

# ABBOTSFORD PEER SUPPORT FOR SENIORS

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

## NEWSLETTER JULY 2024

### EVENTS AROUND ABBOTSFORD

Jul 1: Happy Canada Day!

Jul 6: Berry Fest from 12 to 8 pm at 33660 S. Fraser Way

-Every Saturday from June until late October you can visit the Abby Farm and Country Market at Jubilee Park. They are open from 9 am until noon.



**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

There will be no breakfast or board meeting this month.

The Annual Picnic for current volunteers and their clients will be Wednesday September 4th from 11:30 am until 1 pm at Mill Lake Park. More details will be provided in the August newsletter.



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

Fridays 10 am-12 pm

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

### Matsqui Recreation Centre

#### Summer Schedule

##### Mondays

12:30 pm Bridge

##### Tuesdays

1 pm Bingo

##### Wednesdays

1 pm—Whist

##### Fridays

1 pm Cribbage



Jul 15: Nancy C.  
Jul 23: Louise P.



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

## ABBOTSFORD CANADA DAY CELEBRATION

### PARADE

#### 11:00 AM Parade Start

The Canada Day Parade starts at 11:00 AM on July 1, 2024 and proceeds down South Fraser Way from Bourquin Crescent, down Trethewey Street, and ends at W.J. Mouat Secondary School on Mouat Drive.

### FAMILY FESTIVAL

#### 1:00 PM to 5:00 PM at Abbotsford Exhibition Park

The Canada Day Family Festival starts at 1:00 PM at Rotary Stadium and will include an Activity Zone, Mini Car Show, and Mini Golf. Click the arrow below for more information about the evening.

### FOOD TRUCK FESTIVAL

#### 1:00 PM to 10:00 PM at Abbotsford Exhibition Park

Coordinated by the **Greater Vancouver Food Truck Festival**, make sure to swing by Rotary Stadium for a delicious selection of multi-cultural themed food trucks.

### MAIN STAGE

#### 1:00 PM to 10:00 PM at Abbotsford Exhibition Park

The Canada Day Main Stage, programmed by the **Abbotsford Arts Council**, will showcase performances by local musicians, dancers, and cultural programming. Check out the line up below!

**JD Miner (1:15 PM)**

**Velavox (1:40 PM)**

**Sam Chimes (2:05 PM)**

**Lounge Hounds (2:35 PM)**

**Suburban Swing (2:35 PM)**

**Ben Cottrill (3:20 PM)**

**Learning Star Arts Academy (3:50 PM)**

**Jenny Banai (5:00 PM)**

**DJ Hark**

**Shamir Virgo (6:00 PM)**

**Sade Awele & Serengeti (7:00 PM)**

**Paitra Walker (8:30 PM)**

**538st (9:20 PM)**

### FIREWORKS

#### 10:00 PM Fireworks Start

Don't miss out on an exciting fireworks celebration to end our Canada Day celebrations!

*\* Weather Permitting*



### Hink Pink

A Hink Pink is a rhyming word riddle. The answer to the riddle is a pair of words that rhyme with each other. For example: Large Feline would be Fat Cat.

1. Sour beginning
2. The boy's test
3. Tanned circus entertainer
4. Used honker
5. Stubby, tennis area
6. Ten cent violation
7. Termite haven
8. Submarine food
9. Burly summer footwear



1. Tart Start
2. His Quiz
3. Brown Clown
4. Worn Horn
5. Short Court
6. Dime Crime
7. Pest Nest
8. Sub Grub
9. Strong Thong

### 7 Heart Healthy Foods

Avocado - Brown Rice

Almonds - Quinoa

Sweet Potato - Flax-seed

Dark Chocolate