

# LEARNING PLUS

## FALL LEARNING PLUS CALENDAR 10AM - 12PM

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

Tu, Nov 5	Cybersecurity Part I: Staying Safe Online: Understanding Cyber Threats and Scams
Th, Nov 7	Cybersecurity Part II: Practical Cybersecurity Tips and Tools
Tu, Nov 12	Alzheimer's Disease and Dementia Awareness
Th, Nov 14	Clearbrook Library
Tu, Nov 19	Slumach's Gold: In Search of a Legend
Th, Nov 21	Crime Prevention Techniques
Tu, Nov 26	Sustainability, Resilience, and Adaptation
Th, Nov 28	River Cruise Though Europe
Tu, Dec 3	Emergency Kit Preparation
Th, Dec 5	Housing & Homelessness
Tu, Dec 10	The Origins of Christmas... and Santa Claus
Th, Dec 12	Tips & Tricks for Fall Prevention

## 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

NOVEMBER - DECEMBER 2024

recreation  
connect  
ABBOTSFORD



55+ INSPIRED

OUR SENIORS  
ACTIVITY CENTRES  
ARE RE-BRANDED!

NEW  
MORNING 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

November - December 2024

## TAI CHI CLASSES MEET THE INSTRUCTOR

**KEN BRAKE**



Ken began Martial Arts training as an adolescent and is grateful today for the commitment of his first Judo Sensei. He has practiced for over four decades training in Judo, Kempo, Tae Kwon Do, Shotokan Karate, Aiki Jitsu, Kick Boxing, Aikido and some Yoga and Meditation. Ken is grateful for health, family, friends, home, and the opportunity to share a healthy love of Martial Arts with his community. He calls Abbotsford home and is the founder of the Ken Ryu Jujutsu Society.

Ken is a nationally certified Martial Arts instructor, self-defence instructor, safety consultant, and certified adult educator who enjoys engaging and creating. He practices and promotes personal awareness, milestone achievement, and balanced living. Ken's Bushido or moral code informs that life must have purpose and meaning as described in the Japanese term - ikigai - "your reason for being".



### 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

### COFFEE SOCIAL



We have a new morning coffee social program from 10am - 12pm, Monday to Friday at ARC for anyone looking to spend time enjoying a warm beverage and socializing.

## 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



## FREE REGISTERED PROGRAMS AT ARC



### SNOOKER FOR FIRST TIME PLAYERS

Learn the basics of Snooker.

**Abbotsford Recreation Centre**  
Nov 19 Tu 10am - 11:30am 109863  
Nov 26 Tu 10am - 11:30am 109864  
Dec 3 Tu 10am - 11:30am 109865

### TAI CHI FOR BEGINNERS

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

**Abbotsford Recreation Centre**  
Nov 13 W 10am - 11:30am 105745  
Nov 20 W 10am - 11:30am 105748



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

#### ART CLASSES

##### Paverpol Workshop: From T-shirt to Garden Statue!

Join us for our Paverpol workshop to learn how to craft with this unique art & craft hardener to make statues, both for indoors and outdoors, as well as abstract objects, wall decorations or more! All materials will be provided.  
**Abbotsford Recreation Centre**  
Dec 4 - 11 W 10am-12pm 2/\$26 110465



##### A BURST OF COLOUR WITH FLOWERS

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

##### PAINT LIKE MONET

**Abbotsford Recreation Centre**  
Nov 7 - 14 1pm-2:30pm 2/\$21 105660  
Nov 21 - 28 1pm-2:30pm 2/\$21 105661

##### A CHRISTMAS THEME - WITH ADELE FUSSI

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

##### BEGINNER WATERCOLOUR PAINTING

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

### 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**  
Nov 18 - Dec 9 M 6pm-7pm 4/\$20 105636

## 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)  
Nov 8 - Dec 20 F 1:30pm - 3pm 7/\$64.75 101491

### Matsqui Recreation Centre (Punjabi)

Nov 6 - Dec 18 W 10am-11:30am 7/\$64.75 100057

### TIME

An exercise program tailored to benefit persons with neurological conditions.

**Abbotsford Recreation Centre**  
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 HEALTH & FITNESS CLASSES AT MRC



### ActivAge™

A fun and social program focusing on improving activities for daily living and, strengthening muscles that are used day-to-day.

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

### CHOOSE TO MOVE

Change the way you live for the better! You will work with a trained activity coach to help you develop a plan made just for you. This is not a fitness class.

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

## EVENTS

### 55+ CHRISTMAS SING ALONG SOCIAL



Join us for a FREE social gathering celebrating the holiday season. Lonnie Harrison will lead a sing along for everyone to enjoy while you socialize and nibble on some festive treats and coffee and tea.

**Abbotsford Recreation Centre**  
Dec 17 Tu 10am - 11:30am 110464

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

Coffee and tea provided for activities listed below.

**Coffee Social & Crafts**

Come socialize make a craft, play a game or try something new! Coffee and tea provided.

**Coffee Social & Cards**

Socialize, play a game of cards or try something new!

**Art in the ARC**

Share ideas and tips while practicing art skills. Bring your own art materials and enjoy the company of fellow artists of all levels.

**Billiards**

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

**Cribbage**

Join us for a fast-paced, fun game of Cribbage!

**Euchre**

Want to play a trick-playing card game? Try Euchre!

**Euchre Tournament**

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

**Happy Gang Singers**

Join others and create beautiful melodies together! The last Tuesday of each month they perform at various sites. Please check schedule for cancellation dates.

**Knitwits**

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

**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.

**Scrabble**

Join others for a fun game of words at this drop-in scrabble.

**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
<p><b>*Crafts &amp; Chats</b> <b>*Tech Savvy Seniors</b> <b>*Caregivers Support Group</b> 10am - 12pm</p>	<p><b>*Aging Well At Home Gathering</b> 10am - 11:30am</p>	<p><b>*Tech Savvy Seniors</b> <b>*Caregivers Support Group</b> 10am - 12pm</p>	<p><b>*Senior's Social Cafe</b> 10am - 12pm</p>	
<p><b>**Bridge</b> 12:30pm - 3:30pm</p>	<p><b>**Bingo</b> 1pm - 3:30pm</p>	<p><b>**Whist</b> 1pm - 3:30pm</p>		<p><b>**Cribbage</b> 1pm - 3:30pm</p>

\*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.

**Caregivers Support Group**

Support for caregivers caring for a senior-aged family member or friend. For more information call 604.768.5421

**Tech Savvy Seniors**

Support for individuals 55+ to learn how to use smartphones, tablets or computers.

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

This social gathering in Punjabi for men meets every second Tuesday morning, alternating with our Punjabi women's program.

**ARENA**

**55+ DROP IN HOCKEY**

This recreational drop-in hockey program is for individuals 55yrs+ looking for a fun scrimmage game. Maximum 20 skaters & 2 goalies. Full hockey gear, including CSA approved helmet is mandatory. Goalies are free. No drop-in hockey on Monday November 11.



**ADULT & SENIOR SKATE**

An open session for adults (18yrs +) to ice skate. Please bring your own helmets; a limited number of helmets are available to rent. For safety reasons, figure skating and hockey playing are not permitted during public skate session. Drop-in rates apply. No skate Monday November 11.

**Abbotsford Recreation Centre**

Nov 4 - Dec 16 M 10am - 11:30am

**Abbotsford Recreation Centre**

Nov 4 - Dec 16 M 1pm - 2:15pm

**ADULT 18YRS+ WINTER BUS TOURS**

**JAN - MAR 2025**

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

