

Abbotsford Recreation Senior Activity Centre Schedule

September 4 - December 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Billiards Senior Centre 8am - 12:30pm 4:30pm - 6:30pm	*Billiards Senior Centre 8am - 12:30pm 4:30pm - 6:30pm	*Billiards Senior Centre 8am - 10pm	*Billiards Senior Centre 8am - 10pm	*Billiards Senior Centre 8am - 12:30pm	*Billiards Senior Centre 8am - 10pm	*Billiards Senior Centre 8am - 12pm
	Adult Badminton Gym 2 8:30am - 11:30am		*Adult Badminton Gym 1/2 8:30am - 11:30am	Art in the ARC MP 2 9am - 12pm		
	Learning Plus MP 2/3 10am - 12pm		Knitwits Senior Centre 10am - 11:30am			
Senior Track Time 12:30pm - 3pm						
Art in the ARC MP 8 1pm - 4pm	Happy Gang Singers MP 2/3 12:30pm - 3:30pm	*Partnership Bridge MP 2/3 12:45pm - 4pm	Learning Plus MP 2/3 10am - 12pm	*Partnership Bridge MP 2/3 12:45pm - 4pm		
Adult Badminton Gym 1 1pm - 3pm	Adult Pickleball Gym 1 & 2 1pm - 3pm	Adult Pickleball Gym 1 & 2 1pm - 3pm	Adult Pickleball Gym 1 & 2 1pm - 3pm	Adult Pickleball Gym 1 & 2 1pm - 3pm	*Billiards Senior Centre 8am - 10pm	Social Bridge Senior Centre 1pm - 4pm
Stroke Recovery MP 1 1pm - 3:30pm			Stroke Recovery MP 1 1pm - 3:30pm			
*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 indicated with an * 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.

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.

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.

abbotsfordpeersupportforseniors.ca

T: 604.850.0011

E: 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.

learningplus.ca

T: 778.808.7377

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.

strokerecoverybc.ca

T: 604.316.6718

E: abbystrokerecovery@gmail.com

Knitwits Knitting Group

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

Partnership Bridge*

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

Social Bridge

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

Senior Track Time

Time to get moving! Even ground and shelter from wind, rain and hot sun make this the ideal place to get your gentle walking or running done. Pole walking permitted. Poles must have rubber tips.

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, an assortment of puzzles and games and coffee is available for 50¢/cup. ARC Senior Centre Annual Membership is only \$25 for Seniors 55yrs+.

The Seniors Activity Centre Memberships includes Adult Badminton, Adult Pickleball, Knitwits, Art in the ARC, Senior's Track Time and much more! Please note that this membership does not include access to the pool, arena, weight room, fitness classes, registered programs, or any other drop-in programs that are not listed in the senior's drop-in section.

For further inquiries please contact Abbotsford Recreation Centre at 604.853.4221.

