

# Abbotsford Seniors' Week COMMUNITY EVENTS

## FVRL Seniors Social

Join the FVRL at Clearbrook Library for the senior's afternoon social. Each week there will be refreshments and activities such as card and board games, jigsaw puzzles, The Playground™ book talks and more.

### Clearbrook Library

32230 George Ferguson Way  
June 1 M 1:30pm - 3pm  
No registration is required



## Healthy Aging South Asian Seniors Social Cafe

Join Healthy Aging's South Asian Social Cafe for refreshments, engaging activities, and plenty of social time. Meet new friends and enjoy a fun, welcoming atmosphere!

### Matsqui Recreation Centre

June 2 Tu 10am - 12pm  
Register at: [778.201.3745](tel:778.201.3745)



## Archway South Asian Day Program

Come celebrate BC Seniors Week with Archway at their vibrant South Asian Day Program!

### Archway

#4-32700 George Ferguson Way  
June 3 W 12:30pm - 2:30pm  
No registration is required



## Healthy Aging Tech Savvy Seniors

Have tech questions? Bring your device (phone, tablet, or laptop) and learn practical tips that make navigating technology easier and more enjoyable.

### Matsqui Recreation Centre

June 3 W 10am - 12pm  
Register at: [604.245.8410](tel:604.245.8410)



## Try-It Lawn Bowling

Lawn bowling is a fun, outdoor sport, and you are invited to come and try it out. You will receive an introductory, free session, and we will provide the equipment. \*Canceled if it is wet. Flat shoes required.

### Mill Lake Park

Off Ware St and Alta Ave  
June 3 W 2pm - 3pm  
Register at: [778.772.7387](tel:778.772.7387) or [604.850.3925](tel:604.850.3925)



## Healthy Aging Seniors Social Cafe

Join Healthy Aging's Social Cafe for refreshments, engaging activities, and plenty of social time. Meet new friends and enjoy a fun, welcoming atmosphere!

### Matsqui Recreation Centre

June 4 Th 10am - 12pm  
Register at: [778.201.3745](tel:778.201.3745)



## Health Talks: Demystifying Healthcare for Seniors

The Abbotsford Division of Family Practice, in partnership with the Fraser Valley Health Care Foundation, is hosting a free half-day event for seniors featuring educational presentations, community engagement opportunities, and a light meal with refreshments.

### Garden Park Tower

#101-2825 Clearbrook Rd  
June 4 Th 8:30am-12:30pm  
Register at: [www.adofp.ca/upcoming-events](http://www.adofp.ca/upcoming-events)



## Castle Fun Park Hole in One Donut Social

Join Castle Fun Park as they host a 'hole in one donut social' for seniors during BC senior week. Coffee and donuts will be served before starting a game of mini golf.

### Castle Fun Park

June 5 F 10:30am 1/\$10  
Register yourself/team at: [604.850.0401](tel:604.850.0401) or email [sue.bossley@castlefunpark.com](mailto:sue.bossley@castlefunpark.com)



## Finishing Well - End of Life Choices

Join us at Clearbrook MB Church for a thoughtful seminar on "Finishing Well: End-of-Life Choices". Discover helpful guidance and support on topics such as compassionate end-of-life care, understanding and communicating your wishes through 'My Voice.' Practical steps for funeral planning - breaking it down into clear, manageable decision you can make today.

### Clearbrook MB Church

2719 Clearbrook Rd  
June 5 F 10am  
No registration required. Call [604.850.6607](tel:604.850.6607) for more information

# SENIORS' WEEK JUNE 1 - 5, 2026



## JOIN US FOR ABBOTSFORD'S SENIORS' WEEK!



SCAN TO REGISTER FOR KICK-OFF EVENT

WEEK SCHEDULE

SENIORS'



# Abbotsford Seniors' Week Kick-off Event CULTURAL CONNECTIONS

Dr. Satwinder Bains, our keynote speaker, will highlight Abbotsford's rich cultural diversity and explore how these connections enhance healthy, positive aging. Enjoy vibrant cultural performances, explore local resources at our community fair, share a delicious lunch, and experience much more throughout the event!

Monday, 9:30am - 2pm  
**JUNE 1ST**

Seven Oaks Alliance Church  
2575 Gladwin Road

For more information call 778.752.6923 or email [commdevelopment@abbotsford.ca](mailto:commdevelopment@abbotsford.ca)

Register at  
[www.abbotsford.ca/seniorsweek](http://www.abbotsford.ca/seniorsweek)

## Sponsors



## Sign up for these **FREE** events at [direct2rec.com](http://direct2rec.com)

**Tuesday, JUNE 2nd**

### OPEN HOUSE AND ART EXHIBITION

Join us at the Abbotsford Recreation Centre Open House for a day of connection and creativity. Enjoy a light lunch, explore a stunning art exhibition featuring local community artists, and enjoy great music and company in a welcoming atmosphere.

#### Abbotsford Recreation Centre

Tu 11am - 1pm 131945

**Wednesday, JUNE 3rd**

### OPEN HOUSE AND MUSIC PERFORMANCE

Join us at the Matsqui Recreation Centre Open House for a day of connection and creativity. Enjoy a light lunch, listen to a musical performance from a local ukulele group, and enjoy great company in a welcoming atmosphere.

#### Matsqui Recreation Centre

W 10am - 12pm 132312

### GENERATIONS IN BLOOM

Join us for a fun and creative intergenerational event where youth and seniors come together to decorate and fill their own garden pots to take home. Participants will work side by side, share stories, and enjoy hands-on crafting as we celebrate community, creativity, and connections across generations. All supplies are provided!

#### Abbotsford Recreation Centre

W 3pm - 4:30pm 136061



### TRY-IT WHIST

Are you looking to learn the game of Whist? Join us for Try-It Whist where you can learn to play in a fun and interactive environment.

#### Matsqui Recreation Centre

W 12:45pm - 3:45pm 136011

## MUSCLES AND MOVEMENT

Progress your strength, mobility, and coordination in this 45-minute class designed to challenge both body and mind. Building on Bones & Balance, it increases movement complexity in a fun, supportive setting. Most exercises are standing, with chair or floor options for accessibility. Intensity Level: 3

#### Matsqui Recreation Centre

W 4pm - 5pm 139618

## SENIORS WEEK YOGA

Gentle and accessible, Chair Yoga for Seniors helps improve flexibility, balance, and relaxation using simple movements done while seated or supported by a chair. Perfect for all mobility levels, this calming class promotes wellness, reduces stiffness, and supports healthy aging in a friendly, supportive environment.

#### Matsqui Recreation Centre

W 9am - 10am 136452

**Thursday, JUNE 4th**

## LEARNING PLUS

Join us for a special presentation as we explore, celebrate, and support health and wellness in older adulthood.

#### Abbotsford Recreation Centre

Th 10am - 12pm 135587

## BONES AND BALANCE

A 45-minute functional fitness class focused on strength, balance, and mobility to help you stay strong and steady at any age. Suitable for all fitness levels with chair-based and standing options using bands and weights. Supportive instructors and a fun, welcoming atmosphere. Intensity Level 2

#### Abbotsford Recreation Centre

Th 8am - 9am 136563

**Friday, JUNE 5th**

## TRY-IT CRIBBAGE

Are you looking to learn the game of Crib? Join us for Try-It Crib where you can learn to play in a fun and interactive environment.

#### Matsqui Recreation Centre

F 12:45pm - 3:45pm 136013

## WALK AND MINGLE 55+

Enjoy a friendly indoor walking class that combines movement and conversation in a supportive setting. Guided by a certified instructor, you'll walk at a moderate pace, stay active, and connect with others while working toward your step goals. Intensity Level 2

#### Abbotsford Recreation Centre

F 9am - 9:45am 136453

