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

<u>988</u>

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.

Healthy Aging Abbotsford January Schedule

Social Café and Crafts & Chat Schedule

Matsqui Recreation Centre

604-854-1733

<u>Mondays</u>

10—11:30: Crafts and Chat

Wednesdays:

10 am—12 pm: Tech Savvy Seniors

<u>Thursdays:</u>

10 am-12 pm: Seniors Social Café

Healthy Aging has many other programs as well. Contact them to find out more information.

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.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

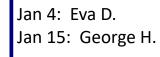
604-853-4221

Jan 11: Coast Guard on Sea Island at YVR

Jan 25: World's Biggest Collection of Eagles

There is a new program starting at Abby Rec Centre called <u>Seniors Coffee Social</u>. 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.







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

MARK YOUR <u>CALENDAR</u>

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 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.