

ABBOTSFORD PEER SUPPORT FOR SENIORS

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PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER NOVEMBER 2023

NOVEMBER EVENTS AROUND ABBOTSFORD

Nov 10 - 18: A Tale of Two Cities is at The Abbotsford Arts Centre

Nov 11: Remembrance Day Ceremony 10:30-11:30 am at Thunderbird Memorial Square. The public is invited to the Abbotsford Legion Branch 15 for light refreshments after the ceremony.

Nov 12: Mozart and Mendelssohn is at the Matsqui Centennial Auditorium

Nov 17-19: The West Coast Christmas Show is at the Tradex

Nov 26: The Abbotsford Arts Centre is presenting The Nutcracker

Nov 30 - Dec 3: Krafted Christmas is at the Ag-Rec Centre

CHRISTMAS SOCIAL

WEDNESDAY DECEMBER 13, 2023

11:30 AM—1:30 PM

NEW LIFE CHURCH, DELAIR ROAD

The APSS Board would like to invite our volunteers and their clients (including Good Morning clients) to join together for a fun-filled celebration. We value the important work you all do for the citizens of Abbotsford. This year we as a board have decided to make this an appetizer and dessert luncheon. With the cost of catered dinners and rising grocery costs we thought it would be wisest to be careful with our budget this year. We look forward to a special time together with games, carols, and good food. More information will be sent out by email at the end of November.

Joanne Schweitzer

President of APSS Board



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

MARK YOUR CALENDAR

November 14:
9:30 am: Breakfast and Board Meeting at Crossroads Restaurant. There will be no speaker this month. We will instead be having an open discussion to get to know each other. We look forward to any input you have about APSS.

Please remember to sign up by noon on Wed Nov 8th @ 604-850-0011 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.



Thank You Volunteers



UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Nov 2: Older & Wiser: How to Maintain Peak Mental Ability for as long as you Live

Nov 9: Grief

Nov 16: Abby Peer Support & Continuing Education at UFV

Nov 23: Sites of Memory as Footholds into the Future

Nov 30: The Legend of King Arthur

People were created to be loved.
Things were created to be used.
The reason the world is in chaos, is because things are being loved, and people are being used.



Nov 2: Karen H.
Nov 5: Margarite B.
Nov 13: Pat S.

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

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include tai chi, a “moving meditation” that involves shifting the body slowly, gently and precisely while breathing deeply.

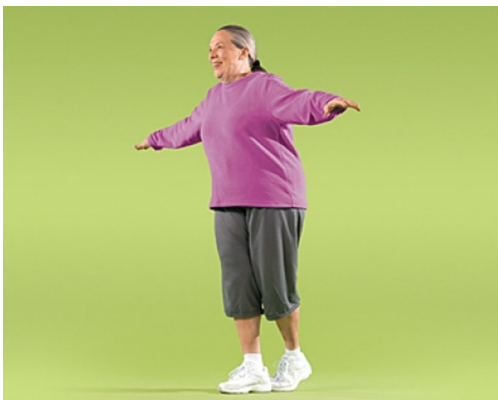
TRY STANDING ON ONE FOOT, THEN THE OTHER.

If at first you need support, hold on to something sturdy. Work your way up to balancing without support. Try getting up from a chair without using your hands or arms.



TRY THE HEEL-TO-TOE WALK .

As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.



Clearbrook Library

LOCAL author fest

Saturday, **November 4, 2023**
2 - 4 pm

Celebrate **Indie Author Day!** Meet and greet a variety of local authors and learn about their work. This is a great opportunity to socialize with readers and writers alike and pick up some new books!

Stop by and say hi!

Refreshments and activities throughout the day!

Clearbrook Library
3330 George Ferguson Way, Abbotsford BC V3C 9P6
Book, Learn, Play | www.cbl.ca

FVRL
FERRIS VALLEY REGIONAL LIBRARY

Did you know...

-A group of bunnies is called a “Fluffle”



-The 100 folds in a chef’s hat represent 100 ways to cook an egg.

-The unicorn is the national animal of Scotland.

-The voices of Mickey and Minnie Mouse got married in real life.

-You can hear a blue whale’s heartbeat from more than 2 miles away.

SWEET POTATO PIE

INGREDIENTS

- 1 2/3 cup milk
- 1 1/2 cups sugar
- 1 cup cooked and mashed sweet potato
- 3 eggs
- 1 tsp grated fresh orange zest
- 1/2 tsp salt
- 1/8 tsp ground ginger



INSTRUCTIONS

Preheat oven to 350 degrees.

Combine all ingredients in a bowl. Pour into a 9 inch piecrust.

Bake for 50 minutes, or until a tester inserted into the center comes out clean. Filling should be slightly puffy. If crust gets too dark before the pie is done, loosely cover it with aluminum foil.

Allow pie to cool for at least an hour before serving. Top with whipped cream, if desired.

TIPS:

When you cook the sweet potatoes, consider baking them instead of boiling as it will bring out a deep caramelized flavor.

Prebake the piecrust in its pan for a bit. Prick the bottom with a fork. Line the crust with parchment paper and bake until slightly golden, about 15 minutes. Let cool completely.

Don’t be tempted to skip the orange zest which balances out the sugar factor so your pie will have that perfect balance of sweetness.