

ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD
ABBOTSFORD, BC V3G 1C4
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER NOVEMBER 2024



LOCAL EVENTS

Nov 3: Daylight Saving Time Ends.

Nov 8 - 9: New Life Church Women's Connections is holding a Christmas Craft Fair. Friday they are open from 5 - 8 pm and Saturday from 9 am - to 1 pm. They are located at 35270 Delair Rd.

Nov 11: Remembrance Day.

Nov 15 - 16: St. Ann's Christmas Market is on



Friday from 4 - 8 pm and Saturday from 9 am - 3 pm. They are located at 33333 Mayfair Ave.

Nov 23: Winter Jubilee - The 33rd annual festival runs from 3 pm - 8 pm in downtown Abbotsford.



Our annual **Christmas Luncheon** is coming up soon. It will

be held on **Wednesday, December 11th** and more details will be emailed to volunteers in mid November.

November's Volunteer Breakfast will not have a guest speaker. Instead we will be taking time to get to know each other and our newest volunteers. We will also take time to answer any questions you may have for the Board or Staff. Please think of any questions or suggestions and we will do our best to answer them for you. You can bring them with you or email them to the office ahead of time. Thank you.

PRESIDENT:
Joanne Schweitzer
VICE PRESIDENT:
Judy Huzzey
TREASURER:
Bonnie Millin
SECRETARY:
Louise Platz
MEMBERS AT LARGE:
Pat Stare
Margarite Bysouth
Brenda Townsend

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MARK YOUR CALENDAR

November 12, 2024:
9:30 am: Breakfast, Open Discussion, and Board Meeting at Crossroads Restaurant. **Please remember to sign up by noon on Wed November 6th @ 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.



I was just counting my blessings, and thought you should know you are one of them.



Nov 2: Karen H.
Nov 5: Margarite B.
Nov 13: Pat S.



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

In Flanders' Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

Major John McCrae, 1915



Abbotsford Hospice

has a number of support services for those experiencing grief including a Punjabi Speaking Grief Support Group. If you or anyone you know needs some extra support during a difficult time you can contact Abbotsford Hospice at 604-852-2456 or in-fo@abbotsfordhospice.org. Their website is abbotsfordhospice.org.



EASY CRANBERRY CHICKEN

Ingredients

4 boneless, skinless, chicken breasts
1/2 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup (1/2 stick) butter
1 can (15 ounces) whole-berry cranberry sauce
1 sprig rosemary, plus more for garnish
dash ground nutmeg

Instructions

Pat the chicken dry. Combine the flour, salt, and pepper in a large, resealable plastic bag. Shake to mix. Place the chicken in the bag, seal, and shake until the chicken is evenly coated.

Melt the butter in a large skillet over medium heat and brown the chicken. Remove the chicken and set aside. Add the cranberry sauce, 1/2 cup of water, rosemary, and nutmeg to the skillet, stir, and bring to boil. Reduce the heat and return the chicken to the skillet. Cover and simmer for 20 minutes, or until the chicken is tender. Baste with the sauce and remove rosemary sprig. Garnish with additional rosemary, if desired.

UPCOMING ARC ACTIVITIES

604-853-4221

LEARNING PLUS

10 am—12 pm

Nov 5: Cybersecurity Part 1 - Staying Safe Online

Nov 7: Cybersecurity Part 2 - Tips & Tricks

Nov 12: Alzheimer's and Dementia Awareness

Nov 14: Clearbrook Library

Nov 19: Slumach's Gold - In Search of a Legend

Nov 21: Crime Prevention Techniques

Nov 26: Sustainability, Resilience and Adaptation

Nov 28: River Cruise through Europe

These are not gray hairs! They are wisdom highlights.

**How is the moon like dentures?
Both come out at night.**

The older we get, the earlier it gets late.



Central Heights Church in Abbotsford holds a free workout class every Friday from 10 - 11 am called BEAM. This group meets to promote balance, endurance, agility, and mobility. Ideal for 50+. It is located at 1661 McCallum Road - Room 3003.