

# Abbotsford Recreation Senior Activity Schedule

March 27 - August 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Billiards Senior Centre 8am - 12:30pm	Billiards Senior Centre 8am - 12:30pm	Billiards Senior Centre 8am - 10pm	Billiards Senior Centre 8am - 9:30am	Billiards Senior Centre 8am - 10pm	Billiards Senior Centre 8am - 10pm	Billiards Senior Centre 8am - 12:30pm	
	Adult Badminton* Gym 8:30am - 11:30am		Adult Badminton* Gym 8:30am - 11:30am				
	Learning Plus Seminar* MP 2/3 10am - 12pm		*Knitwits Senior Centre 10am - 11:30am				
			Learning Plus Seminar* MP 2/3 10am - 12pm				
Senior Track Time 12:30pm - 3pm							
Adult Badminton* Gym 1pm - 3pm	Adult Pickleball* Gym 1pm - 3pm	Adult Pickleball* Gym 1pm - 3pm	Adult Pickleball* Gym 1pm - 3pm	Adult Pickleball* Gym 1pm - 3pm	Billiards Senior Centre 4:30pm - 10pm	Social Bridge Senior Centre 1pm - 4pm	
Art in the ARC Senior Centre 1pm - 4pm	Happy Gang Singers Senior Centre 1pm - 4pm	Partnership Bridge MP 2/3 12:45pm - 4pm	Stroke Recovery MP 2/3 1pm - 3:30pm	Partnership Bridge MP 2/3 12:45pm - 4pm		Billiards Senior Centre 4:30pm - 10pm	Billiards Senior Centre 4:30pm - 10pm
Billiards Senior Centre 4:30pm - 6:30pm	Billiards Senior Centre 4:30pm - 6pm	Billiards Senior Centre 4:30pm - 10pm	Billiards Senior Centre 4:30pm - 10pm	Billiards Senior Centre 4:30pm - 10pm			
* Euchre Senior Centre 7pm - 9:30pm	Partnership Bridge MP 2/3 6:45pm - 9:30pm						
Programs do not run on Stat holidays or long weekends . Schedule Subject to change, please call ahead to confirm.							

## ARC Senior Centre Members' Drop-in Programs (those indicate with a \* are \$2 drop-in)

### Art in the ARC

This group setting provides the opportunity to share ideas and tips while practicing art skills. Bring your art materials and enjoy the company of fellow artists of all levels. Additional drop-in fees may apply.

### Adult Badminton\*

A great opportunity to practice your badminton skills in a fun, social environment great for seniors! There is no attendant on duty - equipment may be signed out from reception.

### Adult Pickleball\*

This fast paced drop-in sport is a huge hit with seniors and perfect for beginners. Pickleball is an exciting twist on the game of tennis, using a light weight wooden paddle and a plastic perforated ball.

### \*Billiards

Come & play billiards at the Senior Activity Centre. Have a great time socializing with old acquaintances or make new ones.

### \* Euchre

Want to play a trick-playing card game? Try Euchre! Additional drop-in fees may apply.

### Happy Gang Singers

Join the Senior choral singers every Tuesday to practice as they prepare for various events.

### Knitwits Knitting Group

Bring your knitting & join in on some great conversation. Beginners to experienced knitters welcome.

### Learning Plus Seminars

Offering seminars to learn and discuss current and important issues in a social environment. For a schedule [www.learningplus.ca](http://www.learningplus.ca).

### Partnership Bridge

Bring a partner for a fast-paced, fun game of bridge. Additional drop-in fees may apply.

### Senior Track Time\*

Pole walking permitted.  
Poles must have rubber tips.

### Social Bridge

Come & play a friendly game of bridge. No partner necessary. Additional drop-in fees may apply.

### Open daily, 8am - 10pm

Our welcoming Senior Centre is a great place to join in on a variety of drop-in programs, have a coffee, visit with friends, shoot pool or work on a puzzle. The centre is equipped with a snooker table, pool table, book library, flat screen TV, computers, couches, tables and chairs, coffee machine and an assortment of puzzles and games.

ARC Senior Centre Annual Membership is only \$25 for Seniors 60yrs+.

**The Seniors Activity Centre Memberships does not include access to the gymnasium, arena, pool, weight room and track. See page 22 for admission rates.**

**For further inquiries please contact Abbotsford Recreation Centre at 604.853.4221.**

### Bus Tours

Abbotsford Parks, Recreation & Culture's Bus Tours take you to plays, restaurants, major attractions and activities you have always wanted to see. With your safety and comfort in mind our luxury buses transport you to each destination. Please see our seasonal brochure for current tour listings.

## Senior Resources

### Abbotsford Peer Support for Seniors

Programs include The Good Morning Program telephone check in and the Peer Support Program, a free one on one service for seniors 50+ living alone in Abbotsford. [www.abbotsfordpeersupportforseniors.ca](http://www.abbotsfordpeersupportforseniors.ca) / T: 604.850.0011 / E: [apss.seniors@telus.net](mailto:apss.seniors@telus.net)

### Abbotsford Learning Plus Society

A volunteer organization offering daytime leisure and learning programs to seniors, retirees and inquiring minds of all ages. The brochure is available in the Seniors Centre or online. Programs run Sept - Dec and Jan - Apr. [www.learningplus.ca](http://www.learningplus.ca) / T: 778.808.7377 / E: [abbylearningplus@gmail.com](mailto:abbylearningplus@gmail.com)

### Friendship House

More than 125 senior members enjoy a variety of programs including Bridge 4 days a week and the Happy Gang Singers on Tuesdays. Programs run all year with occasional special events. For more information please call 604.855.9741.

### Stroke Recovery Association of BC

The Abbotsford Stroke Recovery Branch is part of the Stroke Recovery Association of BC (SRABC), a non-profit organization. The SRABC has been offering information and programs for stroke survivors after they leave the hospital since 1979. Programs run Sept - June. [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca) / T: 604.316.6718 / E: [abbystrokerecovery@gmail.com](mailto:abbystrokerecovery@gmail.com)