

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 <i>*Bridge Tournament 3rd Wednesday 12pm - 4pm</i>	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
Mahjong 1pm - 3pm	Happy Gang Singers 1pm - 3pm	Mexican Train Dominoes 1pm - 4pm Euchre 6pm - 8:30pm		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.

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.

Mahjong
Bring your skills and enjoy friendly, casual play, no instruction provided. Suitable for those who already know how to play and want a fun, welcoming drop-in environment.

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 from 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	*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!

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

55+
ACTIVITY
CENTRES

NEWSLETTER
SEPTEMBER - DECEMBER 2026

recreation
connect
ABBOTSFORD



NEW
Mahjong
on Mondays
at ARC

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

EVENTS
GET READY TO CELEBRATE
WITH OUR EXCITING
THEMED EVENTS.

CHECK OUT THE
ARC & MRC
DROP-IN FALL
SCHEDULE! BACK PAGE

55+ INSPIRED



REGISTERED PROGRAMS

ARTS & CRAFTS AT ARC

FABRIC PAINTING MANDALAS (THE REACH)

Explore the relaxing art of mandala painting on fabric in this beginner-friendly class. Participants will create two beautiful mandala designs on different-sized embroidery hoops, combining colour, pattern, and creativity to make unique decorative pieces. No experience is needed—just enjoy a calming and inspiring artistic experience. Materials fee \$7.

Sep 14- 28 M 1pm - 3pm 3/\$90 140858

CYANOTYPE (THE REACH)

Step into the magic of cyanotype, an early photographic process that creates striking blue-and-white images. Using natural objects, stencils, and UV light, participants will create beautiful photographic prints while learning a fascinating and accessible art technique. Material fee \$7.

Oct 5 - 26 M 1pm - 3pm 3/\$90 140859

PAINTING PEACEFUL FORESTS IN ACRYLICS (THE REACH)

Unwind and connect with nature through painting serene forest landscapes in acrylics. This calming class guides beginners step-by-step in creating soft trees, gentle light, and peaceful woodland scenes while building confidence with colour and brush techniques. Material fee \$7. No class Oct 12.

Nov 9 - 23 M 1pm - 3pm 3/\$90 140861



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.

Sep 8 - 29 Tu 10am - 11:30am 4/\$31.80 140824

Nov 3 - 24 Tu 10am - 11:30am 4/\$31.80 140825

OUT IN THE ORCHARD (WATERCOLOR)

Step into the beauty of autumn in this watercolor class inspired by the simple charm of fruit ready for harvest. Practicing the techniques of washes and layering, we will create the areas of light and shadow bringing this scene to life. Material fee \$5.

Sep 10 - 24 Th 1pm - 3pm 3/\$40.95 139745

COLOURS OF FALL (WATERCOLOR)

Explore the concept of a limited pallet using warm primary colours to create warmth in the autumn landscape. We will zoom in to take a close-up look at leaves and then zoom out to capture a scene from a distance. Material fee \$5.

Oct 8 - 29 Th 1pm - 3pm 4/\$54.60 139748

WATERLILIES ON THE POND(WATERCOLOR)

Explore the concept of a limited pallet using warm primary colours to create warmth in the autumn landscape. We will zoom in to take a close-up look at leaves and then zoom out to capture a scene from a distance. Material fee \$5.

Nov 12 - 19 Th 1pm - 3pm 2/\$27.30 139749

WINTER SUNSET (WATERCOLOR)

Capturing the warm glow of the evening sunlight in a snowy scene. Working on clear washes for the sky, snow and shadows to create a calm winter night. Material fee \$5.

Dec 10 - 17 Th 1pm - 3pm 2/\$27.30 139750

OLD TV SHOWS

P G U N S M O K E W U P D H R E G N A R E N O L
E N C R S B U H S X Y Q V D J C B J C I E A B Q
T V L A K E V J H T W C W E E E N O I I G V E C
T S J D L V B F U K I A N C W J X A T K E H J L
I A W V T E O L E Y O I P I Z R F U O X Q S S S
C B K Y S R N I S Q I W T P L U P X E I M M P E
O C M L E L A H S K J C M J V G P A A N W O M R
A N C R B Y N P K G H V O W P N O L W T V N N C
T I P Y S H Z P P E Y H O U O H G L P H C H L A
J I Q N W I A O D X Z T U T R B E I E U E E W N
U G X E O L P J F S Y I T O V N C N N Q T X D E
N K Y M N L T M O U B F V A G T U T J T S E C E
C Z P U K B Y G K K I F G H E K G H X I E K N R
T O C P R I J D U R S I O A L A O E T L K Y A G
I H W V E L A O V L Y R M F X G G F L O C D M Y
O I W U H L F G G E U G E M E B C A D V Y N R V
N M F B T I H U B K Q Y R W W F W M Q E Y A E Y
I T R J A E C Z L N W D P V E J Y I D L X V P Q
G X G T F S I X C L Z N Y Y D J E L G U V K U H
J J Y W B X G D K I H A L Z Q O C Y F C Q C S L
R Z M J W L M V S T I O E V I J J Y Y Y V I H M
X W G Y T V Y W X D D S U W U A Q B X Z O D L F
Q N D F L Y S B U G B M Z S U Q X T Y U F K N Q
U H U G Z L Y B T H Z F I L E J K E Y U D N N J

BEVERLY HILLBILLIES
FATHER KNOWS BEST
GREEN ACRES
FULL HOUSE
GUNSMOKE

PETTICOAT JUNCTION
ANDY GRIFFITH
I LOVE LUCY
GOMER PYLE
SUPERMAN

ALL IN THE FAMILY
DICK VAN DYKE
LONE RANGER
BEWITCHED
BONANZA

EVENTS AT ARC

FREE WITH PASS OR 1/\$4.50

PUMPKIN DECORATING

Join us for the spooktacular event! Each participant will get their own pumpkin to decorate and put on their porch for Halloween Night.

Abbotsford Recreation Centre				
Oct 29	Th	1pm - 3pm		140075
Matsqui Recreation Centre				
Oct 30	F	10am - 12pm		140078

CAROLING AND COCOA

Come listen to cheerful Christmas Carols while sipping on hot cocoa at this fun holiday event.

Abbotsford Recreation Centre				
Dec 3	Th	1pm - 3pm	1/\$4.50	140079

GINGERBREAD HOUSE MAKING

Join us for this holiday event! Each participant will decorate a gingerbread house to take home and enjoy for the holiday season.

Abbotsford Recreation Centre				
Dec 7	M	2pm - 3pm		140829

HOLIDAY GIFT WRAPPING

Bring your holiday gifts and enjoy an afternoon of gift wrapping and seasonal cheer. All gift-wrapping supplies will be provided.

Abbotsford Recreation Centre				
Dec 14	M	1pm - 3pm		140828

HOLIDAY MOVIE (HOME ALONE)

Enjoy a festive afternoon screening of Home Alone! Laugh along with this holiday classic as young Kevin McCallister outsmarts a pair of bumbling burglars in a heartwarming adventure full of humor, holiday spirit, and clever surprises.

Abbotsford Recreation Centre				
Dec 15	Tu	1pm - 3pm		140080



SOCIAL 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				
Sep 28 - Dec 28	M	1pm - 2:30pm	4/FREE	140111

Matsqui Recreation Centre				
Sep 25 - Dec 18	F	10am - 11:30am	4/FREE	140112

COFFEE WITH ABBOTSFORD PEER SUPPORT

Join us for a coffee with Abbotsford Peer Support, a local non-profit dedicated to supporting seniors in our community. Learn more about their programs, how to get involved as a volunteer, and other ways to make a difference!

Abbotsford Recreation Centre				
Sep 1	Tu	10am - 11:30am	FREE	140857

POETRY CLUB

Join us for our Poetry Club and meet with others to socialize and share your thoughts on poems you've read or written each month. Coffee and tea are provided.

Abbotsford Recreation Centre				
Sep 17 - Dec 17	Th	1pm - 3pm	4/FREE	140830

INTERGENERATIONAL BAKING EXCHANGE

We're looking for five individuals to participate in an intergenerational baking exchange. Bring a family recipe, and we'll provide all the ingredients and supplies. Spend an afternoon guiding youth step-by-step through your recipe while sharing stories, building connections, and creating something delicious together.

Matsqui Recreation Centre				
Oct 8	Th	3pm - 5pm	FREE	140176

INTERGENERATIONAL WINTER WORKSHOP

Enjoy a cozy intergenerational winter workshop filled with sweet treats, creativity, and connection. Participants will gather to enjoy light refreshments while working together on a fun, hands-on winter craft—perfect for sharing stories and celebrating the season across generations.

Abbotsford Recreation Centre				
Nov 2	M	3pm - 4:30pm	FREE	140178

ARTFUL ENRICHMENT

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



Abbotsford Recreation Centre

HARVEST MOON PAINTING

Bringing the dark fall night to life with this beautiful harvest moon painting!

Sep 9	W	11am - 12pm	1/FREE	141127
-------	---	-------------	--------	--------

FLORAL PUMPKIN PAINTING

Paint a beautiful floral pumpkin - Even Halloween can be pretty!

Oct 14	W	11am - 12pm	1/FREE	1141128
--------	---	-------------	--------	---------

UNDER THE TREE PAINTING

Explore leaves of colourful delight!

Nov 18	W	11am - 12pm	1/FREE	141129
--------	---	-------------	--------	--------

FABRIC WREATH CRAFT

Create a vintage wreath this holiday season!

Dec 9	W	11am - 12pm	1/FREE	141130
-------	---	-------------	--------	--------

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.

Matsqui Recreation Centre

Oct 19 - Nov 23	M	6pm - 7pm	6/\$32.10	140015
-----------------	---	-----------	-----------	--------



CROCHETING FOR BEGINNERS

Learn the basics of crochet in this beginner class and take home your own handmade project by the end of 4 weeks.

Abbotsford Recreation Centre

Sept 11 - Oct 2	F	1:30pm - 3:30pm	4/\$42.60	143766
Oct 16 - Nov 6	F	1:30pm - 3:30pm	4/\$42.60	140825

DANCE AT ARC

INTRO TO LINE DANCING

Are you interested in learning the art of line dancing? Join us in this introductory class where you will start to learn the basics of line dancing. No class Sep 11.

Abbotsford Recreation Centre				
Sep 18 - Oct 2	F	3pm - 4pm	3/\$25.05	139725
Oct 9 - 30	F	3pm - 4pm	4/\$33.40	139727
Nov 13 - Dec 4	F	3pm - 4pm	4/\$33.40	139728

LINE DANCING - BEGINNER 1

This class is perfect for dancers who have learned the basic steps and are ready to progress. You'll build confidence as you learn new dances, practice smooth transitions, and improve your timing and coordination—all while enjoying the upbeat, social atmosphere of line dancing. No class Sep 11.

Abbotsford Recreation Centre				
Sep 18 - Oct 2	F	4:15pm - 5:15pm	3/\$25.05	139730

LINE DANCING - BEGINNER 2

This class is perfect for dancers who have learned the basic steps and are ready to progress. You'll build confidence as you learn new dances, practice smooth transitions, and improve your timing and coordination—all while enjoying the upbeat, social atmosphere of line dancing. Participants must have completed beginner 1 prior to registering.

Abbotsford Recreation Centre				
Oct 9 - 30	F	4:15pm - 5:15pm	4/\$33.40	139731

LINE DANCING - BEGINNER 3

This class is perfect for dancers who have learned the basic steps and are ready to progress. You'll build confidence as you learn new dances, practice smooth transitions, and improve your timing and coordination—all while enjoying the upbeat, social atmosphere of line dancing. Participants must have completed beginner 2 prior to registering.

Abbotsford Recreation Centre				
Nov 13 - Dec 4	F	4:15pm - 5:15pm	4/\$33.40	139732

ACTIVE PROGRAMS

AI KI JUTSU BEGINNERS SERIES

Join this 4 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. No class Sep 30.

Abbotsford Recreation Centre

Sep 9 - Oct 7	W	8am - 8:45am	4/\$28	139690
Oct 14 - Nov 4	W	8am - 8:45am	4/\$28	139693
Nov 18 - Dec 9	W	8am - 8:45am	4/\$28	139694

AI KI JUTSU INTERMEDIATE SERIES

Designed for those who have completed the beginner series. Participants will explore new techniques while strengthening their understanding of foundational movements. This class focuses on building core strength, enhancing stability, and increasing mobility through mindful, intentional practice. It also emphasizes technical precision and artistic expression, helping students refine their skills and grow in confidence. No class Sept 30.

Abbotsford Recreation Centre

Sep 9 - Oct 7	W	9am - 9:45am	4/\$28	139695
Oct 14 - Nov 4	W	9am - 9:45am	4/\$28	139696
Nov 18 - Dec 9	W	9am - 9:45am	4/\$28	139697

AI KI JUTSU ADVANCED SERIES

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. No class Sept 30.

Abbotsford Recreation Centre

Sep 9 - Oct 7	W	10am - 10:45am	4/\$28	139705
Oct 14 - Nov 4	W	10am - 10:45am	4/\$28	139706
Nov 18 - Dec 9	W	10am - 10:45am	4/\$28	139707

MILL LAKE WALKING CLUB

Our Mill Lake Walking Club brings adults together to enjoy scenic walks around the lake while supporting social connection and physical well-being. Fitness Intensity 2

Mill Lake

Sep 14 - Nov 9	M	10:45am - 11:30am	\$2/session	
----------------	---	-------------------	-------------	--

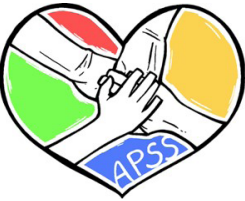


Volunteer Opportunities

Volunteer Services is partnering with our Older Adults (55+yrs) programming team to add some GREAT volunteer opportunities this Fall. 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

Abbotsford Peer Support is looking for 50+ Volunteers to support their ‘Good Morning Program’ for more details contact 604-850-0011 or email apss.seniors@telus.net



NEW

STROKE RECOVERY

Connect in your local community with other survivors and caregivers for emotional support, firsthand advice, and friendship. Our weekly community meetings provide an opportunity to connect with fellow stroke survivors locally to find support, companionship, share stories and learn from one another in a supportive environment.

Matsqui Recreation Centre

Sep 11 - Dec 18	F	9am - 11am	YR/\$50	142758
-----------------	---	------------	---------	--------



STROKE
RECOVERY BC

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

Sep 15 - Oct 27	Tu	2:45pm - 3:45pm	7/\$45.85	140269
Sep 16 - Oct 28	W	12:30pm - 1:30pm	6/\$32.75	140329
Sep 17 - Oct 29	Th	2:45pm - 3:45pm	7/\$45.85	140360

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. Intensity Level: 2

Abbotsford Recreation Centre

Sep 14 - Oct 26	M	12pm - 1pm	6/\$39.30	140257
Sep 15 - Oct 27	Tu	1:30pm - 2:30pm	7/\$45.85	140294
Sep 16 - Oct 28	W	12pm - 1pm	6/\$39.30	140325
Sep 17 - Oct 29	Th	1:30pm - 2:30pm	7/\$45.85	140343
Nov 2 - Dec 21	M	12pm - 1pm	8/\$54.40	40259
Nov 3 - Dec 22	Tu	1:30pm - 2:30pm	8/\$54.40	40295
Nov 4 - Dec 23	W	12pm - 1pm	7/\$45.85	140326
Nov 5 - Dec 17	Th	1:30pm - 2:30pm	7/\$45.85	140344

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 program that is a 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 referral. Intensity Level: 1

Abbotsford Recreation Centre

Sep 9 - Oct 28	W	12pm - 1pm	7/\$100.10	140327
Sep 11 - Oct 30	F	12pm - 1pm	8/\$114.40	140369
Sep 14 - Oct 26	M	12pm - 1pm	6/\$85.80	140262
Nov 2 - Dec 21	M	12pm - 1pm	8/\$114.40	140265
Nov 4 - Dec 23	W	12pm - 1pm	7/\$110.10	140328
Nov 6 - Dec 18	F	12pm - 1pm	7/\$110.10	140370

WORKSHOPS

UNIVERSITY OF VICTORIA CHRONIC CONDITIONS SELF-MANAGEMENT

A FREE six-session workshop. The workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. The workshop is open to caregivers and family members.

Matsqui Recreation Centre

Oct 22 - Nov 26	Th	12pm - 2:30pm	6/FREE	140775
-----------------	----	---------------	--------	--------

UNIVERSITY OF VICTORIA CHRONIC PAIN SELF-MANAGEMENT

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people 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” CD. Participants should attend all six sessions to get the maximum benefit.

Matsqui Recreation Centre

Oct 25 - Nov 29	Su	2pm - 4:30pm	6/FREE	140777
-----------------	----	--------------	--------	--------



FREE PROGRAMS

COMMUNITY CONNECTIONS CAFE

Are you age 55+ and caring for a family member or loved one? 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					
Sep 28	M	10am - 12pm	FREE	140019	
Oct 26	M	10am - 12pm	FREE	140021	
Nov 30	M	10am - 12pm	FREE	140022	
Dec 14	M	10am - 12pm	FREE	140024	



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. Single day registration available.

Matsqui Recreation Centre			
Sep 12 - Dec 12	Sa	10am - 11:30am	139221



CULTURE CITY

Program Series

EVENT

Visit for event information
abbotsford.ca/culture-city

2026 FALL BUS TOURS

SOUTH SURREY SPLENDOR
Wednesday, September 2

MRC: 8:45am - 5:30pm
ARC: 9am - 5:15pm

Course #141024 \$149

LADNER VILLAGE MARKET
Sunday, September 20

MRC: 8AM - 5:30pm
ARC: 8:15AM - 5:15pm

Course #141026 \$149

PENDER ISLAND
Thursday, September 24

MRC: 7:15am - 8:15PM
ARC: 7:30am - 8:00PM

Course #141029 \$159

HARRISON SALMON RUN
Friday, September 25

MRC: 7:45am - 4:30pm
ARC: 8am - 4:15pm

Course #141031 \$79

FORT LANGLEY CRANBERRY FESTIVAL
Saturday, October 10

MRC: 9:15am - 4:15pm
ARC: 9:30am - 4pm

Course #141033 \$119

SANDI'S MYSTERY WALKING TOUR
Tuesday, October 13

MRC: 8:15am - 5:30pm
ARC: 8:30am - 5:145pm

Course #141034 \$159

VINES & WINES
Wednesday, October 21

MRC: 10am - 3:45pm
ARC: 10:15am - 3:30pm

Course #141035 \$149

SEPT - DEC 2026
Registration Opens Aug 4

Enjoy the journey and the destination with exciting tours focused on fun adventures and unique experiences.

QUEEN OF PEACE
Tuesday, October 27

MRC: 7:15am- 6:15pm
ARC: 7:30am - 6pm

Course #141036 \$139

HARRISON BALD EAGLE TOUR
Friday, November 20

MRC: 9:00AM - 4:30pm
ARC: 9:15AM - 4:15pm

Course #141039 \$139

SINGING CHRISTMAS TREE
Friday, December 4

MRC: 2:15PM - 10:30pm
ARC: 2:30PM - 10:15pm

Course #141040 \$149

VANCOUVER ORPHEUS MALE CHOIR
Sunday, November 8

MRC: 11am - 6pm
ARC: 11:15am - 5:45pm

Course #141038 \$139

MERRY & BRIGHT AT MARTINI TOWN
Wednesday, December 9

MRC: 10:15am - 6:45pm
ARC: 10:30am - 6:30pm

Course #141041 \$139

CHRISTMAS MARKET TOUR
Thursday, December 17

MRC: 1:45pm - 10:15pm
ARC: 2pm - 10pm

Course #141042 \$109

COLOSSAL CHRISTMAS LIGHTS TOUR
Monday, December 21

MRC: 1:30pm - 10:450pm
ARC: 1:45pm - 10:30pm

Course #141043 \$129

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

INTRODUCTION TO A HEALTHY BRAIN (ALZHEIMER SOCIETY OF BC)

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

September 3 140920

UNDERSTANDING RESPIRATORY HEALTH (KEN B)

Respiratory health plays a vital role in healthy aging. Ken, a Registered Respiratory Therapist with 40 years of experience in the healthcare industry will share valuable insights on maintaining lung health and effectively managing chronic conditions such as asthma and COPD. We will explore everyday habits that support strong lungs, and provide you with practical strategies for managing chronic conditions.

September 10 140922

A CENTURY OF A TRILLION GALAXIES (MATTHEW C, SPACE CENTRE)

100 years ago, the Universe was understood to be only our one Milky Way Galaxy which contains our Sun. But over the last century, we not only discovered that our galaxy is just one part of the wider Universe, but that Universe may contain TRILLIONS of other galaxies. Learn how our view of the universe has become so much larger in just the past century!

September 17 140925

BENEFITS AND CREDITS FOR OLDER ADULTS (CRA AND SERVICE CANADA) - FREE

Join us as representatives from the CRA Benefits Outreach Program and Service Canada Community Outreach Program present on a variety of topics including: Canada Dental Care Plan (CDCP), Guaranteed Income Supplement, common types of Income such as: Old Age Security, Canada Pension Plan, Superannuation and other pensions, benefit and credit payments such as: GST/HST Credit and Disability Tax Credit, Canada Revenue Agency services and tools, ways to do your taxes, how not to get scammed, and more!

September 24 140926

TOBACCO, SUMAS LAKE, AND STÓ:LŌ HISTORY: LAND, LABOUR, AND AGRICULTURE IN THE FRASER VALLEY (UFV PROFESSOR)

Join UFW professor Dr. Tarsia and explore Fraser Valley history in this engaging presentation on tobacco farming in Sumas Prairie during the 1920s and 1930s. It examines how the draining of Semá:th Xó:tsa (Sumas Lake) transformed Stó:lō lands and enabled agricultural expansion. Through archival sources and historical images, the talk highlights Indigenous wage labour, migration, and the broader impacts of settler-colonial land use. This presentation offers a compelling look at how environment, economy, and culture intersected in Stó:lō Téméxw.

October 1 140927

HEART AND BRAIN: STROKE, TIA, AND HEART ATTACK AWARENESS (PROOF OF CARE)

Every second counts when it comes to the heart and brain. Join Proof of Care for an engaging and informative presentation exploring what happens in the body during strokes, TIAs, and heart attacks, how to recognize warning signs early, and why fast action can make a critical difference in recovery and outcomes. The presentation will also discuss practical ways to reduce risk factors and support long-term heart and brain health.

October 8 140928

RESTORATIVE JUSTICE (ABBOTSFORD RESTORATIVE JUSTICE AND ADVOCACY ASSOCIATION)

Abbotsford Restorative Justice and Advocacy Association (ARJAA) is celebrating 25 years of work in Abbotsford. Restorative justice contributes to the criminal justice system as an extra judiciary measure. It is accessible, compassionate and inclusive, and it provides meaningful outcomes when harm occurs. Restorative justice is an approach to justice that seeks to repair harm by providing an opportunity for those harmed and those who take responsibility for the harm to communicate about and address their needs in the aftermath of a crime. Join ARJAA for this informative and engaging talk!

October 15 140929

ORIGINS OF WORDS RELATED TO TEACHING AND LEARNING (DAVID T)

Did you know that the word school has its origins in words meaning a place for relaxation, that the word book comes from a word meaning a tree, that a tutor was originally a night watchman or security guard, that the word learning comes from an ancient word for a furrow in a field? But wait, there's more! Join us for this informative session where you will learn the origins of words related to teaching and learning.

October 22 140930

DRACULA AND HALLOWEEN (BRIAN A)

Explore the ancient origins of Halloween, the Day of the Dead, and other celebrations in mid-fall, and then meet the man who created the most famous vampire of all, Dracula!

October 29 140936

UNDERSTANDING HOMELESSNESS IN ABBOTSFORD (CITY OF ABBOTSFORD) - FREE

This session will provide an overview of homelessness in Abbotsford, including what is driving it, what people are experiencing, and how the system is responding. It will touch on topics such as housing availability, substance use, and the realities people face when trying to access services. The session will also highlight the role of local government and community partners, and provide an opportunity for questions and discussion.

November 5 140937

THE SITUATION FOR WOMEN IN AFGHANISTAN: 5 YEARS POST-TALIBAN TAKEOVER (UFV PROFESSOR)

Learn about the current situation for women in Afghanistan from UFW researcher and faculty Chelsea K. Chelsea will discuss her research into the impacts of women's sports participation in Afghanistan and discuss how this has changed since the 2021 Taliban takeover. We will also discuss how Canada and Canadians can act in solidarity with the people of Afghanistan.

November 12 140939

AFRICAN VIGNETTES (RUTH T)

African Vignettes will feature a variety of stories from 20 years living in Africa, and 7 group tours/safaris to East and Southern Africa. These will include elephant experiences, "punctures", an encounter with a friendly lion, and more, all told from a personal perspective from someone in love with Africa.

November 19 140940

BEAR AND WILDLIFE SAFETY (WILDSAFEBC)

In this Bear & Wildlife Safety presentation, WildSafeBC will go over information such as managing attractants at home, how to stay safe while hiking or camping, and safety tips if you do encounter wildlife.

November 26 140941

ADVANCED CARE PLANNING (FRASER HEALTH)

Join the Fraser Health Advance Care Planning team for an interesting and important information session. Advance Care Planning is a process that supports adults at any stage of health in understanding and sharing their personal values, life goals and preferences regarding their health and personal care. Advance care planning is for everyone – no matter where you find yourself on your health care journey. Whether you're a healthy young adult, senior or someone recently diagnosed with a chronic illness, now is the best time for you to start planning. In a few simple steps you can begin planning that may help ensure you have a voice in your health care now and in the future.

December 3 140943

CARING FOR THE CAREGIVER: SUPPORTING THOSE WHO SUPPORT OTHERS (SUSANNE F)

Join Susanne, from the Abbotsford Hospice and Grief Support Society, for this talk. This presentation will explore how emotional support, anticipatory grief education, and community connection can strengthen caregiver well-being and resilience while caring for a loved one with a life-limiting illness. It will also discuss why the grief journey should never be walked alone. With a focus on seniors aged 55+ in the community, Abbotsford Hospice & Grief Support Society aims to empower, educate and reduce isolation for caregivers throughout their journey.

December 10 140944

LEARN WITH FRIENDS!

