

# ABBOTSFORD PEER SUPPORT FOR SENIORS

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

## NEWSLETTER JULY 2023



### JULY EVENTS AROUND

#### ABBOTSFORD

- July 8 - 12 pm to 8 pm - Berry Fest Downtown Abbotsford
- July 9 - 2pm to 3 pm - Summer Serenade with Calvin Dyck and friends at the Mennonite Heritage Museum. Join them for a musical travel adventure.
- July 22 - 10 am to 3 pm - Shop at 50+ local vendors at the Mango Market at the Gateway Community Church
- July 22 - 1:00 pm to 2:30 pm - Bee Friendly Demonstration Garden. Campbell's Gold Honey Farm at 2595 Lefevre Rd is hosting a free tour on how their gardens keep bees healthy.

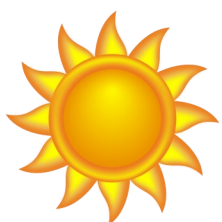


### **CELEBRATE CANADA DAY IN ABBOTSFORD!**

July 1 - 10 am to 2:45 pm

The community celebration begins with a parade along South Fraser Way, a festival at Abbotsford Exhibition Park with family friendly activities, entertainment, multi-cultural themed food trucks, marketplace and ends with a light show finale!

**Just a reminder to stay hydrated during our hot weather days.** Some great options are Pedialyte, Green Tea, Electrolyte Infused Water, Smoothies, Milk and Juice. Some signs of dehydration are: Dry Mouth, Pale Skin, Tiredness, Dizziness, Sunken Eyes, Decreased Urination, and Muscle Cramps.



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

### MARK YOUR CALENDAR

There are no events scheduled for July and August. We will be having our volunteer and client picnic September 12th and we will provide more information for that in August.

Have a great summer!

### Healthy Aging Abbotsford July Schedule

#### Social Café and Crafts & Chat Schedule

#### Matsqui Recreation Centre

<u>Monday</u>	<u>Thursday</u>
July 10 - Book Bags Pop-Up Beaded Dragonfly	July 13 - Music w/Lonnie Colouring Sheet Table
July 17 - Air Dry Clay	July 20 - Bingo
July 24 - Watermelon Fan	July 27 - Book Bags Pop-Up
July 31 - Diamond Painting	Pictionary



July 23— Louise P.



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



*Healthy Aging*  
ABBOTSFORD

## Life BOX

Lifebox is a toolbox that can be used for you and your loved ones in case of an emergency or death.

This program allows individuals to keep all essential documents in one safe place, simplifying the process of organizing relevant documents and bringing peace of mind through a stressful time.

We have a solution that can help ease this stress for those that care for us. We can have all our essential documents in one place, with clearly written directions on how to ensure that our needs are met during a time of illness or death. Thanks to the Hamber Foundation for donating funds to make the Life Box possible for all seniors.

Contact Healthy Aging at 604-854-1733 for more information.

Have you every tried taking the West Coast Express train into Vancouver? The train is a great alternative to driving into the city. It runs weekdays from 5:25 am to 7:25 am leaving from Mission station and returns nightly from 3:50 pm to 6:20 pm from Waterfront Station in Vancouver. There is parking available at the train station in Mission.

### **Male or Female....**

**You might not have known this, but a lot of non-living objects are actually either male or female.**

**Here are some examples:**

#### TIRES:

Tires are male, because they go bald easily and are often over inflated

#### SPONGES:

These are female, because they are soft, squeezable and retain water.

#### TRAINS:

Definitely male, because they always use the same old lines for picking up people.

#### WEB PAGES:

Female, because they're constantly being looked at and frequently getting hit on.

---Thanks George Ho



### Savory Crescent Chicken Squares

- **1** package (3 oz) cream cheese, softened
- **1** tablespoon butter, softened
- **2** cups cubed cooked chicken
- **1** tablespoon chopped fresh chives or onion
- **1/4** teaspoon salt
- **1/8** teaspoon pepper
- **2** tablespoons milk
- **1** tablespoon chopped pimientos, if desired
- **1** can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count) or 1 can (8 oz) refrigerated Pillsbury™ Original Crescent Dough Sheet
- **1** tablespoon butter, melted
- **3/4** cup seasoned bread crumbs

Heat oven to 350°F. In medium bowl, mix cream cheese and 1 tablespoon softened butter; beat until smooth. Add chicken, chives, salt, pepper, milk and pimientos; mix well.

Separate or cut dough into 4 rectangles. If using crescent dough, firmly press perforations to seal. Spoon 1/2 cup chicken mixture onto center of each rectangle. Pull 4 corners of dough to center of chicken mixture; twist firmly. Pinch edges to seal. Place on ungreased cookie sheet. Brush tops of sandwiches with 1 tablespoon melted butter; sprinkle with bread crumbs.

Bake 25 to 30 minutes or until golden brown.

