

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER AUGUST 2024

EVENTS AROUND ABBOTSFORD

Aug 2-4: 115th Abbotsford Agrifair at the Ag-Rec Centre.

Aug 5: Happy BC Day!!

Aug 9-11: Abbotsford Airshow is at the Abby International Airport.

Aug 18: Horsepower for Hospice fundraiser featuring vintage cars, food trucks and entertainment in downtown Abbotsford.

Aug 24: Taco Smackdown at Tradex is open from 12 pm to 8 pm. There will be wrestling, food trucks, a Mariachi band and more.

Aug 30: Abby PD Movie in the Park from 5-9 pm at Mill Lake Park on Emerson St.



Happy BC Day! We are halfway through summer and our Annual Summer Picnic planning is underway. The picnic will be September 4th from 11:30 am until 1 pm at Mill Lake Park in Abbotsford. It will be located at Picnic Shelter #4 on Bevan Road - the same location as last year's picnic. We will be providing sandwiches, veggie/fruit trays, desserts and beverages. The invitations will be emailed mid August to current volunteers. We are looking forward to spending time with everyone that can attend.



Aug 5: Brenda T.
Aug 16: Doug W.
Aug 22: Christa E.
Aug 23: Karen G.
Aug 30: Joanne 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

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.

Helpful Websites

Heretohelp.bc.ca is a website that helps BC residents with Mental Health and Substance Use information.

Route65.ca is an online directory that helps seniors find Living, Wellness and Care options in BC.

Choosetomove.ca is a physical activity support program to help motivate you and connect you with a supportive community.



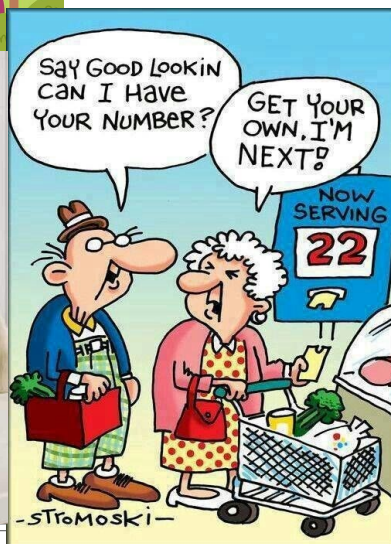
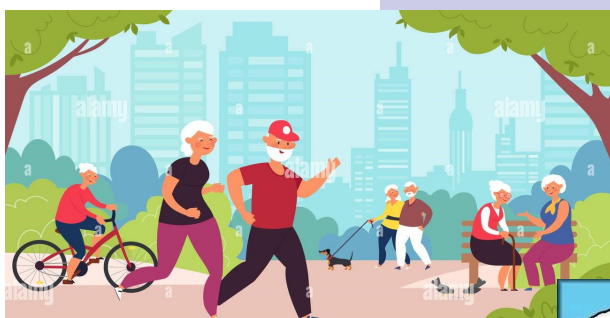
APSS is funded by a Gaming Grant from the BC Government.

Quiz Time!

1. Coffee, tea and...
2. England, Scotland and...
3. Red, white and...
4. Yesterday, today and...
5. Animal, vegetable and...
6. Yours, mine and...
7. Tic, tac,...
8. Every man, woman and...
9. Maxene, Laverne and...
10. Air, land and...

Walking is a great way to get some exercise and fresh air at the same time. It is also great for your mental health. Abbotsford has many beautiful walking trails. The trails below are easy grades that most people can do.

1. Albert Dyck Memorial Park
2. Dyke Trails
3. Delair Park
4. Fishtrap Creek Park
5. Horn Creek Park
6. McKee Park
7. Mill Lake Park
8. Old Riverside Park
9. Bateman Park
10. Willband Creek Park



Did you know that there are numerous classes and events happening at ARC this fall?

They have added a large number of new programs for seniors. You can learn to play the ukelele, paint a picture, learn to play Snooker, go on a bus tour or attend one of the many Learning Plus sessions. There are too many options to list! Some activities are free to attend and some have a cost attached to them. If you are interested in finding out what they are offering go to abbotsford.ca and search for 55+ programs.

Answers

1. Sugar
2. Ireland
3. Blue
4. Tomorrow
5. Mineral
6. Ours
7. Toe
8. Child
9. Shirley
10. Sea



Watermelon Cucumber Salad

Ingredients

- 1/4 cup rice vinegar (unseasoned)
- 2 Tablespoons sugar
- 2 Tablespoons chopped cilantro
- 1/2 teaspoon crushed red pepper
- 2 cups cubed seedless watermelon
- 2 cups cucumber, seeded and sliced into half moons
- 1/2 cup thinly sliced red onion
- Optional: 1/3 cup crumbled feta cheese.
- Salt and pepper to taste

Instructions

In one bowl, mix first four ingredients (vinegar, sugar, cilantro, and red pepper flakes). Mix well and set aside.

In another bowl, combine watermelon, cucumbers, and onions. (Add optional feta.)

Pour vinegar mixture over fruit and vegetables and toss gently to coat. Refrigerate to chill through.

Taste and add more salt if needed.

Chill in the refrigerator for at least 1 hour.