

SENIORS' WEEK

JUNE 3 - 9, 2024



WEEK SCHEDULE

COME CELEBRATE & CONNECT.
JOIN US FOR ABBOTSFORD'S
SENIORS' WEEK!



SCAN TO REGISTER FOR KICK-OFF EVENT

SENIORS'

Abbotsford Seniors' Week Kick-off Event RESOURCE FAIR & BC SENIORS' ADVOCATE PRESENTATION

FREE resource fair and presentation to kick-off Abbotsford's Seniors' Week. Light lunch provided.

Monday, 11am - 3pm

JUNE 3rd

Abbotsford Social
Activity Association
33889 Essendene Avenue

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

Register at
www.abbotsford.ca/seniorsweekkickoff

Tuesday, JUNE 4th

South Asian Day Program for Older Adults Open House

Friendship, Fitness and Fun. Join us for chai and snacks. Program is run through Fraser Health and Archway Seniors Services is all about!

11am - 1pm, No registration required.

Khalsa Diwan Society Sikh Temple, 33094 South Fraser Way
www.archway.ca/program/south-asian-day-program-for-older-adults

Wednesday, JUNE 5th

FREE Healthy Aging Abbotsford - Aging at Home

Come visit our new office on Simon Avenue Drop-in, enjoy coffee, tea, chai and goodies, meet our friendly guests & staff, learn about the new programming & services we are providing to seniors in the community, including our new South Asian Programming.

Drop by 11am - 2pm, No Registration Required
Suite 200A - 32475 Simon Avenue

FREE MCC Back of the House Tours

The Clothing, ETC Shop is holding a special open house tour for seniors at their Abbotsford location.

10:30am, 1 pm or 3pm

31872 South Fraser Way,

Register by calling 604.854.2062 ext 1422

JUNE 3rd KICK-OFF EVENT AGENDA

11am	Doors Open/ Refreshments and Resource Fair
11:10am	Welcome and Opening
11:15am	Mayor Ross Siemens
11:30am - 12:30pm	Keynote - BC Seniors Advocate, Dan Levitt
1pm	FREE Light Lunch
3pm	Event Concludes

Thursday, JUNE 6th

ARC Seniors' Week Luncheon & Open House

Free Learn about programs from fitness to crafts and art. A light lunch will be provided.

12:30pm - 2pm

Abbotsford Recreation Centre 2499 McMillian Road

Register by calling Susan at 604.557.1464 or

DIRECT2REC.COM #99934

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

Two Books Book Launch and Light Lunch

Walter Wiens - Preparing to Cross the Finish Line: A Guide to Help Families, Individuals and Pastors with End of Life Care Issues and Funerals

Ray Harris - Fullness of Time, Devotionals, Poems, Pictures and Prayers

11:30am - 1pm

Garden Park Tower, 2285 Clearbrook Road Abbotsford

\$10 (no registration required)

Friday, JUNE 7th

Lunch with the Bunch

Hosted by Archway Community Services, Lunch with the Bunch offers a weekly social gathering connecting seniors to their community. Transportation may be provided by booking ahead. By donation.

11am - 1pm

RSVP by calling 236.380.2702 or email LWTB@archway.ca

Spaces may be limited

Tuesday, JUNE 11th

FREE Year to Prepare - Emergency Preparedness

Learn the easy steps you can take so you are prepared for an emergency. Presented by Abbotsford Fire Rescue Service & Literacy Matters Abbotsford.

10am - 11 am (doors open at 9:30 for refreshments)

Matsqui Centennial Auditorium, 32315 South Fraser Way

Register by email kathy@literacymattersabbotsford.com
or call Susan 604.557.1464.