

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"



NEWSLETTER MARCH 2025

LOCAL EVENTS

Mar 7-9: BC Sportsmen's Show at Tradex

Mar 9: Daylight Saving Time starts - turn your clocks ahead 1 hour

Mar 14-28: Abbotsford Arts Centre is presenting Footloose - based on the 80's musical

Mar 17: St. Patrick's Day



Mar 20: 1st Day of Spring

Mar 19 - 24: BC Senior Curling Championships at the Abbotsford Curling Club

Mar 20- 22: UFV Theatre presents Macbeth at the Abbotsford UFV Performance Studio



Spring is arriving this month and I am so happy about that. Spring is my favorite season!

We have booked a **training session** for **March 11th** from 11 am until 3 pm. If you have anyone that is interested please contact the office by Wednesday March 5th. Thank you.

We have a few changes at Peer Support. **Rachel** has begun her role as the Coordinator of Volunteers and she is settling in wonderfully. The Board of Directors has changed as well. **Pat and Louise** have stepped down and **Karen** has joined the board. Thanks to all our current and new board members. **You are all so appreciated!**

We now have space booked at ARC for the upcoming **Workshops on April 9 and May 14** and we will let you know the subjects and speakers soon.

PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Karen Hardy

MEMBERS AT

LARGE:

Margarite Bysouth

Brenda Townsend

MARK YOUR CALENDAR

Mar 11: Board Meeting for Board Members and Staff only. 9:30 am at ARC.

Apr 9 and May 14: Workshops at ARC – details to come.

June 18: Summer Picnic at Mill Lake Park

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

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

Mar 4: Cruising Alaska with Cunard

Mar 6: Chronic Pain - The Mind, Body Connection

Mar 11: Fall Prevention

Mar 13: Hiking for Older Adults



March BIRTHDAYS

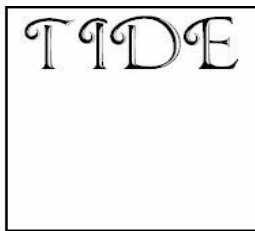
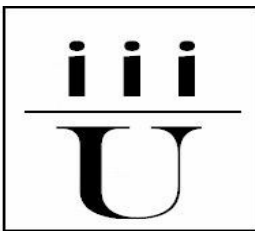
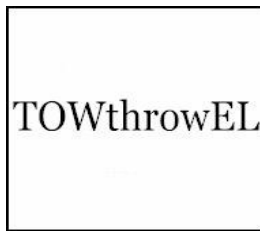
**Mar 1: Ralph H.
Mar 21: Brenda S.**



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

Bamboozable

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well known saying, person, place, or thing that each bamboozable is meant to represent.



IMPORTANT NUMBERS TO KNOW

2-1-1 connects individuals to non-emergency community programs and social services in their areas.

9-1-1 responds to life- or property-threatening emergencies.

3-1-1 connects you to non-emergency municipal services, programs and information. Note: this is not available in all communities.

8-1-1 connects you to healthcare workers who can provide health advice and information.

WHAT IS BC211?

211 is a free and confidential service that connects people to helpful and vital resources in their community.

They provide information and referral to a broad range of community, government, and social services that assist with:

- basic needs like food and shelter
- mental health and addictions support
- legal and financial assistance
- support for seniors, newcomers

And much more.

Upcoming Bus Tours through the City of Abby. Register early as spots fill up quickly.

- Mar 6: Boeing Factory Tour
- Apr 2: Boom! Britannia Mines
- Apr 10: Granville Island
- Apr 25: Harrison Tulip Festival
- Apr 29: Secret Cove Sunshine Coast
- May 6: Westminster Abbey
- May 16: Hastings Horse Racing
- May 24: Salt Spring Saturday Market
- May 26: CFB Esquimalt Naval Tour
- Jun 5: Waterfall Tour
- Jun 8: Cirque de Soleil Crystal
- Jun 16: Academy Farms
- Jun 26: Chuckanut Bay Crab Cruise (USA)



Answers:

1. Throw in the towel
2. Eyes on you
3. High tide
4. Hands on experience
5. Mini-golf
6. Cutting corners

QUICK FRUIT COMPOTE

Ingredients:

- 1/2 cup pitted prunes
- 1/4 cup dried apricots
- 1/4 cup pitted dates or dried apples
- 2 tbsp raisins or dried cranberries
- 2 cups boiling water (or hot black tea for a variation)
- 1 tsp lemon juice

Instructions:

1. Put dried fruits in a 1 litre canning jar or medium-size bowl.
2. Pour boiling water (or tea) over fruit.
3. Add lemon juice
4. Cool on counter.
5. Cover and refrigerate at least overnight before using.
6. Keep refrigerated.

