

WINTER CALENDAR
LEARNING PLUS

10AM - 12PM
Abbotsford Recreation Centre
\$4.50 drop-in or
\$2 with Active Pass



Tu, Jan 14	A History of Mennonites in the Fraser Valley (Helen Rose Pauls - Mennonite Heritage Museum)
Th, Jan 16	Fraud and Scams Prevention (Abbotsford Police Department)
Tu, Jan 21	Earwax and Tinnitus (Trisha Helmer - Hear Right Canada)
Th, Jan 23	Emergency Preparedness - A Year to Prepare (Kelly Pater - Abbotsford Emergency Program)
Tu, Jan 28	Common Tax Credits and Deductions for Adults 65+ (Canada Revenue Agency)
Th, Jan 30	Amphibian Float Planes - Flying BC (Luciano Nisi - Pacific Mainland District Education Officer)
Tu, Feb 4	Physical and Mental Well Being (Nurse Rachel Hahn - Proof of Care)
Th, Feb 6	Climate Solutions - A Positive Vision For the Future (Regenerate BC)
Tu, Feb 18	Adventures in India (Brian Antonson)
Th, Feb 20	Influenza: Myths and Facts (Nurse Rachel Hahn - Proof of Care)
Tu, Feb 25	Staying Connected to Prevent Loneliness and Social Isolation (Linda Yauk - Seniors First BC)
Th, Feb 27	Whistle Posts West (Brian Antonson)
Tu, Mar 4	Our First Ever Cruise: Alaska with Cunard (Julia Rohan & Ted Yudelson)
Th, Mar 6	Chronic Pain: The Mind, Body Connection (Dr Cynthia Thomson - UFV)
Tu, Mar 11	Fall Prevention (Cameron Fielding - Fraser Health)
Th, Mar 13	Hiking for Older Adults (University of the Fraser Valley)

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

JANUARY - MARCH 2025

recreation connect
ABBOTSFORD



55+ INSPIRED

CHECK OUT OUR MRC PROGRAMS ON THE DROP-IN SCHEDULE

NEW
DROP-IN
MEXICAN TRAIN
DOMINOES

NEW TAX CLINIC
GET YOUR TAXES
DONE FOR FREE!



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

ARC & MRC
Holiday Hours:
10am - 6pm

55+
ACTIVITY
CENTRES

NEWSLETTER

January - March 2025

LEARN WITH FRIENDS!



LEARNING PLUS PROGRAM SPOTLIGHT

MEET TWO OF OUR POPULAR LEARNING PLUS PRESENTERS:

Drawing from their lengthy careers in broadcast journalism, Terry Marshall and Brian Antonson have presented at our Learning Plus program for several years. Their presentations include: international travel destinations, Astronomy, UFO's, and historical tales from King Arthur to the local of Slumach's Gold! Please join us for one of their presentations, and check out other exciting Learning Plus sessions coming up this Winter!



Brian Antonson

A 'radio guy' by trade and worked the majority of his career at CKNW/CFMI where he

was on-air and production director. Was general manager of CFVR850 in Abbotsford in the early 1990's. Most of his career was spent as an educator in the Broadcast and Media Communications department at BCIT, including 25 years as head of the department leading the training of thousands of media people locally and around the world. He has been fortunate to travel a lot, and also have some successful books which he is always pleased to talk about! Brian has always been community-involved, participating in many local initiatives.

Terry Marshall

served 4yrs with the Royal Air Force in Germany as an Air Traffic Controller before he became a structural waterproofing consultant in London. He decided to take a risk, following his passion for the performing arts. He progressed from Assistant Stage Manager to Properties Manager, Tour Manager for a production of "Grease", then on to Screenwriter, Locations Manager, Casting Director, Assistant Editor and Script Supervisor. For three years he was the Host of a monthly TV program for Rogers, was the commentator for a live netcast covering the Seattle Kingdome demolition, and a celebrity interviewer for Sony's West Coast Talent Division.



TRY IT!



MEXICAN TRAIN DOMINOES
Join us for a fun game of Mexican Train dominoes. It's a fun and easy game to play!

WORKSHOPS

UVIC CHRONIC CONDITIONS SELF-MANAGEMENT

This FREE workshop helps adults with chronic health conditions and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book.

Matsqui Recreation Centre
Feb 2 - Mar 9 Su 2pm - 4:30pm 111009

UVIC CHRONIC PAIN SELF-MANAGEMENT

This FREE workshop helps adults with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book.

Matsqui Recreation Centre
Feb 6 - Mar 13 Th 1pm - 3:30pm 111008

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
Mar 12 Tu 10am - 12pm 1/\$5 111000

REGISTERED PROGRAMS

ART CLASSES AT ARC

INTRODUCTION TO LANDSCAPES AND OIL PAINTING Adele Fussi
Jan 13 - 27 1pm-3:30pm 3/\$46.50 109598

BEGINNER WATERCOLOUR PAINTING Glenna Lundberg
Jan 16 - 23 1pm-3pm 2/\$26 109958

INTRODUCTION TO ACRYLIC PAINTING Glenna Lundberg
Jan 30 - Feb 6 1pm-3pm 2/\$26 109643

LANDSCAPE PAINTING THE BOB ROSS METHOD Adele Fussi
Feb 3 - 10 1pm - 3:30pm 2/\$31 109956

INTERMEDIATE WATERCOLOUR PAINTING Glenna Lundberg
Feb 20 - 27 1pm - 3pm 2/\$26 109961

A BURST OF COLOR WITH FLOWERS Adele Fussi
Feb 24 - Mar 10 1pm - 3:30pm 3/\$46.50 109645

PAINT LIKE THE CANADIAN GROUP OF SEVEN Glenna Lundberg
Mar 6 - 13 1pm - 3pm 2/\$26 109644

PAVERPOL WORKSHOP: FROM T-SHIRT TO GARDEN STATUE
Jan 29 - Feb 5 9am - 11:30am 2/\$31 112202



EUK-N-PLAY EUKELELE

Abbotsford Recreation Centre
Feb 24 - Mar 17 Tu 6pm-7pm 4/\$20 109605

FREE REGISTERED PROGRAMS AT ARC



ARTFULLY ENRICHED FROSTED HOME

Using paints, and stencils you will recreate a frosted masterpiece of your childhood home and bring to life a winter home on the hill.

Jan 21 Tu 11am-12pm 111809

ARTFULLY ENRICHED HEART GARDEN

Stencil a beautiful, heartfelt card with pencil crayons and stencil pens for someone you treasure.

Feb 18 Tu 11am-12pm 111810

ARTFULLY ENRICHED MARDI GRAS MASK

Paint, Gems, and glitter help us decorate our personalized Marti-Gras Mask!

Mar 18 Tu 11am-12pm 111813



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)
Jan 10-Mar 14 F 1:30pm-3pm 10/\$92.50 108226

Matsqui Recreation Centre (Punjabi)
Jan 8-Mar 12 W 10am-11:30am 10/\$92.50 110021

TIME

An exercise program tailored to benefit persons with neurological conditions.

Abbotsford Recreation Centre
Jan 6-Mar 24 M 12pm-1pm 11/\$147.95 109691
Jan 8-Mar 26 W 12pm-1pm 12/\$161.40 108183
Jan 10-Mar 28 F 12pm-1pm 12/\$161.40 108184

SNOOKER FOR FIRST TIME PLAYERS

Learn the basics of Snooker. For beginners and first time players.

Jan 21 Tu 10am - 11:30am 109601
Jan 28 Tu 10am - 11:30am 109602
Feb 4 Tu 10am - 11:30am 109604

INTRODUCTION TO AI KI JUTSU

Participants engage in mindful and intentional exercises in breathing, movement, balance, and focus.

Jan 15 W 10am - 11:30am 109952
Jan 22 W 10am - 11:30am 109953

AI KI JUTSU BEGINNERS SERIES

Each week you will progress through more advanced techniques and movements building the Mind-body connection.

Feb 12 - Mar 5 W 10am - 11am 111007



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
Jan 17-Mar 28 F 10:30am-11:30am 109677

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
Jan 10-Mar 28 F 11:45am-12:45pm 109675

55+ TAX CLINIC



If you have a modest income and a simple tax situation, you can get your taxes done for free by staff from Canada Revenue Agency. To check eligibility visit About free tax clinics - Canada.ca. Staff from Service Canada will also be onsite. To make an appointment for either service, follow QR code below. Drop-ins are welcome, but wait-times anticipated.

Mar 10 ARC M 9am - 3pm
Mar 13 MRC Th 9am - 3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm	Activity Centre Access 5:30am - 12pm
Scrabble 10am - 12pm				Art in the ARC 10am - 12pm (MP 2/3)		
Art in the ARC 10am - 12pm (MP 2/3)	Happy Gang Singers 1pm - 3pm (MP 2/3)	Partner Bridge 12:45pm - 3:45pm (MP 2/3)	Activity Centre Access 12pm - 10pm	Partner Bridge 12:45pm - 3:45pm (MP 2/3)	Euchre Tournament 11am - 4pm <i>2nd Saturday of each month</i>	Social Bridge 12:45pm - 3:45pm
Activity Centre Access 12pm - 10pm	Activity Centre Access 12pm - 10pm	Mexican Train Dominoes 1pm - 4pm		Activity Centre Access 12pm - 10pm		
		Activity Centre Access 12pm - 10pm		Activity Centre Access 12pm - 10pm	Activity Centre Access 12pm - 10pm	Activity Centre Access 12pm - 10pm
		Euchre 6pm - 8:30pm				

Coffee and tea provided for activities listed below.

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.

Euchre

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

Euchre Tournament

Drop-in and join us for a friendly euchre tournament on the second Saturday of each month, please check schedule for dates.

Happy Gang Singers

Join others and create beautiful melodies together! Please check schedule for cancellation dates when group performs at other sites.

Mexican Train Dominoes

Come and join others for a fun game of Mexican Train dominoes! This dominoes game is fun to play and easy to learn.

Partners Bridge

Bring a partner for a fast-paced, fun game of bridge.

Scrabble

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

Social Bridge

Come & play a friendly game of bridge. No partner necessary.

**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.



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

*Register in advance with Healthy Aging Abbotsford 604.854.1733

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.

Bingo

Join us for a fun game of Bingo!

Bridge

Come & play a friendly game of bridge. No partner necessary.

Caregivers Support Group

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

Crafts & Chats

Join others to socialize in activities including games and crafts.

Cribbage

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

Senior's Social Cafe

Visit and meet new people and participate in activities.

Tech Savvy Seniors

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

Whist

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

ARENA

55+ DROP IN HOCKEY

This recreational drop-in hockey program is for individuals 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 February 17.

Abbotsford Recreation Centre

Jan 6 - Mar 10 M 1pm - 2:15pm

Jan 8 - Mar 12 W 11:15am - 12:30pm



ADULT & OLDER ADULT SKATE

(18yrs +)

An open session for adults to ice skate. For safety reasons, figure skating and hockey playing are not permitted during public skate session. Drop-in rates apply. No skate Monday February 17.

Abbotsford Recreation Centre

Jan 3 - Mar 14 F 8:30am - 10am

Jan 6 - Mar 10 M 10am - 11:30am

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

