

ABBOTSFORD PEER SUPPORT FOR SENIORS

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ABBOTSFORD, BC V2S 7S5
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MARCH 2024

EVENTS AROUND ABBOTSFORD

- Mar 1-3: The BC Sportsmen's Show is on at The Tradex
- Mar 10: Change Clocks-Spring Ahead 1 Hour
- March 15-24: The Abbotsford Arts Centre is presenting The Sound of Music
- Mar 16: St. Patrick's Day at 6 pm at Bradner Hall hosted by abbotsfordsumasrotary.org
- Mar 31: Easter Sunday



We have a new Volunteer Training session starting in April. Orientation will be April 4th and Training will be April 16th and 18th. Please contact Karen at 604-850-0011 if you know of anyone interested in becoming a volunteer.

We are also still in need of "Success Stories" for our 2024 BC Gaming Grant. Any stories you may have will be very much appreciated. You can email or drop off at the office. All volunteer and client names will remain anonymous. Thank you!

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm
604-853-4221

- Mar 7: (ID# 88857) Life happens. Be ready with Advance Care Planning (Fraser Health)
- Mar 14: (ID# 88858) Storyteller GMAN: Truly a golden oldie—Gordon Sutherland

The Annual General Meeting was held February 13th and we



have a new board member to welcome. Brenda Townsend is now a Member at Large. We are very happy to have her join Peer Support as a Board Member.

Recognition Certificates were presented to 5 of our volunteers as well at the AGM.

Sandi K. 15 Years

Pat S. 15 Years

Carolyn W. 15 Years

Karen H. 5 Years

Joanne S. 5 Years

Thank you so much for all you do!!

The speaker for our March 12th Breakfast and Workshop will be Patti from MCC and the Community Response Network. It will be focused on Prevention and Awareness of Adult Abuse and Self Neglect.



- Mar 1: Ralph H.
Mar 21: Brenda S.
Mar 29: Bob S.



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

MARK YOUR CALENDAR

March 12, 2024:
9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant.
Please remember to sign up by noon on Wed Mar 6th @ 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.

Texting Codes For Seniors

HOG - Hot Old Guy

ABFF - At Best Friends Funeral

BMW - Bring My Walker

ATD - At the Doctor's

DBI - Disaster Because Incontinent

FWIWG - Forgot Where I Was Going

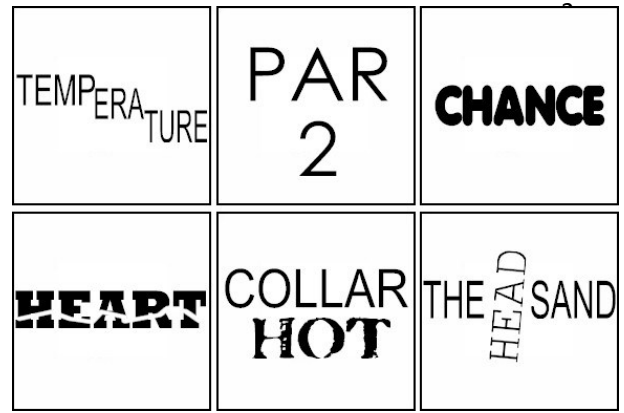
GGBCI - Gotta Go, Bladder Control Issues

HGBM - Had Great Bowel Movement

TOT - Texting on Toilet

Bamboozable

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well know saying, person, place, or thing that each bamboozable is meant to represent.



Income Tax Time is here!

The Clearbrook Golden Age Society will prepare income tax returns for no charge for low income seniors. They serve individuals with an annual income up to \$35,000 and couples up to \$45,000. They are located in the basement of The Garden Park Tower. You can book an appointment at 604-744-0109.

Healthy Aging Abbotsford also has an Income Tax Service. You can contact them for more information at 604-854-1733.

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. \$4.50 drop-in or \$2.00 Seniors Activity Pass holders. The Social Café will only have one day available in March and then start up again April 10th.

The speaker for March 13 will be Mayor Ross Siemens.

The speaker for April 10 will be Brian Antonson



Bamboozable Answers

1. Falling Temperature
2. Two Under Par
3. Fat Chance
4. Broken Heart
5. Hot Under the Collar
6. Head in the Sand

2024 Winter Bus Tours

Direct2rec.com

Mar 14: Tourist in Your Own Town (#89012). Tour includes a narrated cruise of False Creek, stroll through the Bloedel Conservatory, lunch and tour of Hycroft Manor and coach tour of Gastown and Chinatown.

Mar 25: Fraser River Discovery Tour (#89013). Discover the Mighty Fraser and see the working river at its finest. Visit the Discovery Center first then take a 2.5 hour voyage on a Paddle Wheeler up to the Douglas Island Wildlife Preserve and the mouth of the Pitt River.

The Abbotsford Seniors' Centre in The Abby Rec Centre offers several activities throughout the week. Seniors Activity Pass required or drop-in fees apply.

Art in the ARC: Mondays 10am-12pm MP8

Fridays 10 am-12 pm MP3

Bridge: Wednesdays 12:45pm-3:45pm MP2/3

Fridays 12:45pm-3:45 pm MP2/3

Sundays 12:45pm-3:45 pm Seniors Activity Centre

Happy Gang Singing: Tuesdays 1pm-3pm MP2/3

Euchre: Mondays 5pm-7pm Seniors Activity Centre

BC has a new BC Seniors Advocate - Dan Levitt.

Dan will be replacing Isobel Mackenzie as BC's new Senior Advocate. Levitt will head the Office of the Seniors Advocate, an independent office of the B.C. provincial government, which acts in the interest of seniors and their caregivers. The office monitors and analyzes seniors' services and makes recommendations to government and service providers to address systemic issues in five areas: health care; housing; income support; community support; and transportation.

To read about the seniors advocate office, visit: <https://www.seniorsadvocatebc.ca/>

To learn more about the B.C. Seniors' Guide, visit: <https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-12th-edition.pdf>