign up by noon on

Wed June 5th @ 604-

850-0011 or ad-

min.seniors@telus.net

so we can tell Crossroads the number of people to expect. Thank you.

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



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

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

Thursdays 10 am—12 pm

Jun 6: Senior Abuse - Seniors First BC

Jun 13: Travels in Kenya

COFFEE SOCIAL

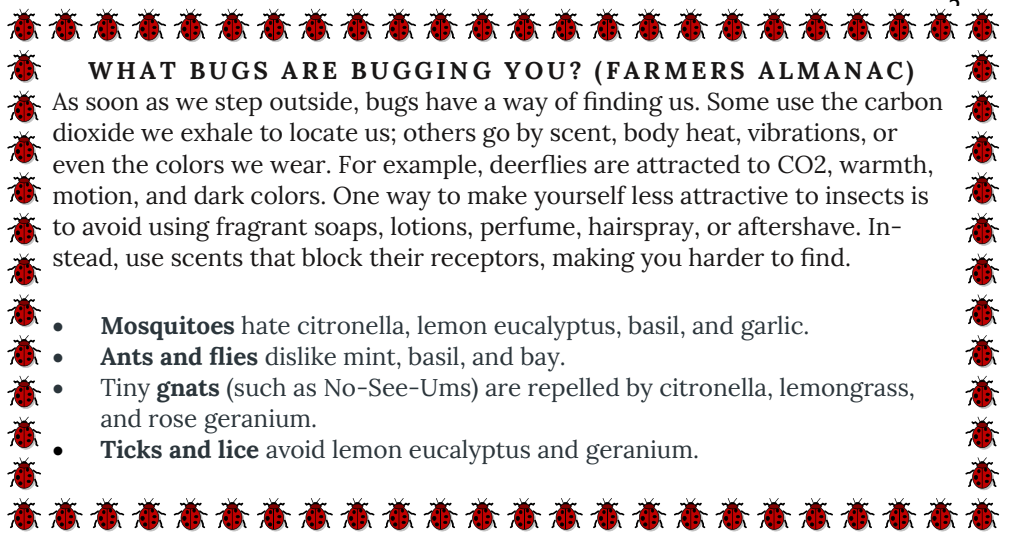
Wednesdays 10:15 am—12 pm

Jun 5: Trina Enns - Archway

Jun 12: Fraser Health - Advance Care Planning

**Property Tax Deferral
Applications Opening Soon**

British Columbians who own their homes will begin to receive property tax notices this month. If you can't afford to pay your property taxes this year, consider applying for B.C.'s Property Tax Deferment Program. The program allows eligible homeowners 55 and older, surviving spouses and persons with disabilities to defer paying their property taxes and the best time to apply is right after receiving your property tax notice. Remember that you need to renew your application every year to continue with the program. For more information go to their website at <https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/defer-taxes>.



WHAT BUGS ARE BUGGING YOU? (FARMERS ALMANAC)

As soon as we step outside, bugs have a way of finding us. Some use the carbon dioxide we exhale to locate us; others go by scent, body heat, vibrations, or even the colors we wear. For example, deerflies are attracted to CO2, warmth, motion, and dark colors. One way to make yourself less attractive to insects is to avoid using fragrant soaps, lotions, perfume, hairspray, or aftershave. Instead, use scents that block their receptors, making you harder to find.

- **Mosquitoes** hate citronella, lemon eucalyptus, basil, and garlic.
- **Ants and flies** dislike mint, basil, and bay.
- **Tiny gnats** (such as No-See-Ums) are repelled by citronella, lemongrass, and rose geranium.
- **Ticks and lice** avoid lemon eucalyptus and geranium.



1. What pierces yet leaves no hole?
2. What did the owl do when he lost his voice?
3. What sound do porcupines make when they hug?

From the Office of the Senior Advocate:

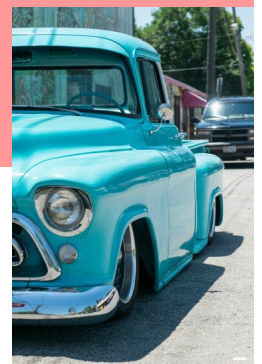
Shelter Aid for Elderly Renters (SAFER) Subsidy Increase. The Province has made improvements to the SAFER program which will help support low-income senior renters. Current recipients will receive a one-time \$430 benefit and an increase in their monthly subsidy. There will also be an increase in the income limit for eligibility so more seniors will be eligible. For more information about the SAFER program, and find out if you are eligible for rental assistance, contact BC Housing toll free at 1-800-257-7756 or visit the [SAFER webpage](https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER) at <https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER>.

Scam Alert - OSA has become aware of scams involving fraudsters contacting seniors via telephone and text message and inviting them to claim their benefit with the purpose of stealing banking and other personal information. Please note that **NO ACTION IS REQUIRED** for SAFER clients to receive their one-time benefit.

Abbotsford Canada Day Celebration July 1st

The daylong event will feature a parade, family festival, live community entertainment, multi-cultural themed food trucks and more.

The celebration will begin with the annual parade down South Fraser Way and will be followed by a free family festival at Abbotsford Exhibition Park with interactive play zones and activities, mini golf, tractor rides and more. The event will also feature the Dogwood Pacesetters dog show, live performances, a community showcase and, weather permitting, a fireworks show finale at dusk.



Answers

1. Sound
2. He didn't give a hoot
3. Ouch!!