

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER FEBRUARY 2025

LOCAL EVENTS

Jan 31-Feb 2: Home and Backyard Living Expo at Tradex.

Feb 2: Groundhog Day

Feb 9: Step Up 4 Cardiac Health at The Abbotsford Centre. Info and registration at fvhcf.ca/stepup.

Feb 11: Abbotsford Peer Support AGM is at 10 am at the Abbotsford Recreation Centre - doors open at 9:30 am.

Feb 14: Valentine's Day

Feb 17:
Family
Day



UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

Feb 4: Physical and Mental Well-Being

Feb 6: Climate Solutions - A Positive Vision for the Future

Feb 18: Adventures in India

Feb 20: Influenza - Myths and Facts

Feb 25: Staying Connected to Prevent Loneliness and Social Isolation

Feb 27: Whistle Posts West

We would like to welcome Rachel Neufeldt to our APSS office! She will be taking on the role of **Volunteer**

Coordinator in the middle of February.

We are so happy to have Rachel join us.

Pat Stare would like to share that her husband Glen has recently passed away.

Glen was a volunteer with Abby Peer Support for many years. There is a Celebration of Life on Thursday, February 27th at 1 pm at Mill Lake Church on Marshall and Ware and it is open to whoever would like to attend.

The Annual General Meeting is being held on February 11th at 10 am at the Abbotsford Recreation Centre.

Refreshments and sign in will be open from 9:30 am. **All volunteers are encouraged to attend.** If you are interested in joining the board you must have been an APSS volunteer for at least one year and can talk to a current Board Member if you are considering it. Hoping to see everyone there.



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

February 11, 2025:
AGM at Abbotsford Recreation Centre from 10 am until 12 pm. All volunteers are encouraged to attend.

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



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

This was a question that came from one of our seniors:

If any of our senior-aged volunteers want to go to Happy Gang, Mexican Train or an Art Workshop, do they need a membership at ARC or the \$25 senior's pass?

And this was the answer from Abby Rec Centre:

For those activities options to attend are:

1. Regular drop in admission / or regular recreation pass to ARC

2. Or \$25, 55 + Activity Pass

Or Super Senior Pass- If they are 75 and over and an Abbotsford resident they can have a super senior pass for free



Coffee Break for Bereavement Drop-in Support Groups

Monday evenings 6:30pm
& Thursday mornings 9:00am

Email info@abbotsfordhospice.org
or call 604-852-2456

Kind Morning Words to Start the Day Right

Ordinary & Happy

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- Today, I'll show up for myself.
- I'm capable of great things.
- I'll stay calm and keep things in perspective.
- I'll take on today's challenges with confidence.
- I'll focus on the things that lift me up.
- Today is full of possibilities.
- Today's a new chance to make things happen.
- This is my day, and I'm going to make it count.
- I'll focus on the present and enjoy each moment.
- I'm excited for what today has in store.
- I'll focus on my progress, not perfection.
- I'm going to turn challenges into opportunities.
- Today, I choose to be fearless.
- I deserve all the good things coming my way.
- Let's get moving and make today count!
- I'll bring my best self to everything I do.
- I'm going to make time for loved ones.
- I can figure out anything that comes my way.
- I'll make today better than yesterday.
- I'm ready for whatever today has in store for me.
- I trust myself to make the right choices.
- I'll find joy in the little things.
- Today's a great day to step out of my comfort zone.
- I'm capable of more than I know.



Did you know that if you are a low-income senior you might qualify for the **Telus Good For You Internet Program**? You can check out their website for more information.

Lifestylr.ca—Diabetes Reversal Program. This is a free program to help you take control of Type 2 Diabetes. This Canadian, physician-led program guides you to safe and sustainable changes, allowing you to take control of your health.

BounceBack® is a free skill-building program designed to help adults manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. You can contact them at 1-866-639-0522 or bouncebackbc.ca