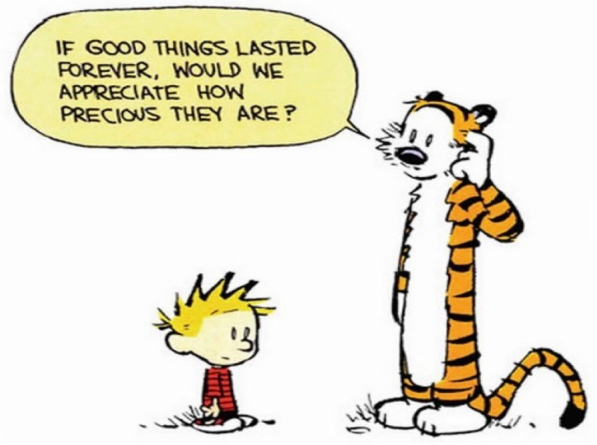


# ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD  
ABBOTSFORD, BC V2S 7R3  
PHONE: 604 850 0011 CELL: 604 300 1457  
"WE ARE HERE TO PROVIDE SUPPORT"

## NEWSLETTER FEBRUARY 2023

An important lesson for life from Calvin & Hobbes:



### SENIORS HELPING SENIORS

#### Safety Information

Seniors Health and Wellness is hosting an online series via ZOOM February 1 – March 8. The sessions encompass essential information and tips in the areas of safety. Will cover fall prevention, emergency preparedness, and fraud and scam prevention.

Contact info: [seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)

### TAX SEASON

Just a reminder that there is a free tax clinic for low-income people being held at Garden Park Tower (2825 Clearbrook Rd).

Contact info:

604-853-5532

[incometax@gardenparktower.ca](mailto:incometax@gardenparktower.ca)

WHY CALL OR TEXT 211? THEY HELP YOU FIND SUPPORT SERVICES FOR ALL OF LIFE'S CHALLENGES IN ABBOTSFORD, AND THROUGHOUT BC. THE SERVICE IS FREE, CONFIDENTIAL, AND AVAILABLE 24/7 IN OVER 150 LANGUAGES. OR, YOU CAN VISIT [BC.211.CA](http://BC.211.CA) TO SEE THE ONLINE DIRECTORY OF SERVICES.



**PRESIDENT:**  
Joanne Schweitzer  
**VICE PRESIDENT:**  
Judy Huzzey  
**TREASURER:**  
Bonnie Millin  
**SECRETARY:**  
Louise Platz  
**MEMBER AT LARGE:**  
Pat Stare

### MARK YOUR CALENDAR

**February 14:**  
9:30 am: Breakfast and Annual General Meeting at Crossroads Restaurant with our **Guest Speaker Mayor Siemens**  
**Please remember to sign up by noon on Tuesday February 7th. 604-300-1457 or [admin.seniors@telus.net](mailto: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 Gov-*



A FEW SMILES FOR YOU

I never thought orthopedic shoes would work for me.

I stand corrected.

What do you call a cow with three legs?

Lean Beef

Why did the worms fall in love?

They were soilmates.

ARCHWAY COMMUNITY SERVICES

Archway offers over 90 programs for community members including:

- Better at Home
- Community Van Service
- Lunch With The Bunch
- Meals on Wheels
- Medical Transportation

Phone Number 604-859-7681

Archway.ca

LEARN THE SIGNS OF STROKE

**F**ACE: Is it drooping?

**A**RM: Can you raise both?

**S**PEECH: Is it slurred or jumbled:

**T**IME: Time to call 911 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 911.

Heartandstroke.ca/FAST

ADULT WINTER BUS TOURS

Enjoy a bus tour with Abbotsford Recreation Centre this winter. A number of tours are available including a Tea at Adonia Tea House in February and an Italian Experience in March. Book tours at direct2rec.com or contact Abbotsford Rec Centre at 604-853-4221

DO YOU NEED MEAL IDEAS OR JUST DON'T

FEELING LIKE COOKING TODAY?

Better Meals bettermeals.ca 604-299-1877

Mama Michelle's Kitchen mamamichelles.ca 778-856-5856



COFFEE IN HAND, SUPPLIES AT THE READY, ALICE SETTLES IN, WAITING FOR THE FIRST TELEMARKETER TO CALL.