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	**Abbotsford Ukulele Circle** 10am - 12pm	**Partner Bridge** 12:45pm - 3:45pm ** Bridge Tournament 3rd Wednesday 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
Mahjong 1pm - 3pm	**Happy Gang Singers** 1pm - 3pm	**Mexican Train Dominoes** 1pm - 4pm **Euchre** 6pm - 8:30pm	NEW **Stitch & Chat** 1pm - 3pm	**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.

Bridge Tournament
Join us the 3rd Wednesday of each month from 12pm - 4pm.

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.

Stitch & Chat
Bring your knitting, crocheting, cross-stitch, embroidery, or other needlecraft project and enjoy a relaxed afternoon of crafting and conversation. All skill levels are welcome.

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
***Men's Shed** 10am - 12pm	***Healthy Aging** 10am - 12pm	***Healthy Aging** 10am - 12pm	***Healthy Aging** 10am - 12pm	**Cribbage** 12:45pm - 3:45pm
Bridge 12:30pm - 3:45pm	**Bingo** 12:45pm - 3:45pm	**Whist** 12:45pm - 3:45pm	**Boardgames** 12:45pm - 3:45pm	

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 external groups call 604-854-1733

55+ ACTIVITY CENTRES

NEWSLETTER

JANUARY - MARCH 2027

recreation connect ABBOTSFORD



NEW Mahjong on Mondays at ARC

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! BACK PAGE

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

ABBOTSFORD

ARC & MRC Holiday Hours:
10am - 6pm

55+ ACTIVITY CENTRES

NEWSLETTER

January - March 2027



REGISTERED PROGRAMS
ARTS & CRAFTS AT ARC

NEW

DIY PROJECTS: CANDLE MAKING

Get creative and brighten your day with DIY candle making! In this welcoming class, you will craft a personalized candle to take home, connect with others, and enjoy a fun afternoon of creativity and conversation

Jan 12 Tu 10am - 11:30am 1/$10 146052

DIY PROJECTS: BOUQUET MAKING

Celebrate the season of love by creating a beautiful hand-tied bouquet perfect for Valentine's Day. In this hands-on workshop, you'll be provided with all the supplies to arrange a selection of fresh blooms into a stunning bouquet to take home.

Feb 9 Tu 10am - 11:30am 1/$12 146071

DIY PROJECTS: WELCOME MAT

In this fun and creative workshop, you'll design and paint a custom doormat using stencils, patterns, and your own unique ideas. All supplies are provided, and you'll leave with a finished doormat ready to brighten your entryway.

Mar 9 Tu 10am - 11:30am 1/$15 146069



A BUILDING IN THE LANDSCAPE (WATERCOLOR)

Develop your watercolour skills by exploring water control, value, and composition. Learn how to simplify a landscape and create depth using three-value studies in both monochrome and colour as you paint scenes featuring barns, houses, and other rustic buildings. Some previous watercolour experience is recommended. Materials fee $5.

Feb 4 - 25 Th 1pm - 3pm 4/$54.60 146760

CROCHETING FOR BEGINNERS

Learn the basics of crocheting in this beginner class and take home your own handmade project by the end of 5 weeks.

Abbotsford Recreation Centre

Jan 8 - Feb 5 F 1:30pm - 3:30pm 5/$53.25 146426

Matsqui Recreation Centre

Feb 12 - Mar 12 F 1:30pm - 3:30pm 5/$53.25 146432

FRASER RIVER AT SUNSET IN ACRYLIC (THE REACH)

Capture the beauty of the Fraser River at sunset while learning the basics of acrylic painting. Experiment with colour, light, reflections and simple landscape techniques to create your own vibrant river scene. Materials fee $7.

Mar 1 - 8 M 1pm - 3pm 2/$60 147187

SKIES IN WATERCOLOR

Explore a variety of sky effects in watercolour, including stormy, misty, cloudy, sunset, and nighttime skies. Learn simple techniques to create atmosphere and mood while painting beginner-friendly landscape scenes. Materials fee $5.

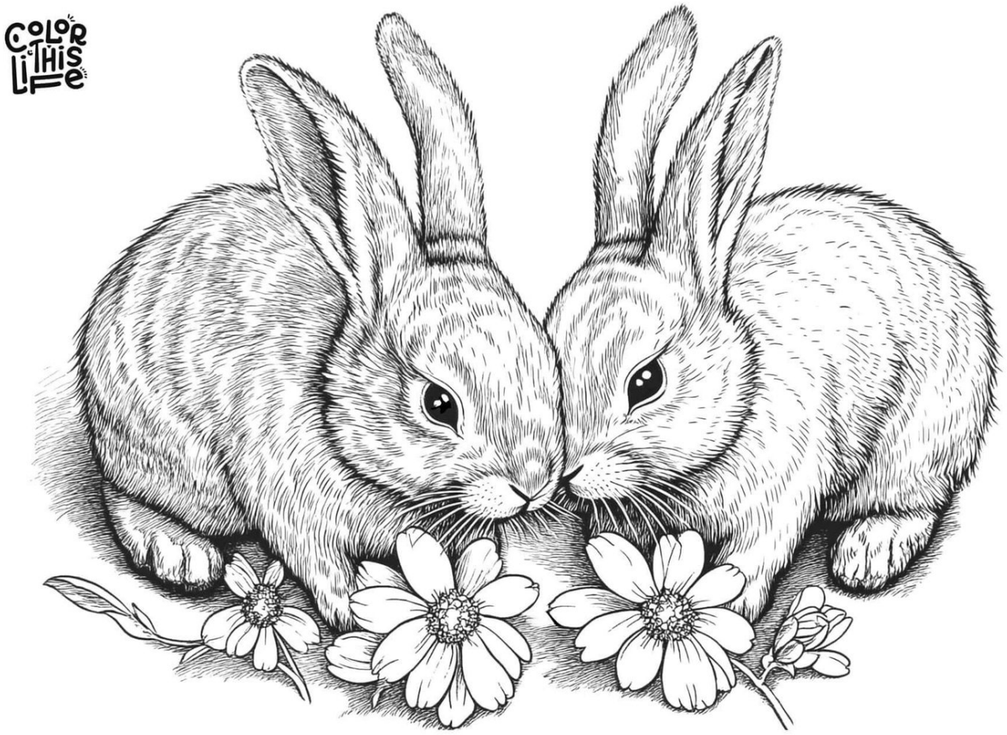
Mar 4 -11 Th 1pm - 3pm 2/$27.30 147224

SILK PAINTING (THE REACH)

Using techniques similar to watercolour, you will learn in this beginner-friendly class how to apply colour, create patterns, and explore resist techniques to create unique and beautiful silk scarves. Materials fee of $10.

Jan 4 - 25 M 1pm - 3pm 3/$120 147185

COLOR THIS LIFE



VALENTINE NUMBER PUZZLE

FILL EACH ROW, COLUMN, AND BLOCK WITH UNIQUE NUMBERS FROM 1 TO 4

HAPPY Valentine Day

	3		
2	4	1	3
3	1	4	
	2		1

EVENTS AT ARC

$10 WITH MEMBERSHIP OR $12.50 EACH

NEW YEARS LUNCHEON

Celebrate the start of a new year with good food, great company, and community connection at our New Year's Luncheon. Enjoy a delicious meal, activities, and the opportunity to gather with friends, old and new, as we welcome the year ahead together.

Matsqui Recreation Centre

Jan 4 M 10am - 12pm 146143

VALENTINES DAY LUNCHEON

Celebrate friendship, community, and connection at our Valentine's Luncheon. Enjoy a delicious meal, warm conversation, and a welcoming atmosphere as we come together to share laughter and celebrate the season of love and appreciation.

Abbotsford Recreation Centre

Feb 25 Th 10am - 12pm 146150

SPRING LUNCHEON

Celebrate the season with friends, food, and community at our Spring Luncheon. Enjoy a delicious meal, great conversation, and a welcoming afternoon of connection.

Matsqui Recreation Centre

Mar 1 M 10am - 12pm 146148

Abbotsford Recreation Centre

Apr 1 Th 10am - 12pm 146151

INTERGENERATIONAL CONNECTIONS: VALENTINES DAY EVENT

Celebrate love, friendship, and community at our Intergenerational Connections event, 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 2 Tu 4pm - 6pm FREE 146424

Abbotsford YOUTH COMMISSION

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

Jan 25 - Mar 29 M 1pm - 2:30pm 3/FREE 145948

Matsqui Recreation Centre

Jan 29 - Mar 26 F 10am - 11:30am 3/FREE 145947

COFFEE WITH A POLICE OFFICER

Join us for a coffee with a Police Officer from the Abbotsford Police Department! Learn more about community policing initiatives, programs that support safety and connection, and how Abby PD works with residents to make a positive difference in our community

Abbotsford Recreation Centre

Jan 19 Tu 10am - 11:30am FREE 144946

COFFEE WITH UNIVERSITY OF THE FRASER VALLEY

Join us for a coffee with the University of the Fraser Valley, Abbotsford's local university dedicated to supporting learning in our community. Learn from the Future Students Office about community initiatives at UFV, how to take classes, and the resources available to support lifelong learning.

Abbotsford Recreation Centre

Feb 23 Tu 10am - 11:30am FREE 144948

COFFEE WITH A BENEFIT OUTREACH OFFICER

Learn about benefits, credits, government services, and scam prevention in this informal discussion with Arsi Ahmed from the Canada Revenue Agency. Gain practical information, ask questions, and discover resources that can help you make informed financial decisions.

Abbotsford Recreation Centre

Mar 2 Tu 10am - 11:30am FREE 148227



WINTER LANDSCAPES IN ACRYLIC (THE REACH)

Explore the beauty of a winter landscape in this beginner-friendly acrylic painting class. Learn simple techniques for creating snowy forests, atmospheric skies, and depth while creating your own peaceful winter scene. Materials fee $7. No class Feb 15.

Feb 1 - 22 M 1pm - 3pm 3/$90 147186

WINTER WATERCOLOUR (BEGINNER)

Capture the beauty of the winter season in watercolour as you create a landscape painting and explore winter plants and foliage. Learn foundational watercolour techniques in a relaxed, supportive environment. No previous experience is required. Materials fee $5.

Jan 7 - 28 Th 1pm - 3pm 4/$54.60 146759



ARTFUL ENRICHMENT

Join Artful Enrichment hosted by Chartwell Retirement Residence. Free class, all materials are provided.

Abbotsford Recreation Centre

NORTHERN LIGHTS PAINTING

Turning a blank canvas into a dazzling sky.

Jan 13 W 11am - 12pm 1/FREE 147221

HEART GARLAND CRAFT

Stringing together a little love, one heart at a time.

Feb 17 W 11am - 12pm 1/FREE 147222

CHERRY BLOSSOM PAINTING

A little piece of springtime magic.

Mar 10 W 11am - 12pm 1/FREE 147223



DANCE AT ARC

LINE DANCING FOUNDATIONS

This beginner-friendly class is designed for participants with little to no previous line dancing experience. Learn basic steps, rhythms, and popular beginner dances in a welcoming and supportive environment. Build confidence, improve coordination, and have fun moving to music at a comfortable pace

Abbotsford Recreation Centre

Jan 8 - 29 F 3pm - 4pm 3/$33.40 146945

Feb 26 - Mar 19 F 3pm - 4pm 3/$33.40 146946

LINE DANCING BASICS

Ready for the next step? This class is ideal for dancers who have completed an introductory course or have some previous line dancing experience. Expand your skills with new step patterns, combinations, and dances while continuing to build confidence and technique in a fun and social setting.

Abbotsford Recreation Centre

Jan 8 - 29 F 4:15pm - 5:15pm 3/$33.40 146949

Feb 26 - Mar 19 F 4:15pm - 5:15pm 3/$33.40 146951

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

Jan 4 - Feb 8 M 6pm - 7pm 6/$32.10 146105



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.

Abbotsford Recreation Centre

Jan 6 - 27	W	8am - 8:45am	4/$28	146635
Feb 3 - 24	W	8am - 8:45am	4/$28	146636

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.

Abbotsford Recreation Centre

Jan 6 - 27	W	9am - 9:45am	4/$28	146637
Feb 3 - 24	W	9am - 9:45am	4/$28	146638

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.

Abbotsford Recreation Centre

Jan 6 - 27	W	10am - 10:45am	4/$28	146639
Feb 3 - 24	W	10am - 10:45am	4/$28	146640

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 Feb 15.

Matsqui Recreation Centre

Jan 11 - 25	M	9am - 9:45am	3/$21	148614
Feb 1 - 22	M	9am - 9:45am	4/$28	146640
Mar 1 - 22	M	9am - 9:45am	4/$28	148615

AI KI JUTSU BEGINNER/INTERMEDIATE COMBINED

Build on your foundation and continue your Ai Ki Jutsu journey in this four-week progressive series. The class emphasizes core strength, stability, mobility, technical precision, and artistic expression, creating a supportive environment for participants to refine their practice and continue their growth. No Class Feb 15.

Matsqui Recreation Centre

Jan 11 - 25	M	8am - 8:45am	3/$21	146647
Feb 1 - 22	M	8am - 8:45am	4/$28	146648
Mar 1 - 22	M	8am - 8:45am	4/$28	146649

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

Feb 8	M	10:45am - 11:30am	1/$2	146098
Feb 22	M	10:45am - 11:30am	1/$2	146099
Mar 1	M	10:45am - 11:30am	1/$2	146100
Mar 15	M	10:45am - 11:30am	1/$2	146101

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

Feb 7 - Mar 14	Su	2pm - 4:30pm	6/FREE	146564

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

Feb 4 - Mar 11	Th	10am - 12:30pm	6/FREE	146563

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 Ideal for those seeking a gentle, low-impact practice. No class Feb 15.

Matsqui Recreation Centre

Jan 11 - Mar 8	M	2:30pm - 3:30pm	8/$52.40	147312
Jan 13 - Mar 10	W	2:30pm - 3:30pm	9/$58.40	147400

Abbotsford Recreation Centre

Jan 12 - Mar 9	Tu	1:30pm - 2:30pm	9/$58.40	147393
Jan 14 - Mar 10	Th	1:30pm - 2:30pm	9/$58.40	147402

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

Jan 11 - Mar 8	M	12pm - 1pm	6/$52.40	147391
Jan 13 - Mar 10	W	12pm - 1pm	9/$58.95	147399
Jan 15 - Mar 12	F	12pm - 1pm	9/$58.95	147409

Matsqui Recreation Centre

Jan 12 - Mar 9	Tu	2:45pm - 3:45pm	9/$58.95	147396
Jan 13 - Mar 11	W	2:45pm - 3:45pm	9/$58.95	147403

FOUNDATIONS OF MOVEMENT NEW

Stay strong, mobile, and energized at every age. This small-group class blends resistance training with targeted mobility drills to help improve bone health, posture, and overall movement. Created for adults 55+, it promotes healthy aging so you can continue doing the activities you love, feeling capable and confident. Intensity Level 3

Matsqui Recreation Centre

Jan 15 - Mar 12	F	2:30pm - 3:30pm	9/$58.4	147410

HYDROMOTION (HYDROTHERAPY)

Experience therapeutic exercise in water, guided by a certified kinesiologist. Using the water’s natural support and resistance, each session is tailored to individual needs and goals-ideal for those managing arthritis, fibromyalgia, or complex injuries. Intensity Level: 2

Abbotsford Recreation Centre

Jan 12 - Mar 9	Tu	1pm - 1:30pm	9/$58.40	147415
Jan 14 - Mar 11	Th	1pm - 1:30pm	9/$58.40	147420

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

Jan 4 - Feb 8	M	12pm - 1pm	6/$85.80	147310
Jan 6 - Feb 10	W	12pm - 1pm	6/$85.80	147398
Jan 8 - Feb 12	F	12pm - 1pm	6/$85.80	147405
Feb 17 - Mar 24	W	12pm - 1pm	6/$85.80	147407
Feb 19 - Mar 19	F	12pm - 1pm	5/$71.50	147408
Feb 22 - Mar 22	M	12pm - 1pm	5/$71.50	147406

VOLUNTEER SERVICES

Volunteer Services is partnering with our older adult programming team to add some GREAT volunteer opportunities this winter. We are seeking volunteers who may be interested in facilitating classes for older adults in areas such as:

- Knitting & crocheting
- Cooking
- Language classes
- Arts and crafts
- And more!

If you have a specialty skill or interest, this might be perfect for you! Please contact volunteer services at:

volunteer@abbotsford.ca



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

Jan 25	M	10am - 12pm	FREE	145765
Feb 22	M	10am - 12pm	FREE	145767
Mar 8	M	10am - 12pm	FREE	145950

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

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



STROKE RECOVERY (18YRS+)

STROKE RECOVERY BC

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

Jan 8 - Mar 26	F	9am - 11am	YR/$50	150001

TRANSLATION

All program information can be translated through the City of Abbotsford website.

ENGLISH COMMUNITY CONVERSATION (18YRS+)

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

Jan 9 - Mar 13	Sa	9:30am - 11:30am	149450

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

APSS

CULTURE CITY Program Series

EVENT

Visit for event information
abbotsford.ca/culture-city

GO! ABBOTSFORD | ABBOTSFORD

2027 WINTER BUS TOURS

JAN - MAR 2027
Registration Opens Dec 3

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

TEA & TRUMPETS
Thursday, January 14

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

Course #147592 $159

BEHIND THE SCENES
Friday, February 12

MRC: 6:30AM - 6:00pm
ARC: 6:45AM - 5:45pm

Course #147606 $149

SENIORS SNOWSHOEING
Wednesday, February 17

MRC: 6:45am - 5:15PM
ARC: 7:00am - 5:00PM

Course #147610 $169

WILDLIFE PHOTOGRAPHER OF THE YEAR
Thursday, February 25

MRC: 6:30AM - 8:15PM
ARC: 6:45AM - 8:00pm

Course #147611 $169

MYSTERY TOUR
Monday, March 8

MRC: 8:45am - 6:15pm
ARC: 9:00am - 6:00pm

Course #147637 $149

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

GRANVILLE ISLAND ARTIST STUDIO TOUR
Friday, March 12

MRC: 8:00am - 6:30pm
ARC: 8:15am - 6:15pm

Course #147638 $159

JAZZ VESPERS AT ST ANDREWS WESLEY
Wednesday, March 21

MRC: 9:45am - 6:45pm
ARC: 10:00am - 6:30pm

Course #147639 $159

A TASTE OF VANCOUVER
Tuesday, March 30

MRC: 8:30am- 5:15pm
ARC: 8:45am - 5:00pm

Course #147640 $169



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

HEALTHY DAILY HABITS FOR LIFE, QUALITY AND LONGEVITY (KEN B)

Small gestures and healthy choices have a big impact on our health, independence, and overall wellness. In this presentation, Ken will discuss proven daily practices and practical problem-solving tools. This shared learning session will help overcome common barriers to living a healthy, active, and fulfilling life.

January 7 **147731**

THE MYSTERY OF SLUMACH'S GOLD (BRIAN ANTONSON)

Join Slumach's Gold co-author Brian Antonson as he explores British Columbia's most enduring lost-mine mystery. Discover the legends, treasure hunts, intrigue, greed, and tragedy surrounding the elusive lost gold mine believed to be hidden in the mountains above Pitt Lake. More than a century later, the mystery continues to captivate adventurers and historians alike.

January 28 **148082**

ENERGY CONSERVATION (BC HYDRO)

Join us for an informative session that explores how BC Hydro's system works and why saving energy matters. Learn how energy is used in your home, discover how to navigate your MyHydro account, and take advantage of available programs and offers. We'll also share practical Power Smart tips to help you reduce consumption and costs. Additional resources will be provided, and there will be time for Q&A to ensure you leave empowered and informed.

January 14 **147899**

SCAM & FRAUD PREVENTION (METRO VANCOUVER CRIME STOPPERS)

Learn how to recognize, avoid, and respond to today's most common scams and frauds. Presented by Metro Vancouver Crime Stoppers, this informative session will explore topics such as service scams, gift card scams, investment scams, recovery scams, QR code scams, social media scams, and AI-related fraud. Participants will gain practical tips to protect themselves, learn what to do if they become a victim, and discover how Crime Stoppers supports safer communities through anonymous crime reporting.

February 4 **147732**

CRAFTING SKILLS AND COMMUNITY (FRASER VALLEY WOODTURNERS GUILD)

Join the Fraser Valley Woodturners Guild as they share insights into their craft and community. Explore woodturning through demonstrations, tools, finished pieces, and a behind-the-scenes look at the process that transforms raw wood into beautiful works of art.

January 21 **147900**

THE LEGEND OF KING ARTHUR: THE HISTORY BEHIND THE MYTH (BRIAN ANTONSON)

Was King Arthur a real person or simply a legendary figure? Join Brian Antonson as he explores the history behind one of Britain's most enduring legends. Learn about the 6th-century war leader believed to have inspired the Arthurian tales, and discover the castles, battlefields, and historic sites across Great Britain connected to the legend of King Arthur.

February 11 **148084**

PHYSICAL AND MENTAL WELL-BEING (PROOF OF CARE)

A general look at our physicality as we age and the impact of cognitive changes or decline, including how they affect each other. We also briefly discuss isolation, Seasonal Affect Disorder (SAD), and provide management ideas/interventions for both physical and mental health.

February 18 **148076**

ABBOTSFORD'S URBAN FOREST: HOW WE GOT HERE AND WHERE WE'RE GOING (ROBIN HASTING)

Join Robin Hastings, Urban Forest Planner for the City of Abbotsford, for an engaging look at the city's urban forest and its important role in our community. Drawing on more than 15 years of experience as an arborist and urban forester in both the UK and Canada, Robin will explore how Abbotsford's urban forest has evolved over time, the challenges and opportunities it faces today, and the vision for its future. Learn about local tree initiatives, community stewardship efforts, and how residents can help grow and protect the urban canopy for generations to come.

March 4 **148085**

WHY AND HOW TO CONNECT WITH NATURE (MISSION NATURE CLUB)

Nature is powerful medicine for all ages. Sharing a love of nature with children is one of the most meaningful ways grandparents, relatives, and older friends can help foster curiosity, wonder, and a lifelong appreciation for the natural world. In this presentation, participants will explore the benefits of connecting with nature, learn practical ways to engage children in outdoor experiences, and discover local opportunities for nature study and outdoor recreation. Together, we'll uncover how time spent in nature supports physical health, mental well-being, and stronger community connections for all generations.

March 11 **147861**





