

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
Art in the ARC 10am - 12pm	Ukulele 10am - 12pm	Partner Bridge 12:45pm - 3:45pm (Tournament on 3rd Wednesday of each month 12pm - 4pm)	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
Cribbage 6:30pm - 8:30pm	Happy Gang Singers 1pm - 3pm	Mexican Train Dominoes 1pm - 4pm	Partner Bridge 12:45pm - 3:45pm			

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 12pm - 4pm.

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 10am - 12pm		*Healthy Aging 10am - 12pm	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!

FREE TRY IT SHUFFLEBOARD APRIL 23
Pre-register with code 135275

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



ABBOTSFORD.CA/PRC  



55+
ACTIVITY CENTRES

NEWSLETTER

APRIL - JUNE 2026

recreation
connect
ABBOTSFORD

ENJOY THE COLOUR
PAGE INSIDE



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

CHECK OUT THE ENGLISH COMMUNITY CONVERSATION PROGRAM AT MRC!

55+ INSPIRED



ABBOTSFORD.CA/PRC  



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

55+
ACTIVITY
CENTRES

NEWSLETTER

APRIL- JUNE 2026



REGISTERED PROGRAMS ARTS & CRAFTS AT ARC

THE ART OF TREES (WATERCOLOUR) WITH SUE

Explore a variety of tree painting techniques and styles. By the end of the session, you'll create a complete landscape composition, seamlessly incorporating trees into a larger scenic setting. Material fee of \$5.

Apr 2 - 23 Th 1pm - 3pm 4/\$53.20 131591

MONO-PRINTING AND COLLAGE WORKSHOP WITH MOLLY

Experience the magic of mono-printing and collage in this 2-hour workshop. Participants will create 1-of-a-kind prints, which will then be cut up to create fun and whimsical collages. Guided by artist Molly Gray. All materials are provided. Material fee of \$5.

Apr 13 M 1pm - 3pm 1/\$13.30 131257

RELIEF PRINTMAKING WORKSHOP WITH MOLLY

In this step-by-step guided workshop, learn the basic techniques of linocut printmaking to create a set of 5 greeting cards and a small edition of prints with artist Molly Gray. All materials are provided. Material fee of \$5.

Apr 20 M 1pm - 3pm 1/\$13.30 131256

BOB ROSS (OIL) PAINTING WITH ADELE

Discover the joy of oil painting focused on the Alla Prima technique, AKA the Bob Ross wet-on-wet method. This approach allows you to complete a painting in a single session by applying fresh layers of paint directly onto still wet underlayers. Students will learn how to blend colors seamlessly, create soft edges, and achieve vibrant, dynamic results without waiting for paint to dry. Materials fee of \$5.

May 4 M 12:30pm - 3pm 1/\$15.85 131133

OLD URBAN TEXTURE (WATERCOLOR) WITH SUE

Experiment with creative techniques for adding texture to your watercolour paintings. Then, bring your skills together to design a captivating scene featuring an aged door or a weathered stone wall accented with lush vegetation. Material fee of \$5.

May 7 - 21 Th 1pm - 3pm 3/\$39.90 131593

MONOCHROMATIC FOREST (OIL) PAINTING WITH ADELE

Students will create a serene forest landscape using only one color in oil paints. The composition will include mountains, trees, rocks, and water, allowing participants to focus on tonal variation rather than color. Material fee of \$5.

May 25 M 12:30pm - 3pm 1/\$15.85 131135

LEARN TO PAINT DYNAMIC ACRYLIC LANDSCAPES

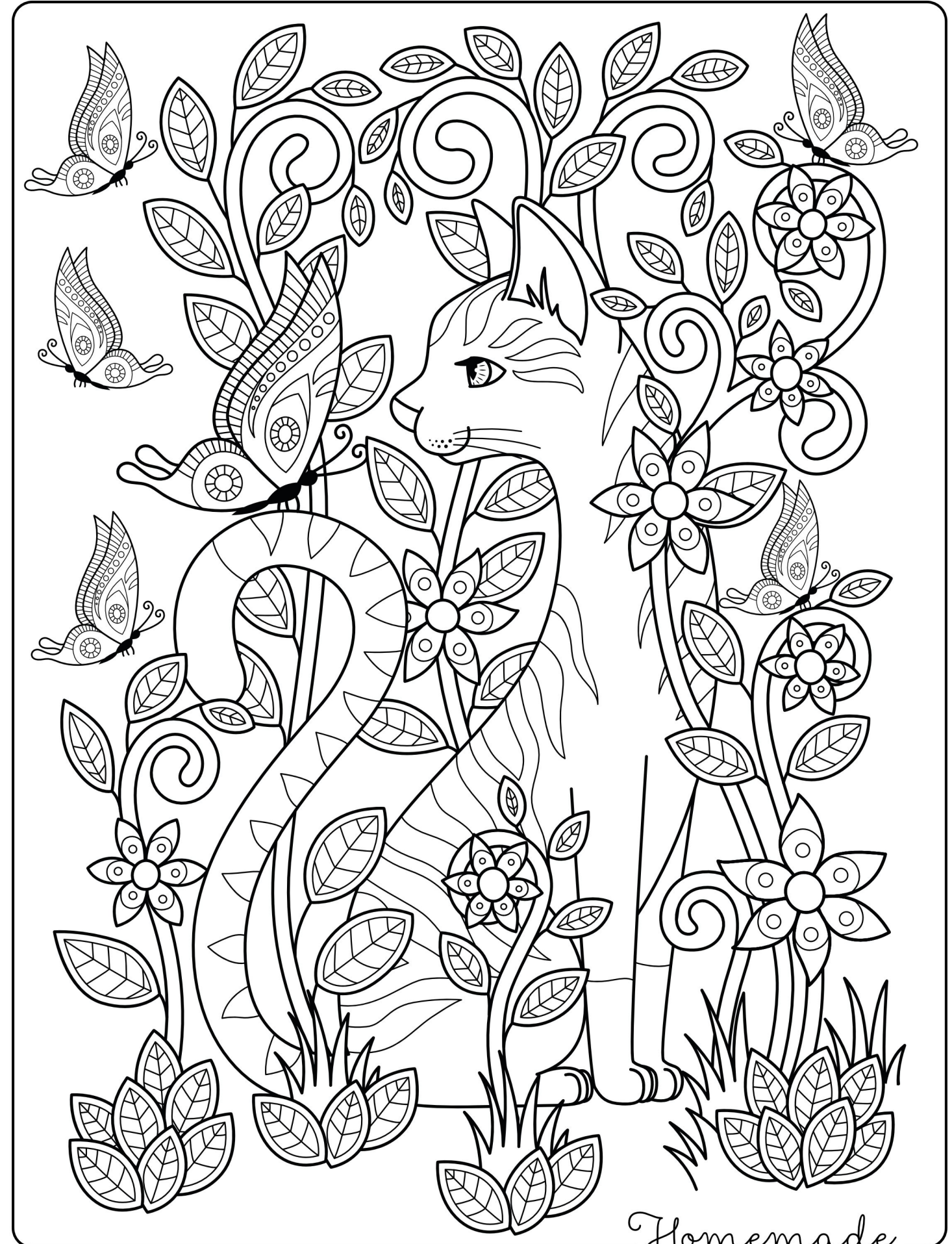
Immerse yourself in the creative possibilities of acrylics as you learn foundational techniques for capturing light, color, and atmosphere in landscape painting. This class is operated by The Reach Gallery Museum. Materials fee of \$7.

Jun 1 - 15 M 1pm - 3pm 3/\$90 131384

LEARN TO DRAW BUILDINGS USING PERSPECTIVE

Explore the fundamental principles of one- and two-point perspective, building the confidence and technical skills needed to incorporate perspective into a wide range of artwork. Bring your own building and street scene image or use one of the ones provided for inspiration. This class is operated by The Reach Gallery Museum. Materials fee of \$5.

Jun 4 - 18 Th 1pm - 3pm 3/\$75 131383



Homemade
GIFTS MADE EASY

LEARNING PLUS

10AM - 12PM



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, Apr 2	Estate Planning (Albert Law Co)
Th, Apr 9	109th Battle of Vimy Ride (David Tickner)
Th, Apr 16	Astronomy: The Universe and Our Place in it (Brian Antonson)
Th, Apr 23	Artificial Intelligence (David Thompson, UFV)
Th, Apr 30	BC Bear and Wildlife Safety (WildSafe BC)
Th, May 7	Meeting the Needs of Cancer Patients Living with Dementia (Shelly Canning)
Th, May 14	Street and Transit Safety (Abby PD) - FREE
Th, May 21	Geographies of the Heart: Stories from Newcomers to Canada (Raymonde Tickner)
Th, May 28	Literacy Matters
Th, Jun 4	BC Seniors Week Health and Wellness - FREE
Th, Jun 11	Global Grandmothers: Sharing Stories from Botswana, South Africa, and Eswatini (Ruth Thiessen)
Th, Jun 18	Three levels of Government with Mayor Siemens- FREE



ADULT BUS TOURS (18yrs+)

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

Register Online Today!
DIRECT2REC.COM



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

Apr 7 - Jun 23 Tu 2:45pm - 3:45pm 12/\$76.20 130658
Apr 9 - Jun 25 Th 2:45pm - 3:45pm 12/\$76.20 130672

BONE WISE

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 May 18. Intensity Level: 2

Abbotsford Recreation Centre

Apr 6 - Jun 22 M 12pm - 1pm 12/\$76.20 130649
Apr 7 - Jun 23 Tu 1:30pm - 2:30pm 12/\$76.20 130654
Apr 8 - Jun 24 W 12pm - 1pm 12/\$76.20 130959
Apr 9 - Jun 25 Th 1:30pm - 2:30pm 12/\$76.20 130669

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

Apr 1 - May 13 W 12pm - 1pm 7/\$96.65 130682
Apr 3 - May 15 F 12pm - 1pm 7/\$96.65 130684
May 20 - Jun 24 W 12pm - 1pm 6/\$83.10 130683
May 22 - Jun 26 F 12pm - 1pm 6/\$83.10 130685
May 25 - Jun 22 M 12pm - 1pm 5/\$69.25 130681

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

Apr 1 - 22 W 9am - 10am 4/\$32.60 131099
May 6 - 27 W 9am - 10am 4/\$32.60 131100
Jun 3 - 24 W 9am - 10am 4/\$32.60 131250

AI KI JUTSU INTERMEDIATE

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

Apr 1 - 22 W 10:15am - 11:15am 4/\$32.60 131101
May 6 - 27 W 10:15am - 11:15am 4/\$32.60 131102
Jun 3 - 24 W 10:15am - 11:15am 4/\$32.60 131251



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

Apr 27 - Jun 29 M 1pm - 3pm 3/FREE 131110

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

April 29 W 9am -10:30am 1/FREE 131103

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

Apr 27 M 10am - 12pm FREE 131095

May 25 M 10am - 12pm FREE 131096

Jun 22 M 10am - 12pm FREE 131097

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



SOCIAL

FREE

ENGLISH COMMUNITY CONVERSATION

This program is designed for participants with beginner to intermediate English skills who want to build confidence and fluency through engaging, conversation-focused activities. Each session offers interactive discussions and practical vocabulary practice to help you communicate with ease. Connect with others, practice your English, and enjoy learning in a welcoming space where everyone is encouraged to participate.

Matsqui Recreation Centre

Apr 20 M 10am - 11:30am 131352

May 4 M 10am - 11:30am 131354

May 25 M 10am - 11:30am 131356

Jun 8 M 10am - 11:30am 131358

Jun 22 M 10am - 11:30am 131360

Women's Only

Apr 13 M 10am - 11:30am 131351

Apr 27 M 10am - 11:30am 131353

May 11 M 10am - 11:30am 131355

Jun 1 M 10am - 11:30am 131357

Jun 15 M 10am - 11:30am 131359

WORKSHOPS

UNIVERSITY OF VICTORIA DIABETES SELF-MANAGEMENT WORKSHOP

The Diabetes Self-Management Program is a free six-session workshop. The workshop helps people living with diabetes and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should attend all six sessions to get the maximum benefit.

Matsqui Recreation Centre

May 12 - Jun 16 Tu 1pm - 3:30pm 6/FREE 132134

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. No class May 16.

Matsqui Recreation Centre

May 2 - Jun 13 Sa 10am - 12:30pm 6/FREE 132133

MUSIC & DANCE

MUSIC AT MRC

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. No class May 18.

May 4 - Jun 8 M 6pm - 7pm 5/\$25.75 131094

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.

May 1 - 22 F 4:15pm - 5:15pm 4/\$32.60 132160

Jun 5 - 26 F 4:15pm - 5:15pm 4/\$32.60 132161

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.

May 1 - 22 F 5:30pm - 6:30pm 4/\$32.60 132162

Jun 5 - 26 F 5:30pm - 6:30pm 4/\$32.60 132163



CONNECTING COMMUNITY

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

Check out our Volunteer Programs

PARKS

- Adopt a Park / Trail / Street
- Community Clean Up Month
- One Time Beautification
- Marker Maintenance

RECREATION

- Arenas
- Aquatics
- Fitness
- Day Camps
- Art, Recreation & Sports Programs

CULTURE

- Special Events

CITY WIDE

- Storm Drain Troopers
- Extended Emergency Support Services

Contact the Volunteer Coordinator
604.557.7050
volunteer@abbotsford.ca

