

ARC 55+ ACTIVITY CENTRE DROP-IN SCHEDULE

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

MRC 55+ ACTIVITY CENTRE SCHEDULE

MRC 55+ Centre closed for renovations
June 30 - July 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bridge 12:30pm - 3:45pm	*Healthy Aging 10am - 12pm	*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!

Join us at ARC during MRC closure
12:45pm - 3:45pm
Whist Tuesdays
Cribbage Fridays

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



ABBOTSFORD.CA/PRC



55+
ACTIVITY
CENTRES

NEWSLETTER

JULY - AUGUST 2026

recreation
connect
ABBOTSFORD

ENJOY THE COLOUR
PAGE INSIDE



TAKE NOTE OF THE
MRC 55+ CENTRE
CLOSURE FOR THE
MONTH OF JULY!

CHECK OUT THE
TRY IT SESSIONS
AT ARC!

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

ARTS & CRAFTS PROGRAMS

CRAFTING CORNER

Are you a passionate crafter looking for your next creative outlet? Join our Crafting Corner program! Each week, we'll dive into a new project, with all supplies provided. Prefer to drop in? Single-day sessions are available.

Abbotsford Recreation Centre

Jul 8 - 29 W 10am - 11:30am 4/\$30.80 136924

Aug 5 - 26 W 10am - 11:30am 4/\$30.80 136925

ACTIVE PROGRAMS

AI KI JUTSU FOR BEGINNERS/INTERMEDIATE

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.

Mill Lake Park

Jul 8 - 29 W 9am - 10am 4/\$32.60 136062

AI KI JUTSU ADVANCED

Designed for those who have completed the intermediate series, this advanced-level class offers a challenging next step in your martial arts journey. Participants will work with complex techniques, refined combinations, and advanced movement patterns that demand precision, control, and heightened body awareness.

Mill Lake Park

Jul 8 - 29 W 10:15am - 11:15am 4/\$32.60 136063

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

Jul 7 - Sep 1 Tu 2:45pm - 3:45pm 9/\$57.15 136646

Jul 8 - Sep 2 W 12:30pm - 1:30pm 9/\$57.15 136653

Jul 8 - Sep 2 W 4pm - 5pm 9/\$57.15 137532

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. Intensity Level: 2

Abbotsford Recreation Centre

Jul 7 - Sep 1 Tu 1:30pm - 2:30pm 9/\$57.15 136643

Jul 8 - Sep 2 W 12pm - 1pm 9/\$57.15 136652

Jul 9 - Sep 3 Th 1:30pm - 2:30pm 9/\$57.15 136678

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

Jun 29 - Jul 27 M 12pm - 1pm 5/\$69.25 136750

Jul 3 - 31 F 12pm - 1pm 5/\$69.25 136754

Jul 8 - 29 W 12pm - 1pm 4/\$55.40 136752

Aug 5 - Sep 2 W 12pm - 1pm 5/\$69.25 136753

Aug 7 - Sep 4 F 12pm - 1pm 5/\$69.25 136755

Aug 10 - 31 M 12pm - 1pm 4/\$55.40 136751



SUNFLOWER

55+
ACTIVITY
CENTRES

NEWSLETTER

JULY - AUGUST 2026

SOCIAL

FREE

BOOK CLUB

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

Abbotsford Recreation Centre

July 27 & Aug 31 M 1pm - 3pm 135808

COFFEE WITH A LIBRARIAN

Join us for our Coffee with a Librarian session. Enjoy a relaxed visit with a Fraser Valley Regional Librarian! Sip on a coffee while you learn about upcoming library programs and events, discover helpful resources, ask questions, and connect with your community. It's a great chance to chat, explore what the library has to offer, and engage in meaningful conversation.

Abbotsford Recreation Centre

Jul 14 Tu 10am - 11:30am 138282

55+ MOVIE - THE GREATEST SHOWMAN

Experience cinematic magic with an uplifting afternoon showing of The Greatest Showman! Join us for a feel-good cinematic experience filled with music, dazzling performances, and an inspiring story celebrating imagination, courage, and belonging.

Abbotsford Recreation Centre

Aug 20 Th 1pm - 3pm 137403



TRY IT

Please note: Try it! Sessions will be led by instructors who are currently in training and gaining hands-on experience.

SCRAPBOOKING

Bring your own scrapbook and photos, and we'll supply all the materials you need. Discover creative tips and tricks to help your pages come to life in this fun, hands-on introductory session. Perfect for beginners or anyone looking for fresh inspiration!

Abbotsford Recreation Centre

Jul 7 Tu 10am - 11:30am 1/\$2 137042

CROCHETING

Bring your own crochet hook and we will provide the rest. Learn the basics of crochet in this try-it introductory class.

Abbotsford Recreation Centre

Jul 21 Tu 10am - 11:30am 1/\$2 137416



ADULT BUS TOURS (18yrs+)

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



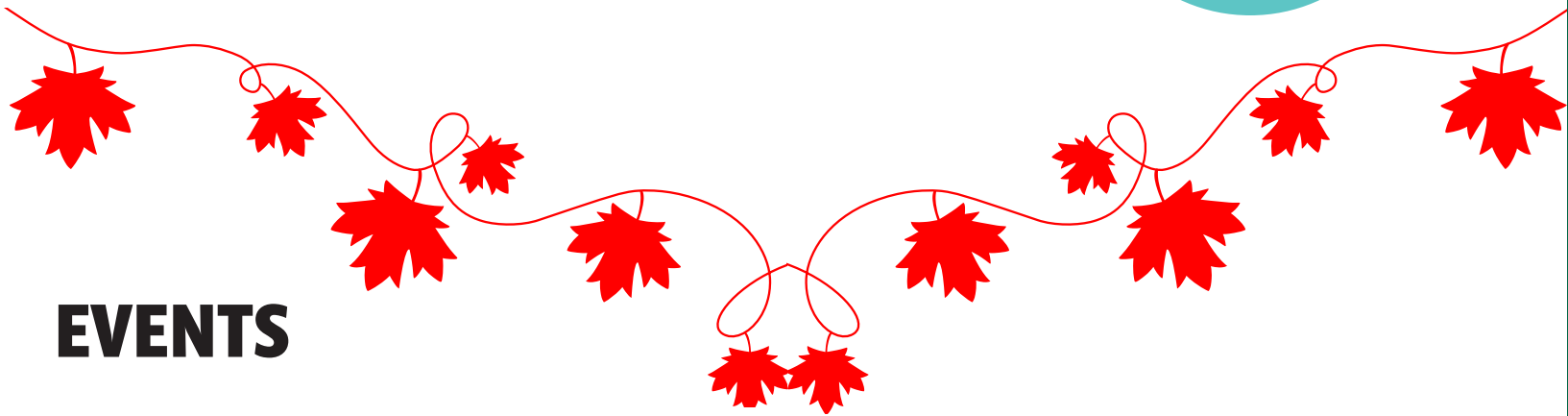
Jun 29	Grouse Mountain	137424
Jul 15	A Day in Spain with Ciro Vivancos	137427
Jul 25	Salt Spring Market	137453
Jul 29	Galiano Island	137454
Aug 4	Summer Sightseeing Cruise	137426
Aug 7	Alpine Meadows Wildflowers	137453
Aug 18	Richmond Sunflower Festival	137459
Aug 13	Bird's Eye Vancouver	137458
Aug 26	Seniors Dragon Boat Experience	137460

Register Online Today!
DIRECT2REC.COM

55+
ACTIVITY
CENTRES

NEWSLETTER

JULY - AUGUST 2026



EVENTS

CANADA DAY 'ROOTS & RHYTHM' PARADE

Join in the celebration of Canada Day viewing the parade along South Fraser Way.

Wednesday, July 1

11am

CANADA DAY FAMILY FESTIVAL

Enjoy the Canada Day festivities at Abbotsford Exhibition Park, complete with Fireworks to cap off the evening.

Wednesday, July 1

1pm - 10pm

Visit <https://goabbotsford.ca/canadaday/> for complete details

Visit abbotsford.ca/go-play-outside for event details

CULTURE CITY Program Series
EVENT

For event details visit abbotsford.ca/culture-city



Are you 55+ and interested in volunteering with our Recreation team? We're looking for enthusiastic 55+ Program Hosts to help support and enhance our programs.

Contact us about our Volunteer Opportunities

PARKS

- Adopt a Park / Trail / Street
- Community Clean Up Month
- One Time Beautification
- Marker Maintenance
- 5-2-1-0 Playboxes

RECREATION

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

CULTURE

- Special Events

Contact Chrissy Borseth
Volunteer Coordinator
at 604.557.7050 or email
volunteer@abbotsford.ca



Abbotsford Recreation Centre | 2499 McMillan Rd

abbotsford.ca/volunteerapplication

