

Aging Together Abbotsford RESOURCE FAIR & SYMPOSIUM

Free resource fair and symposium providing current information on aging with an active living perspective.

Saturday, 9am - 3pm
JUNE 10th

Sevenoaks Alliance Church
2575 Gladwin Road

SYMPOSIUM HIGHLIGHTS

Workshop Agenda:

8:15am	Coffee and registration
9am	Deputy Mayor's Welcome
9:30am - 11am	Morning Keynote
11am - 12:30pm	Workshops
12:30pm - 1:30pm	Free Light Lunch
1:30pm - 3pm	Afternoon Keynote
3pm	Closing

Morning Keynote:

Isobel Mackenzie,
Provincial Seniors Advocate

Hear the advocate present on the state of BC seniors' today.

Afternoon Keynote:

Dan Levitt, MSc, CHE, Ageism Expert,
Gerontologist, current CEO of Kin Village

Dan Levitt will reflect on identifying and combating ageism in our personal lives, and in our communities. Dan specializes in helping others to create better lives for older adults.

Workshops: 11am - 12:30pm

WORKSHOP 1: Get Moving!

The Abbotsford Age Well Mobile Wellness Team is offering a free 90 minute fun physical health and wellness session as an outreach initiative of the 55+ Games.

For more information call 604.557.1464 or email involve@abbotsford.ca

Register at:

www.abbotsford.ca/agingtogetherfair

WORKSHOP 2: Wellness, and the Importance of Medicine Reviews

Dr. Dhillon-Bhalla and Clinical Pharmacist Lori Blain. A 90 minute session on general wellness and active aging and the importance of medication reviews provided by a local family physician and a community pharmacist.

WORKSHOP 3: Fraud Awareness and Cybersecurity

Join the RCMP and Healthy Aging staff to learn about preventing fraud - a fun and informative presentation.

For more information call 604.557.1464 or email involve@abbotsford.ca

Register at:

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SCAN CODE
to register!

ABBOTSFORD BC SENIORS' WEEK Events & Activities

June 5 - 10, 2023



**2023
EVENTS
CALENDAR
INSIDE!**

55+ Adults!
Join us for a
week of **FREE**
ACTIVITIES
across the
community!

Healthy Aging
ABBOTSFORD


ABBOTSFORD

 **ABBOTSFORD
ACCESS**

Advancing Equitable Community Services & Supports

ABBOTSFORD BC SENIORS' WEEK CALENDAR

June 5 - 10, 2023



DID YOU KNOW that **BC Seniors' Week** celebrates seniors and their many contributions; providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across BC.

<p>Monday, JUNE 5th</p>	<p>MCC Thrift Shop Volunteering OPEN HOUSE The Clothing, ETC Shop is holding a special open house for seniors at their Abbotsford location. Call or email to register for a visit, a tour or try out a shift! MCC Thrift Shop, 31872 South Fraser Way 604.854.4174 Email: charitylochbaum@mccbc.ca</p>	<p>FREE Seniors Craft and Chat Hosted by Healthy Aging Abbotsford. 10am - 11:30am Matsqui Recreation Centre 3106 Clearbrook Road No registration required www.healthyaging.ca</p>	<p>Learn to Play Horseshoes FREE Drop-in and lessons at 5pm. Come out to give it a try! 10am - 11:30am Abbotsford Horseshoe Club 2308 Adanac Street No registration required www.abbotsfordhorseshoeclub.ca</p>	<p>Do you need a ride to Senior's Week activities? Contact the Community Van program at Archway at least a week before the event. Contact Alida at 604.743.0354. Free transportation is first come, first served!</p>		
<p>Tuesday, JUNE 6th</p>	<p>Free Age Well Session Join the Age Well Mobile Fitness Team for a FREE 90 minute session that will focus on improving our physical, mental, and social well-being. 10:30am - 12pm Abbotsford Recreation Centre, 2499 McMillian Road Register: 604.557.1464 email: involve@abbotsford.ca</p>	<p>How to Maintain a Healthy Brain Presenter Karen Tyrell, CPCA, ADCP, Dementia Consultant, educator, speaker and author. 10am - 11am Clearbrook MB Church 2719 Clearbrook Road</p>	<p>ARC Seniors Open House Learn about programs from fitness to crafts and art. A light lunch will be provided. 12pm - 2pm Abbotsford Recreation Centre 2499 McMillian Road No registration required</p>	<p>Getting to Know Dementia Workshop for individuals living with dementia and/or their care partners. Hosted by the Alzheimer's Society of BC. 10am - 12pm Abbotsford Recreation Centre, 2499 McMillian Road Register: 1.800.936.6033</p>	<p>South Asian Day Program for Older Adults Open House Come and see what this program run through Fraser Health and Archway Seniors Services is all about! Friendship, Fitness and Fun. Join us for chai and snacks. 10am - 2pm, No registration required Khalsa Diwan Society Sikh Temple Abbotsford 33094 South Fraser Way www.archway.ca/program/south-asian-day-program-for-older-adults</p>	
<p>Wednesday, JUNE 7th</p>	<p>MCC Thrift Shop Volunteering The Clothing, ETC Shop is holding a special open house for seniors at their Abbotsford location. Call or email to register for a visit, a tour or try out a shift! 31872 South Fraser Way, 604.854.4174 Email: charitylochbaum@mccbc.ca</p>	<p>Learn to Play Horseshoes FREE Drop-in and lessons at 5pm. Come out to give it a try! 10am - 11:30am Abbotsford Horseshoe Club 2308 Adanac Street No registration required www.abbotsfordhorseshoeclub.ca</p>				
<p>Thursday, JUNE 8th</p>	<p>FREE Abbotsford Social Activity Association Open House The ASSA invites Seniors to participate in dancing, billiards, music, card games. First 20 Crib card players / Pool players to sign up by 1pm can play in a tournament & win \$\$\$\$!!! ALL SKILL LEVELS CAN WIN! 1pm - 3:30pm ASAA Hall, 33889 Essendene Avenue www.abbysocial.com</p>	<p>Free Seniors Social Cafe Join us for some activities, coffee and a chat! Hosted by Healthy Aging Abbotsford 10am - 12pm Matsqui Recreation Centre 3106 Clearbrook Road No registration required</p>	<p>MCC Thrift Shop Volunteering The Clothing, ETC Shop is holding a special open house for seniors at their Abbotsford location. Call or email to register for a visit, a tour or try out a shift! 31872 South Fraser Way, 604.854.4174 Email: charitylochbaum@mccbc.ca</p>		<p>Qmunity Peers Coffee & Open House Join Archway and QMUNITY of BC at this drop-in for seniors of the 2SLGBTQIA+ community and friends and family to gather, socialize, share information about rainbow life after 55 in the FV Valley. 1pm - 4pm Abbotsford Recreation Centre, 2499 McMillian Road No registration required FMI: Karen at 604.870.3772 https://archway.ca/programs/#seniors</p>	
<p>Friday, JUNE 9th</p>	<p>MCC Thrift Shop Volunteering OPEN HOUSE The Clothing, ETC Shop is holding a special open house for seniors at their Abbotsford location. Call or email to register for a visit, a tour or try out a shift! MCC Thrift Shop, 31872 South Fraser Way 604.854.4174 Email: charitylochbaum@mccbc.ca</p>	<p>Lunch with the Bunch Hosted by Archway Community Services this is a social gathering and light lunch, connecting older adults. Transportation may be provided by booking ahead. 11am - 1pm RSVP by calling 604.870.3764 Spaces may be limited.</p>				
<p>Saturday, JUNE 10th</p>	<p>FREE AGING TOGETHER ABBOTSFORD RESOURCE FAIR A resource event to provide older adults current information about 55+ services and active living in Abbotsford. See back cover for complete details. 9am - 3pm registration required For more information call 604-557-1464 To register: www.abbotsford.ca/agingtogetherfair</p>				<p>55 + Games in Abbotsford! Abbotsford is hosting the 55 plus Games from Aug. 22 to 26, 2023 and will feature 29 sports and activities and showcase the skills of more than 3,500 competitors. Participant registration officially opened on March. Find our more at 55plusbcgames.org</p>	 <p>YEAR OF THE GAMES</p>