

# ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD  
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PHONE: 604-850-0011 CELL: 604-300-1457  
"WE ARE HERE TO PROVIDE SUPPORT"

## NEWSLETTER MAY 2024

### EVENTS AROUND ABBOTSFORD

Apr 6 - May 13: Abbotsford Tulip Festival -  
Lakeland Flowers at 3663 Marion Road

May 11: Mt. Lehman Garden Club has their  
annual plant sale at Mt Lehman Hall - 6418 Mt  
Lehman Rd

May 12: Mother's Day Waffles and Live Music at  
Cannon Estate Winery -  
30523 Burgess Ave

May 25: Bradner May Day  
at Bradner Elementary  
School - 5291 Bradner Rd



### UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

May 2: Mike Sikora-Housing & Homelessness

May 9: Brian Antonson-Travels to Disneyland

May 16: Ralph Hardy-Hearing Health in Older  
Adults

May 23: Kelly Pater-Emergency Preparedness

May 30: Lisa Huppee-Parkinson's Disease

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

The Peer Support trainers held a training session in April and we have a new group of volunteers.

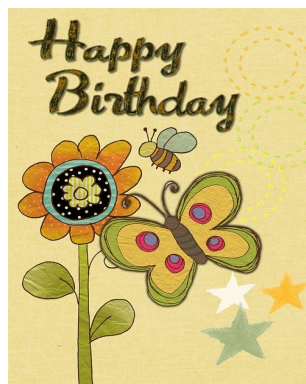
We want to welcome all of you!

Our speaker for our May 14th workshop will be Sue from COSCO and our subject is Care for the Caregiver.

In April we had a representative from Service Canada speak at our Volunteer Workshop and she told us about the Benefits Finder section on the Federal Governments website.

If you go to Canada.ca and search out Benefits Finder you can get more information on any Benefits you may be eligible for through the Federal Government.

Please visit our website at [ab-  
botsfordpeersupportforseniors.ca](http://abbotsfordpeersupportforseniors.ca) and ask others to visit as well to help promote APSS.



May 6: Kevin K.  
May 17: Ed E.  
May 23: Marlene M.  
May 27: Terry C.



**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**

**May 14, 2024:**

9:30 am: Breakfast,  
Workshop and Board  
Meeting at Crossroads  
Restaurant.

**Please remember to  
sign up by noon on  
Wed May 8th @ 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.**



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

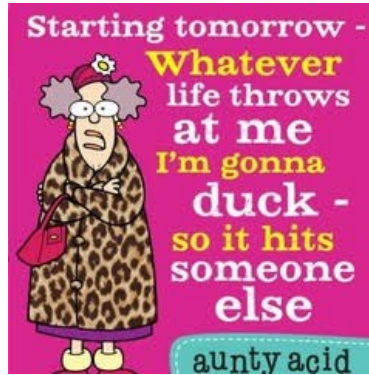
### 3 Lesser-Known Wonders of Walking

Most of us know that walking improves heart health, boosts immunity and can help with weight loss. But, did you know there are additional reasons to embrace walking? Here are 3 lesser-known benefits to inspire your next stroll.

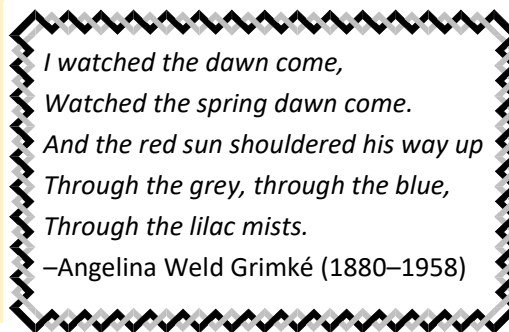
1. It helps promote muscle recovery. As a low-strain activity, one benefit of walking is the release of muscle tension, muscle stabilization and increased blood flow, which can reduce the chance of soreness after an intense workout.
2. It keeps you regular. The colon responds to physical activity, which is why it's important to keep your body moving throughout the day. Walking will help with moving along your digestive system.
3. It relieves knee and hip joint pain. Walking can help strengthen leg muscles around your joints, therefore protecting them and easing joint pain.

### 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 known saying, person, place, or thing that each bamboozable is meant to represent.



The best way to antique your furniture is to have several grandchildren around.



DEAD BODY MY	<b>NO NO RIGHT</b>	Ci ii
<b>1111</b>	BBBBBB	BRAIN KIDNEY HOME HEART

ARC has 2 Specialized Fitness Programs for Chronic Conditions & Chronic Pain. These workshops will help you learn better ways to manage your health, set goals and problem solve, communicate effectively with your health care team and take action and live a healthy life.

### Chronic Conditions

May 7—June 11

Tuesday, 10 am—12:30 pm

6/sessions #93603 Free

### Chronic Pain

May 9—June 13

Thursday, 10 am—12:30 pm

6/sessions #93604 Free

Register at [direct2rec.com](http://direct2rec.com)

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.

May 1: Ralph Hardy—Senior Health & Wellness Institute

May 8: Abbotsford Police Department—Seniors Safety & Fraud Awareness

May 15: Brian Antonson—Broadcast Journalist/Author

May 29: Glen Cask—Broadcaster/Reporter

### Free 55+ Programs at ARC

Artful Enrichment: "Forget Me Not" Flowers Paint Class – Tuesday, May 14<sup>th</sup> 11am-12pm, Seniors Activity Lounge, Course ID #99370

55+ Pride Senior's Social – 6-8pm in Seniors Activity Centre @ARC. Wednesday, May 29<sup>th</sup> and Wednesday June 26<sup>th</sup>. No registration required.

### Bamboozable Answers

1. Over my Dead Body
2. Right Under the Nose
3. See Eye to Eye
4. Looking Out for Number One
5. Be-Line
6. Home is Where the Heart Is

### EASY HONEY GARLIC CHICKEN

Fry 3 or 4 pieces of chicken in a bit of oil in a frying pan.

After it is cooked through add a few crushed garlic cloves and about 1/4 cup honey to the pan and cook until sauce is warm. Add cut up green onions and pour over rice or noodles. You can adjust all the ingredients to suit your taste.