

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 JANUARY 2024

JANUARY EVENTS AROUND ABBOTSFORD

Jan 1—5: Winterfest - Abby Rec
Centre and Matsqui Rec Centre

Jan 25—27: Pacific Agriculture Show
at the Tradex

Jan 25: The Harlem Globetrotters are
at the Abbotsford Centre

Jan 31: National Hot Chocolate Day

**Happy New Year to all our
Volunteers and Clients. We are
looking forward to another
fun-filled year.**



Open Space— A new cultural and social hub for
downtown Abbotsford. The Abbotsford Downtown
Business Association is hoping to attract more
people to downtown Abby with a place to enjoy the
arts and business under one roof. They are located in
the old Hemingway's Books at 33765 Essendene Ave.



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

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**MARK YOUR
CALENDAR**

January 9, 2024:
9:30 am: Breakfast,
Workshop, and Board
Meeting at Crossroads
Restaurant. The Cosco
subject this month will
be Emergency
Preparedness.

**Please remember to
sign up by noon on
Wed Jan 3rd @ 604-
850-0011 or ad-
min.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.**

988

Suicide Crisis Helpline

Canada now has a free nationwide crisis
hotline for anyone struggling with mental
health challenges. It is open 24 hours a day/7
days a week. It will offer trauma-informed
and culturally appropriate services by trained
crisis responders by phone or text.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Jan 11: Coast Guard on Sea Island at YVR

Jan 25: World's Biggest Collection of Eagles

Healthy Aging Abbotsford January Schedule

Social Café and Crafts & Chat Schedule

Matsqui Recreation Centre

604-854-1733

Mondays

10—11:30: Crafts and Chat

Wednesdays:

10 am—12 pm: Tech Savvy Seniors

Thursdays:

10 am—12 pm: Seniors Social Café

Healthy Aging has many other programs as
well. Contact them to find out more infor-
mation.

There is a new program starting at Abby Rec
Centre called **Seniors Coffee Social**. It will be
Wednesdays from 10:15 am - 12:00 pm starting
January 24th. It will be a social gathering with a
guest speaker who will lead a discussion on
current events, history and other topics. Have a
great time socializing with others and learning
something new. Coffee and tea will be provided.



Jan 4: Eva D.
Jan 15: George H.

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