

ARC 55+ ACTIVITY CENTRE DROP-IN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm	Activity Centre Access 5:30am - 10pm
	NEW Ukulele 10am - 12pm	Partner Bridge 12:45pm - 3:45pm	Board Games 10am - 12pm	Art in the ARC 9:30am - 12pm	Euchre Tournament (2nd Saturday of each month) 11am - 4pm	Social Bridge 12:45pm - 3:45pm
Art in the ARC 10am - 12pm	Happy Gang Singers 1pm - 3pm	Mexican Train Dominoes 1pm - 4pm		Partner Bridge 12:45pm - 3:45pm		
Cribbage 6:30pm - 8:30pm		Euchre 6pm - 8:30pm				

Art in the ARC

Bring your own art materials and enjoy the company and share tips with fellow artists of all levels.

Board Games

Join others for a variety of fun board games! Coffee and tea provided.

Cribbage

Join us for a fast-paced, fun game of Cribbage.

Euchre

Want to play a trick-playing card game? Try Euchre!

Euchre Tournament

Join us for a friendly euchre tournament on the 2nd Saturday of each month.

Mexican Train Dominoes

Come and join others for a fun, easy to learn game of Mexican Train dominoes!

Social Bridge

Come & play a friendly game of bridge. No partner necessary.

Bridge Tournament

Join us the 3rd Wednesday of each month.

Ukulele

This is the perfect opportunity to experience the joy of music, for all levels. Bring your own ukulele.

MRC 55+ ACTIVITY CENTRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bridge 12:30pm - 3:45pm	*Healthy Aging 55+ South Asian Program (Men/women alternating weeks) 10am - 12pm		*Healthy Aging Seniors Coffee & Chats 10am - 12:30pm	Cribbage 12:45pm - 3:45pm
	Bingo 12:45pm - 3:45pm	Whist 12:45pm - 3:45pm	Shuffleboard 12:45pm - 2:45pm	

Bridge

Come & play a friendly game of bridge. No partner necessary.

Bingo

Join us for a fun game of Bingo!

Cribbage

Join us for a fast-paced, fun game of Cribbage.

Shuffleboard

Join us for drop-in shuffleboard in this fun and interactive environment.

Whist

Want to play a trick-taking card game? Try playing Whist!

*To register for Healthy Aging programs call 604-854-1733

55+
ACTIVITY
CENTRES

NEWSLETTER

JANUARY - MARCH 2026

recreation
connect
ABBOTSFORD



TRY IT
BOOK CLUB

55+ INSPIRED

CHECK OUT ALL THE
NEW PROGRAMS WE
ARE OFFERING THIS
WINTER, INCLUDING
SOME FOR FREE!

EVENTS
GET READY TO CELEBRATE
WITH OUR EXCITING
THEMED EVENTS.

CHECK OUT THE
ARC & MRC
DROP-IN WINTER
SCHEDULE!



ABBOTSFORD.CA/PRC



ABBOTSFORD



ABBOTSFORD.CA/PRC



ABBOTSFORD

Abbotsford Recreation Centre:
2499 McMillan Road | 604.853.4221
Facility Hours: 5:30am - 10pm

Matsqui Recreation Centre:
3106 Clearbrook Road | 604.855.0500
Facility Hours: 6am - 10pm

ARC & MRC
Holiday Hours:
10am - 6pm



REGISTERED PROGRAMS ARTS & CRAFTS AT ARC

THE BEAUTY OF COLOUR WITH ADELE

The beauty of colour, composition and subject to create a masterpiece of mountains, waterfalls, trees and flowers using oils on a large canvas. You can bring your own reference photo or use the one provided by the instructor. Material fee \$8.

Jan 5 - 26 M 12:30pm - 3pm 4/\$63.40 128225

PAINTING A WINTER LANDSCAPE WITH SUE

Capture the quiet beauty of snow within a winter landscape. Through demonstrations and guided practice, participants will gain experience in planning out a scene while considering the colors of winter, light/shadow and composition. Material fee \$5.

Jan 8 - 29 Th 1pm - 3pm 4/\$53.20 127214

INTRO TO PRINT MAKING WITH MOLLY

Learn about different types of printmaking including mono, relief, and collagraph printing techniques. You will create an edition of prints and hand-printed cards. Supplies included but you may bring your own plain white cotton T-shirt or tea towel to print on too! No Class Feb 16. Material fee of \$5.00.

Feb 2 - 23 M 1pm - 3pm 3/\$39.90 127610

INSIDE-OUT PAINTING WITH ADELE

This fun filled painting session is a two-part series. You will be given a 5" X 7" photo attached to a large canvas and you must paint an extension to the painting of the photo; the second part you will remove the photo from the canvas and paint the inside of the canvas to compliment your outside painting. Material fee \$8.

Mar 2 - 9 M 12:30pm - 3pm 2/\$31.70 128226

STILL LIFE WITH SUE

In this two-session course, we will use form, value and colour to create a fruit-inspired watercolour scene. Explore how to draw out a scene using simple shapes. Consider how to use colour to create light and dark areas. Apply washes and glazes to create believable three-dimensional forms. All levels of experience are welcome! Material fee \$5.

Mar 5 - 12 Th 1pm - 3pm 2/\$26.60 127215



MUSIC AT ARC

55+ UKE N PLAY UKULELE

Join this fun and friendly introduction to the ukulele. Learn to strum and play enough chords to play a song or two. All equipment provided.

Jan 5 - Feb 9 M 6pm - 7pm 6/\$30.90 126345

DANCE AT ARC

LINE DANCING FOR BEGINNERS

Are you interested in learning the art of line dancing? Join us in this beginner's class where you will learn all the basics of line dancing.

Jan 9 - 30 F 4:15pm - 5:15pm 4/\$32.60 127083

LINE DANCING - NEXT STEP

Ready to take your line dancing to the next level? This class is designed for dancers who already know the basics and are eager to build on their skills. You'll learn new techniques, explore more complex choreography, and refine your footwork.

Feb 6 - 27 F 4:15pm - 5:15pm 4/\$32.60 127246

NEW

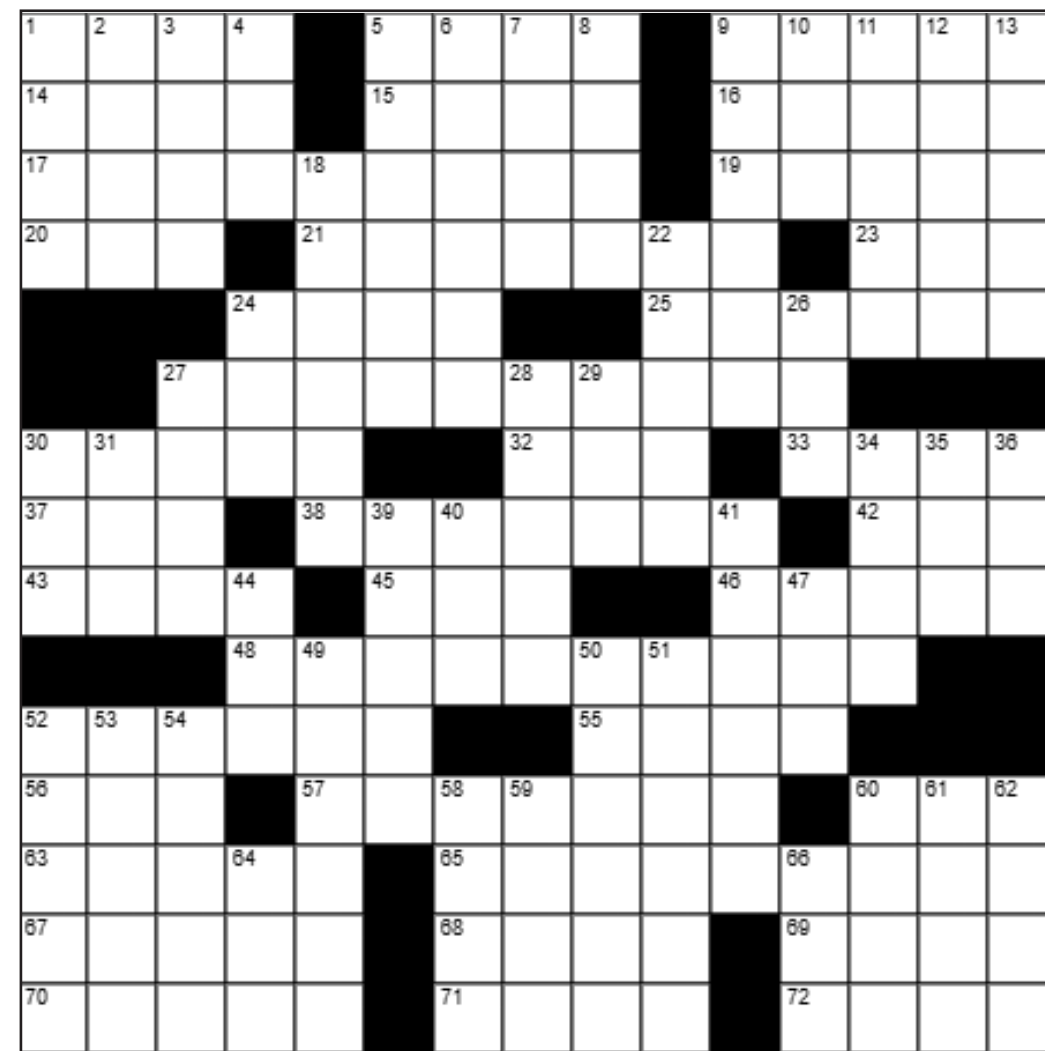
"SHAKEN NOT STIRRED"

by Steve Faiella

bestcrosswords.com
Oct 18, 2025

Across

1. Condiment in a shaker
5. Brand used by Wile E. Coyote
9. Antidrug agents
14. Andy's boy on "The Andy Griffith show"
15. Bucket
16. Just perfect
17. Honey Ryder and Mary Goodnight
19. Hot room at a spa
20. Chimp or gorilla
21. Mortgage sources
23. Golf legend Snead
24. Not naughty, to Santa
25. Art-class stands
27. M's secretary and flirtation of 65 across (With "Miss")
30. Trophy or medal
32. Scrap of food
33. Ginger_____ (cookie)
37. Go bad, as fruit
38. Neither feeling nor showing respect at something spectacular
42. "Sting like a bee" boxer
43. Cheese in a Greek salad
45. Abbr. before an alias
46. Entice
48. Portrayer of 65 Across seven times-the most so far....
52. Football legend Knute _____-cadabra
55. _____-cadabra
56. Seismologist's prefix for center
57. Form of autocracy for 19th century Russia
60. Music with a blend of folk and calypso
63. Insurer named for an Italian volcano
65. Fictional Agent 007 whose films are this puzzle's theme
67. Move like a snake or a sneak
68. Cards that beat kings
69. Buffalo's county or lake
70. Eat a sample of
71. Chianti and Merlot



Down

1. Buckwheat noodle of Japan
2. For each item, slangily
3. "Come here often?" is one
4. One of the Kennedys
5. More formal term for 2 down
6. Art of "The Honeymooners"
7. Not at all spicy
8. "Or _____!" (end of an ultimatum)
9. Carmaker with Maxima and Sentra models
10. Org. for tooth doctors
11. Find a new purpose for
12. Gondolier's "street"
13. Closes in anger, as a door
18. Good Witch of the North in "The Wizard of Oz"
22. Charges for use
24. Neighbor of Swe
26. The "S" in GPS (abbr)
27. Actor _____ Damon
28. _____bear (arctic beast)
29. Before, in a poem
30. Comic dog's bark
31. "_____ is me!" ("I've got problems")
35. Mont Blanc is one
36. Indy 500 service area
39. One's weekly pay
40. _____out a living (just getting by)
41. Hurricanes and blizzards
44. Neighbor of Okla
47. Period in history
49. Caputred with a camcorder
50. Disfigured
51. Think constantly (about)
52. Flinch or blink, say
53. "La Boheme" or "La Traviata"
54. Quotes as a source
58. Barely open, as a door
59. Dash or marathon
60. In need of a rubdown
61. Create with yarn
62. Lemon and orange drinks
64. Badminton court divider
66. "I _____to differ"

LEARNING PLUS

10AM - 12PM



LEARN WITH FRIENDS!



Join our Learning Plus program for 55+ yrs every Thursday. Each week a new presenter will discuss a new and exciting topic

Abbotsford Recreation Centre
\$4.50 drop-in or \$2 with Active Pass

Th, Jan 8	Introduction to Curling (Julia Rohan)
Th, Jan 15	Benefits, Credits and Tax Information for Seniors (CRA) - FREE
Th, Jan 22	Senior Confidential Poetry (Gordon Sutherland)
Th, Jan 29	Sociology (Michael Corman, UFV)
Th, Feb 5	Emergency Preparedness & Planning (Kelly Pater, AFRS) - FREE
Th, Feb 12	BC Hydro
Th, Feb 19	Whistle Posts West (Brian Antonson)
Th, Feb 26	The Wizard of Oz (Fraser Valley Stage)
Th, Mar 5	Horticulture Team (City of Abbotsford) - FREE
Th, Mar 12	Environment, Beaches, Rivers & Sand Dunes (Olav Lian)

Volunteer Opportunities

Volunteer Services is partnering with our Older Adults (55+ yrs) programming team to add some GREAT volunteer opportunities this Winter. If you have questions or are interested in volunteering for some exciting programs and events for older adults contact us for more information.

Contact the Volunteer Coordinator
604.557.7050
volunteer@abbotsford.ca

Did You Know That Volunteering...

Staying engaged through regular volunteering can help keep your mind sharp, provides opportunities to meet new people and build a strong sense of belonging and community especially for older adults.



FITNESS PROGRAMS

ADAPTIVE YOGA

Experience the calming benefits of gentle yoga in a supportive and accessible format. This class is guided by an experienced instructor and uses a chair for seated poses or as a support while standing-eliminating the need to get up from or down to the floor. Intensity Level: 2

Matsqui Recreation Centre

Jan 13 - Mar 10 Tu 3pm - 4pm 9/\$57.15 128770
Jan 15 - Mar 12 Th 3pm - 4pm 9/\$57.15 128771

BONE WISE

Bone Wise is a specialized low-impact fitness class designed for individuals with osteoporosis or low bone density. Led by an experienced instructor with expertise in bone-safe exercise, this class focuses on improving strength, posture, balance, and flexibility-key components in reducing the risk of falls and fractures. No class Feb 16. Intensity Level: 2

Abbotsford Recreation Centre

Jan 12 - Mar 9 M 12pm - 1pm 8/\$50.80 128766
Jan 13 - Mar 10 Tu 1:30pm - 2:30pm 9/\$57.15 128767
Jan 14 - Mar 11 W 12pm - 1pm 9/\$57.15 128768
Jan 15 - Mar 12 Th 1:30pm - 2:30pm 9/\$57.15 128769

T.I.M.E

T.I.M.E. is an exercise program tailored to benefit persons with neurological conditions after discharge from rehabilitation. It is a nationwide circuit-based program and partnered with Fraser Health. Our certified instructors provide a fun, safe environment for the participants. This class does require medical clearance and a referral. Intensity Level: 1

Abbotsford Recreation Centre

Jan 5 - Feb 9 M 12:30pm - 1:30pm 6/\$83.10 128878
Jan 7 - Feb 11 W 12:30pm - 1:30pm 6/\$83.10 128881
Jan 9 - Feb 13 F 12:30pm - 1:30pm 6/\$83.10 128883
Feb 18 - Mar 25 W 12:30pm - 1:30pm 6/\$83.10 128882
Feb 20 - Mar 27 F 12:30pm - 1:30pm 6/\$83.10 128884
Feb 23 - Mar 23 F 12:30pm - 1:30pm 5/\$69.25 128880

ACTIVE PROGRAMS

AI KI JUTSU FOR BEGINNERS

Join this four-week progressive series in Ai Ki Jutsu. Participants engage in mindful and intentional exercises in breathing, movement, balance and focus. Each week will progress through more advanced techniques and movements building the Mind - Body connection.

Abbotsford Recreation Centre

Jan 14 - Feb 4 W 9am - 10am 4/\$32.60 126290
Feb 18 - Mar 11 W 9am - 10am 4/\$32.60 126344

AI KI JUTSU INTERMEDIATE

Designed for those who have completed the beginner series, this intermediate-level class offers a seamless progression in your martial arts journey. Participants will explore new techniques while deepening their understanding of foundational movements. The focus remains on building core strength, enhancing stability, and increasing mobility-all through mindful, intentional practice. This class also emphasizes the development of technical precision and artistic expression, helping students refine their skills and grow with confidence.

Abbotsford Recreation Centre

Jan 14 - Feb 4 W 10:15am - 11:15am 4/\$32.60 130065
Feb 18 - Mar 1 W 10:15am - 11:15am 4/\$32.60 129004

ADULT BUS TOURS

(18yrs+)

Enjoy the journey and the destination with exciting tours focusing on fun adventures and unique experiences all year long.



FREE PROGRAMS

INTRODUCTION TO AI KI JUTSU

Ai Ki Jutsu is the Japanese equivalent to Tai Chi, where participants engage in mindful and intentional exercises in breathing, movement, balance and focus. Learn a series of carefully orchestrated and delicately executed movements to help build the Mind - Body connection.

Abbotsford Recreation Centre

Jan 7 W 9am - 10:30am 1/FREE 126291

INTRODUCTION TO KI KIOU

In this introductory class, learn a series of poses for releasing negative energy and harnessing positive energy. This practice utilizes mindful and intentional breathing, movement, and balance exercises for strength, health, happiness and resilience.

Abbotsford Recreation Centre

Feb 11 W 9am - 10:30am 1/FREE 126292

ARTFUL ENRICHMENT

Join these free classes hosted by Chartwell. All skills levels are welcome, and supplies included.

Abbotsford Recreation Centre

NORTHERN LIGHTS

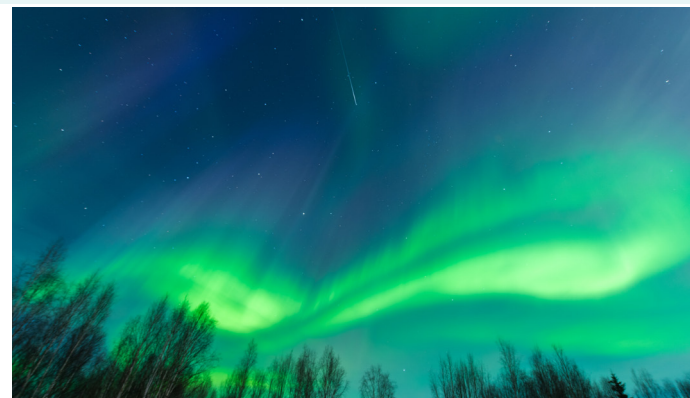
Follow a step-by-step tutorial using acrylic paint to create a Northern Lights Polaroid-inspired painting.

Jan 27 Tu 11am - 12pm 1/FREE 128246

VALENTINES CARDS

Using watercolor paints, create a cute candy heart Valentine's card.

Feb 10 Tu 11am - 12pm 1/FREE 128247



WORKSHOPS

PRESERVING YOUR WEALTH AND ESTATE

Join World Financial Group to learn essential steps to protect the legacy you've worked hard to build. This informative session will guide you through effective strategies for preserving your estate, transferring wealth to future generations, and ensuring your final wishes are clearly documented and honored.

Abbotsford Recreation Centre

Feb 5 Tu 1pm - 2:30pm 1/FREE 128029

UNIVERSITY OF VICTORIA CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

A FREE six-session/2.5 hours a week workshop that helps those living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Pain" companion book and the "Moving Easy" program download. Attend all six sessions to maximize self-management knowledge, skills and confidence. Spouses, partners, caregivers are also welcome to attend.

Matsqui Recreation Centre

Feb 3 - Mar 10 Tu 1pm - 3:30pm 6/FREE 127724

UNIVERSITY OF VICTORIA CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP

A FREE six-session/2.5 hours a week workshop. The workshop helps adults 19+ with chronic health conditions and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book.

Matsqui Recreation Centre

Feb 8 - Mar 15 Su 2pm - 4:30pm 6/FREE 127127



NEW FREE PROGRAMS

BOOK CLUB

Join us for our book club and meet with others to socialize and share your thoughts and interpretations through discussion over a new book every month! Participants are responsible for obtaining books themselves. Coffee and tea are provided.

Abbotsford Recreation Centre

Jan 26 - Mar 30 M 1pm - 3pm 3/FREE 125807

LEARN TO PLAY 8-BALL

This beginner-friendly program introduces players to the rules, techniques, and etiquette of 8-ball pool. Whether your brand new to the game or looking to sharpen your skills, this hands-on class will build your confidence and get you ready to enjoy casual or competitive play. No experience necessary - all equipment provided.

Abbotsford Recreation Centre

Jan 8 - Feb 5 Th 1pm - 3pm 5/FREE 128228

LINE DANCING - JAM SESSION

Join us for a line dancing jam session designed for dancers with a foundational understanding of the steps. Practice your choreography routines in a fun, interactive environment that keeps you moving and smiling. It's the perfect way to sharpen your skills while enjoying great music and great company!

Abbotsford Recreation Centre

Mar 13 F 4pm - 5pm 1/FREE 127247

COMMUNITY CONNECTIONS CAFE

If you're a 55+ caregiver in the community, you're invited to join us once a month for Community Connections Café - a welcoming space to learn about local resources, connect with peers, and enjoy a light meal together. Each gathering offers helpful information, meaningful conversation, and a chance to build supportive relationships in a relaxed, social setting.

Abbotsford Recreation Centre

Jan 26 M 10am - 12pm FREE 129862

Feb 23 M 10am - 12pm FREE 129863

Mar 30 M 10am - 12pm FREE 129864

Funded in part by the Government of Canada's New Horizons for Seniors Program



Supported and coordinated by Maplewood Care Society, in collaboration with community partners



EVENTS AT ARC

FREE WITH PASS OR 1/\$4.50

HEARTS ACROSS GENERATIONS

Celebrate love, friendship, and community at Hearts Across Generations, a special Valentine's Day event bringing seniors and youth together for an afternoon of connection and joy. Enjoy a light meal, share stories, play games, and make memories in a welcoming space filled with heartwarming conversation and laughter.



Matsqui Recreation Centre

Feb 6 F 4pm - 6pm 125948

BLOOM AND BOND: BOUQUET MAKING WORKSHOP

Join us for a delightful afternoon of creativity and connection as we craft beautiful floral bouquets to take home and enjoy. Whether you're a seasoned flower arranger or trying it for the first time, this hands-on workshop offers a relaxing and joyful experience. All materials provided-just bring your smile!

Abbotsford Recreation Centre

Mar 30 M 1pm - 3pm 126216

