

SENIORS' WEEK

JUNE 2 - 8, 2025



WEEK SCHEDULE

Abbotsford Seniors' Week Kick-off Event

AGING'S SO COOL...EVERYONE IS DOING IT

Kick-off the week with keynote David Wilson
"Aging With Wise Hope", workshops,
resource fair, music and fun! FREE

Monday, 10am - 2pm

JUNE 2nd

Sevenoaks Alliance Church - 2575 Gladwin Road
doors open at 9:30am
light lunch provided

Transportation may be available. Contact Healthy Aging Abbotsford 604.854.1733.
Sponsored by Chartwell and in part by Maplewood House

SENIORS'



Register at abbotsford.ca/seniorsweek
For more information call 604.557.1464 or email
commdevelopment@abbotsford.ca



Tuesday, JUNE 3rd

Abbotsford Recreation Centre Open House and Art Exhibition

Join us for an Open House. Check out our 55+ Activity Centre and Art Exhibit. Take a facility tour, meet the staff, and take part in some games and listen to music. Light lunch provided.

11am - 1pm FREE - sponsored in part by Bellevue Park
Register at direct2rec.com (#118825) or call 604.557.1464

11am - 2pm Art Exhibition in Lobby no registration required
2499 McMillan Road

Introduction to the Weight Room for Seniors

New to the Recreation facilities? Unsure how to use the equipment? No problem! We have the perfect program.

12pm - 2pm FREE

Abbotsford Recreation Centre - 2499 McMillan Road
Register at direct2rec.com

Wednesday, JUNE 4th

No Cost Seniors Walking Group

This group combines indoor walking with socializing in a safe environment that is lead by a fitness leader. Come prepared to get those step goals achieved, as well as enjoy the company of other walking enthusiasts

12pm - 1pm FREE

Abbotsford Recreation Centre - 2499 McMillan Road
Register at direct2rec.com

South Asian Day Program Open House

Come and have some snacks with the leaders of the South Asian Day Program.

12 - 2pm

Khalsa Diwan Society - 33094 South Fraser Way

No registration required

FMI Gurcharan.Dhillon@archway.ca

Thursday, JUNE 5th

Abbotsford Social Activity Association Open House

Everyone is welcome to tour the facility and listen to the music jam, play some pool and cribbage and have some light refreshments. Come see what ASAA is all about!

10am - 2pm FREE

33889 Essendene Avenue

For more information asaacommunity@gmail.com

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Thursday, JUNE 5th

"Estate Planning Essentials" Vital Conversations For Seniors

An estate planning seminar by Emily Anderson from Albert & Co Law designed to breakdown complicated legal topics into simple terms and provide essential information about wills, powers of attorney, health care decision making, and probate. Refreshments provided.

10am - 11:30am No registration required.

Clearbrook MB Church - 2719 Clearbrook Rd.

Learning Plus 'Community Resources special presentation for BC Seniors Week'

Presentations by Linda Yauk of Seniors First BC, Trina Enns of Archway Community Services, Rachel Neufeldt of Abbotsford Peer Support Services and Sarah Unrau from OK Clinical Therapy will provide information on programs and services offered by their organizations, as well as how you can get more involved in your local community! Refreshments provided.

10am - 12pm

Abbotsford Recreation Centre - 2499 McMillan Road

FREE - sponsored in part by Cobs Bread & Starbucks & Mahogany Platinum

Register at direct2rec.com (#112673) or call 604.557.1464

Friday, JUNE 6th

TRY IT Crib

Come learn to play crib in a fun supportive environment.

10:30am - 12pm FREE

Matsqui Recreation Centre - 3106 Clearbrook Road

Register at direct2rec.com (#119242) or call 604.557.1464

TRY IT Zumba Gold

What better way to celebrate seniors then a Dance Party! This class introduces easy to follow Zumba choreography-slowed down to focus on balance, range of motion and coordination.

12pm - 1pm FREE

Abbotsford Recreation Centre - 2499 McMillan Road

Register at direct2rec.com

Wellness & Movement

New to Fitness? No problem! This class is designed to be gentle on your joints, and provide an adaptive environment for those who need breaks or work at your own pace. Incorporating stretching, strength, and cool down it focuses on improving daily living for 45 minutes, and then gives 15-minute portion for you to socialize or ask the instructor health related questions at the end of the class.

10:30am - 11:30am FREE

Matsqui Recreation Centre - 3106 Clearbrook Road

Register at direct2rec.com