

ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD
ABBOTSFORD, BC V2S 7S5
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MAY 2023

MAY EVENTS IN ABBOTSFORD

Abbotsford Farmers Market starts May 6th. It is held every Saturday at 9 am at Jubilee Park (2552 McCallum Rd) and runs until October 28th.

Every Wednesday from May 10 until June 26 the Matsqui Recreation Centre is holding programs to help get you more active. Choose to Move is from 1:30 pm to 2:30 pm and Activage is from 2:45 pm to 3:45 pm. Register at 604-855-0500

May 21st—The Mango Market is on from 10 am to 4 pm at the Gateway Community Church (2884 Gladys Ave). It is a small outdoor market featuring 50+ artisans, food trucks and more.



VOLUNTEERS NEEDED FOR SENIORS WEEK

APSS is going to have a table on Saturday June 10th and we need our volunteers to help us hand out brochures. We need quite a few people to commit for an hour or so if possible. It will be a great way to promote Peer Support! Please contact Brenda at 604-850-0011 if you can help. Thank you!!



We would like to welcome all of our new volunteers!

We are so happy to have all of you joining Abbotsford Peer Support and we are looking forward to meeting everyone.



Happy Birthday

May 23—Marlene M
May 27—Terry C

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm
604-853-4221

- May 4—Homelessness Strategy
- May 11—Untold Stories of a Paramedic
- May 18—Age Well
- May 25—Seniors First BC—Government Benefits for Older Adults



PRESIDENT:
Joanne Schweitzer
VICE PRESIDENT:
Judy Huzzey
TREASURER:
Bonnie Millin
SECRETARY:
Louise Platz
MEMBERSAT LARGE:
Pat Stare
Margarite Bysouth

MARK YOUR CALENDAR

May 9:
9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant. We have Archway coming to speak about Extreme Heat Preparedness. **Please remember to sign up by noon on Tuesday, May 2nd. 604-300-1457 or admin.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.

ABBOTSFORD HOSPICE SOCIETY

Abbotsford Hospice Society has a number of programs and services available for seniors:

- Understanding Your Grief Journey Support Group
- Widows Grief Support Group
- Wills & Estate Planning Speaker Series
- Grief Support Walking Group
- Coffee Break for Bereavement Support
- Coffee Break for Anticipatory Grief Support

Information for all the above programs is available at abbotsfordhospice.org or call

604-852-2456.



Tech Savvy Seniors

Healthy Aging Abbotsford

The global pandemic has increased the need for basic tech skills and older adults may feel they have been left behind, but technology can make life easier. That's why it's a good idea to learn how to use computers or tablets. By learning to harness the power of technology and apps like Zoom, Facetime, and Skype, they'll be able to stay connected with just the click of a few buttons.

Occasional, in-home, tech support and instruction can be arranged by making an appointment with our Digital Literacy Coach by leaving a message at 604-245-8410

Tech Savvy Seniors is a free program launched in 2021 to help older adults increase their digital literacy skills. We offer training and support to individuals 55+ who need to learn how to use their smartphones tablets or computers. We also help seniors to learn how to do banking, book medical tests and shop online.

Technology has made the world increasingly connected, making it easier than ever to stay in touch with loved ones and find information on everything from health to consumer advice.

Tech support is available on a drop-in basis every **Monday** from 10 am to 11:30 am at the Matsqui Recreation Centre and every **Wednesday** from 1 pm to 3 pm at 35309 Knox Crescent, Abbotsford.

You can contact Healthy Aging at 604-854-1733 or email them at info@abbotsfordhealthyaging.ca

MAPLE GLAZED SALMON

1/4 cup pure maple syrup

3 tbsp soy sauce

1 tbsp Dijon mustard

2 garlic cloves, minced

4 salmon fillets

Preheat oven to 375 F. Line a rimmed baking sheet with parchment paper.

In a small bowl, whisk together the maple syrup, soy sauce, mustard and garlic.

Place the salmon on the baking sheet. Pour on about half of the maple glaze, reserving the rest for later. Bake salmon for 10 minutes. Add the rest of the glaze and cook for approximately 5 to 10 more minutes (until salmon is opaque throughout).

Makes 4 servings.





INTERGENERATIONAL

LEARNING PROGRAM

FOR YOUTH AGE 16 - 24

JOIN US FOR ACTIVITIES AND SHARE YOUR SKILLS, INTERESTS, AND EXPERIENCE WITH OLDER ADULTS

Mondays from 3pm - 5pm

Free program with snacks and refreshments provided

To join the program, please contact us:
 Phone: 604-870-3763
 Email: jacey.giesbrecht@archway.ca

LOCATION:
 Archway Community Services
 2420 Montrose Avenue
 Abbotsford

Funded by the Government of Canada's New Horizons for Seniors Program



The Intergenerational Learning program is inviting youth 16 - 24 and seniors 65+ for an afternoon of activities & shared fun across generations! Event will take place Monday July 18th, 3pm - 5pm. Snacks will be provided.