

# ABBOTSFORD PEER SUPPORT FOR SENIORS

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

## NEWSLETTER FEBRUARY 2024

### EVENTS AROUND ABBOTSFORD

Feb 2 - 4: Fraser Valley Home & Backyard Living Expo at the Tradex

Feb 14: Valentine's Day

Feb 18: The Clarke Theatre in Mission presents The Legends Show

Feb 22 - 25: RV Show & Sale at the Tradex



### Healthy Aging Abbotsford Schedule

### Social Café and Crafts & Chat Schedule

### Matsqui Recreation Centre

604-854-1733

#### Mondays

10—11:30: Crafts and Chat

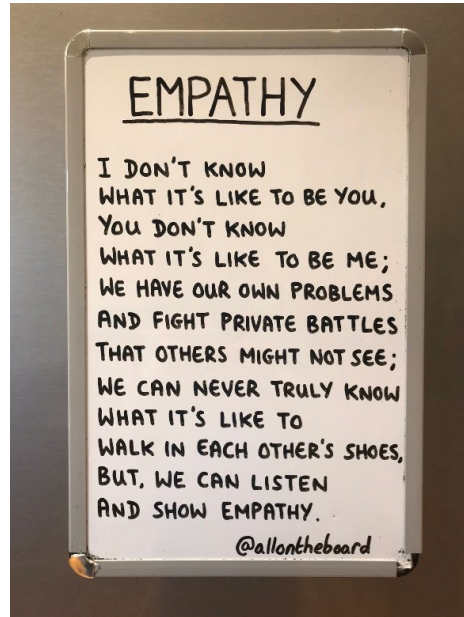
#### Wednesdays:

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 information.



### Canadian Dental Care Plan Details Released

The Government of Canada has unveiled some details of the long-awaited Canadian Dental Care Plan, which will help make oral health care more affordable for uninsured. The program will be rolled out in a phased approach over the coming months, starting with seniors aged 87 and above. Letters with application information are being mailed out to potentially eligible seniors. More information, including eligibility criteria, is available online at [canada.ca](http://canada.ca) then search for dental benefits.

### UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

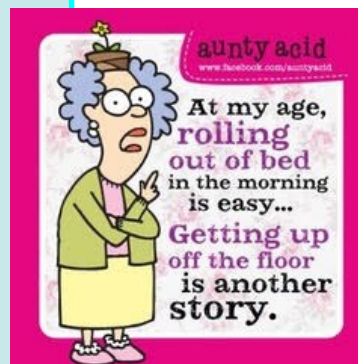
Feb 1: Travels in Greece w/ Brian Antonson

Feb 8: Community Programs and Resources for Older Adults

Feb 15: Learning with the Brain in Mind & Sleeping and Dreaming

Feb 22: Advance Planning—Wills, Powers of Attorney, Representation Agreements, and Joint Ownership

Feb 29: Travels in Scotland and Wales w/ Brian Antonson



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### MARK YOUR CALENDAR

**February 13, 2024:**  
9:30 am: Breakfast and AGM at Crossroads Restaurant.

**Please remember to sign up by noon on Wed Feb 7th @ 604-850-0011 or [admin.seniors@telus.net](mailto:admin.seniors@telus.net)**

**et 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.*

### What is 211?

211 is a free and confidential service that connects people to helpful and vital resources in their community. We provide information and referral to a broad range of community, government, and social services that assist with:

- ☑ basic needs like food and shelter,
- ☑ mental health and addictions support,
- ☑ legal and financial assistance,
- ☑ support for seniors, and much more.

Older Adults can get information about: Advocacy and Helplines Day Programs Dementia Elder Abuse Financial Assistance Health Conditions Home Support Housing Meals Social and Recreation Transportation Help Starts Here! Dial or text 2-1-1 to find help for all of life’s challenges. 211 is free, confidential and available in over 240 languages and dialects, 24/7. Dial or text 2-1-1 anytime, or search the online directory at BC211.ca.

Abbotsford Recreation Centre 604-853-4221

Seniors Coffee Social: Wednesdays 10:15—12:00 pm in the Senior Centre. Social gathering with a guest speaker and refreshments.

Minds in Motion (#88207) A fitness and social program for people living with any form of early-stage dementia. The program runs January through March and you can start anytime.

Winter Bus Tour (#89011) Feb 15 there is a bus tour to the Northwest Flower and Garden Show in Seattle.

The Matsqui Seniors’ Centre (604-756-0348) in The Matsqui Rec Centre offers several activities throughout the week:

Mondays at 12:30: Bridge / Tuesdays at 12:45: Bingo

Wednesdays at 12:45: Whist / Fridays at 12:45: Cribbage

PICKLES

BY BRIAN CRANE



### MEXICAN UNSTUFFED PEPPER CASSEROLE

- 1 lb lean ground beef
- 1 each green and red pepper, coarsely chopped
- 1 onion, coarsely chopped
- 2 cups cooked long-grain white or brown rice
- 2 cups salsa
- 1 cup shredded Mexican style cheese

Heat oven to 350 F

Brown meat with peppers and onions in large skillet; drain. Stir in rice, salsa and 1/2 cup cheese.

Spoon into 2 L casserole dish sprayed with cooking spray; top with remaining cheese.

Bake 25 minutes or until heated through.

**COSCO IS DOING A FREE ONLINE SAFETY SERIES!!**

**SIX WORKSHOPS, SIX WEEKS**

**WEDNESDAYS STARTING AT 10 A.M.**

- Session 1: Feb 7—Falls Prevention
- Session 2: Feb 14—Safety in the Home
- Session 3: Feb 21—Pedestrian Safety
- Session 4: Feb 28—Life Without Driving
- Session 5: Mar 6—Emergency Preparedness
- Session 6: Mar 13—Frauds and Scams

All sessions are on ZOOM and you can sign up at [SeniorsHelpingSeniors.ca](http://SeniorsHelpingSeniors.ca) and click on the Free Safety Workshop Series.