

# LEARNING PLUS

LEARN WITH FRIENDS!



## LEARNING PLUS (55yrs+)

Learning Plus has returned to two sessions per week for Fall 2024. Each week a new presenter comes to discuss a new and exciting topic with our group. Refreshments will be provided.



**Abbotsford Recreation Centre**  
\$4.50 drop-in or  
\$2 with Active Pass

## FALL LEARNING PLUS CALENDAR

Tu, Sept 10	Education and Management of Hip & Knee Osteoarthritis
Th, Sept 12	Art & Movement: Personal Storytelling, Journal, & Stretching (Day I)
Tu, Sept 17	Egypt and Israel: Tour of the Holy Land
Th, Sept 19	Understanding Hearing Health I
Tu, Sept 24	Art & Movement: Personal Storytelling, Journal, & Stretching (Day II)
Th, Sept 26	Making the Most of your Medications
Tu, Oct 1	Tai Chi
Th, Oct 3	Fraud Prevention
Tu, Oct 8	Lower Limb Care for Older Adults
Th, Oct 10	Semá:th Xo:tsa: the drainage and enduring legacy of the drainage of Sumas Lake
Tu, Oct 15	Cooking with Chef Dez!
Th, Oct 17	Let's Talk Strategy with Mayor Siemens
Tu, Oct 22	Taxes and Benefits
Th, Oct 24	Understanding Hearing Loss II

## ADMISSION FEES

ADMISSION	Drop-in	1mo	3mo	6mo	1yr	10 Session	20 Session
25yrs - 64yrs	\$9.10	\$72.80	\$191.10	\$327.60	\$546	\$81.90	\$145.60
65yrs+	\$4.80	\$38.40	\$100.80	\$172.80	\$288	\$43.20	\$76.80

GET YOUR ANNUAL REC PASS!



STAY SOCIAL - GET THE ACTIVITY ACCESS PASS!



### Super Senior Annual Pass (75yrs+)

Sign up for an annual Rec pass which entitles you to free drop-in access.

\*Proof of age and residency required.



### Senior Activity Access Pass

For a fee of \$25 per year you can enjoy the many drop-in activities that the 55+ Activity Centres have to offer.

\*Activities and programs outside of regular programming time are not included in the pass.

55+  
ACTIVITY  
CENTRES

# NEWSLETTER

SEPTEMBER - OCTOBER 2024

recreation  
connect  
ABBOTSFORD



55+ INSPIRED

OUR SENIORS  
ACTIVITY CENTRES  
ARE RE-BRANDED!

NEW  
MORNING & AFTERNOON  
COFFEE SOCIAL PROGRAM

NEW UPDATES  
AT ARC - CHECK  
IT OUT TODAY!



ABBOTSFORD.CA/PRC



ABBOTSFORD

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

55+  
ACTIVITY  
CENTRES

# NEWSLETTER

SEPTEMBER - OCTOBER 2024



## ART CLASSES MEET THE INSTRUCTORS

### ADELE FUSSI



Adele is a senior (71yrs young) artist residing in Abbotsford. She began oil painting the spring of 2020 during Covid when she could not do

her regular activities. At the age of 67, she found her passion in painting whimsical landscapes!

Since then she has won many awards, had a solo exhibit at the Kariton Gallery and one coming up in Revelstoke and has been represented by the Pacific Art Gallery and Le Hang Art Gallery in Vancouver. Adele believes in life-long learning and is being mentored by renowned artist Dene Croft of Dene Croft Studios in North Vancouver.

### MONDAY CLASSES AT ARC

#### INTRODUCTION TO OIL PAINTING: THE BIRD'S NEST

Abbotsford Recreation Centre  
Sep 16 - 23 12:30pm - 3pm \$31 105668

#### LANDSCAPE PAINTING

Abbotsford Recreation Centre  
Oct 21 - 28 12:30pm - 3pm \$31 105670

#### A BURST OF COLOR WITH FLOWERS

Abbotsford Recreation Centre  
Nov 4 - 25 12:30pm - 3pm \$46.50 105672

#### A CHRISTMAS THEME - WITH ADELE FUSSI

Abbotsford Recreation Centre  
Dec 2 - 16 12:30pm - 3pm \$46.50 105673

### GLENNA LUNDBERG



Local artist, Glenna, has combined her work with her love of all things artistic and has become passionate

about the healing power of art. Watercolour and mixed media/collage are her favorite mediums.

Glenna paints, takes commissions, teaches art, facilitates a senior's culture group and is working on writing and promoting Slow Art. She is an active member of the Fraser Valley Watermedia Society and was recently accepted into the Federation of Canadian Artists.

### THURSDAY CLASSES AT ARC

#### BEGINNER WATERCOLOUR PAINTING

Abbotsford Recreation Centre  
Oct 17 - 24 1pm - 2:30pm \$21 105658

#### ARTFUL FAMILY TREE

Abbotsford Recreation Centre  
Nov 7 - 14 1pm - 2:30pm \$21 105660

#### PAINT LIKE MONET

Abbotsford Recreation Centre  
Nov 21 - 28 1pm - 2:30pm \$21 105661

#### BEGINNER WATERCOLOUR PAINTING

Abbotsford Recreation Centre  
Dec 5 - 12 1pm - 2:30pm \$21 10563

## EVENTS

### OPEN HOUSE

#### ARC 55+ ACTIVITY CENTRE OPEN HOUSE

Join us for an Open House celebrating our updated 55+ Activity Centre at ARC. Check out the updated space and connect with our staff to learn about the new and exciting programs happening at ARC! Refreshments will be provided and prize giveaways!

Abbotsford Recreation Centre  
Sep 12 Th 10am - 2pm FREE 106272



### COFFEE SOCIAL



We have a new morning and afternoon coffee social program running Monday to Friday at ARC for anyone looking to spend time enjoying a warm beverage and socializing.

### NATIONAL SENIORS DAY LUNCHEON

Join us for our luncheon celebrating National Seniors Day! A 30 minute introduction to Tai Chi will be offered for those interested in an active component before lunch. Socialize and enjoy the bluegrass melodies of JD Minor. A light lunch will be provided followed by a performance from our Happy Gang Singers.

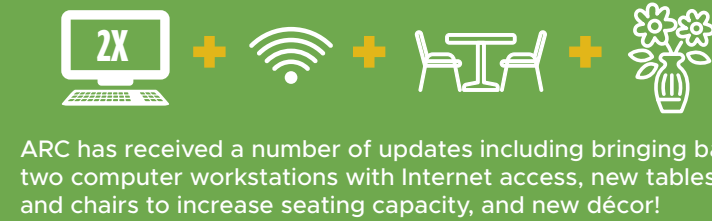
Abbotsford Recreation Centre  
Oct 1 Tu 12pm - 2pm \$5 106273



55+  
ACTIVITY  
CENTRES

We are happy to announce our Seniors Activity Centres are now re-branded as the 55yrs+ Activity Centres!

### NEW UPDATES AT ARC



ARC has received a number of updates including bringing back two computer workstations with Internet access, new tables and chairs to increase seating capacity, and new décor!

## REGISTERED PROGRAMS

### REGISTERED PROGRAMS AT ARC



#### EUK-N-PLAY EUKELELE

Join this fun and friendly introduction to ukulele. All equipment provided. Learn to strum and enough chords over 4 weeks to play a song or two. All skill levels welcome!

Abbotsford Recreation Centre  
Oct 7 - Nov 4 M 6pm - 7pm 4/\$20 105635  
Nov 18 - Dec 9 M 6pm - 7pm 4/\$20 105636

### SPORTS & ACTIVE PLAY PROGRAMS

#### LEARN TO PLAY PICKLEBALL (18yrs+)

Looking to try something new or improve your skills? Come learn the game of pickleball at ARC.

Abbotsford Recreation Centre  
Sep 15 - Oct 27 Su 2pm - 3pm 7/\$67.90 103538  
Nov 10 - Dec 15 Su 2pm - 3pm 6/\$58.20 103539

#### MASTERS SWIM

A swim program for all levels to develop general strength, cardiovascular fitness and endurance.

Abbotsford Recreation Centre  
Sep 9 - Dec 16 M 7pm - 8pm 12/\$114 104488  
Sep 11 - Dec 18 W 7pm - 8pm 15/\$142.50 104489

Drop-in 1/\$11.50

### DROP-IN GYMNASIUM PROGRAMS AT ARC

#### 55YRS+ BADMINTON

A great opportunity for adults to stay active and practice their badminton skills in a fun and social environment.

Abbotsford Recreation Centre  
Fridays 8:15am - 9:15am

#### 55YRS+ PICKLEBALL

A great opportunity for adults to stay active and practice their pickleball skills in a fun and social environment.

Abbotsford Recreation Centre  
Fridays 8:15am - 9:15am

### HEALTH & FITNESS PROGRAMS

#### MINDS IN MOTION

This is a fitness and social program for people living with any form of early stage dementia. It incorporates gentle exercises followed by social activities.

Abbotsford Recreation Centre (English)  
Sep 13 - Nov 1 F 1:30pm - 3pm 8/\$74 101490  
Nov 8 - Dec 20 F 1:30pm - 3pm 7/\$64.75 101491

Matsqui Recreation Centre (Punjabi)  
Sep 11 - Oct 30 W 10am - 1:30pm 8/\$74 100056  
Nov 6 - Dec 18 W 10am - 1:30pm 7/\$64.75 100057

#### TIME

An exercise program tailored to benefit persons with neurological conditions.

Abbotsford Recreation Centre  
Sep 13 - Nov 1 F 12pm - 1pm 8/\$103.60 101515  
Nov 4 - Dec 23 M 12pm - 1pm 7/\$90.65 101516  
Nov 6 - Dec 18 W 12pm - 1pm 7/\$90.65 101517  
Nov 8 - Dec 20 F 12pm - 1pm 8/\$103.60 101518

## FREE REGISTERED PROGRAMS AT ARC



### SNOOKER FOR FIRST TIME PLAYERS

Learn the basics of Snooker.

Abbotsford Recreation Centre  
Sep 10 Tu 9:30am - 11am 105638  
Sep 17 Tu 9:30am - 11am 105639  
Sep 24 Tu 9:30am - 11am 105640  
Oct 1 Tu 9:30am - 11am 105641  
Oct 8 Tu 9:30am - 11am 105642  
Oct 15 Tu 9:30am - 11am 105643

### TAI CHI FOR BEGINNERS

Learn a series of orchestrated and delicately executed movements to build the mind-body connection.

Abbotsford Recreation Centre  
Oct 9 W 10am - 11:30am 105732  
Oct 23 W 10am - 11:30am 105739  
Nov 13 W 10am - 11:30am 105745  
Nov 20 W 10am - 11:30am 105748

### ART CLASS FOR BEGINNERS

Learn the basics of watercolour or landscape painting with step by step instruction.

Abbotsford Recreation Centre  
Watercolour  
Sep 12 Th 1pm - 2:30pm 105772  
Sep 26 Th 1pm - 2:30pm 105774

#### Landscape

Sep 19 Th 1pm - 2:30pm 105773  
Oct 10 Th 1pm - 2:30pm 105775

## FREE REGISTERED HEALTH & FITNESS CLASSES AT MRC



### ActivAge™

Matsqui Recreation Centre  
Oct 11 - Dec 6 F 10:30am - 11:30am 101600

### CHOOSE TO MOVE

Matsqui Recreation Centre  
Oct 4 - Dec 6 F 11:45am - 12:45pm 100058

### CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP

Matsqui Recreation Centre  
Oct 9 - Nov 13 W 10am - 12:30pm 100054

If you have questions or comments regarding 55yrs+ & Older Adult programs, please contact:  
**778.752.6923 | jermore@abbotsford.ca**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Activity Centre Access</b> 5:30am - 8:45am	<b>Activity Centre Access</b> 5:30am - 8:45am	<b>Activity Centre Access</b> 5:30am - 8:45am	<b>Activity Centre Access</b> 5:30am - 8:45am	<b>Activity Centre Access</b> 5:30am - 8:45am	<b>Activity Centre Access</b> 5:30am - 11:30am	<b>Activity Centre Access</b> 5:30am - 12:30pm
<b>Coffee Social &amp; Crafts</b> 9am - 12pm	<b>Coffee Social &amp; Cards</b> 9am - 12pm	<b>Coffee Social &amp; Crafts</b> 9am - 12pm	<b>Coffee Social &amp; Cards</b> 9am - 12pm	<b>Coffee Social &amp; Crafts</b> 9am - 12pm		
<b>Art in the ARC</b> 10am - 12pm (MP 2/3)		<b>Knitwits</b> 9:30am - 11:30am		<b>Art in the ARC</b> 10am - 12pm (MP 2/3)		
<b>Coffee Social &amp; Crafts</b> 1pm - 4pm	<b>Happy Gang Singers</b> 1pm - 3pm (MP 2/3)	<b>Partner Bridge</b> 12:45pm - 3:45pm (MP 2/3)	<b>Coffee Social &amp; Crafts</b> 1pm - 4pm	<b>Partner Bridge</b> 12:45pm - 3:45pm (MP 2/3)	<b>Euchre Tournament</b> 12pm - 4pm <i>Bi-weekly</i>	<b>Social Bridge</b> 12:45pm - 3:45pm
<b>Activity Centre Access</b> 4:30pm - 6:15pm	<b>Coffee Social &amp; Cards</b> 1pm - 4pm	<b>Coffee Social &amp; Crafts</b> 1pm - 4pm		<b>Coffee Social &amp; Crafts</b> 1pm - 4pm		
<b>Cribbage</b> 6:30pm - 8:30pm	<b>Activity Centre Access</b> 4:30pm - 10pm	<b>Activity Centre Access</b> 4:30pm - 6pm	<b>Activity Centre Access</b> 4:30pm - 5:30pm	<b>Activity Centre Access</b> 4:30pm - 10pm	<b>Activity Centre Access</b> 4:30pm - 10pm	<b>Activity Centre Access</b> 4pm - 10pm
<b>Activity Centre Access</b> 8:45pm - 10pm		<b>Euchre</b> 6:30pm - 8:30pm	<b>Pride Social</b> 6pm - 8pm <i>Last Thurs of each month</i>			
		<b>Activity Centre Access</b> 8:45pm - 10pm	<b>Activity Centre Access</b> 8:30pm - 10pm			

**Coffee Social & Crafts**

Come and join others to socialize in our 55yrs+ Activity Centre. Make a craft, play a game or try something new! Coffee and tea provided.

**Coffee Social & Cards**

Come and join others to socialize in our 55yrs+ Activity Centre. Play a game of cards or try something new! Coffee and tea provided.

**Art in the ARC**

This group setting provides the opportunity to share ideas and tips while practicing art skills. Bring your art materials and enjoy the company of fellow artists of all levels. Coffee and tea provided.

**Billiards**

Come and play billiards at the 55yrs+ Activity Centre. Have a great time socializing with old acquaintances or make new ones. Coffee and tea provided.

**Cribbage**

Join us for a fast-paced, fun game of Cribbage! Coffee and tea provided.

**Euchre**

Want to play a trick-playing card game? Try Euchre! Coffee and tea provided.

**Euchre Tournament**

Drop-in and join us for a friendly euchre tournament! Every second Saturday, please check schedule for dates. Coffee and tea provided.

**Happy Gang Singers**

Join others and create beautiful melodies together! The Happy Gang Singers will be away from ARC on the last Tuesday of each month doing performances at various sites, there will be no program running on these dates; please check schedule for dates. Coffee and tea provided.

**Knitwits**

Bring your knitting & join in on some great conversation. Beginners to experienced knitters welcome. Coffee and tea provided.

**Partners Bridge**

Bring a partner for a fast-paced, fun game of bridge. Coffee and tea provided.

**Social Bridge**

Come & play a friendly game of bridge. No partner necessary. Coffee and tea provided.

**Pride 55yrs+**

55yrs+ Pride seniors and their friends and family are invited for activities and socializing. Come out and have fun with others and meet new people. Last Thursday of each month, please check schedule for dates. Coffee, tea and refreshments will be provided.

**BC OLD AGE PENSIONERS ASSOCIATION BRANCH #69**

Join us for games, companionship and refreshments at MRC (visit [bcoapa.ca](http://bcoapa.ca))

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*Crafts &amp; Chats</b> 10am - 11:30am	<b>*Aging Well At Home Gathering</b> 10am - 11:30am		<b>*Senior's Social Cafe</b> 10am - 12pm	
<b>Bridge</b> 12:30pm - 3:30pm	<b>Bingo</b> 1pm - 3:30pm	<b>Whist</b> 1pm - 3:30pm		<b>Cribbage</b> 1pm - 3:30pm

\*Register in advance with Healthy Aging Abbotsford 604.854.1733

**Senior's Social Cafe**

Visit and meet new people and participate in activities.

**Crafts & Chats**

Join others to socialize in activities including games and crafts.

**Aging Well at Home Gathering (Punjabi)**

Social gathering in Punjabi on alternating Tuesdays for men / alternating with women's group. Snack and activities, and fun.

**ARC FREE ONE-DAY REGISTERED WORKSHOPS**

**FRASER HEALTH - 55YRS+ FALL PREVENTION WORKSHOP**

This workshop discusses fall risk factors, the four pillars of fall prevention, home safety equipment and walks participants through fall prevention exercises. Get one-on-one assessments with health professionals and a report of recommendations.

**Abbotsford Recreation Centre**

Sep 18 W 10am - 11am 105786

**STAY SAFE FROM FALLS!**



**55YRS+ PERSONAL SAFETY WORKSHOP**

Learn the skills and tools of de-escalation strategies for personal and public safety. Do No Harm is an essential Ken Ryu Jujutsu value.

Workshop presented by Kenneth Brake of Ken Ryu Jujutsu.

**Abbotsford Recreation Centre**

Oct 29 Tu 9am - 12pm 105762

**LEARN PERSONAL SAFETY!**



**ADULT 18YRS+ FALL BUS TOURS**

**SEPT - DEC 2024**

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

