

Age Friendly Abbotsford 2023

Programs and Services
Susan Federspiel



How is age friendly assessed?

Outdoor spaces & public buildings

Public transportation

Housing

Social Participation (cultural, spiritual, and social)

Civic life & respect

Employment & Volunteerism

Information for older adults is available

Community Support & health services for older adults

Purpose - Celebrate existing age friendly features

Identify age-friendly barriers

Engage diverse members of the community



Activities and Ways to Get Involved

Special activities planned for 2023

- Abbotsford's Seniors Week 2023
- Aging Together Abbotsford Resource Fair June 10, 2023
- BC 55 Plus Games Abbotsford August 22- 26 2023
- Abbotsford Mobile Wellness Team
- Sports "Try Its"



Abbotsford Recreation Center

Seniors Center –

Billards, Bridge, Euchre, Art in the ARC

Learning Plus

Adult Bus Tours

Adult and Senior Skate

Aquafit

Fitness Classes

Bones and Balance

Choose to Move (fall 2023)

Matsqui Recreation Center

Bingo, Bridge, Cribbage, Whist (Matsqui Pensioners)

Adult and Senior Skate

Aquafit

Fitness Classes

Bones and Balance

Choose to Move (fall 2023)

Healthy Aging Abbotsford in MRC

Craft and Chat

Seniors Social Café



Special activities planned for 2023

Abbotsford's Seniors Week 2023

June 6 – 10

Aging Together Abbotsford

Resource Fair

June 10, 2023





August 22-26, 2023



Why Host the Games?

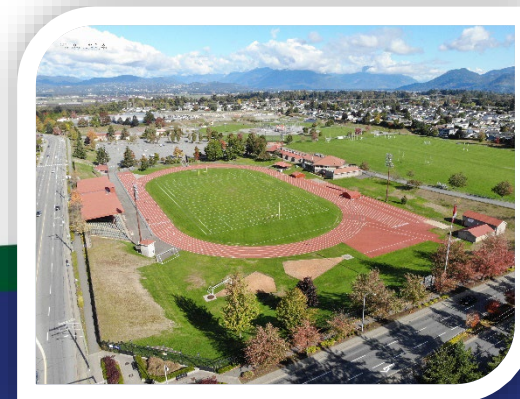
- Supporting Active, Healthy Living in our community and province.
- Living Legacy
- Equipment, Facility Enhancements
- Economic Impact
- Community Development (ie. volunteerism, club growth, capacity building).
- 50% of budget savings = the local financial legacy





Abbotsford's Tagline

Dream it. Do it.
Abbotsford 2023.





Abbotsford Games Week

August 22-26, 2023

- Tuesday
 - Participant Accreditation
- Wednesday
 - Competition, Participant Accreditation, Opening Ceremony, Host Society and BC Seniors Games Society Reception
- Thursday
 - Competition, Participant Special Event
- Friday
 - Competition, Participant Dance and Passing of the Flag
- Saturday
 - Competition, Volunteer Appreciation Event

Abbotsford's Sport Hubs



- 29 Sports
- 4 Hubs
- 33 Venues
- 3500+ Athletes anticipated



Sport List

- 8 Ball
- Archery
- Badminton
- Bocce
- Bridge
- Carpet Bowling
- Cribbage
- Cycling
- Darts
- Dragon Boating
- Equestrian
- Five Pin Bowling
- Floor Curling
- Golf
- Horseshoes
- Ice Hockey
- Ice Curling
- Lawn Bowling
- Mountain Biking
- Pickleball
- Slo-pitch
- Snooker
- Soccer/Soccer 7-Aside/Walking Soccer
- Sturling
- Swimming
- Table Tennis
- Tennis
- Track & Field
- Whist

Ways To Get Involved

Participate



- **55+ BC Games**
 - Sport Participation
- **Year of the Games Initiatives**
 - Age Well: Mobile Wellness Team
 - Older Adult Sport Try-It's w/ PSFV
 - Choose to Move Launch
 - Community Special Events



Volunteer Opportunities

- Administration
- Ceremonies
- Friends of the Games
- Medical Services
- Promotions
- Protocol
- Registration and Results
- Security
- Special Events
- Sports
- Tech Services
- Transportation

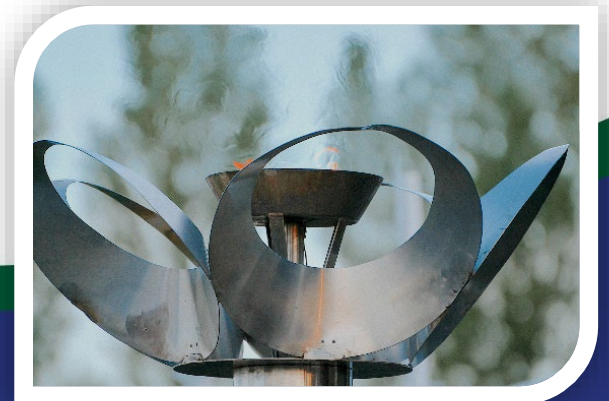
Volunteer

- **Games Week**
 - 1500+ volunteer roles
 - Great opportunity to be involved



Support

- **Community Events**
 - Torchlighting @ Jubilee Park: May 13, 2023
- **Spectatorship**
 - Games Week: August 22-26, 2023
- **Donate**
 - Cash or In-Kind
 - Helps expand legacy fund



Abbotsford Mobile Wellness Team



Age Well.

**Delivering
physical, mental
& social wellness
programs to
older adults**

Resources

Games Website - 55plusbcgames.org/abbotsford2023

City Website - www.abbotsford.ca/BC-Games

City Liaison – gpaynton@Abbotsford.ca

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