

# ABBOTSFORD PEER SUPPORT FOR SENIORS

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

## NEWSLETTER OCTOBER 2024



### LOCAL EVENTS

Sep 27-Nov 3: Maan Farms Haunted Corn Maze - Tickets available on the Maan Farms website.

Oct 1: UN Day of Older Persons

Oct 1: National Senior Day Luncheon from 12-2 pm at ARC. Tickets are \$5 and you can register at direct2rec.

Oct 9: Crime is Toast - Annual breakfast fundraiser with the Abby Police Chief at the Clarion Hotel from 7:30-9:30am. Tickets on The Abby Police Foundation website.

Oct 19: BC Provincial Election

Oct 25-Nov 2: The Odd Couple Female Version at the Community Arts Addition. Tickets at fraservalleystage.com.

Oct 31: Happy Halloween. BOO!!



Autumn is officially here! Time to enjoy all the beauty that Fall has to offer.

A reminder that we have Volunteer Orientation October 9th at 6:30 pm and Training October 19th in the morning. If you know of anyone interested in becoming a volunteer please have them contact the office. Thank you!

Abbotsford Peer Support would like to send a big **Thank You to Crossroads Restaurant** for hosting our monthly workshops, breakfasts and board meetings. Their food and service is always great and we appreciate them so much!

### Helpful Websites

Healthlinkbc.ca - Medically-approved information on over 5000 health topics, symptoms, medical tests, medications, and tips for healthy eating and lifestyle choices.

Activeagingcanada.ca - Active Aging Canada strives to promote a society where all adult and older adult Canadians are leading active lifestyles that contribute to their overall well-being.

### October Birthdays



Oct 19: Willa K.  
Oct 24: Kathy V.

**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

**October 8, 2024:**  
9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant.

**Please remember to sign up by noon on Wed October 2nd @ 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.

## The 2024 BC Provincial Election is

**October 19th.** Advance voting is October 10-13 and October 15-16. A reminder that for 2024, the boundaries of many ridings have changed. Elections BC have new technology which allows you to vote at any voting place.

You can get more information at [elections.bc.ca](http://elections.bc.ca) or 1-800-661-8683.

## UPCOMING ARC ACTIVITIES

**604-853-4221**

**LEARNING PLUS**

10 am—12 pm

Oct 1: Tai Chi

Oct 3: Fraud Prevention

Oct 8: Lower Limb Care for Older Adults

Oct 10: Sumas Lake

Oct 15: Cooking with Chef Dez

Oct 17: Let's Talk Strategy with Mayor Siemens

Oct 22: Taxes and Benefits

Oct 24: Understanding Hearing Loss II

### FREE PROGRAMS

Oct 29: 55+ Personal Safety Program

There are numerous other free classes which are filling up fast. You can join the waitlists for them.

### COFFEE SOCIAL

Monday thru Friday from 9 am to 12 pm and 1 pm to 4 pm.

## October 1st - UN Day of Older Persons

On December 14, 1990, the United Nations General Assembly made October 1st as the International Day of Older Persons. This day was observed for the first time on October 1, 1991. The day is celebrated annually to recognize the contributions of older persons and to examine issues that affect their lives.

### Did you know?

The number of people aged 65 years or older worldwide is projected to more than double, rising from 761 million in 2021 to 1.6 billion in 2050. The number of people aged 80 years or older is growing even faster.

Today, life expectancy at birth exceeds 75 years in half of the world's countries or areas, 25 years longer than those born in 1950. Individuals reaching the age of 65 are now expected to live an additional 16.8 years on average.

In 2018, a historic milestone was reached when the number of older persons outnumbered children under five for the first time globally. By 2030, the global population of older persons is projected to exceed the number of youth and double the number of children under five.

# WINTER WEATHER FOLKLORE

### **According to legend:**

The wider the rusty brown sections of a woolly bear caterpillar (or the more brown segments there are), the milder the coming winter will be. The more black there is, the more severe the winter.



THE OLD  
FARMER'S ALMANAC

## **You know you're past middle age when...**

...you weigh exactly the same amount as you did in high school - until you put your other foot on the scale.

...you start jogging with ID.

...you consider nine holes of miniature golf rigorous exercise.

...raising your arms counts as exercise.

...you wander the mall parking lot, searching for your car.

