ABBOTSFORD & MISSION SPRING/SUMMER 2026

Senior Resource DIRECTORY



HEALTH & WELFARE RESOURCES

Looking for help? Local, provincial and federal organizations available in person, by phone or online.

LOCAL BUSINESSES

Need dentures, glasses? Want to volunteer? Network with other seniors? Check out our advertisers throughout the directory.

SENIOR SUPPORT

Check out local service organizations just a phone call away.

SENIOR HOUSING

Many local senior housing options available. Find them all in one Directory, for your convenience.

DENTURES?



FREE NO OBLIGATION CONSULTATION!

- Implant Supported Dentures
- Full & Partial Dentures
- Standard & Precision Dentures
- Same Day Repairs and Cleaning
- Soft Liners For Sensitive Gums
- Relines and Rebases
- Financing Available
- Canada Dental Care Plan Accepted

2025 A-LIST WINNER THE ABBOTSFORD NEWS

2024, 2023, 2022, 2021
2020, 2019, 2017, 2016



Dear Cliff,

Thank you so much for making a set of teeth that are so perfect. No pain, no pinching, no pressure points! I am so impressed! I have my smile back and can actually chew my food without a problem.

Sincerely,
Marla

CLIFF C. KAFKA
REGISTERED DENTURIST

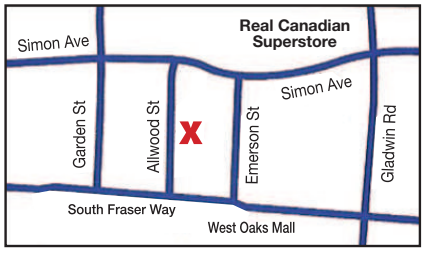
REGISTRANT

BPS

KAFKA DENTURE CLINIC

206-2752 Allwood St, Abbotsford

604.850.0355



KEEPING YOU SMILING SINCE 1995

kafkadentureclinic.ca

Resources for Abbotsford and Mission Seniors

Everyone has different ideas about what elderly age is or when old age begins.

To be a "senior" is a term that is defined and redefined in many ways, depending on the context – and who does the defining. To keep it simple, we define it here as 55 years plus.

For many, it's a title of honour. Look around and you'll see the seniors who, each according to their particular skills and abilities, built families, neighbourhoods and businesses. As they challenged themselves with their everyday pursuits, they built our communities.

Seniors range from people who worked a lifetime to achieve their goals to those who continue to work toward those goals.

Just as our seniors all have something to offer their community, Abbotsford and Mission have a great deal to offer seniors.

The Abbotsford News and Mission Record offers this Spring/Summer 2026 directory as a guide to seniors seeking information about services available to them in their own community. Some will appreciate the guide to health, legal or support services, while others will enjoy seeking out new recreational or leisure activities.

If you know of a business or organization that should be included in our next publication, please let us know. We'd love to include them.

Our thanks to all who made this directory possible and our thanks to the seniors of Abbotsford and Mission.



THE NEWS ABBOTSFORD

100B 2860 Trethewey St., Abbotsford
abbynews.com
twitter.com/abbynews
604.853.1144

MISSION RECORD

33047 First Ave, Mission
missioncityrecord.com
twitter.com/missionrecord
604.826.6221

SEA TO SKY LAW CORPORATION

604-409-8454
www.SumasLAW.ca
A division of Sea to Sky Law Group
WeCanHelp@SeatoSkyLaw.com

OVER 30 YEARS OF EXPERIENCE including

- Family Law
- Court Matters
- Mediation
- Estate Planning
- Estate Administration
- PROBATE and Other Court Estate Needs
- Business Needs
- Corporate Annual Reports
- Problem Solving

FREE APP
https://seatoskylaw.setmore.com

SUMAS LAW
A division of Sea to Sky Law Group
www.SumasLAW.ca

30+ YEARS OF TRUSTED AND SUCCESSFUL EXPERIENCE SOLVING ESTATE & FAMILY LAW PROBLEMS
PROBLEM? SOLVED!
604-409-8454
WeCanHelp@SeatoSkyLaw.com

TABLE OF CONTENTS



Government
Abbotsford 5
Mission 5
Provincial 6
Federal 6

Emergency Services
911 7
Police 7
Fire Departments 7
Crisis Lines 9
Hospitals 9

Health Services
Fraser Health Programs 10
Senior Health 10
Senior Care 10
Home Care 10
Lifeline Program 11

Federal Agencies
Canada Revenue Agency 11
Taxpayers Ombudsman 11
Aboriginal Affairs 11

Health & Welfare
BC211 12
HealthLink BC 12
Division of Family Practice 12
Seniors Organizations 12

Seniors Support
Local Organizations 15

Mobility & In-home Supplies
Wheelchairs and Mobility Aids 18
Respiratory 18
Equipment and Supplies 18

In-Home Care
Paid Care 19
House Cleaning Services 19

Decluttering
Thrift Stores 20
Recyclopedia 20
Classified Advertising 20

Housing
Adult Day Program 22
Seniors Housing 22

Medical Care
Dental Care 25
Eye Care 26
Hearing 27
Hospice Care 28
Laboratories 28
Medical Clinics 30
Orthotics 30
Pharmaceuticals 31
Pharmacies 31
Psychology 32
Registered Nurses 32

Nutrition
Meals on Wheels 33
Food Bank 33
Meal Options 33
Grocery Delivery 34

Travel
Local Airport Airlines 35
Agencies 35

Community
Service Clubs 37
Support Groups 39

Animal Care
Licensing 44
Shelter Organizations 44
Veterinary Care 46

Recreation
Facilities 47
Activities and Sports 47

Lifelong Learning
Continuing Education 50
Libraries 50
Books and Reading 50

Transportation
handyDart 52
Public Transportation 52
Seniors Transportation Services 52

Legal Issues
Legal Help 53
Public Guardian 53
Identity Theft 53

Employment Aid
Resources 54

Veterans Affairs Canada
Benefits 55
Assistance 55

Internment
Funerals 59
Cemeteries 59
Burial History 59

Also see the Advertiser index on page 62



BRAD VIS, MP
MISSION-MATSQUI-ABBOTSFORD
BRAD.VIS@PARL.GC.CA

BRADVIS.CA
604-814-5710

SUPPORTING *Seniors'* IN OUR COMMUNITY

As Members of Parliament, we are committed to holding the Government to account on issues such as greater access to your hard-earned investments, improving greater access to medications and palliative care.

If you need assistance in accessing your Canada Pension Plan, Old Age Security. Guaranteed Income Supplement, Disability Tax Credit, or other benefits available to seniors, please contact our offices.



SUKHMAN GILL, MP
ABBOTSFORD-SOUTH LANGLEY
SUKHMAN.GILL@PARL.GC.CA

SUKHMANGILLMP.CA
778-327-2454

GOVERNMENT

Government - Municipal

City Of Abbotsford

City Hall
32315 South Fraser Way
Abbotsford, BC V2T 1W7
Phone: 604-853-2281
Fax: 604-853-1934
www.abbotsford.ca

COUNCIL

Mayor Ross Siemens
604-851-4168
rsiemens@abbotsford.ca

Councillor Dave Loewen
dfloewen@abbotsford.ca

Councillor Dave Sidhu
dsidhu@abbotsford.ca

Councillor Kelly Chahal
Email: kchahal@abbotsford.ca

Councillor Les Barkman
lbarkman@abbotsford.ca

Councillor Mark Warkentin
mwarkentin@abbotsford.ca

Councillor Patricia Driessen
pdriessen@abbotsford.ca

Councillor Patricia Ross
pross@abbotsford.ca

Councillor Simon Gibson
sgibson@abbotsford.ca


Abbotsford Council

City Of Mission

City Hall
8645 Stave Lake Street
Mission, BC V2V 4L9
Phone: 604-820-3700
Fax: 604-826-1363
www.mission.ca

COUNCIL

Mayor Paul Horn
604-820-3702 / phorn@mission.ca

Councillor Mark Davies
mdavies@mission.ca

Councillor Angel Elias
aelias@mission.ca

Councillor Jag Gill
jgill@mission.ca

Councillor Ken Herar
kherar@mission.ca

Councillor Carol Hamilton
chamilton@mission.ca

Councillor Danny Plecas
dplecas@mission.ca

Chief Administrative Officer Mike Younie
myounie@mission.ca


Mission Council

A TRADITION IN TRUST SINCE 1968

SIMPSON NOTARIES

- PROPERTY TRANSFERS
- MORTGAGES
- WILLS
- POWERS OF ATTORNEY
- REPRESENTATION AGREEMENTS
- NOTARIZATIONS

Ask us about our mobile services



CALL US TODAY: CHILLIWACK • 604-824-5500 | HOPE • 604-824-5500 | ABBOTSFORD • 604-855-7228

GOVERNMENT

Government - Provincial

Members of the Legislative Assembly



Korky Neufeld , MLA
Abbotsford West
Constituency Office
#103 - 32660 George Ferguson Way
Abbotsford, BC V2T 4V6
Phone: 604-870-5486
Fax: 604-870-5444
korky.neufeld.mla@leg.bc.ca



Bruce Banman, MLA
Abbotsford South
Constituency Office
#304 - 2031 McCallum Road
Abbotsford, BC V2S 3N5
Phone: 604-744-0700
Fax: 604-744-0701
Bruce.Banman.MLA@leg.bc.ca



Reann Gasper, MLA
Abbotsford-Mission
Constituency Office:
#200-32988 1st Avenue
Mission, BC V2V 1G1
Phone: 604-820-6203
Reann.Gasper.MLA@leg.bc.ca



Lawrence Mok, MLA
Maple Ridge East
Constituency Office
#102 - 23015 Dewdney Trunk Rd
Maple Ridge, BC V2X 3K9
604-476-4530
Lawrence.Mok.MLA@leg.bc.ca

Government - Federal

Members of Parliament



Sukhman Gill, MP
Abbotsford
Constituency Office
#205 - 2825 Clearbrook Road
Abbotsford, BC V2T 6S3
Phone: 778-327-2454
www.**sukhmangillmp.ca**
sukhman.gill@parl.gc.ca



Brad Vis, MP
Mission-Matsqui-Fraser Canyon
Constituency Office
Suite 7, 32650 Logan Avenue
Mission, BC V2V 6C7
Phone: 604-814-5710
Fax: 604-814-5714
www.bradvis.ca
brad.vis@parl.gc.ca

HALLMARK
A BAPTIST HOUSING COMMUNITY

Offering Independent and Assisted Living suites.
Call 604-859-0053 to book your tour.
www.baptisthousing.org



EMERGENCY SERVICES

POLICING

Emergencies: call 911

The need is immediate because someone's health, safety or property is in jeopardy or a crime is in progress. Dispatchers will ask questions to determine which emergency services are needed (police, fire or ambulance).

Misdialed 911 Calls

Don't hang up. Explain what happened. The dispatcher is obligated to determine whether there is a real emergency and police will be dispatched to check on a phone number and address.

Abbotsford Police Department

2838 Justice Way, Abbotsford
Emergency: 911
Non-emergency: 604-859-5225
www.abbypd.ca

Mission RCMP

7171 Oliver St, Mission
Emergency: 911
Non-emergency: 604-826-7161
www.bc.rcmp-grc.gc.ca

Mission Crime Prevention Office

Crime prevention programs include Citizens on Patrol, Block Watch, Lock Out Auto Crime and Speed Watch. Safety tips for seniors at home, out and about, in the car and financial information is available.

33133 1st Ave, Mission
604-820-2722
www.mission.rcmp-grc.gc.ca

Abbotsford Community Policing

Volunteer programs include Block Watch, Business Watch, Citizens On Patrol, Child ID, Crime Free Multi Housing, Property Security Assessments, Speed Watch and Special Events.

#105 - 34194 Marshall Rd, Abbotsford
604-864-4814
www.abbypd.ca

Abbotsford Police Victim Services

2838 Justice Way, Abbotsford
604-864-4757

FIRE DEPARTMENTS

Emergencies: Call 911

ABBOTSFORD

Abbotsford Fire Rescue Service

32270 George Ferguson Way
604-853-3566
www.abbotsford.ca

Fire Hall No. 1 *(Clearbrook)*

32270 George Ferguson Way
604-853-3566

Fire Hall No. 2 *(Sumas Prairie)*

35995 North Parallel Rd
604-855-4112

Fire Hall No 3 *(Aberdeen)*

28465 Fraser Hwy
604-856-1541

Fire Hall No. 4 *(Matsqui Village)*

5775 Wallace St
604-826-4772

Fire Hall No. 5 *(Mt. Lehman)*

30373 Merryfield Ave
604-856-3786

Fire Hall No. 6 *(Abbotsford)*

2427 West Railway St
604-853-5868

Fire Hall No. 7 *(Sandy Hill)*

34989 Old Clayburn Rd
604-855-0614

Fire Hall No. 8 *(Blueridge)*

30811 Blueridge Dr
604-855-7911

MISSION

Fire Station No. 1

33330 – 7th Ave
604-820-3793

Fire Station No. 2

30514 Dewdney Trunk Rd

Fire Station No. 3

30435 Silverhill Ave

Every voice
Every story Every person

Shaping Solutions for Our future

A message from your local MLA

REANN GASPER
MLA | ABBOTSFORD-MISSION
Reann.Gasper.MLA@leg.bc.ca
604-820-6203





REMOVE YOUR CATARACT AND FIX YOUR NEAR AND DISTANT VISION AT THE SAME TIME!

Surgery performed privately at Valley Laser Eye Centre within 4-6 weeks.



Dr. John F. Blaylock

VALLEY LASER
EYE CENTRE

Suite 102-2545 McCallum Road, Abbotsford
1-888-977-3937 or 604-504-3937
valleylasereyecentre.com







SENIORS SERVICES
in Mission

MISSION COMMUNITY SERVICES

United Way British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

- Better at Home
- Meals on Wheels
- Grocery Shopping
- Active Aging
- Social Prescription
- Transportation to Medical Appointments
- Government form filling & Applications (CPP, OAS, etc.)

DONATE

604-768-6059
seniors@missionmcss.com
33133 3rd Ave Mission BC
missioncommunityservices.com/seniors
/MissionCommunityServices

KEY CONTACTS

24-Hour Fraser Health Crisis Line
1-877-820-7444

Alcohol & Drug Information Referral
1-800-663-1441

BC Schizophrenia Society
1-888-888-0029
prov@bcss.org

Community Services
Archway: 2420 Montrose Ave
604-859-7681
Mission: 33179 Second Ave
604-826-3634

Emergency Preparedness
www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

Emergency Mental Health Line
1-877-384-8062

HealthLink BC
Helps you learn about health topics, check your symptoms and find health services and resources that you need for healthy living.

Call 811
TTY (Deaf and Hearing-impaired): Call 711

Abbotsford Regional Hospital and Cancer Centre
32900 Marshall Rd, Abbotsford
604-851-4700

Mission Memorial Hospital
7324 Hurd St, Mission
604-826-6261



Mental Health Centre
Abbotsford: #11 - 32700 George Ferguson Way
604-870-7800
Mission: 3rd Floor - 7298 Hurd St
604-814-5600

Medic Alert Foundation
www.medicalert.ca
1-800-668-1507

Ministry for Children & Family Development
Abbotsford: 2828 Cruickshank St
604-870-5880
Mission: 7364 Horne St
604-820-4300

Mood Disorders Association
604-873-0103
Option 1 for Psychiatric Clinic
Option 2 for Counselling and Wellness Office

Poison Control Centre
1-800-567-8911

Problem Gambling Help Line
1-888-795-6111

24/7 Seniors Distress Line
1-866-661-3311

Seniors Abuse and Information Line
Some family members, caregivers, friends or landlords victimize seniors. Abuse can be physical, financial or psychological.

1-866-437-1940

Sara's Abbotsford Transition House
24 hour access:
604-852-6008

Sara's Mission Transition House
24 hour access:
Mission: 604-826-7800

Telecare Crisis & Caring Line
604-852-9099

Crisis Centre BC
1-866-661-3311
TTY 1-866-872-0113

Seniors Distress Line
604-872-1234

Mission Community Foundation



Some of our focuses are:

- Education
- Senior's needs
- Social justice
- Poverty reduction
- Animal welfare
- Food security
- Support for Health Related Needs

Leave a legacy and make a difference in your community. Contact us to donate today.

34033 Lougheed Hwy, Mission, BC • www.missioncommunityfoundation.org • Ph: 604-826-5322

Fraser Health Authority Programs & Services

Public Health Unit

Abbotsford: #104 - 34194 Marshall Rd
604-864-3400
Mission: 7298 Hurd St
604-814-5500

Abbotsford Regional Hospital and Cancer Centre

32900 Marshall Rd, Abbotsford
604-851-4700

Abbotsford Peer Support for Seniors

A free service for seniors aged 50+ living in Abbotsford. Trained volunteers offer one-on-one listening, emotional support, guidance, empathy and information during their visits to in-need seniors. Also available, the "Good Morning Program" offering seniors phone checks on their well-being, Monday to Friday.

604-300-1457

email: apss.seniors@telus.net

Mission Memorial Hospital

7324 Hurd St, Mission
604-826-6261

Home Health Office

Home and community care services provided by Fraser Health for those with acute, chronic, palliative or rehabilitative health care needs.

Abbotsford: #103 – 34194 Marshall Rd
604-556-5000
Mission: 7298 Hurd St
604-814-5520

Medication Management Program

A medication management program consists of home visits by pharmacists. Medications are reviewed, outdated and unneeded medications are removed, aid options are introduced as needed and recommendations are provided.

Seniors taking more than six medications, at risk of drug interaction, with kidney or liver failure or with dementia or confusion are typically referred to the program.

Hospice Palliative Care

Services to help relieve suffering and improve quality of life for people with life-limiting illness. Care may involve a number of health care providers and includes a variety of services offered at home, in hospitals, in long-term care facilities and hospices.

Abbotsford Regional Hospital
604-851-4700
Mission Memorial Hospital
604-826-6261

Advance Care Planning

Helps you have a say about the health care you would like to receive if you get very sick and cannot speak for yourself.

1-877-825-5034

Acute Care of the Elderly

A special medical care unit for frail elderly patients managing complex acute medical concerns and are at risk of losing the ability to function independently. Available at Abbotsford Regional Hospital.

www.healthlinkbc.ca
604-851-4700

Adult Abuse and Neglect

To report situations of abuse, neglect and self-neglect involving adults and seniors where there is a concern the adult is unable to get help on their own due to a physical restraint of a physical and or mental disability.

www.healthlinkbc.ca
Abbotsford: 604-851-4700 ext 646134
Mission: 604-814-5600

Chronic Obstructive Pulmonary Disease (COPD) Self-Management Education

Education and tips on how to better manage COPD at home. Education includes medication review, breathing exercises, controlling shortness of breath. Physician referral is required.

www.healthlinkbc.ca
604-851-4700 ext 642215

Home & Community Care Services

Assessment for home care and community care services. Clients include those with acute, chronic, palliative or rehabilitation health needs. Services available include assisted living and residential care, rehabilitiation services, home nursing support and personal care, adult day programs, palliative and respite care.

1-855-412-2121

Home Care Nursing Services

Provided by the Fraser Health Authority at your local Home Health Office, offers professionally licensed home care nurses.

www.fraserhealth.ca
1-855-412-2121
Abbotsford: #103 - 34194 Marshall Rd
Mission: 7298 Hurd St

Care for the *Caregiver*

AHGSS's **Care for the Caregiver program** is a new initiative focused on anticipatory grief and emotional support for caregivers over the age of 55, through one-to-one support, group support, and workshops.

Caring for a loved one can be overwhelming, especially when you're facing the reality of loss. That's why we provide these services at no-cost to our community - because you deserve care, too.

Abbotsford Hospice & Grief Support Society
32780 Marshall Road, Abbotsford, BC, V2S 1J7
604-852-2456
info@abbotsfordhospice.org
www.abbotsfordhospice.org/caregiver

Caregiver - *noun*
someone who takes care of a person who is young, old, ill, or disabled (having an illness, injury, or condition that makes it difficult for them to do some things that other people do), either as a family member or friend, or as a job.

Our Partners: Maplewood Care Society

Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

HEALTH SERVICES CONTINUED

Home Health Caregiver Respite

Support for people caring for family or friends, giving them a much-needed break from the emotional and physical demands of caring for a relative or friend.

1-855-412-2121

Home Health Services

Information is available about community, assisted living or private pay facilities and for concerns about any of these services.

1-855-412-2121

Subsidized Home and Community Care

Provide a range of health care and support services for people with acute, chronic, palliative or rehabilitative health-care needs. Services are designed to complement and supplement, but not replace, efforts to care for yourself with the assistance of family, friends and community.

www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care

Valley Alert Lifeline Society

A 24-hour home monitoring and personal emergency response to assist people with physical challenges, older adults and patients with medical conditions.

For Mission and Abbotsford call
604-854-5991
Toll free: 1-888-969-1818
valleyalertlifeline@telus.net

www.valleyalertlifeline.ca

FEDERAL AGENCIES

Government of Canada

The federal government has programs for seniors.

www.servicecanada.gc.ca
www.seniors.gc.ca
1-800-0-Canada
(1-800-622-6232)
TTY: 1-800-926-9105

Public Health Agency of Canada

The federal office responsible for health has a variety of resources for seniors such as food safety, travel, immunization, diseases, emergency preparedness and injury prevention.

www.phac-aspc.gc.ca

Canada Revenue Agency

The office of the federal government that oversees taxation has information for seniors on such things as income splitting, travel and living abroad and benefits.

Tax Information Service (TIPS)
www.cra-arc.gc.ca
1-800-267-6999

Canada Mortgage and Housing Corp.

A government agency that has information on how to adapt a home for seniors comfort.

BC Regional Centre
www.cmhc-schl.gc.ca
604-731-5733
TTY: 1-800-309-3388

Taxpayers' Ombudsman

An independent and impartial officer who reviews complaints from people who believe they have been treated unfairly or unprofessionally by the Canada Revenue Agency.

www.oto-boc.gc.ca
1-866-586-3839

Aboriginal Affairs and Northern Development Canada

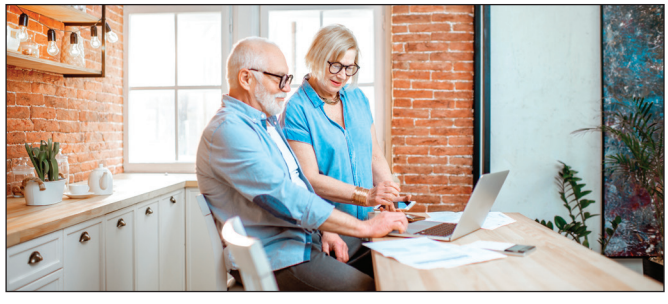
(AANDC)

www.aboriginalcanada.gc.ca
1-800-567-9604
TTY: 1-866-553-0554

National Association of Federal Retirees

The largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors. The local branch serves Abbotsford and Mission. They hold regular meetings and have informative, knowledgeable speakers.

Central Fraser Valley Branch (BC-1)
www.federalretirees.ca
NAFRBC1@yahoo.com
1-778-344-6499



SYMONS
TIRE & AUTOMOTIVE CENTRE
604.826.9119

OVER 60 SPECIAL!
10% OFF FOR BRAKE SERVICE LABOR
(when spending over $150.00)

SUPPORTING SENIORS FOR OVER 50 YEARS!



Jason – Your Service Specialist for Expert Auto Service.



MICHELIN

Premium Tires and Top-Rated Service
• BRAKE SERVICE • TUNE-UPS • LUBE & OIL • CLUTCHES • ALTERNATORS • MUFFLERS & EXHAUST
• TIRES: ROTATION & BALANCING • WHEEL ALIGNMENT • SHOCKS & STRUTS • DIAGNOSTICS

33245 GLASGOW AVENUE (LOCATED NEXT TO COMMUTER RAIL) www.symonstire.com

HEALTH & WELFARE RESOURCES

BC211

Dial 2-1-1 for community, social or government services for communities in the Fraser Valley.

www.bc211.ca • Call 211

Office of the Seniors Advocate BC

In conjunction with BC 211 the best source for seniors advocacy is the Office of the Seniors Advocate BC. Call 1-877-952-3181 and staff answer the phone.

www.seniorsadvocatebc.ca

SeniorsBC

The provincial government's website and amenities for seniors provides information on topics including housing, independent living, health, transportation, elder abuse, finances, government benefits, legal issues and more.

www.seniorsbc.ca

HealthLink BC

Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays you can speak to a dietician about nutrition and healthy eating. At night pharmacists are available for questions.

www.healthlinkbc.ca • Call 811

Council of Senior Citizens Organizations of B.C.

COSCO is the largest federation of seniors organizations in British Columbia, representing people 50 years and older.

www.coscobc.org

Seniors Helping Seniors

The Seniors' Health & Wellness Institute (COSCO) provides free workshops to seniors' groups. There are more than 40 workshops developed in consultation with experts.

www.seniorshelpingseniors.ca/workshop-brochures

Senior Citizens Association of B.C. (SCABC)

To protect the rights of seniors and rally for social programs and welfare support that improve the living conditions of seniors citizens the province.

www.seniorsofbc.com

B.C. Old Age Pensioners' Organization (BCOAPO)

Provides support to pensioners and address issues that affect them, including helping retirees retain their pensions.

Nancy Moore 604-825-9154
www.bcoapo.ca

Abbotsford Division of Family Practice

A non-profit society that has been given the recognition and authority to speak on behalf of Abbotsford family physicians in matters that affect the community.

www.divisionsbc.ca/abbotsford
#202 - 2600 Gladys Ave
604-746-3302
abbotsford@divisionsbc.ca

Mission Division of Family Practice

Provides local family physicians with a stronger collective voice in the integrated delivery of primary care in the community, including working toward improving patient access to local primary care.

www.divisionsbc.ca/mission
#105 – 7343 Hurd St
604-820-1021
mission@divisionsbc.ca

CARP

CARP is a non-partisan, non-profit organization, promoting social change to bring financial security, equitable access to health care and freedom from discrimination. The mandate is to protect the interests, rights and quality of life for Canadians as they age.

www.carp.ca

Route65.ca

Route65.ca, developed by BC Care Providers Association, is a free resource designed to help the public navigate B.C.'s seniors living, wellness, and care continuum. The platform features a provincial directory of independent living, assisted living, long-term care, and home care options, along with wayfinding tools and educational resources to support system navigation and accessing services..

1-877-955-6565
www.route65.ca

- **Estate and personal planning**
- **Real estate transactions**
- **Sponsorship letters and travel letters... and much more!**

- *EVENING & WEEKEND APPOINTMENTS AVAILABLE UPON REQUEST*

BC Notaries



KAREN BUNGAR
NOTARY CORPORATION

#A5-32081 Lougheed Highway Mission, BC
Office: **(604) 287-8600** Email: karen@kbnotary.ca **HOURS:** Monday–Friday
Fax: **(604) 287-8601** www.kbnotary.ca 9am to 5pm

ROBERTSON
HEARING CENTRE
Locally owned since 1987

Proud to be ABBOTSFORD'S FAVOURITE HEARING CLINIC

2018 A-LIST WINNER · 2019 A-LIST WINNER · 2020 A-LIST WINNER · 2021 A-LIST WINNER · 2022 A-LIST WINNER · 2023 A-LIST WINNER · 2024 A-LIST WINNER

*Voted **Abbotsford's Favourite Hearing Clinic** since 2018!*

2025 A-LIST WINNER — THE ABBOTSFORD NEWS



Mark Nickel
Owner, RHIP

Dr. Amir Soltani
Au.D, RAUD, RHIP

Haley Friesen
RHIP



We're service-focused above all else.
That's why our independent hearing clinicis still here after 37 years! Here's what sets us apart:

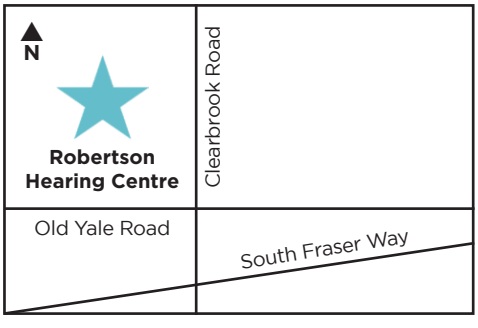
- Choose from **all major hearing aid manufacturers** to ensure you get the right hearing aids for you
- Experience **clear and honest communication**
- **Expect timely repairs** via our onsite lab
- **Spend as much time as you need** asking questions in a no-pressure consultation
- Enjoy safe, gentle, and **professional ear wax removal** performed by a certified specialist
- Ask about our range of **locally-made custom products** including sleeper ear plugs, in-ear monitors, swimming ear plugs, musician plugs, shooting plugs, two-way communication systems, racing monitors, and more!





CALL US TODAY:
604-855-8722

www.RobertsonHearing.ca
#103 - 2825 Clearbrook Road, Abbotsford
(located in Garden Park Tower)



Call us today at 604-855-8722 and let us show you why we're Abbotsford's favourite hearing clinic!

EASY ORDER BUNDLES - 33020

Try and taste us

If you've never tasted our tempting meals made for seniors, **our 7 favourites will certainly make your mealtime easy and enjoyable.**

This bundle includes:



Spaghetti with Meat Sauce



Spanish Rice Pilaf with Beef



Turkey with Cranberry Orange Sauce



Mushroom Stroganoff



Chicken and Vegetable Casserole



Pork Ragout with Creamy Polenta



Battered Haddock and Tots

*Some conditions may apply.

All 7 dishes for $75.50

As always, delivery is free.*

PROUDLY CANADIAN

HEART TO HOME MEALS

DELICIOUS MEALS MADE FOR SENIORS™

Fraser Valley

604-243-8855

www.HearttoHomeMeals.ca

ABBOTSFORD SENIORS SUPPORT

Archway Community Services

From Meals on Wheels and Better at Home, to Social Prescribing, Archway Community Services offers a wide range of programs and services for seniors.

2420 Montrose Ave, Abbotsford
604-870-3763
www.archway.ca
seniors@archway.ca

Better at Home
Assisting seniors to live independently in their own homes by providing the following non-medical support services: Light housekeeping, grocery shopping, transportation to/from appointments, light yard maintenance, friendly visitor phone calls and minor home repairs.
604-859-7681 ext. 772

Lunch with the Bunch
Enjoy lunch, fitness, games and information sessions on Fridays from 11am to 1pm. Please RSVP and transportation is available if needed.
2420 Montrose Ave, Abbotsford
236-380-2702
Archway.ca/LWTB

Meals on Wheels
Nutritious meals delivered four days a week to those who have difficulty shopping or preparing meals. Fresh and frozen meals are available.
604-870-3764

Social Prescribing Program
Delaying frailty, encouraging self-care management and reducing loss of independence by supporting

Abbotsford seniors 65+ with physical activities, social connection, nutritional needs and wellness check-ins.
604-743-0393

Abbotsford Association for Healthy Aging

Dedicated to developing and providing programs that support the health and well-being of older adults in Abbotsford.
#108 - 32883 South Fraser Way, Abbotsford
778-201-1401 or 604-854-1733
www.abbotsfordhealthyaging.com
healthyagingabbotsford@gmail.com

The Friendly Visiting Program
Provides social support to older adults to help reduce isolation.

Seniors Social Café
A weekly morning social and interactive setting where seniors can meet new people and develop new relationships and connections.

Information, Referral, Navigation Resources
Assists with resources and directions for connections to community, government, and local agencies.

Abbotsford Family & Friends Caregiver Support
Support for those who provide unpaid care for older adults with complex needs, chronic illness, frailty or life-limiting conditions.

LifeBox
A collection of documents essential for the preparation and arrangements that are part of sudden illness and end-of-life care.

Tech Savvy Seniors
Borrow an iPad or Samsung tablet to learn and practice before purchasing your own device. One-on-one instruction or in a small group by appointment.

Income Tax and Form Filling
See a volunteer to file your taxes or to fill out various government forms.

Abbotsford Peer Support For Seniors

Programs include The Good Morning Program telephone check in and the Peer Support Program, a free one-on-one service for seniors 50 years and over living alone in Abbotsford

604-850-0111

www.abbotsfordpeersupportforseniors.ca
apss.seniors@telus.net





Assisting Seniors with Living Independently

We help older adults continue living independently in their own homes by providing simple, non-medical home support services including a grocery shuttle that provides rides to and from local grocery stores.

Archway.ca/BAH
604.859.7681 Ext:772



In Partnership With:
Better at Home
United Way helping seniors remain independent.
Archway Community Services

MISSION SENIORS SUPPORT

Mission Community Services

Senior services provides a variety of programs for seniors to enrich their lives.

33179 2nd Ave, Mission
604-826-3634
www.missioncommunityservices.com
info@missioncommunityservices.com

Better at Home

Provides non-medical services to assist seniors with day-to-day tasks so they can live their lives independently in their own homes and stay connected to their communities. Services include light housekeeping, transportation to medical appointments, grocery shopping, friendly visitor/caller.

604-826-3634
www.missioncommunityservices.com
info@missioncommunityservices.com

Seniors Connection

- **Meals on Wheels:** provides low-cost, frozen meals delivered by our friendly volunteers every Friday (except on stat holidays). Our meal selection is prepared by our in-house kitchen staff, who carefully select and craft each menu item based on popular demand. **For more information or to place an order, contact the Meals on Wheels Coordinator at (604) 826-3634 ext. 248.**
- **Income Tax Assistance:** A volunteer from Mission Community Services Society, trained by the Canada Revenue Agency, will help prepare & electronically file (if eligible).For more information, please contact our Seniors Connection Coordinator at (604) 826 - 3634.



ABBOTSFORD SENIORS SUPPORT

Friendship House

More than 125 senior members enjoy a variety of programs including Bridge four days a week and the Happy Gang Singers on Tuesdays. Programs run all year with occasional special events.

604-855-9741



AtlantaFLOORING.ca

BATHROOM RENO?

Atlanta FLOORING
101 – 7057 Beatty Drive, Mission BC
604.820.1456
Monday to Friday: 9 am - 5:30 pm Saturday: 10 am - 4 pm (closed Sunday)

We stand behind our products & installation



www.atlantaflooring.ca CARPET • HARDWOOD • CERAMIC TILE • VINYL • LAMINATE • AREA RUGS • CUSTOM KITCHENS • VINYL PLANK

MEDICAL TOWER DRUGS & Home Healthcare Inc.

- Free Daily Rx Delivery
- Blister Packing of Meds
- Equipment Rentals
- Wound Care & Ostomy Supplies
- Enteral Feeding Supplies
- Mattresses, Hospital Beds, Lifts
- Footcare Nurse / Compression Fitter
- Bath Safety, Assistive Living & Mobility Aids
- Bracing for Entire Body Including Custom Osteo-Arthritis Knee Braces



2025 A-LIST WINNER THE ABBOTSFORD NEWS

Voted Abbotsford's Best Home Healthcare!

Pharmacy
Mon. - Fri. 8:30am - 6pm
Saturday 8:30am - 4:30pm

604-859-7651
2151 McCallum Road, Abbotsford

Home Healthcare
Mon. - Fri. 8:30am - 5pm
Saturday 9am - 1pm



TIMEMASTER JEWELLERS

Expert Jewellery & Watch Repairs On-Site

Fine Jewellery & Timepieces
Watch Batteries Replaced
Repurpose Your Old Gold
Custom Designed Jewellery

All work done on-site by Master Goldsmith

2025 A-LIST WINNER THE ABBOTSFORD NEWS

Voted Abbotsford's Favourite Jeweller 10 years in a row

Sevenoaks Shopping Centre - Top Floor
604-556-7740 • timemasterjewellers.ca

MOBILITY & IN-HOME SUPPLIES

Wheelchairs and Mobility Aids

1st Choice Mobility Products Inc.

Mobility solutions including sales, rental and maintenance.

#108 - 663 Sumas Way, Abbotsford
604-850-2344
www.1stchoicemobility.ca

Abbey Medical Supplies

Products include wheelchairs, lift chairs, bath safety, scooters, stair lifts.

#5 - 31813 South Fraser Way, Abbotsford
604-850-1755
www.abbeymedicalsupplies.com

National Seating & Mobility

Standers, walkers, wheelchairs & seating products and rentals.

#150 - 30583 Iron Mills Ct, Abbotsford
604-852-3191
www.nsm-seating.ca

Respiratory

IRS Independent Respiratory Services

#1 - 2111 MCCallum Rd, Abbotsford
604-850-7778

MedPro Respiratory Care

Seven Oaks Mall – 2nd Floor
#211 - 32900 South Fraser Way, Abbotsford
1-888-310-1444



Snore MD Sleep Apnea Clinic

www.snoremdcanada.ca

#250 - 32530 Lougheed Hwy, Mission
236-437-2001

#30-32700 South Fraser Way, Abbotsford
778-771-0169

Equipment and Supplies

A Dressing Needs Adaptive Clothing Solutions

Clothing solutions for people living with a disability to meet their individual needs.

33048 1st Ave, Mission
1-800-817-4365

Medical Tower Drugs

Walkers and accessories.

#6 - 2151 McCallum Rd, Abbotsford
604-859-7651
www.medicaltowerdrugs.com

Walk-In Tubs Fraser Valley

Bathroom safety and peace-of-mind, say goodbye to worries about slipping or falling. Stay independent with no need for assistance with a walk-in tub or barrier-free shower. Ask about the Government Grant for qualifying BC Seniors.

604-866-6897
www.walkintubsfraservalley.com

Mission Health Care Auxiliary Equipment Loans

Borrow equipment aids free of charge. Located from the kiosk in the foyer of the downstairs entrance to the hospital.

Mon, Wed & Fri 9:30am – 11:30am
Mission Memorial Hospital
7324 Hurd St
www.missionhealthcareauxiliary.com

Canadian Red Cross Society

The Red Cross Health Equipment Loan Program (HELP) is a service made possible through the support of health authorities, donations of used equipment, financial donations and volunteers and professional staff.

#1 - 34220 South Fraser Way, Abbotsford
Health Equipment Loan – Plus
604-859-5960
Short Term Loan Program
604-556-3526

Pro-Bed Medical Technologies

#602 - 30930 Wheel Ave, Abbotsford
604-852-3096



IN-HOME CARE SERVICES

In-Home Care

Hero Home Care
Our philosophy is simple. We hire heroes, not just caregivers. Whether it's companionship or in-home nursing (or something in-between), Hero Home Care has a hero for you. Our experienced team of Nurses will take the time to understand the health, home and social care needs of your loved one and design a personalized home care solution that meets their needs and provides peace of mind for you and your family.

1-888-988-9913
care@herohomecare.ca
www.herohomecare.ca

Just Like Family Home Care
24-hour care providing peace-of-mind, compassion and warm, supportive company for your loved one. From meal preparation to cleaning, the full home support services ensure your loved one maintains a healthy diet and has a clean, safe home.

778-244-7742
www.justlikefamily.ca

Right at Home Canada
A home care company providing services to older adults who want to continue to live independently at home, or in an assistant living facility. Services include personal care and hygiene, nursing care, hospital-to-home transition, companionship, respite and palliative care, homemaking and housekeeping.

604-330-9909
services@rightathomecanada.com
www.rightathomecanada.com/fraser-valley

Nurse Next Door Home Care Services
Experienced Care Designers evaluate your loved one's needs during the initial Caring Consult. From daily grocery shopping, meal preparation, and walks in the park to medication reminders and companionship, caregivers make it possible for seniors to live in their own home. It's about caring, not just healthcare™.

www.nursenextdoor.com
Abbotsford, 778-600-0680
abbotsford@nursenextdoor.com
Mission, 604-468-2273
mapleridge@nursenextdoor.com

House Cleaning

Bakerview Cleaning Company
A locally owned family company serving Abbotsford and Mission.

604-755-0905
www.bakerviewcleaning.com
info@bakerviewcleaning.com

Bubbles & Bounce Cleaning
Abbotsford and Mission detailed house cleaning services.

604-217-8979
www.bubblesandbounce.ca
info@bubblesandbounce.ca

Magic Touch Cleaners Ltd.
778-552-3435
www.magictouchcleaner.weebly.com
magictouch027@gmail.com

Maid Only For You Cleaning
Serving Abbotsford and Mission.

604-854-6623
www.maidonlyforyoucleaning.ca

Molly Maid Abbotsford
604-850-9647
www.mollymaid.ca

Perfection Cleaning BC
604-625-0050
www.perfectioncleaningbc.com
perfectioncleaningbc@yahoo.ca

Positively Green Clean
Serving customers in Mission and Abbotsford using only 100% natural products.

604-615-4769
www.positivelygreenclean.ca
info@positivelygreenclean.ca

Rise and Shine Cleaning
Serving Mission and Abbotsford for over 25 years.

604-217-1027
www.riseandshinecleaning.ca

Sterling Home Cleaning Services
Serving Abbotsford for 13 years
$30 per hour. Tax deductible

604-613-8065





2 for 1 SALE

OPTICAL BOUTIQUE
Perfect Piece
www.perfectpieceoptical.com
604.410.2020
33166B 1st Ave, Mission Across from CIBC
Open Monday through Saturday 10am-5pm

DECLUTTERING

Hidden Treasures Thrift Store
2657 West Railway St, Abbotsford
604-855-0221
hidden-treasures-thrift-store.business.site

Life's Second Chance Thrift Store
#7 - 31550 South Fraser Way, Abbotsford
604-854-5928
www.liferecovery.ca/thrift-store

MCC Centre Thrift Shop
33933 Gladys Ave, Abbotsford
604-854-2062
www.mcccentre.ca/mcc-thrift

MCC Thrift & Furniture Shop
32608 Fraser Cres, Mission
604-826-1515

MCC Clothing Etc.
31872 South Fraser Way, Abbotsford
604-854-4174

Fronya Thrift Boutique Store
Fronya is SARA for Women Society's social enterprise project. All profits from Fronya supports current and future programs of the Society.

33173 1st Ave, Mission
604-820-5071
www.wrsfv.ca/fronya/fronya.html

The Cottage Mission Health Care Auxiliary Society
The Cottage Thrift Store supports the Mission Health Care Auxiliary Society to purchase equipment and improve patient comfort.

33228 1st Ave, Mission
604-826-5209
www.missionhealthcareauxiliary.wordpress.com

The Salvation Army Thrift Store
34081 Gladys Ave, Abbotsford
604-852-9305

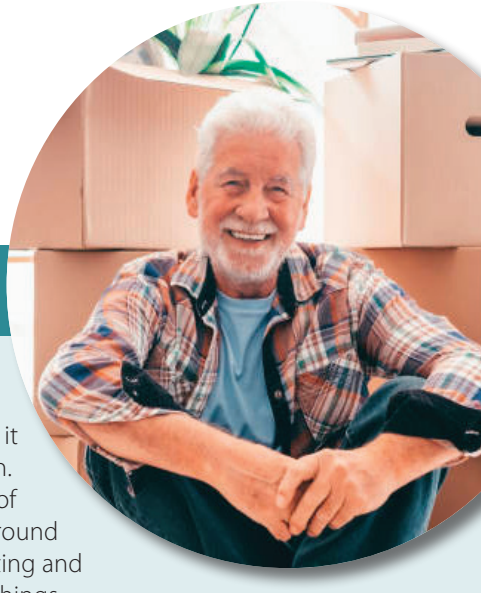
www.centreofhope.net

Recyclopedia
The Recycling Council of B.C. offers the Recyclopedia. Find out where to dispose of unwanted items, including charitable organizations that accept those items.

www.rcbc.ca

Abbotsford News and Mission Record Classifieds
Junk to one, may be treasure to another. Classified ads are a great way to recycle unwanted items, or gather them all together and let the community know you are having a garage sale.

604-575-5555



Organize and Conquer Clutter

Find a place for everything
Clutter creeps up as people accumulate possessions over the years. But clutter also can accumulate if people fail to find a place to put items. Organizational systems for closets and furniture with storage are some solutions.

Utilize vertical space when possible
Bookshelves, hanging wall shelves, hooks, cabinetry, built-ins, and other storage solutions that rely on walls and ceilings are simple and effective storage solutions. Unused space behind cabinet or closet doors are some additional places to store belongings.

Put it away
When you finish using an item, return it to its storage location. This eliminates piles of belongings strewn around the house - and hunting and pecking for missing things.

Investing in custom cabinetry and organizational systems also can help people organize their belongings. Tackle rooms such as the garage, basements, bedroom closets, and pantries, or those areas that tend to accumulate clutter the fastest.

SEA TO SKY LAW CORPORATION

604-409-8454
www.SumasLAW.ca
A division of Sea to Sky Law Group
WeCanHelp@SeatoSkyLaw.com

OVER 30 YEARS OF EXPERIENCE including
- Family Law
- Court Matters
- Mediation
- Estate Planning
- Estate Administration
- PROBATE and Other Court Estate Needs
- Business Needs
- Corporate Annual Reports
- Problem Solving

FREE APP
https://seatoskylaw.setmore.com

SUMAS LAW
A division of Sea to Sky Law Group
www.SumasLAW.ca

30+ YEARS OF TRUSTED AND SUCCESSFUL EXPERIENCE SOLVING ESTATE & FAMILY LAW PROBLEMS
PROBLEM? SOLVED!
604-409-8454
WeCanHelp@SeatoSkyLaw.com

Kearney
FUNERAL SERVICES
SINCE 1908

Helping Families and Communities heal from loss.

For over 120 years.



Tonya Makuch
Manager / Funeral Director



Rob McCormick
Director of Pre-Planning

Kearney Fraser Valley
604 793 6581

Call today to ask about our FREE pre-planning guide 236 416 0006

We walk beside the bereaved with gentle guidance,
honest answers, and the kind of presence that feels like family.

Vancouver	Burnaby	New Westminster	Coquitlam	Cloverdale
604 736 0268	604 299 6889	604 521 4881	604 936 9987	604 574 2603

www.KearneyFS.com www.BurquitlamFuneralHome.ca

RSR Family Holdings Ltd.

SENIORS HOUSING



Maplewood House Adult Day Program

For persons living at home. Provides respite support for care givers and families. Referral by Home Health Office.

604-556-5000
www.maplewood.bc.ca/care-services

Bevan Village

Independent living/assisted living/long-term care.

33386 Bevan Ave, Abbotsford
604-850-5416
www.trilliumcommunities.com

Boswyk Centre

Consists of 11,000 square feet of community/seniors centre with 74 units of affordable seniors housing.

7682 Grand St, Mission
For information call MASH on
236-622-2043
www.missionseniors.ca

Brookdale House

Assisted living.

30961 Brookdale Ct, Abbotsford
604-853-2035
www.brookdale.house.com

Cascade Court

Active over 55 living.

35230 Delair Rd, Abbotsford
604-852-1139

Carrington House Retirement Community

Independent supportive living/assisted living.

32679 6th Ave, Mission
604-826-4747
www.chartwell.com

Cedar Valley Manor

Provides quality and affordable housing for independent and active seniors in Mission. As a Life Lease, you will be a part of a unique community enjoying contemporary apartment living.

8358 Cedar St, Mission
236-622-2043
www.missionseniors.ca

The Cedars

Provides assisted and supportive living housing for seniors, owned and operated by Mission Association for Seniors Housing (M.A.S.H). A partnership between BC Housing, Fraser Health Authority and the M.A.S.H.

7380 Hurd St, Mission
604-826-2194
www.missionseniors.ca

Chartwell Cedarbrooke Retirement Residence

Contemporary independent living.

32331 7th Ave, Mission
604-557-5154
www.chartwell.com

Cottage and Worthington Pavilions

Publicly subsidized residences.

33457 Cottage Lane, Abbotsford
604-870-7999

Garden Park Tower

Owned and operated by Clearbrook Golden Age Society.

2825 Clearbrook Rd, Abbotsford
604-853-5532
www.gardenparktower.ca

The Gardens

Independent living.

34333 Marshall Rd, Abbotsford
604-855-7217
www.tcgcare.com

Hallmark on the Lake

Retirement home community/independent living.

31622 Charlotte Ave, Abbotsford
604-853-8993
www.hallmarkretirement.ca

Hallmark on the Park

Retirement home community/assisted living.

3055 Princess St, Abbotsford
604-859-0053
www.hallmarkretirement.ca

Lynnhaven Society

Non-profit society providing affordable housing for single, independent seniors.

33580 Braun Ave, Abbotsford
604-853-1908
www.lynnhavensociety.com

Maplewood House

Publicly subsidized residences.

1919 Jackson St, Abbotsford
604-853-5585
www.maplewood.bc.ca











Elevated senior living, designed for comfort

At Elim Village, senior living is our specialty. We bring the best in housing, wellness, and care together to deliver an exceptional aging in place experience for older adults. Enjoy the conveniences of added campus services, so you can live relaxed and retired your way.

Choose from Independent Living options available through life lease or rental, including Independent Plus suites that include meals and housekeeping. Discover amenities from fine dining to spa services in The Hawthorn, or explore The Cedar, our final Independent Living building with limited availability remaining.

ELIM Village
GARRISON CROSSING

CALL OR VISIT TODAY!

elimvillage.com | 604.769.0022

Presentation Centre:
45412 Chehalis Drive, Chilliwack
A UNIQUE CHRISTIAN RETIREMENT COMMUNITY

SENIORS HOUSING

The Mayfair
Independent living/complex care/ convalescent care.

33433 Marshall Rd, Abbotsford
604-855-7217
www.tcgcare.com

Mission Co-operative Housing Association
55+ independent living.

7365 Cedar St, Mission
604-826-4153

Mission Association for Seniors Housing
Registered under the Society Act in 1999. It is a society made up of several Mission non-profit societies.
7380 Hurd St, Mission
604-826-2194 Fax: 604-826-2102
Email: info@missionseniors.ca

Menno Home
Residential care homes.

32910 Brundige Ave, Abbotsford
604-853-2411
www.menoplace.ca/menno-home

Menno Hospital
Residential care homes located on a campus of care.

32945 Marshall Rd, Abbotsford
604-859-7631
www.mennoplace.ca/menno-hospital

MSA Manor
Publicly subsidized residences.

2510 Gladwin Rd, Abbotsford
604-853-5831
www.maplewood.bc.ca

Menno Pavilion
Independent supportive living.

604-851-4000
www.mennoplace.ca/pavilion

The Oxford
Long term care home.

32073 Sherwood Cr, Abbotsford
604-853-7854
www.tcgcare.com

Pleasant View Care Home
7530 Hurd St, Mission
604-826-2154
www.missionseniors.ca

Pleasant View Apartments
Practical one bedroom floor plans.

7530 Hurd St, Mission
604-826-2154
www.missionseniors.ca

Primrose Gardens
Independent supportive living apartments.

2099 Primrose St, Abbotsford
604-851-4000
www.mennoplace.ca/primrose-gardens

The Residence in Mission
Publicly subsidized residential care home.

7324 Hurd St, Mission
604-814-6707

Tabor Court
Assisted living located within a campus of care.

31954 Sunrise Cr, Abbotsford
604-859-8718
www.taborhome.org

Tabor Home
Complex care facility filled through Fraser Health Authority.

31944 Sunrise Cres, Abbotsford
604-859-8715
www.taborhome.org

Tabor Manor
Independent living rental apartments.

604-859-8715
www.taborhome.org

Terrace East at Menno Place
Assisted living located on a campus of care.

2021 Primrose St, Abbotsford
604-851-4004
www.mennoplace.ca/terrace-east

Terrace West at Menno Place
Independent supportive living.

2021 Primrose St, Abbotsford
604-851-4000
www.mennoplace.ca/terrace-west

Valhaven Home
Complex care facility located in the Mt. Lehman area.

4212 Balmoral St, Abbotsford
604-856-2812

Welton Towers
Affordable housing for the independent senior. Owned and operated by Mission and District Senior Citizens Housing Association.

33214 Second Ave, Mission
604-826-2194 ext 104
www.missionseniors.ca

Proud to Serve Abbotsford as Your MLA

A message from your local MLA

KORKY NEUFELD
MLA | ABBOTSFORD WEST
Korky.Neufeld.MLA@leg.bc.ca
604-870-5486



MEDICAL CARE

Dental Care

College of Dental Surgeons of B.C.

The college is the regulatory body for dentists and dental surgeons in B.C. Medical colleges can also help you find doctors for your specific needs.

#500 – 1765 West 8th Ave, Vancouver
Phone: 1-800-663-9169
Fax: 604-734-9448

College of Denturists of B.C.

The college regulates the denturists in this province and handles public enquiries and complaints.

#101 – 309 6th St, New Westminster
604-515-0533

Abacus Dental

7343 Hurd St, Mission
604-826-1227

Abbotsford Dental Group

33782 Marshall Rd, Abbotsford
604-853-6441

Abbotsford Family Dentist

#200 - 32475 Simon Ave, Abbotsford,
604-557-1313

Abbotsford Fraser Denture Clinic

2615 Pauline St, Abbotsford
604-859-9921

Abbotsford Smile Centre

#112 - 2618 McMillan Rd, Abbotsford
604-859-9581

Accurate Denture Clinic

2955 Gladwin Rd, Abbotsford
604-854-8054

Advanced Denture & Implant Centres

32555 Simon Ave, Abbotsford
604-853-3200

Allcare Denture Clinic

#105 - 31943 South Fraser Way, Abbotsford
604-850-8528

Apex Family Dental

#B130 - 7871 Stave Lake St, Mission
604-410-3368

Bourquin Dental Centre

#101 - 2745 Bourquin Cres W, Abbotsford
604-859-6555

Bridgeview Dental

#2 - 32243 Hurd St, Mission
604-826-6100

Cedar Park Dental Group

2617 Cedar Park Pl, Abbotsford
604-859-5744

Clayburn Dental

#400 - 3033 Immel St, Abbotsford
604-852-8487

Clearbrook Dental Group

#2 – 2757 Bourquin Cres W, Abbotsford
604-853-9401

Clearbook Denture Clinic

32475 Simon Ave, Abbotsford
604-746-4644



Dr. R.K. Arya Inc.

#109 – 2669 Langdon St, Abbotsford
604-850-0714

Dedicated Dental Care

#140 - 2881 Garden St, Abbotsford
604-852-5067

Dental & Smile Design at Mahogany

#104 - 2180 Gladwin Rd, Abbotsford
604-743-0981
www.dentistsatmahogany.com
hello@dentistsatmahogany.com

Fischer Denture Clinic

#105 - 7343 Hurd St, Mission
604-814-0244

Five Corners Dental Centre

#201 – 33640 South Fraser Way, Abbotsford
604-744-4454

Garden Dental Centre

#101 – 2890 Garden St, Abbotsford
604-853-1010

Gateway Dental

#114 – 32423 Lougheed Hwy., Mission
604-826-3626

Mission Health Care Auxiliary

Your Local Cottage Thrift Store is completely Volunteer run, all profits stay in Mission to support our hospital and local organizations that provide support/care in our community.

Volunteers Needed!

We are in need of a volunteers with cashier experience, as well as sorters. If interested, please call!

Proud to be serving Mission for the past 100 years

100 YEARS 1920 - 2020

33228 1st Ave, Mission • **(604) 826-5209**

MEDICAL CARE

Gladwin Dental Centre
#109 - 2955 Gladwin Rd, Abbotsford
604-853-6657

Heritage Dental Centre
33038 2nd Ave, Mission
604-826-2960

Highstreet Dental
3122 Mt Lehman Rd, Abbotsford
604-381-2268

Kafka Denture Clinic
#206 – 2751 Allwood St, Abbotsford
604-850-0355

Keep Smiling Denture Clinic
2644 Cyril Street, Abbotsford
778-600-0810

Kesteven Dental Care Studio
7576 Grand St, Mission
604-826-8087

Lifetime Dental
#206 - 32900 South Fraser Way,
Abbotsford 604-853-8301

Medora Dental Care
#110 - 1910 N Parallel Rd, Abbotsford
604-746-1295

Midtown Dental
#140 – 1878 McCallum Rd, Abbotsford
604-744-5555

Mission Dental Clinic
7576 Grand St., Mission
604-826-3805

Mission Junction Dental Clinic
#310 – 32555 London Ave, Mission
604-820-2477

Montrose Dental Centre
#203 - 2636 Montrose Ave, Abbotsford
604-853-5677

Mount Lehman Dental
#117 - 3250 Mt Lehman Rd, Abbotsford
604-856-7860

Novo Dental Centre
#110 - 2881 Garden St, Abbotsford
604-854-6162

7 Oaks Laser Dental Centre
#328 - 32900 South Fraser Way,
Abbotsford
604-870-9838

Simply Dentures Clinic
#405 - 2151 McCallum Rd, Abbotsford
604-853-1694

Sumas Mountain Village Dental
#110 - 2362 Whatcom Rd, Abbotsford
604-853-3305

Sumas Way Dental
34629 Delair Rd,
Abbotsford
604-853-6979

Summit Denture Clinic
#130 - 2881 Garden St, Abbotsford
604-670-2288

The Mark Dental Group
#201 - 32625 South Fraser Way,
Abbotsford
604-854-3866

Tyler Dental Artz
7340 Horne St, Mission
604-826-9014

United Dentists
#204 - 2001 McCallum Rd, Abbotsford
604-853-6115

Venier Dental Group
34654 Delair Rd, Abbotsford
604-853-2331
604-853-5140
604-853-3424

Willow Dental Care
#301 - 2050 Sumas Way, Abbotsford
604-859-8284

Wren Street Dental
32081 Lougheed Hwy. A2
Mission, BC V2V 1A3
604 820 8702



Eye Care

College of Opticians of B.C.
Assessment, registration and licensing of all opticians and contact lens fitters.

#403 – 1505 West 2nd Ave, Vancouver
1-888-771-6755

College of Optometrists of B.C.
Regulatory and credentialing body for optometrists and ophthalmologists. Can help people find doctors for their specific eye care need.

#1204 – 700 W Pender St, Vancouver
604-623-3464

SCAN TO DONATE

Thank you for your generosity!

Abbotsford Hospice & Grief Support Society
40th anniversary

We rely on the generous financial support of our local community to provide our palliative and grief support programs.
To support AHGSS with a financial gift, please visit:
www.abbotsfordhospice.org/donate



MEDICAL CARE

Abbotsford Vision Clinic
33715 Essendene Ave, Abbotsford
604-853-1781

Abbey Eye Doctors
1945 McCallum Rd, Abbotsford
604-864-8038

Clear Cool Optical
2450 McCallum Rd, Abbotsford
604-859-2005

Complete EyeCare Optometry
#10 - 2630 Bourquin Cres W, Abbotsford
604-859-2015

Crystal Vision
2033 Abbotsford Way, Abbotsford
604-776-3937

Eagle Vision Optical
#107 – 2760 Gladwin Rd, Abbotsford
604-557-1800

Envision Optometry
1127 Sumas Way, Abbotsford
604-864-6451

Eyemax Eyecare
#120 - 31935 South Fraser Way, Abbotsford
604-851-2020

Family Eye Care Optometry
32530 Lougheed Hwy, Mission
604-826-3939

Highstreet Eyecare Centre
H165 - 3122 Mount Lehman Rd, Abbotsford
604-852-0164

ICare Doctors of Optometry
#5 - 31205 Maclure Rd, Abbotsford
604-852-0050

Image Optometry
#331 - 32900 South Fraser Way, Abbotsford
604-859-3937

#110 – 1900 N Parallel Rd, Abbotsford
604-859-3937

IRIS
#200 - 1215 Sumas Way, Abbotsford
604-859-9225

LensCrafters
#H165 - 3122 Mt Lehman Rd, Abbotsford
604-852-4071

Mission Eye Clinic
Unit A - 32757 Logan Ave, Mission
604-826-0010

Optiks International
#320 - 32500 South Fraser Way, Abbotsford
604-851-8029

Perfect Piece Optical Boutique
33166B 1st Ave, Mission
604-410-2020

Swing Optical
Junction Mall, Unit 326, Mission
32555 London Ave, Mission
604-820-1112

Universal Vision Optical
2745 Bourquin Cres W, Abbotsford
604-852-5004

Valley Laser Eye Centre
#102 - 2545 MCallum Rd, Abbotsford
604-504-3937

Vision West Doctors of Optometry
2855 Gladwin Rd, Abbotsford
604-557-5240

32136 Lougheed Hwy, Mission
604-820-6443

Visions Optical
#179 - 32900 South Fraser Way, Abbotsford
604-854-3305



Hearing

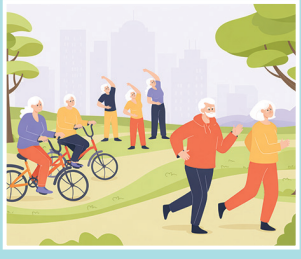
Abbotsford Hearing Clinic
#203 - 2975 Gladwin Rd, Abbotsford
604-425-0688

Beltone Hearing
2151 McCallum Rd, Abbotsford
604-853-8663

Connect Hearing
#112A - 32423 Lougheed Hwy, Mission
604-820-2141

Crystal Vision Better Hearing Centre
2033 Abbotsford Way, Abbotsford
604-776-3937

Mission Community Foundation



Some of our focuses are:

- Education
- Senior's needs
- Social justice
- Poverty reduction
- Animal welfare
- Food security
- Support for Health Related Needs

Leave a legacy and make a difference in your community. Contact us to donate today.

34033 Lougheed Hwy, Mission, BC • www.missioncommunityfoundation.org • Ph: 604-826-5322

MEDICAL CARE

HearCanada
333- 32900 South Fraser Way, Abbotsford

Hearing Life
(formerly Nexgen Hearing)
#306 - 2051 McCallum Rd, Abbotsford
604-557-9972

HearingLife Canada
#104 - 1975 McCallum Rd, Abbotsford
604-852-9188

Miracle-Ear Hearing Aid Centre
#134 – 31935 South Fraser Way, Abbotsford
604-425-0596

Pindrop Hearing Centre
#155 – 32500 South Fraser Way, Abbotsford
604-557-1350

Robertson Hearing Centre
#103 - 2825 Clearbrook Rd, Abbotsford
604-855-8722

Hospice Care

Hospice palliative care offers services to help relieve suffering and improve quality of life for people with a life-limiting illness or those grieving a loved one. Hospice palliative care becomes appropriate when treatment no longer supports quality of life.

Hospice palliative care is available in the community, at home, in assisted living and residential care facilities and in hospice residences.

Abbotsford Regional Hospital
Specialized unit to comfort and support patients and their families.

32900 Marshall Rd, Abbotsford
604-851-4700

Abbotsford Hospice & Grief Support Society
Services include, in-home palliative support, caregiver respite and extended care home support.

32780 Marshall Rd, Abbotsford
604-852-2456
www.abbotsfordhospice.org

Holmberg House Hospice Services
Individuals must be registered with the Fraser Health Palliative Care Program through a referral from a physician or health care professional. The Palliative Care Team will conduct an assessment and determine eligibility for palliative care services including admission into Hospice. (See below)

Abbotsford/Mission Palliative Consult Team Office
604-870-7522
www.abbotsfordhospice.org/hospiceservices

Mission Hospice Society
Volunteers provide emotional support and practical help to people who are facing a life-threatening illness and respite support for those caring for them. Visiting volunteers are available mornings, afternoons, and evenings at the medical unit in Mission Hospital and at the Christine Morrison Hospice.

32180 Hillcrest Ave, Mission
604-826-2235
www.missionhospice.bc.ca

Christine Morrison Hospice Residence
Facility provides residential care for people who have a terminal illness. Also offers support to family members, including short-stay accommodation. Serves Abbotsford and Mission.

3rd Floor Mission Memorial Hospital
7324 Hurd St, Mission
604-814-5269
www.missionhospice.bc.ca/about/christine-morrison-hospice

Laboratories

LifeLabs (formerly BC Biomedical)
www.lifelabs.com

#103 - 2151 McCallum Rd, Abbotsford
Phone: 604-507-5070
Fax: 604-853-6377
Mon – Fri 6:30am – 5:30pm
Sat – Sun 7:00am – 12:00pm

32475 Simon Ave, Abbotsford
Phone: 604-507-5070
Fax: 604-850-0386
Mon – Fri 7:00am – 5:00pm
Sat – Sun 7:00am – 12:00pm

2825 Clearbrook Rd, Abbotsford
Phone: 604-507-5070
Fax: 604-853-0953
Mon – Fri 7:00am – 3:00pm
Sat – Sun closed

#103 – 7343 Hurd St, Mission
Phone: 604-507-5070
Fax: 604-820-2735
Mon – Fri 7:30am – 4:00pm
Sat – Sun closed

A TRADITION IN TRUST SINCE 1968
SIMPSON NOTARIES
• PROPERTY TRANSFERS
• MORTGAGES
• WILLS
• POWERS OF ATTORNEY
• REPRESENTATION AGREEMENTS
• NOTARIZATIONS
Ask us about our mobile services

CALL US TODAY: CHILLIWACK • 604-824-5500 | HOPE • 604-824-5500 | ABBOTSFORD • 604-855-7228

MISSION AUTOMOTIVE

Your #1 Auto & Tire Service Provider in Mission!

Experience the Difference with Mission Automotive & TreadPro Tire Centre!

Looking for expert care for your vehicle?

Choose Mission Automotive & TreadPro Tire Centre for top-notch professional service you can trust.

Complete Auto Repairs • Wide Selection of Tires • Experienced Technicians • Unmatched Customer Care

Don't settle for less. Make us your first call for all your auto and tire needs!

Call us today at 604-826-3669 to book your appointment.

Mission Automotive & TreadPro Tire Centre

Keeping Mission moving safely, one vehicle at a time!

OIL CHANGE $59

* See dealer for details

- Brakes
- Shocks
- Water pump
- Oil change
- Timing belt
- Air conditioning
- Tune up
- Alternator
- Wheel Alignment



MANI

GENERAL MANAGER

604-826-3669

www.missionauto-downtown.com

1-32809 Lougheed Highway,
Beautiful Downtown Mission

Need Help With Your **Vision or Hearing?**

We're a Canadian family-owned clinic offering trusted vision and hearing care—all in one convenient location. From eye exams to hearing support, our friendly team is here to help. **Stop by anytime!**

Vision Services

- Comprehensive eye exams
- Prescription glasses & eyewear
- Dry Eye Treatment

Hearing Services

- Hearing tests & assessments
- Hearing aids
- Hearing aid adjustments & repairs

CRYSTAL Vision Hearing CENTRE

Book an Eye Exam & Hearing Test Today!

Call Now! **604-776-3937**

Unit 302 - 2050 Sumas Way, Abbotsford

Proudly Canadian. Family Owned & Operated.

Book Your Appointment Online

www.cvoh.ca



MEDICAL CARE

Medical Care

College of Physicians and Surgeons of BC
Establishes and endorses high standards of medical practice by licenced physicians. Provides public information, receives public complaints about physicians and disciplines physicians.

#300 – 669 Howe St, Vancouver
1-800-461-3008
www.cpsbc.ca

Abbotsford Village Medical Clinic
2050 Sumas Way, Abbotsford
604-504-7145

Allwood Medical Centre
#102 - 2752 Allwood St, Abbotsford
604-850-6893

Bakerview Medical Clinic
33324 South Fraser Way, Abbotsford
604-853-9853

Cannon Clinic
#4 – 2151 McCallum Rd, Abbotsford
604-853-3311

Cedar Care Clinic
#104 – 32423 Lougheed Hwy, Mission
604-820-7676

Clearbrook Family Practice
#101 - 2828 Cruickshank St, Abbotsford
604-852-8030

Dahlstrom Medical Clinic
32442 George Ferguson Way, Abbotsford
604-853-6667

Ellwood Medical Clinic
#100 – 30495 Cardinal Ave, Abbotsford
604-746-4700

Garden Park Family Practice
#203 - 2825 Clearbrook Rd, Abbotsford
604-852-1567

Gateway Healthcare
#203 - 2051 McCallum Rd, Abbotsford
604-855-0677

Gwaii Medical Centre
31956 Lougheed Hwy, Mission
604-425-1094 ext. 3

Hillcrest Medical Clinic
#270 – 32156 Hillcrest Ave, Abbotsford
604-853-2120

Mahogany Medical
#208 - 2180 Gladwin Rd, Abbotsford
604-744-9888
mahoganymedical2180@gmail.com

Mission Public Health Unit
(Junction Mall)
32555 London Ave #304, Mission
(604) 814-5500

Mission Oaks Medical Centre
#2-7298 Hurd St, Mission
604-826-7996

The Medical Group
32243 Hurd St, Mission
604-826-6231

West Care Medical
#405 – 2151 McCallum Rd, Abbotsford
604-852-8505



West Oaks Medical Centre
#310 – 32700 South Fraser Way, Abbotsford
604-557-9938

Whatcom Medical
#105 – 2362 Whatcom Rd, Abbotsford
604-853-5424

Windermere Medical Clinic
#204 – 32450 Simon Ave, Abbotsford
604-859-6774

Orthotics

Fraser Valley Prosthetics & Orthotics
2627 West Railway St, Abbotsford
604-859-9695

Kintec
#3 - 1707 Salton Rd, Abbotsford
604-859-2660

Valley Proactive Orthotics
By appointment.

604-846-6786

Ossur Motion Lab
#2 - 2316 McCallum Rd, Abbotsford
604-242-0203

Pro Motion Physiotherapy
#110 - 32555 Simon Ave, Abbotsford
604-852-318



BRAD VIS, MP
MISSION-MATSQUI-ABBOTSFORD
BRAD.VIS@PARL.GC.CA

BRADVIS.CA
604-814-5710

SUPPORTING *Seniors'* IN OUR COMMUNITY

As Members of Parliament, we are committed to holding the Government to account on issues such as greater access to your hard-earned investments, improving greater access to medications and palliative care.

If you need assistance in accessing your Canada Pension Plan, Old Age Security. Guaranteed Income Supplement, Disability Tax Credit, or other benefits available to seniors, please contact our offices.



SUKHMAN GILL, MP
ABBOTSFORD-SOUTH LANGLEY
SUKHMAN.GILL@PARL.GC.CA

SUKHMANGILLMP.CA
778-327-2454

MEDICAL CARE

Pharmaceuticals

College of Pharmacists of B.C.

The regulatory body for pharmacy in B.C. registers pharmacists and pharmacy technicians and licenses pharmacies. The college investigates complaints related to professional practice.

#200-1765 West 8th Ave, Vancouver
Phone: 1-800-663-1940
Fax: 1-800-377-8129
www.bcpharmacists.org

Pharmaceutical Records

To obtain a copy of your PharmaNet Patient Record, you can make a request through any pharmacy in B.C. The pharmacists cannot print your record for you, but will forward your request electronically to the College of Pharmacists of B.C. The college will mail your PharmaNet Patient Record directly to you.

Pharmacies

Abbotsford Care Pharmacy

#6 - 33324 South Fraser Way
604-746-7117

Abby Pharmacy

#100 - 2845 Cruickshank St, Abbotsford
604-504-0060

Blueridge Compounding Pharmacy

#101- 30461 Blueridge Dr, Abbotsford
604-859-3300

Cedar Valley Pharmacy

#201 - 32818 7th Ave, Mission
1-866-287-7929



Clearbrook Pharmacy

#1 - 2629 Cedar Park Pl, Abbotsford
604-852-4466

Freshco

Mission
32520 Lougheed Hwy.
604-826-5369
Abbotsford
#100 - 32500 South Fraser Way
604-850-2316

Gladwin Pharmacy Medicine Centre

#104 - 2955 Gladwin Rd, Abbotsford
604-850-2494

Heritage Park Pharmacy

7871 Stave Lake St, Mission
604-289-2447

I.D.A Pharmacy

#174 - 2655 Clearbrook Rd, Abbotsford
604-504-4460

#103 - 32625 South Fraser Way, Abbotsford
604-776-3377

Langdon Pharmacy

#108- 2669 Langdon St, Abbotsford
604-746-7088

London Drugs

Abbotsford
#260 - 32700 South Fraser Way,
604-853-6811

3122 Mt. Lehman Rd.
604-870-3790

Mission
#200 - 32555 London Ave.
604-820-8059

Marshall Pharmacy

33774 Marshall Rd, Abbotsford
604-859-8333

McCallum Pharmacy

2481 McCallum Rd, Abbotsford
604-852-3603

Medical Tower Drug Ltd

2151 McCallum Rd, Abbotsford
604-859-7651

Medicine Shoppe

2388 McCallum Rd, Abbotsford
604-776-1000

31205 Maclure Rd, Abbotsford
604-854-5800

Mt. Lehman Pharmacy

#110 - 30495 Cardinal Ave, Abbotsford
604-856-7176

Newgen PharmaChoice

#100 – 1945 McCallum Rd, Abbotsford
604-859-2351



MEDICAL CARE



Otter Co-op
3270 Mt. Lehman Rd., Abbotsford
778-655-5160

2598 McMillan Rd., Abbotsford
604-851-9654

1888 North Parallel Rd., Abbotsford
778-771-0410

Pharmasave
#101 – 2359 Clearbrook Rd, Abbotsford
778-880-7011

32900 Marshall Rd, Abbotsford Hospital
604-870-5600

#520 - 3033 Immel St, Abbotsford
604-853-6696

#110 - 7343 Hurd St, Mission
604-820-1669

Purple Pharmacy
#2 - 32618 Logan Ave, Mission
604-287-2245

Real Canadian Superstore
2855 Gladwin Rd, Abbotsford
604-557-5218

32136 Lougheed Hwy, Mission
604-820-6436

Remedy's Rx Crossroads Pharmacy
#140 - 2061 Sumas Way, Abbotsford
778-880-0125

Rexall Drugs Stores
#110 - 32471 Lougheed Hwy, Mission
604-820-2128

Save On Foods
2140 Sumas Way, Abbotsford
604-504-3041

2388 Whatcom Rd, Abbotsford
604-851-9626

32700 South Fraser Way, Abbotsford
604-854-6293

#400 - 32555 London Ave, Mission
604-820-7622

Shoppers Simply Pharmacy
#103 - 2051 McCallum Rd, Abbotsford
604-853-1624

Shoppers Drug Mart
#143 - 32900 South Fraser Way, Abbotsford
604-853-9481

2332 Whatcom Rd, Abbotsford
604-851-8635

#1 - 2871 Livingstone Ave, Abbotsford
604-851-8052

#1 - 32390 South Fraser Way, Abbotsford (24 hours)
604-850-3517

#206 - 32530 Lougheed Hwy, Mission
604-826-1244

Silvermere Pharmacy
#8 - 32442 George Ferguson Way, Abbotsford
604-870-1801

#105 – 32423 Lougheed Hwy, Mission
604-820-8002

Walmart
1812 Vedder Way, Abbotsford
604-854-1375

3122 Mt. Lehman Rd, Abbotsford
604-504-2071

31956 Lougheed Hwy, Mission
604-820-2604

Psychology

College of Psychologists of BC
The regulatory body for professional psychology.

#404 – 1755 W. Broadway, Vancouver
1-800-665-0979
www.collegeofpsychologists.bc.ca

Registered Nurses

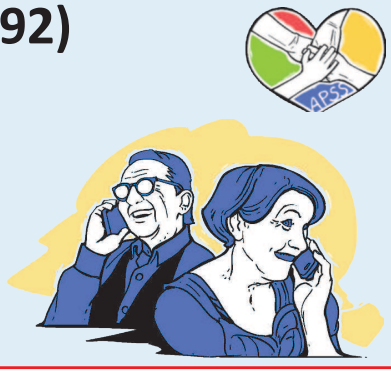
College of Registered Nurses
Responsible for regulation of registered nurses and nurse practitioners, setting standards of practice, assessing nursing education programs in B.C. and addressing complaints.

2855 Arbutus St, Vancouver
1-800-565-6505
www.crnbc.ca

Abbotsford Peer Support Program (Est 1992)

We offer **FREE** Seniors support for Seniors over 50+. Our Good Morning program gives lonely seniors a morning phone call to check on them and say hello. Our Peer Visit program provides Home Visits support to provide friendship and emotional care. We are looking for caring **volunteers** to join our team.

Please Call: **604-850-0011** or email: apss.seniors@telus.net.



NUTRITION

Abbotsford Meals on Wheels

Provides wholesome and affordable meals delivered Monday to Thursday. The menu changes and rotates for the best variety and selection to suit dietary needs. Meals are made with no MSG or preservatives and are **available fresh or frozen.** Meals are oven and microwave safe. Meals are made with no MSG or preservatives and are prepared and served fresh. The service is available to any adult needing nutritional assistance.

Archway Community Services
2420 Montrose Ave, Abbotsford
604-870-3764
Archway.ca/MOW

Mission Meals on Wheels

Meals on Wheels provides low-cost, frozen meals delivered by friendly volunteers every Friday (except on stat holidays). Delicious frozen meals can be ordered for regular delivery, or on a day-before order basis.

For information or to place an order, call Meals on Wheels Coordinator at 604-826-3634 (ext. 248).

Mission Community Services
33179 2nd Ave, Mission
604-826-3634
www.missioncommunityservices.com/seniors-connection

Archway Food Bank

A supplemental food assistance program for Abbotsford residents, including seniors. Hampers can be picked up once a month or home delivery is available for those with mobility limitations and a referral. Please call to sign up.

33914 Essendene Ave, Abbotsford
604-859-5749
AbbotsfordFoodBank.com



Mission Food Centre

Creates pre-made hampers, bags of food containing soup, canned fruit, vegetables, and tuna, pasta and pasta sauces as staples. Food Centre hours are 9:00am-12:00pm on Mondays and Fridays, and 2:30pm - 4:30pm Wednesdays. The centre is closed on Tuesdays, Thursdays and weekends.

Unit 3 - 32618 Logan Ave, Mission
604-814-3333
https://www.missioncommunityservices.com/programs/other-programs/food-centre/

St Joesph's Food Bank

Serving the Community of Mission Providing caring and needed service to our community through the food bank.

www.lincsociety.bc.ca/mission-food-Food Bank Manager
778-536-FOOD or 778-536-3663
32550 7th Ave, Mission
http://missionfoodbank.com/

Mission Food Access Network

This committee is made up of members from local agencies and organizations in Mission to help coordinate food services in Mission and see where there are gaps and ways to improve.

www.lincsociety.bc.ca/mission-food-access-network-mfan

Meal Options

Mama Michelle's Kitchen

Prepares delicious and hearty home cooked meals with only fresh ingredients for you to take home and reheat in under 20 minutes. You can pick up directly from the store, call and order ahead of time or order online.

#110 - 33442 South Fraser Way, Abbotsford
778-856-5856
www.mamamichelles.ca

HALLMARK
A BAPTIST HOUSING COMMUNITY

Offering Independent and Assisted Living suites.
Call 604-859-0053 to book your tour.
www.baptisthousing.org



Chef's Plate
Cooking made easy with fresh ingredients and delicious recipes delivered weekly. You choose from the variety of recipes available on the weekly menu, place your order and Chef's Plate delivers what you need in a refrigerated box. When you're ready to prepare your meal, follow the recipe provided.

1-800-420-2327
www.chefsplate.com

Hello Fresh
Delicious recipes and pre-measured farm fresh ingredients delivered straight to your doorstep weekly. Plans include a quick, convenient meal taking under 30 minutes to prepare, to a family plan and a veggie plan.

1-855-272-7002
www.hellofresh.ca

Skip The Dishes
Canada's leading and largest food delivery network. Get the food you want, delivered fast. Order online and access the best restaurants near you.

www.skipthedishes.com

Door Dash
Get breakfast, lunch, dinner and more delivered from your favourite restaurants. Delivered right to your doorstep with one easy click.

www.doordash.com

Grocery Delivery

Choices Markets
Wellness and grocery items delivered right to your door. Features over 5800 items. Shipping is free on orders over $70.

www.shop.choicesmarkets.com
3033 Immel St, Abbotsford
604-744-3567

DirectFood.Store
Get fresh, organic and healthy food from local farmers delivered to your door. Traceable from farm to table.

www.directfood.store

Meridian Farm Market
www.meridianfarmmarket.ca
7221 Park St, Mission
778-771-2643

Real Canadian Superstore
www.realcanadiansuperstore.com
2855 Gladwin Rd, Abbotsford
604-557-5218
32136 Lougheed Hwy, Mission
604-820-6436

Save On Foods
Place your order online and have your order delivered to your home, or arrange to pick it up from the store.
www.saveonfoods.com/shop

2140 Sumas Way, Abbotsford
604-504-4453
#300 – 32700 South Fraser Way, Abbotsford
604-854-5318
2388 Whatcom Rd, Abbotsford
604-851-9622
#400 – 32555 London Ave, Mission
604-826-9564



Leave A Legacy

When you include the Mission Hospice Society in your will, you leave a lasting impact on our community that will help provide compassionate care and support to those who are dying or grieving the loss of a loved one for years to come.

Contact for details.

Mission Hospice Society
... When time matters most

32180 HILLCREST AVENUE, MISSION • 604-826-2235

www.missionhospice.bc.ca



TRAVEL

Airlines at Abbotsford International Airport

Flair Airlines
www.flyflair.com

Island Express Air
30490 Liberator Ave.
604-856-6260
www.islandexpressair.com

Swoop
1-587-441-1001
www.flyswoop.com

Westjet
1-888-937-8538
www.westjet.com

Air Canada
1-888-247-2262
www.aircanada.com

Agencies

Ocean Breeze Cruise & Travel
32535 Downes Rd, Abbotsford
604-746-0406
www.oceanbreezeholidays.com

Bains Travel
2488 Clearbook Rd, Abbotsford
604-854-6088
www.bainstravel.com

CWT
33790 South Fraser Way, Abbotsford
604-853-9111
www.mycwt.com

Expedia Cruises
#103 - 1975 McCallum Rd, Abbotsford
604-855-3773
www.expediacruises.ca

Hagen's Travel & Cruises
#300 - 34334 Forrest Terrace, Abbotsford
604-859-7111
www.hagenstravelabbotsford.com

Flight Centre
#108 - 32900 South Fraser Way, Abbotsford
1-866-299-5615
www.flightcentre.ca

Maritime Travel
#280 - 32500 South Fraser Way, Abbotsford
604-746-4041
www.maritimetravel.ca

Transat Travel
32900 South Fraser Way, Abbotsford
604-853-0066
www.transattravel.com

World Odyssey Travel & Cruise
#360-32555 London Ave, Mission
(located in the Junction Mall)
604-826-8090
www.worldodysseytravel.ca

WE ARE A FULL SERVICE LAW FIRM FOR ESTATE PLANNING AND ESTATE ADMINISTRATION MATTERS, INCLUDING:

- Preparation of all types of Wills, including Wills with provisions for transfer of business assets and real estate, and Wills with trusts for spouses or children.
- Incapacity planning, including Enduring Powers of Attorney and Advance Directives and Representation Agreements for healthcare.
- Advice and assistance to Executors and Administrators of estates on all estate administration matters, including applications to the Supreme Court of BC for Grants of Probate or Administration.
- Advice and advocacy for all types of estate disputes, including Wills variation claims, Will validity disputes and joint tenancy disputes.



BAKER NEWBY LLP
LAWYERS • ESTABLISHED 1937

Abbotsford Office: 200-2955 Gladwin Rd | 604-852-3646
Chilliwack Office: 9259 Main St | 604-792-1376
www.bakernewby.com

Jamie Turta & Todd Harvey

Always accepting new patients.

Serving the community for over 49 years.

Independently Canadian-owned and operated.

Voted Favourite Optometry Clinic 11 years in a row.



Complete EYECARE Optometry

HOURS OF OPERATION

Monday to Friday

9:00 am - 5:00 pm

Saturday 9:00 am - 4:00 pm

Sunday and Holidays Closed

CALL TODAY: 604.859.2015

Complete EyeCare Optometry is your one-stop shop for expert eye care, high-quality prescription eyeglasses, sunglasses and contacts.

Our optometrists and staff have been providing Fraser Valley residents with exceptional value and services since 1977.

We can direct bill most insurance plans.

10 - 2630 BOURQUIN CRESCENT WEST, ABBOTSFORD (ACROSS FROM SEVENOAKS MALL)

Service Clubs

Abbotsford Fraternal Order of Eagles

33868 Essendene Ave, Abbotsford
604-859-5405
www.bcfoe.com/2726

Abbotsford Lions Club

Meetings first and third Thursday each month (except July & August).

Meetings via Zoom due to Covid.

30835 Peardonville Rd.
www.abbotsfordlions.ca
abbotsfordlions@shaw.ca

Kiwanis Club of Abbotsford

Meeting second and fourth Thursdays each month at 6:30pm.

Crossroads Restaurant Sumas Way
julieturner7760@outlook.com

Kiwanis Club of Clearbook

Meeting on the third Wednesday each month at noon.

Crossroads Restaurant Sumas Way
www.kiwanisclearbrook.ca

Mission Optimist Club

Meeting second and fourth Mondays of each month at 7:30pm.

Mission Leisure Centre
www.optimist.org

Rotary Club of Abbotsford

Meeting each Tuesday at noon.
Crossroads Restaurant Sumas Way
www.abbotsfordrotary.com
604-819-6402

Rotary Club Abbotsford-Matsqui

Meeting first and third Thursday at 6:00pm. ***(virtually online via Zoom)***

www.abbotsfordmatsquirotary.com

Rotary Club Abbotsford Sumas

Meeting each Wednesday at 7:00am.

Crossroads Restaurant Sumas Way
www.abbotsfordsumasrotary.org

Rotary Club of Mission (Sunrise)

Meeting each Wednesday at 7:00am.

Cedarbrooke Chateau
Suite MN - 32331 7th Ave, Mission
https://portal.clubrunner.ca/801

Rotary Club of Mission (Midday)

Meeting each Tuesday at 11:45am. Chartwell Cedarbrooke Retirement Residence

32331 7th Ave. Mission
https://portal.clubrunner.ca/802
Contact: Erin Osterberg 604-897-2448

Royal Canadian Legion Abbotsford

Currently open Wednesday to Saturday 10:00am - 6:00pm.

2513 West Railway St, Abbotsford
604-853-0569
www.abbylegion.ca

Royal Canadian Legion Mission

Office hours are weekdays 9:00am – noon.

32627 Logan Ave, Mission
604-826-2331
www.rcl57.org

Shriners of B.C. & Yukon

1-800-661-5437
www.bcshriners.com

The Probus Club of Abbotsford

Provide regular gatherings to those in retirement that appreciate and value opportunities to meet others in similar circumstances.

Meet third Monday at 9:30am.

Best Western Regency, Abbotsford
www.probus.org



LIBERTY TAX
YOUR TRUSTED TAX EXPERTS FOR LIFE

WALK-INS ALWAYS WELCOME

No appointment? No problem!
Connect with a tax expert today.

LibertyTaxCanada.ca

STRESS-FREE TAX FILING & 5-STAR SERVICE

Check out our Google reviews to see what your neighbors are saying.

Connect with a tax expert

Phone: 604-820-8272 • mission@libertytax.com
33031 1st Ave #101, Mission, BC V2V 1G2

Proud to Serve Abbotsford as Your MLA



Please contact our office for assistance in any provincial matter.

BRUCE BANMAN
MLA | ABBOTSFORD SOUTH
Bruce.Banman.MLA@leg.bc.ca
604-744-0700



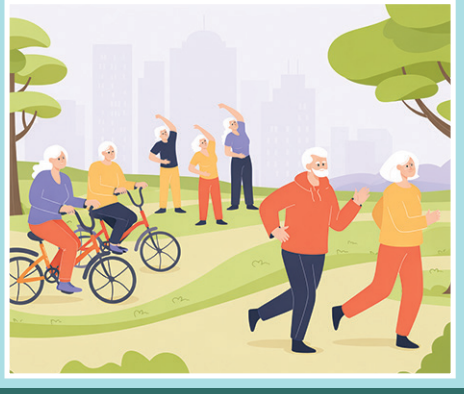
A message from your local MLA



Mission Community Foundation

Some of our focuses are:

- Education
- Senior's needs
- Social justice
- Poverty reduction
- Animal welfare
- Food security
- Support for Health Related Needs



Leave a legacy and make a difference in your community.

SCAN to make a tax deductible donation!

34033 Lougheed Hwy, Mission, BC
www.missioncommunityfoundation.org • Ph: 604-826-5322

Support Groups

Abbotsford Stroke Recovery Branch

A branch of the Stroke Recovery Association of B.C. offering information and programs for stroke survivors after they leave the hospital. Programs run September – June.

604-316-6718
abbystrokerecovery@gmail.com

Annual Influenza Program

Offers flu vaccinations at Public Health Units.

Abbotsford Public Health Unit
604-864-3400
Mission Public Health Unit
604-814-5500

Women's Resource Society of the Fraser Valley

604-820-8455
www.wrsfv.ca

Abbotsford Alano Club

2584 Cyril St, Abbotsford
Al-Anon (women) 604-855-1942
Al-Anon (men) 604-308-6012
www.abbotsfordalano.com

Al-Anon Family Groups, Mission

Support for families or friends of people with addictions.

604-814-0358
www.bcyukon-al-anon.org

Mission Friendship Centre

Non-profit helping Aboriginal and Non-Aboriginal people and families making a transition to the urban community. A facility where counselling, support and referral services are provided.

33150 1st Ave, Mission
604-826-1281



Alzheimer Society of BC

Dementia Helpline 1-800-936-6033
www.alzheimer.ca/bc

Abbotsford Family & Friends Caregiver Support

Support for family and friends providing unpaid care for older adults living with complex needs, chronic illness, frailty or life-limiting conditions.

604-768-5421
abbycaregivers@gmail.com
www.abbotsfordhealthyaging.com

Abbotsford Intergroup Committee of Alcoholics Anonymous

Hot Line 604-850-0811
www.theabbotsfordintergroup-aa.org

Arthritis Society of BC & Yukon

Learn about the disease, self-management and early interventions.

www.arthritis.ca

B.C. Schizophrenia Society

Support for families of people with schizophrenia, schizoaffective disorder and/or bipolar disorder.

1-888-888-0029
prov@bcss.org

B.C. Women's Hospital & Health Centre

Offers Osteofit, a specially designed exercise and education program for those with osteoporosis and related health issues.

Abbotsford:
Abbotsford Recreation Centre
604-853-4221

Mission:
Lifetime Learners Society
604-820-0220

Osteoporosis Canada

Information line is open from 9:00am – 5:00pm Monday to Friday EST.

1-800-463-6842
www.osteoporosis.ca

Canadian Cancer Society

1-888-939-3333
www.cancer.ca

Canadian Cancer Society

Mission office
#5 - 32650 Logan Ave, Mission
604-820-3166

Abbotsford Prostate Cancer Support & Awareness Group

604-574-4012
www.prostatecancer.bc.ca/home/support-groups



Individual Health Supports for Older Adults

The Archway Social Prescribing program connects older adults to a range of community-based services combined with follow-up support to identify, set and achieve personal health and wellness goals.

In Partnership With:
United Way British Columbia | Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island
Archway Community Services | SOCIAL PRESCRIBING

Archway.ca/SPP
604.743.1209
spp@archway.ca

Screening Mammography

BC Cancer Agency programs provides and encourages mammograms and cancer screening for women. Screenings are recommended every two years from women 50 years and older.

www.bccancer.bc.ca/screening/breast

Abbotsford Regional Hospital & Cancer Centre
32900 Marshall Rd, Abbotsford
604-851-4750

Shoppers Drug Mart (Mobile Visit)
32530 Lougheed Hwy, Mission
1-800-663-9203

Canadian Mental Health Association

Vancouver – Fraser Location

604-516-8080
www.cmha.bc.ca
info@vb@cmha.bc.ca

Canadian Council of the Blind

Abbotsford Chapter

1-877-304-0968
www.ccbnational.net

Canadian National Institute for the Blind

Offers support for people with vision issues as well as advocacy and products to help in daily life.

#7 – 2630 Bourquin Cres W, Abbotsford
604-746-1192
www.cnib.ca

Diabetes Canada

Provides education and assistance to those living with the disease.

Abbotsford & District Branch
1-800-665-6526
www.diabetes.ca

Crohn's & Colitis Canada - Fraser Valley East

1-800-513-8202
www.crohnsandcolitis.ca

The Centre for Epilepsy and Seizure Education in BC

Non-profit dedicated to supporting individuals and families affected by epilepsy through education and awareness, support services, advocacy, and community outreach.

Abbotsford
Unit 112 - 32868 Venture Avenue
604-853-7399 OR info@esebc.ca
www.esebc.ca

Fibromyalgia Well Spring Foundation Support Group

Support group meets second Wednesday each month at 2:00pm.

Envision Credit Union 32711 South Fraser Way, Abbotsford
778-278-3697
www.fibromyalgiawellspring foundation.org

Grief Support

Abbotsford Hospice Society & Holmberg House
32780 Marshall Rd, Abbotsford
604-852-2456

Mission Hospice Society
32180 Hillcrest Ave, Mission
604-826-2235
www.missionhospice.bc.ca

Mission Alano Club

Non-profit that specializes in treatment of substance, drug and alcohol abuse.

33229 N. Railway Ave, Mission
604-826-5744

Heart & Stroke Foundation of BC and Yukon

604-342-8070
www.heartandstroke.ca

Mood Disorders Association

www.mdabc.net

Abbotsford Support Group
Meet the first and third Thursday of the month at 7:00pm.
Archway Community Services
2420 Montrose Ave, Abbotsford
604-854-9404

Faith Based Support Group
Meet the first and third Friday of the month at 12:30pm.
New Life Church
35270 Delair Rd, Abbotsford
office@newlifecrc.ca

MS Society

Self help groups are located in Mission and Abbotsford. They connect you with others affected by MS.

Abbotsford
Meets the second Wednesday of every month at 1:00pm
Trinity Memorial Church
33737 George Ferguson Way, Abbotsford

Mission
Meets the second Thursday of every month at 1:00pm
St. Paul's Presbyterian Church
8469 Cedar St, Mission

Parkinson Canada

The voice of Canadians living with Parkinson's. Provide educational workshops, conferences, seminars, Canada-wide information and referral line, printed resources and support services.

1-800-565-3000
www.parkinson.ca
info@parkinson.ca



10 SAFETY STRATEGIES
FOR SENIOR CARE

Have you done everything you can to make sure you and your home are safe and sound? Use the following checklist to see if there's more you can do.

01 **Don't leave your home looking unoccupied.** Don't announce trips away from home on social media. Arrange to have newspaper deliveries stopped while you're away, and have someone pick up the mail and mow the lawn (or shovel the snow).



02 **Prevent falls**. Make sure all your rooms and stairways are well lit and that things aren't left lying around on the floor. Remove area rugs and use assistive devices (a cane and grab bars in the bathroom).



03 **Manage your medications appropriately.** Clean out your medicine cabinet regularly. Never take more than the prescribed dose of a medication, and don't take any over-the-counter drugs or natural products before talking to your doctor or pharmacist. When having a prescription filled, ask about possible side effects. Use a pill organizer to stay on track with doses.

04 **Think "fire safety."** Install a smoke detector on each floor and near all the bedrooms. Don't leave a hot stove unattended. Don't smoke in bed, and avoid using candles.



05 **Be prudent when driving.** Lock car doors even when you're in the car. Park in well-lit parking lots, and take out your keys in advance so you can get into the house or car quickly. Avoid driving for long periods of time or when visibility is poor.



06 **Prevent fraud.** Check that the person calling you on the phone is who they claim to be before sending them money. Don't sign a contract without having it checked by a lawyer. Never lend your credit card or give out personal information (address, date of birth, SIN, credit card number, etc.) over the Internet or phone, unless it was you who initiated the call to a confirmed number at your financial institution.

07 **Protect your property and your assets.** Sign a proxy giving a person you trust the power to make decisions on your behalf regarding your assets and your healthcare when necessary. Have a will drawn up, and don't keep large sums of cash in your home.



08 **Secure your home.** Have an alarm system and good locks installed, and always lock your doors. Install a peephole so you can see your visitors without being seen before opening the door.



09 **Be prepared for emergencies such as a fall or an illness.** Keep a list of emergency numbers in a conspicuous place. Make a list of people to contact in case you need help, especially people who are close by or are readily available. Find out about emergency response systems such as wearable alert buttons.

10 **Use all necessary assistive devices.** Look into getting a walker, a large-keypad phone, a doorbell indicator light, and a cell phone that you can keep with you at all times. Use a calendar and checklists to help you remember important things and appointments.



Lastly, let family members know where you are going whenever you travel, and leave a key to your home with someone you trust. This person's help could turn out to be invaluable one day.



- **Estate and personal planning**
- **Real estate transactions**
- **Sponsorship letters and travel letters... and much more!**

- *EVENING & WEEKEND APPOINTMENTS AVAILABLE UPON REQUEST*

BC Notaries



KAREN BUNGAR
NOTARY CORPORATION

#A5-32081 Lougheed Highway Mission, BC

Office: **(604) 287-8600** Email: karen@kbnotary.ca **HOURS:** Monday–Friday
Fax: **(604) 287-8601** www.kbnotary.ca 9am to 5pm

Shingles: have you been vaccinated?

WHAT IS SHINGLES?

Shingles is a painful skin rash with blisters. It is caused by the varicella zoster virus, the same virus that causes chickenpox. In some people who have had chickenpox, the virus becomes active again later in life and causes shingles. About 1 out of 3 people who are unimmunized will get shingles in their lifetime.

Shingles is more common in people over 50 years of age and in those with weakened immune systems.

Shingles usually appears as a rash on one side of the face or body. The rash may last for 2 to 4 weeks. Before the rash appears, some people may experience pain, itching or tingling of the skin. Other early symptoms of shingles include fever, headache, nausea and chills. The most common symptom of shingles is pain, which can be severe.

About 1 in 5 people who get shingles may have severe pain that lasts months to years after the rash has cleared. This is known as post-herpetic neuralgia.

Rare complications of shingles include pneumonia, loss of hearing or vision, scarring, inflammation of the brain (encephalitis) or death.

You cannot get shingles from someone who has shingles. However, it is possible for someone who has not had chickenpox or the chickenpox vaccine to get chickenpox from someone with shingles. This is uncommon and requires direct contact with the fluid from the shingles blisters. For more information about chickenpox and the chickenpox vaccine, see HealthLinkBC File #44a Facts about chickenpox and HealthLinkBC File #44b Chickenpox (varicella) vaccine.

WHAT IS THE SHINGLES VACCINE?

The shingles vaccine, Shingrix®, protects against shingles. Shingles is caused by the varicella zoster virus, which also causes chickenpox. Shingrix® is not a live virus vaccine and cannot give you shingles or chickenpox. The vaccine is approved by Health Canada.

WHO SHOULD GET THE SHINGLES VACCINE?

Shingrix® is recommended for adults 50 years of age and older. This includes if you:

- Have had shingles
- Received a live virus shingles vaccine. You should wait at least 1 year before getting Shingrix® if you received a live virus shingles vaccine.



The live virus shingles vaccines are no longer available in Canada

- Are not sure if you had chickenpox (varicella) infection in the past
- People 18 years of age and older with a weakened immune system can also get the vaccine.
- How can I get the shingles vaccine?

You can buy the shingles vaccine at most pharmacies and travel clinics. The vaccine is given as a series of 2 doses, 2 to 6 months apart, and costs about $160 per dose. Some health insurance plans may cover the cost of the vaccine. Check with your provider.

WHAT ARE THE BENEFITS OF THE SHINGLES VACCINE?

The shingles vaccine is the best way to protect you from getting shingles. The vaccine prevents more than 90% of cases of shingles in adults 50 years and older. In adults 18 years and older with a weakened immune system, the vaccine prevents about 70%-90% of cases of shingles.

For those who still get shingles after being immunized, the vaccine can reduce pain, including the type of pain that lasts after shingles.

– https://www.healthlinkbc.ca/healthlinkbc-files/shingles-vaccine



WILLS & ESTATE PLANNING SEMINAR
Spring 2026
April 15, 22, 29th
6:00pm-7:30pm
The Gathering - 2285 Clearbrook Rd.

NO COST TO ATTEND! Registration Required

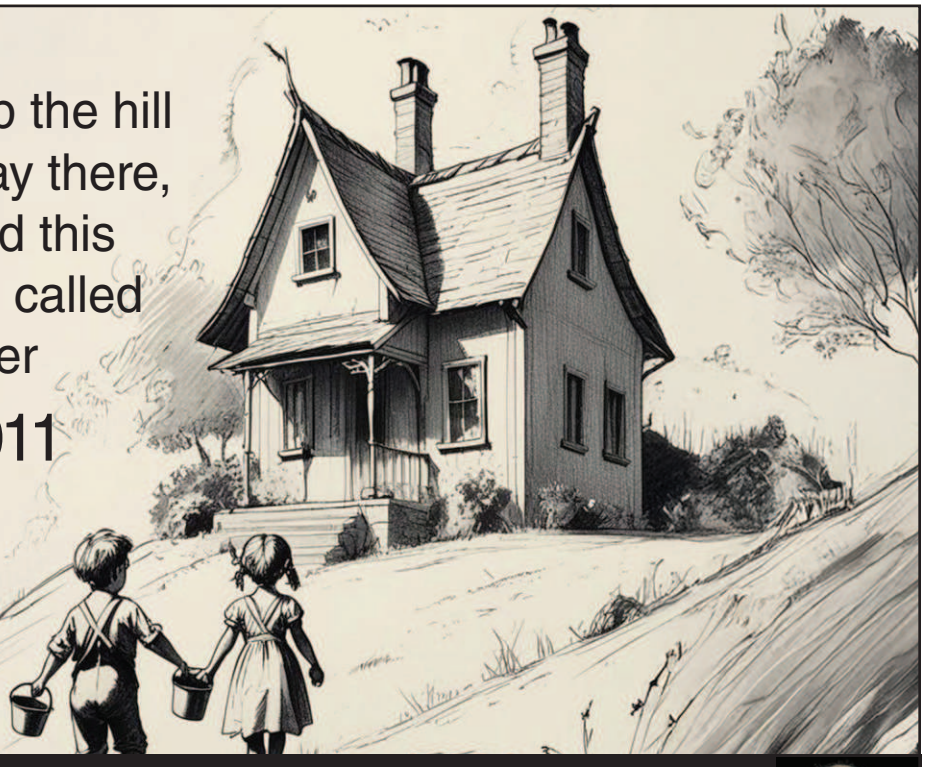
Abbotsford Hospice & Grief Support Society
40th anniversary

www.abbotsfordhospice.org/estateplanning

To register:
events@abbotsfordhospice.org
604-852-2456 or scan QR Code

Jack and Jill went up the hill
now they want to stay there,
Jack looked 'round this
lovely town and Jill called
Meachel Buizer

604-217-3011



MEACHEL BUIZER *(Meachel, like seashell)*
Seniors Real Estate Specialist® (SRES) Designation
from the Society of Certified Senior Advisors® (SCSA)
and the National Association of Realtors® (NAR)

meachel.buizer@century21.ca
604-217-3011 | www.meachelbuizer.ca
202-2692 Clearbrook Rd, Abbotsford BC



Boswyk Seniors
ACTIVITY CENTRE
7682 Grand St, Mission, BC

A HUB FOR SENIORS TO BUILD CONNECTIONS AND THRIVE

Open to all Mission and area residents, aged 55+

- Fun activities
- Volunteer opportunities
- Inexpensive lunches



604-814-2188
www.missionseniorscentre.com
Email: missionseniors@gmail.com

Protecting Pets

Dog Licences and Animal Control Abbotsford

The Fraser Valley Regional District (FVRD) provides animal control services for the City of Abbotsford and is responsible for all aspects of animal control such as dog licensing, bylaw enforcement issues such as barking complaints, off-leash infractions, and aggressive dog investigations.

All dogs in Abbotsford, 6 months or older, must be licensed. New licences and renewals can be purchased in the following ways:

Online: www.fvrd.ca/EN/main/services/animal-control/dog-licences

Mail: Fraser Valley Regional District 45950 Cheam Ave, Chilliwack, BC V2P 1N6

In Person: Abbotsford City Hall 32315 South Fraser Way, Abbotsford

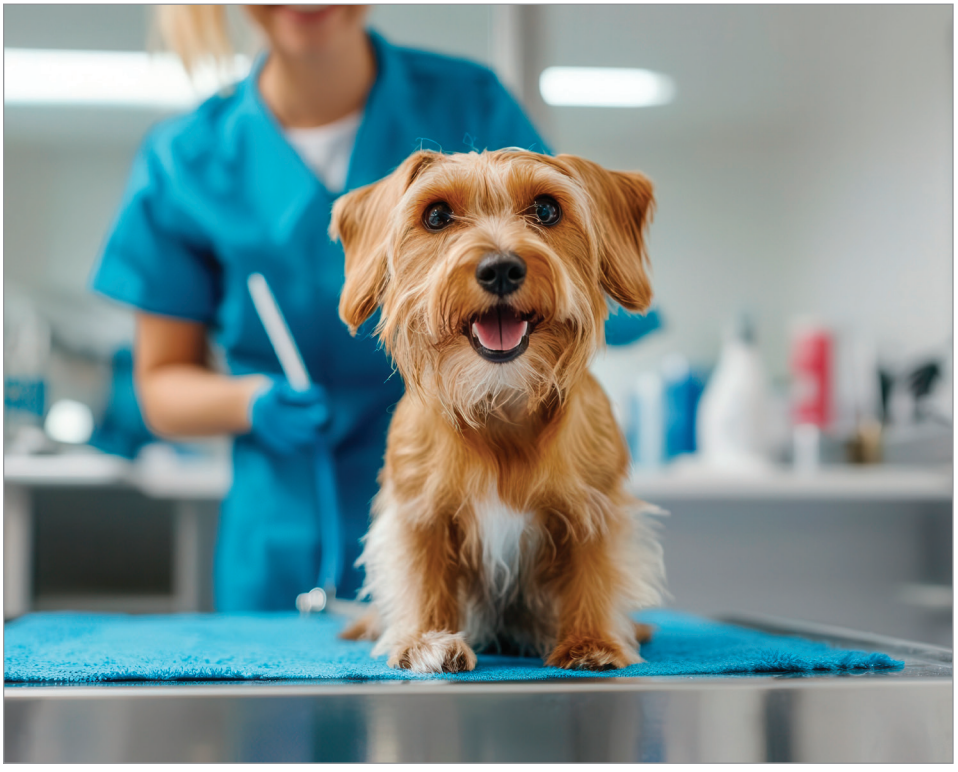
For more information: 1-844-495-CARE(2273)

www.fvrd.ca/EN/main/services/animal-control/dog-licences
animalcontrol@fvrd.bc.ca

Dog Licences and Animal Control Mission

Dog licensing and animal control services are delivered by the Fraser Valley Regional District's Community Animal Response & Education (CARE) program.

Mission Municipal Hall
8645 Stave Lake St, Mission
604-820-3700



Fraser Valley Animal Control

Provides quality animal care through the Community Animal Response and Education Centre.

1-844-495-2273
www.fvrd.ca/EN/main/services/animal-control/dog-licences
animalcontrol@fvrd.bc.ca

BC SPCA

34312 Industrial Way, Abbotsford
604-850-1584
Emergency phone (during operating hours): 604-834-7872
Emergency phone (5:00pm-12:00a.m.): 604-879-7343

Circle F Horse Rescue Society

A registered non-profit organization that cares for horses and when they are ready are adopted out.

604-859-5192
www.circlef.ca

Fraser Valley Humane Society

Cat shelter and adoption centre.There's never been a better time to drive home with a Certified Pre-Owned Cat! We have a variety of models, years and colours to choose from ... everything from older-model classics to the latest turbo-powered felines!

32929 Mission Way #24, Mission
604-820-2977

SYMONS
TIRE & AUTOMOTIVE CENTRE
604.826.9119

OVER 60 SPECIAL!
10% OFF FOR BRAKE SERVICE LABOR
(when spending over $150.00)

SUPPORTING SENIORS FOR OVER 50 YEARS!



Jason – Your Service Specialist for Expert Auto Service.



MICHELIN

Premium Tires and Top-Rated Service
• BRAKE SERVICE • TUNE-UPS • LUBE & OIL • CLUTCHES • ALTERNATORS • MUFFLERS & EXHAUST
• TIRES: ROTATION & BALANCING • WHEEL ALIGNMENT • SHOCKS & STRUTS • DIAGNOSTICS

33245 GLASGOW AVENUE (LOCATED NEXT TO COMMUTER RAIL) www.symonstire.com



SENIOR LIVING REDEFINED

At Abbotsford's Premiere Seniors Living Communities

Great support, quality of life and lots of smiles are cornerstones of life at The Mayfair and The Oxford. Come see the difference!

Call us to book a tour!

TCG THE MAYFAIR
SENIOR LIVING + CARE

604-855-7217
themayfair@tcgcare.com
33433 Marshall Road, Abbotsford

TCG THE OXFORD
SENIOR CARE

604-853-7854
theoxford@tcgcare.com
32073 Sherwood Crescent, Abbotsford

www.tcgcare.com

ANIMAL CARE

Senior Animals in Need Today Society (Saints)

Saints is a sanctuary for senior and special needs animals that have nowhere else to go.

33860 Dlugosh Ave, Mission
www.saintsrescue.ca
saintsrescueinfo@gmail.com

Veterinary Care

Abbotsford Valley Animal Emergency Clinic

2388 McCallum Rd, Abbotsford
604-850-0911
www.abbotsfordanimalemergency.com

Abbotsford Veterinary Clinic

33648 McDougall Ave, Abbotsford
604-850-7577
www.abbvet.com

Allwest Animal Hospital

#108 - 2526 Yale Crt, Abbotsford
604-870-9333
www.allwestvet.ca

Alpha Animal Hospital

#125 - 2362 Whatcom Rd, Abbotsford
604-859-6322
www.abbyeastvet.com

Bakerview Pet Hospital

1305 Sumas Way, Abbotsford
604-864-8960

Burton Veterinary Services

28481 Starr Rd, Abbotsford
604-856-4166

Cedar Grove Animal Hospital

#102 - 32670 Lougheed Hwy, Mission
604-820-8552
www.missionanimalhospital.ca

Clayburn Pet Hospital

#15 - 35060 Clayburn Rd, Abbotsford
604-853-4411
www.clayburnpet.ca

Clearbrook Animal Hospital

32122 South Fraser Way, Abbotsford
604-859-6331

Eagle Hill Animal Hospital

#4 – 32650 Logan Ave, Mission
604-804-0000
www.eaglehillvet.ca

Ellwood Park Animal Hospital

#120 - 1900 N Parallel Rd, Abbotsford
604-855-8900
www.ellwoodpark.ca

Fraser Valley Animal Hospital

2633 Ware St, Abbotsford
604-854-2313
www.fvah.ca

Gladwin Veterinary Clinic

#104 - 32660 George Ferguson Way, Abbotsford
604-850-0446
www.gladwinvet.com

Gladys Pet Hospital

#110 - 2630 Glady Ave, Abbotsford
604-850-2000
www.gladysvet.ca

Glenn Mountain Animal Hospital

#105 - 2596 McMlllan Rd, Abbotsford
604-852-3030
www.glennmountain.vet

Lougheed Animal Hospital

#108 - 32423 Lougheed Hwy, Mission
604-826-7066
www.lougheed.vet

Mission Veterinary Hospital

NEW LOCATION!
13-31945 Lougheed Hwy. (Outlook Village)
604-826-8456
www.missvet.ca

South Fraser Animal Hospital

#3 - 31813 South Fraser Way, Abbotsford
604-855-0770

Stave Lake Veterinary Hospital

E130 7871 Stave Lake St, Mission
(604) 265-3793
stavelakevetmission.com

Townline Veterinary Hospital

#7 - 31205 Maclure Rd, Abbotsford
604-855-6622
www.townlineveterinaryhospital.com

Whatcom Road Veterinary Hospital

2100 Whatcom Rd, Abbotsford
604-850-0960
www.whatcomvet.com



Leave A Legacy

When you include the Mission Hospice Society in your will, you leave a lasting impact on our community that will help provide compassionate care and support to those who are dying or grieving the loss of a loved one for years to come. Contact for details.

Mission Hospice Society
... When time matters most

32180 HILLCREST AVENUE, MISSION • 604-826-2235

www.missionhospice.bc.ca

RECREATION

Recreation Facilities

Abbotsford Recreation Centre

2499 McMillan Rd, Abbotsford
604-853-4221

ARC Senior Activity Centre

Open daily 8:00am – 10:00pm

2499 McMillan Rd, Abbotsford
604-853-4221

Matsqui Seniors Centre

Offers several activities throughout the week: Bridge Mondays 12:30pm; bingo Tuesdays 12:45pm; whist Wednesdays 12:45pm; cribbage Fridays 12:45pm
3106 Clearbrook Rd, Abbotsford
604-756-0348

Mission Leisure Centre

7650 Grand St, Mission

604-820-5350

Boswyk Seniors Activity Centre

Located in the new Boswyk Centre adjacent to the Mission Leisure Centre
7682 Grand St, Mission
604-814-2188

Abbotsford Social Activity Association

33899 Essendene Ave, Abbotsford
604-853-4014
www.abbysocialactivityassoc.com

Clearbook Golden Age Society

#101 - 2825 Clearbrook Rd, bbotsford
604-853-5532



Recreation

B.C. Physical Activity Line

For every age and health level there's a free physical activity plan that will meet your needs. Call to talk to one of the qualified exercise professionals or go online.

1-877-725-1149
www.physicalactivityline.com

Hunting and Angling Licences for Seniors

Reduced license rates for B.C. residents 65 years of age or over.

Hunting: www.env.gov.bc.ca/fw/wildlife/hunting/resident/#hunting
Angling: www.env.gov.bc.ca/fw/fish/licences

Abbotsford Curling Club

2555 McMillan Rd, Abbotsford
604-859-9244
Helmets recommended for everyone

Abbotsford Grand Squares

33889 Essendene Ave, Abbotsford
604-864-7435
www.squaredance.bc.ca

Abbotsford Horseshoe Club

A sport for all ages. Light exercise and fresh air.
2308 Adanac St., Abbotsford
604-463-2200
www.abbotsfordhorseshoeclub.ca

Abbotsford Lawn Bowling Club

Mill Lake at Alta Ave., Abbotsford
604-556-0106

Abbotsford Photo Arts Club

Meet at 7:00pm

2nd Floor - 3600 Townline Rd, Abbotsford
www.apac.bc.ca
info@apac.bc.ca

A TRADITION IN TRUST SINCE 1968

SIMPSON NOTARIES

- PROPERTY TRANSFERS
- MORTGAGES
- WILLS
- POWERS OF ATTORNEY
- REPRESENTATION AGREEMENTS
- NOTARIZATIONS

Ask us about our mobile services



CALL US TODAY: CHILLIWACK • 604-824-5500 | HOPE • 604-824-5500 | ABBOTSFORD • 604-855-7228

RECREATION

Abbotsford Quilters Guild
www.abbotsfordquilterguild.org

Abbotsford Spinners & Weavers
Regular meetings first Tuesday morning each month September – June.

604-850-8799
www.stores.birkelandwood.com/abby-s-w-guild

Abbotsford Swinging Hubs
604-856-8774

BC Lapidary Society
604-854-1711
www.bclapidary.com

Carpet Bowling
Tuesday & Thursday 1:30pm – 3:30pm

Garden Park Towers
2825 Clearbrook Rd, Abbotsford
604-853-5532

Cedar Ridge Golf Course
9500 Clay Street, Mission
604-814-0414

Central Fraser Valley Fiddlers
www.centralfraservalleyfiddlers.com

Eighteen Pastures Golf Course
29110 Matheson Ave, Mission
604-462-8622

Fraser Valley Philatelic (Stamp) Club
Meets once a month on a Tuesday September – June.

W.J. Mouat Secondary School
32355 Mouat Dr, Abbotsford
604-826-1325

www.stampclub.ca/fraservalley

Fraser Glen Golf Course
36036 S Parallel Rd, Abbotsford
604-852-3477

Fraser Valley Symphony
604-744-9110
www.fraservalleysymphony.org

Galaxy Bowl
32490 Simon Ave, Abbotsford
604-853-1366

Ledgeview Golf & Country Club
35997 McKee Rd, Abbotsford
604-859-8993

Loom Room by Mission Weavers & Spinners Guild
Bringing together people who enjoy weaving & spinning and to inform, learn from and inspire each other at monthly meetings. It promotes educates, encourages, inspires and improves the skills of our members in spinning weaving, dyeing, felting and knitting.

33118A 1st Ave in Mission,
604-287-566

Mission Granite Curling Club
7650 Grand St, Mission
604-826-7444

Mission Horse Club
9457 Stave Lake St, Mission
www.missionhorseclub.org

Mission Golf & Country Club
7983 Nelson St, Mission
604-826-7617

Mission Leisure Centre
7650 Grand St, Mission
604-820-5350

Mission Tennis Club
604-826-2586

Nature Club
www.centralvalleynaturalists.org
haroos12@gmail.com

Seniors Social Café
Weekly get together for older adults on Wednesday mornings from 10-12. Activities, refreshments, and entertainment provided.

604-854-1733
healthyagingabbotsford@gmail.com
www.abbotsfordhealthyaging.com

Seniors Walking Club
2478 McCallum Rd, Abbotsford
604-859-6292

Sevenoaks Shopping Centre Walking Program
Visit the Administration office in Suite 201. Take the stairs near The Bay or elevator near Chatter's Hair Salon.

Monday - Friday 9:00am - 5:00pm.
Closed Saturday and Sunday.
Or call 604-853-7153

Valley Golf Centre
4211 Gladwin Rd, Abbotsford
604-853-4653

Valley Outdoor Association
778-899-2526
www.valleyoutdoor.org





Are there ways to prevent **Alzheimer's** disease?

Researchers around the globe continue to investigate Alzheimer's disease, the most commonly diagnosed form of dementia. Alzheimer's disease (AD) is a progressive form of dementia that affects parts of the brain that control thought, memory, and language, notable symptoms include memory loss and difficulties communicating.

AD can be a debilitating condition, so naturally people want to do all they can to avoid it. Right now there are no proven prevention strategies nor a cure. However, there is strong evidence that healthy lifestyle habits may play a role in reducing AD risk, as well as risk for other types of dementia. The Alzheimer's Association recommend these strategies to help reduce dementia risk.

- **REDUCE RISK FOR HEART DISEASE.** As many as 80 percent of individuals with AD also have cardiovascular disease. Lowering blood pressure and cholesterol levels may, in turn, help individuals reduce their risk for AD.
- **EAT A BALANCED DIET.** Many doctors recommend the Mediterranean diet, which is rich in vegetables, fruits and lean protein coming from sources containing omega-3 fatty acids. This diet also is heart-healthy.
- **EMBRACE PHYSICAL ACTIVITY.** Regular physical activity may lower the risk of AD as well as vascular dementia. Exercise can boost blood and oxygen flow in the brain. Cardiovascular exercise is an essential part of any wellness plan.
- **QUIT SMOKING.** Quitting smoking can help maintain brain health and reduce the risk for various diseases.



- **AVOID HEAD INJURIES.** Always wear protective safety equipment when participating in sports or while riding motorcycles or other motorized vehicles. Fall-proof your home and wear seatbelts while riding in cars.
- **MAINTAIN SOCIAL CONNECTIONS AND ACTIVITY.** A number of studies indicate that maintaining strong social connections and keeping mentally active as people age might lower the risk of cognitive decline as well as AD.
- **KEEP A HEALTHY WEIGHT.** Manage weight through diet and exercise.

Although there is no guaranteed way to avoid a dementia diagnosis, certain lifestyle changes may help people reduce their risk.

Four types of memory-boosting games

Memories fade, and even more so as we get older. Fortunately, it's possible to keep your brain sharp well into your golden years — and to have fun while you're at it! Here are four suggestions for stimulating games that can help preserve your memory.

1. ASSOCIATION GAMES

Remember those matching games, where you'd have to find pairs among a deck of cards placed face down on a table? They aren't just for kids! You can find all sorts of versions made for adults, with inspiring themes such as travel and nature.

2. OBSERVATION GAMES

Look at an image for one minute, then ask someone to quiz you on what you saw. Spot the difference puzzles like the ones often found in newspapers are also good for your memory.

3. WORD GAMES

Either played alone or against an opponent, crossword puzzles, Scrabble, Boggle and other word-based games are good for stimulating your memory.

4. STRATEGY GAMES

Most strategy-based games require that players remember their previous move or the previous move of their opponent. Card and tabletop games such as Battleship and Risk are great exercise for your brain.

There are all kinds of activities that can help preserve and strengthen your memory. Have fun!

SEA TO SKY LAW CORPORATION

604-409-8454

www.SumasLAW.ca

A division of Sea to Sky Law Group

WeCanHelp@SeatoSkyLaw.com

OVER 30 YEARS OF EXPERIENCE including

- Family Law
- Court Matters
- Mediation
- Estate Planning
- Estate Administration
- PROBATE and Other Court Estate Needs
- Business Needs
- Corporate Annual Reports
- Problem Solving

FREE APP

https://seatoskylaw.setmore.com

SUMAS LAW

A division of Sea to Sky Law Group

www.SumasLAW.ca

30+ YEARS OF TRUSTED AND SUCCESSFUL EXPERIENCE SOLVING ESTATE & FAMILY LAW PROBLEMS

PROBLEM? SOLVED!

604-409-8454

WeCanHelp@SeatoSkyLaw.com

Lifelong Learning

University of the Fraser Valley

Continuing Education

Clearbook Centre
32355 Veterans Way,
Abbotsford
604-851-6324
www.ufv.ca/continuing-education
continuingeducation@ufv.ca

Abbotsford Learning Plus Society

A volunteer organization offering daytime leisure and learning programs to seniors, retirees and inquiring minds of all ages. Programs run September – December and January – April.

2499 McMillan Rd, Abbotsford
778-808-7377
www.learningplus.ca
abbylearnplus@gmail.com

Tech Savvy Seniors

Borrow an iPad or Samsung tablet to learn and practice before purchasing your own device. One-on-one instruction or in a small group by appointment.
604-854-1733
healthyagingabbotsford@gmail.com
www.abbotsfordhealthyaging.com



Books and Reading

Libraries

Fraser Valley Regional Library

Can't get to the library? We come to you!

Library For You provides accessibility services to people who are unable to access the library due to illness or disability. Find the right service for you.

Phone: 1-888-668-4141 extension 7076

Email: **libraryforyou@fvrl.bc.ca**

www.fvrl.bc.ca

Abbotsford Community Library

Monday – Thursday 9:00am – 8:00pm
Friday – Saturday 10:00am – 5:00pm
Sunday 1:00pm – 5:00pm
33355 Bevan Ave, Abbotsford
604-853-1753

Clearbrook Library

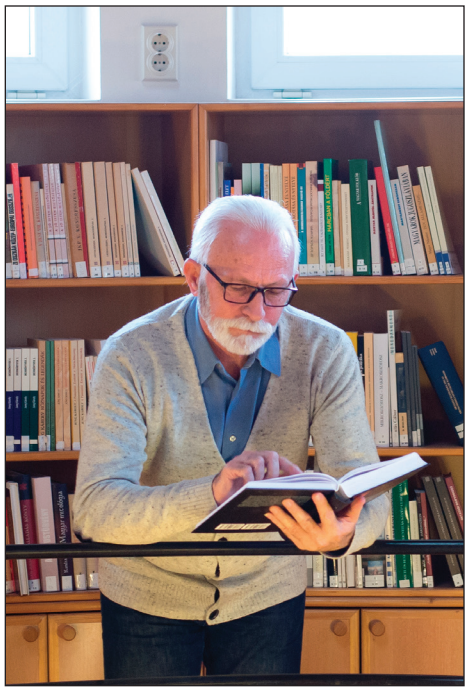
Monday – Thursday 9:00am – 8:00pm
Friday – Sunday 10:00am – 5:00pm
32320 George Ferguson Way, Abbotsford
604-859-7814

Mount Lehman Library

Monday Closed
Tuesday – Friday 1:00pm – 5:00pm
Saturday – Sunday Closed
5875 Mt. Lehman Rd, Abbotsford
604-856-4988

Mission Library

Monday – Thursday 9:00am – 6:00pm
Friday – Saturday 10:00am – 5:00pm
Sunday 1:00pm – 5:00pm
33247 Second Ave, Mission
604-826-6610



Bookstores

Coles

#312 – 32900 South Fraser Way, Abbotsford
604-854-3233

The Book Man

#5 - 2630 Bourquin Cres W, Abbotsford
604-853-7323

Better Buy Books

33017 First Ave, Mission
604-826-6531

Totally Bookish

#344 - 32555 London Ave, Mission
604-814-2650

Mission Health Care Auxiliary

Your Local Cottage Thrift Store is completely Volunteer run, all profits stay in Mission to support our hospital and local organizations that provide support/care in our community.

Volunteers Needed!

We are in need of a volunteers with cashier experience, as well as sorters. If interested, please call!

Proud to be serving Mission for the past 100 years

100 YEARS 1920 - 2020

33228 1st Ave, Mission • (604) 826-5209

ARE YOU SITTING COMFORTABLY?





DESTIN

Reg. $1899 Now. $1299



REGILE

Reg. $3999 Now. $3499



AURORA

Reg. $2999 Now. $2599

UltraComfort™ AMERICA

Comfort That's Patented™

- Tow-zone Comfort Zone positioning system
- Patented Stellar positioning
- Programmable AutoDrive hand control



XXXX

MATUS

APPLIANCE & SLEEP GALLERY

604.826.8369

32020 Lougheed Highway, Mission

matusonline.com



TRANSPORTATION

Central Fraser Valley handyDart

A door-to-door BC Transit service for people with mobility issues who cannot use public transit.

www.bctransit.com
Mon – Fri 7:30am – 5:00pm
604-855-0080

Public Transit

Translink is Metro Vancouver's regional transportation authority. It is responsible for public transit, cycling and commuting options in Abbotsford and Mission.

www.translink.ca

Volunteer Cancer Drivers Society

Transportation to cancer appointments, services provided in various communities in the Fraser Valley and Lower Mainland.

www.volunteercancerdrivers.ca
604-515-5400

Archway Community Van

The Community Van Service helps individuals and families without transportation reach appointments, services and community and work participation activities in Abbotsford. A flat rate of $2.50 is charged for a one-way ride and $5.00 for a round-trip ride within Abbotsford.
Medical transportation (fee for service) is provided for Abbotsford residents requiring out-of-area transportation.
Archway.ca/Van
604-743-0354

Mission Community Services

Screened volunteers provide transportation to medical appointments as far east as Chilliwack and as far west into Vancouver.

We are driving Monday - Friday: 8:00am - 5:00pm
we do make exceptions depending on circumstance
www.missioncommunityservices.com/seniors
seniors@missionmcss.com
604-826-3634





2 for 1 SALE

OPTICAL BOUTIQUE
Perfect Piece
www.perfectpieceoptical.com
604.410.2020
33166B 1st Ave, Mission Across from CIBC
Open Monday through Saturday 10am-5pm

Legal Issues

Legal Help

Legal Services Society

Legal Services Society is a non-profit organization that assists low-income British Columbians and is able to provide information to help seniors who have legal issues.

1-866-577-2525
www.legalaid.bc.ca

Legal Aid Legal Services Society Office

Rob Dhanu and Uphar Dhaliwal, Barristers & Solicitors

2459 Pauline St, Abbotsford
604-852-2141

Legal Aid Legal Services Society Community Partners

Archway Community Services

Community Legal Advocacy Centre
2420 Montrose Ave. Abbotsford
604-859-7681 ext. 207

Public Guardian and Trustee of British Columbia

An agency of the provincial government which operates under provincial law to protect the legal rights and financial interests of children, to provide assistance to adults who need support for financial and personal decision making, and to administer the estates of deceased and missing persons where there is no one else able to do so.

#700 – 808 West Hastings St.
Vancouver
604-660-4444



Identity Theft and Mass Market Fraud

The Canadian Anti-Fraud Centre has resources aimed at helping people protect their identity and personal information, including SeniorsBusters, a "seniors helping seniors" program. The program is made up of approximately 50 active volunteers coming from diverse backgrounds, bringing many different skills in attempt to reduce the level of mass marketing fraud and identity theft.

SeniorBusters helps fraud victims by:

- Relating personal experiences, wisdom and expertise
- Providing strength to victims
- Providing emotional and moral support
- Being sensitive to the needs of seniors
- Contacting victims as often as needed
- Educating and re-educating seniors
- Obtaining suspect company information
- Referring victims to other appropriate agencies
- Developing personal relationships with victims
- Ensuring that seniors have a place to turn to when they need assistance
- Helping victimized seniors regain personal dignity

1-888-495-8501
www.antifraudcentre.ca

Financial Planning Standards Council

The government body for certified financial planners can help people find experts on money matters.

1-800-305-9886
www.fpsc.ca

AtlantaFLOORING.ca

KITCHEN RENO?

Atlanta FLOORING

101 – 7057 Beatty Drive, Mission BC
604.820.1456
Monday to Friday: 9 am - 5:30 pm Saturday: 10 am - 4 pm (closed Sunday)

We stand behind our products & installation



www.atlantaflooring.ca CARPET • HARDWOOD • CERAMIC TILE • VINYL • LAMINATE • AREA RUGS • CUSTOM KITCHENS • VINYL PLANK



EMPLOYMENT AID

Targeted Initiative for Older Workers

TIOW provides employment assistance services and employability improvement activities, such as skills upgrading and work experience, to assist unemployed workers aged 55 tp 64 with return to work. TIOW is a federal-provincial territorial cost share.

www.hrsdc.gc.ca. Click on the Jobs Training tab, then click on the link "Older Workers."

Service Canada Centre

A federal office for people to access information and services, including those related to employment and seniors.

Open Monday-Friday from 8:30am - 4:00pm
#100 - 32525 Simon Ave, Abbotsford
1-800-622-6232 www.servicecanada.gc.ca

WorkBC - Mature Workers

If you are seeking employment, the WorkBC.ca website provides information about specialized job-search services that can help you get back to work. Programs are designed to help mature workers re-enter the workforce, upgrade skills and gain experience in a new occupation.

www.workbc.ca. Click on Job Seekers > Build Your Career > Advice for Specialized Group > Mature Workers

Abbotsford: #103 - 33255 South Fraser Way, Abbotsford
833-314-1030
info-abbotsford@workbc.ca

Mission: #209 - 33123 First Ave, Mission
833-314-1042
centre-mission@workbc.caa

Government of Canada Job Bank

The Job Bank is made up of electronic listings of jobs provided by employers across Canada.

www.jobbank.gc.ca



BRAD VIS, MP
MISSION-MATSQUI-ABBOTSFORD
BRAD.VIS@PARL.GC.CA

BRADVIS.CA
604-814-5710

SUPPORTING *Seniors'* IN OUR COMMUNITY

As Members of Parliament, we are committed to holding the Government to account on issues such as greater access to your hard-earned investments, improving greater access to medications and palliative care.

If you need assistance in accessing your Canada Pension Plan, Old Age Security. Guaranteed Income Supplement, Disability Tax Credit, or other benefits available to seniors, please contact our offices.



SUKHMAN GILL, MP
ABBOTSFORD-SOUTH LANGLEY
SUKHMAN.GILL@PARL.GC.CA

SUKHMANGILLMP.CA
778-327-2454

VETERANS AFFAIRS



General Inquiries

1-866-522-2122 (English)
1-866-522-2022 (French)
www.veterans.gc.ca

Assistance Fund

The assistance fund provides financial assistance to any recipient of the War Veterans Allowance (WVA) for an emergency or unexpected contingency that affects health or safety and for which there are no other resources available. Grants of up to $1,000 are most commonly provided for shelter, clothing, health items and essential appliances.

Case Management

Case management is a service offered to assist former members, veterans, RCMP and their families who may be finding it difficult to navigate a transition or change in their lives.

Detention Benefits

A tax-free lump sum payment awarded to Canadian Forces members or veterans who, while serving in the Forces, were detained by an enemy.

Disability Benefits

Disability benefits are financial payments provided to individuals who have a service-related disability.

Financial Benefits

This program can help compensate for other economic impacts that a disability may have on you or your family.

Health Care Program

The Health Care Program is designed to enhance the quality of life of VAC clients, promote independence and assist in keeping clients at home and in their own communities by providing a continuum of care.

Group Health Insurance

The program offers eligible veterans and certain survivors access to group health insurance under the Public Service Health Care Plan.

Health Care Benefits

(Treatment Benefits) This program provides financial support to qualified veterans for the health-care services or benefits available through VACs 14 Programs of Choice. Also, travel expenses incurred when travelling to receive treatment benefits and services may be reimbursed.

Health-Related Travel

Travel expenses incurred by a veteran when travelling to receive health-care services or benefits may be reimbursed by VAC.

Veterans Independence Program

A national home care program to help clients remain healthy and independent in their own homes or communities.

Mental Health

Services and benefits for veterans, Canadian Forces members, RCMP members and the families of those living with a mental health condition.

Prisoner of War Compensation

A monthly payment made to a veteran of the Canadian Forces or Canadian Merchant Mariner who was a POW for 30 days or more.

Rehabilitation Program

If you have been medically released or if you have a rehabilitation need that is primarily related to your military service, we can provide the support you need to transition from the military to civilian life.

War Veterans Allowance

Financial assistance for low-income veterans and their families.

Death Benefit

When military families lose a loved one in the line of duty, there can be great suffering as the surviving spouse and children struggle to find their place in the civilian world.

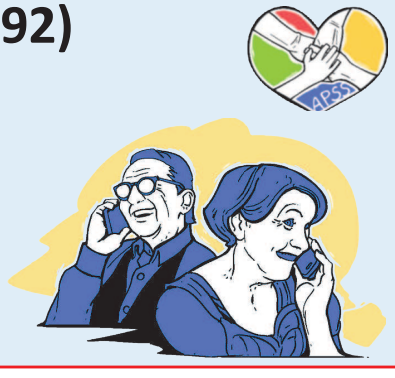
Funeral, Grave-marking Assistance

Provides and maintains grave markers and offers financial assistance to veterans' estates where the veteran died as a result of a service-related disability or where there are insufficient funds to provide the veteran a dignified funeral and burial.

Abbotsford Peer Support Program (Est 1992)

We offer **FREE** Seniors support for Seniors over 50+. Our Good Morning program gives lonely seniors a morning phone call to check on them and say hello. Our Peer Visit program provides Home Visits support to provide friendship and emotional care. We are looking for caring **volunteers** to join our team.

Please Call: **604-850-0011** or email: apss.seniors@telus.net.



4 ideas for **keeping fit** while babysitting your grandchildren

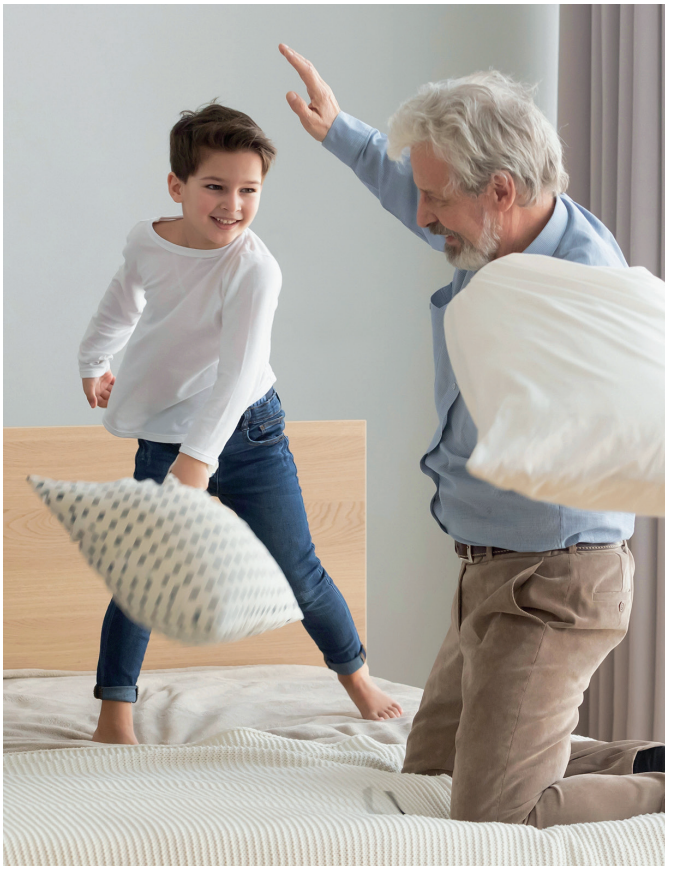
Many young grandparents provide childcare for their grandchildren these days, especially if the parents work irregular hours. If you're one of these babysitting grandparents, that time with the little ones can be an opportunity for you to keep active and get some exercise. You have several options, depending on your grandchildren's ages. Take some inspiration from these ideas.

1 Partner classes. Many "parent-child" classes work just as well for active grandparent-grandchild pairs. Aqua fitness, stroller cardio, yoga, dance and karate all offer you the chance to move together. Find out about classes offered near where you babysit and get the parents' permission before signing up.

2 Active games. Games like tag, musical chairs, dance video games (like Just Dance) or movement-based virtual reality games help you burn calories while having fun.

3 Outdoor sports. As long as the weather is pleasant, you can take advantage of outdoor sports. Skating, hockey, baseball, soccer, biking or playing Frisbee—there are so many ways to get your heart pumping in the fresh air.





4 Friendly battles. Snowball fights, water-gun battles, foam-dart games, laser tag or even pillow fights can leave everyone very out of breath and laughing. Make sure everyone stays safe with the right protective gear, such as goggles or helmets.

Whether your grandchildren are eight months old or 12 years old, getting active with them on a regular basis helps them develop healthy lifestyle habits—and it keeps you feeling younger too. Ready, set, go!



2 for 1 SALE

OPTICAL BOUTIQUE

Perfect Piece

www.perfectpieceoptical.com

604.410.2020

33166B 1st Ave, Mission Across from CIBC

Open Monday through Saturday 10am-5pm

MISSION AUTOMOTIVE

Your #1 Auto & Tire Service Provider in Mission!

Experience the Difference with Mission Automotive & TreadPro Tire Centre!

Looking for expert care for your vehicle?

Choose Mission Automotive & TreadPro Tire Centre for top-notch professional service you can trust.

Complete Auto Repairs • Wide Selection of Tires • Experienced Technicians • Unmatched Customer Care

Don't settle for less. Make us your first call for all your auto and tire needs!

Call us today at 604-826-3669 to book your appointment.

Mission Automotive & TreadPro Tire Centre

Keeping Mission moving safely, one vehicle at a time!

OIL CHANGE $59

* See dealer for details

- Brakes
- Oil change
- Tune up
- Shocks
- Timing belt
- Alternator
- Water pump
- Air conditioning
- Wheel Alignment



MANI
GENERAL MANAGER

604-826-3669
www.missionauto-downtown.com

1-32809 Lougheed Highway,
Beautiful Downtown Mission

JUST LIKE FAMILY® HOME CARE

Voted Abbotsford's Favourite In-Home Care

COMMUNITY VOTES ABBOTSFORD 2025 WINNERS
COMMUNITY VOTES ABBOTSFORD 2024 WINNERS
COMMUNITY VOTES ABBOTSFORD 2023 WINNERS

Dependable. Trusted. Warmhearted.

- Companionship • Personal Care
- Meal Plans & Prep • Housekeeping & Laundry
- After Surgery Care / Hospital Releases
- Transportation to Appts. • 24-7 Care
- Respite Care • Overnight Care
- Medication Reminders
- Alzheimers & Dementia Care
- Cancer & Chronic Illness Care
- Pregnancy & New Mom Care



778-244 -7742 | office@justlikefamily.ca | www.justlikefamily.ca

SENIORS, ARE YOU LOOKING TO

DOWNSIZE?

Wondering what you home is worth?



We offer a FREE Market Evaluation and advice you can trust! plus

FREE LEGAL FEES

on the sale of your home!

MINDY

604-826-1000

TOP PRODUCERS Realty Ltd.

#103 - 33070 Fifth Ave,
Mission, B.C. V2V 1V5

www.mindymcpherson.com

Internment

Funeral Services

Bakerview Community Crematorium & Celebration Centre
www.bakerviewcrematorium.com
34863 Cemetery Ave, Mission
604-820-8844

Fraser River Funeral Home
www.frccs.com
2061 Riverside Rd, Abbotsford
604-746-3040

Henderson's Fraser Valley Funeral Home
www.dignitymemorial.ca
34537 Marshall Rd, Abbotsford
604-854-5534

Wiebe & Jeske Burial & Cremation Care Providers
www.wiebeandjeskefh.com
#202 - 31314 Peardonville Rd, Abbotsford
604-857-0711

Woodlawn Funeral Home
www.dignitymemorial.ca
2310 Clearbrook Rd, Abbotsford
604-853-2643

Woodlawn Mission Funeral Home
7386 Horne St, Mission
604-826-9548

Cemeteries

Aberdeen Cemetery
www.abbotsford.ca
28417 Fraser Hwy, Abbotsford
604-851-4198
prcoffice@abbotsford.ca



Hatzic Cemetery
www.mission.ca
34867 Cemetery Ave, Mission
604-820-5354
cemetery@mission.ca

Hazelwood Cemetery
www.abbotsford.ca
340070 Hazelwood Ave, Abbotsford
604-851-4198
prcoffice@abbotsford.ca

Mt. Lehman Cemetery
www.abbotsford.ca
29000 Taylor Rd, Abbotsford
604-851-4198
prcoffice@abbotsford.ca

Maclure Road Mennonite Cemetery
33965 Maclure Rd, Abbotsford
604-226-7772

Musselwhite Cemetery
www.abbotsford.ca
35000 Old Yale Rd, Abbotsford
604-851-4198
prcoffice@abbotsford.ca

Burial History

Abbotsford Geneological Society
The Society collects, preserves, displays and shares information that may lead to a greater understanding of genealogy.

Abbotsford Cemetery Burial Index
www.abbygs.ca
32388 Veterans Way, Abbotsford
information@abbygs.ca

Mission Community Archives
33215 2nd Avenue, Mission
604.820.2621
www.missionarchives.com

WE ARE A FULL SERVICE LAW FIRM FOR ESTATE PLANNING AND ESTATE ADMINISTRATION MATTERS, INCLUDING:

- Preparation of all types of Wills, including Wills with provisions for transfer of business assets and real estate, and Wills with trusts for spouses or children.
- Incapacity planning, including Enduring Powers of Attorney and Advance Directives and Representation Agreements for healthcare.
- Advice and assistance to Executors and Administrators of estates on all estate administration matters, including applications to the Supreme Court of BC for Grants of Probate or Administration.
- Advice and advocacy for all types of estate disputes, including Wills variation claims, Will validity disputes and joint tenancy disputes.



BAKER NEWBY LLP
LAWYERS • ESTABLISHED 1937

Abbotsford Office: 200-2955 Gladwin Rd | 604-852-3646
Chilliwack Office: 9259 Main St | 604-792-1376
www.bakernewby.com

Jamie Turta & Todd Harvey

Strength training isn't just for young people

Strength training is often considered exclusively for young people with perfect bodies. However, this isn't the case! There are many benefits to strength training at any age. In fact, older adults need to engage in this type of exercise. Here's why.

IMPROVE STRENGTH AND BALANCE

Strength training targets vital muscle groups to help improve your strength and balance. These benefits are crucial for preventing falls and maintaining your independence as your body mass decreases with age.

ADAPTABLE TRAINING PROGRAMS

The exercises can be customized to accommodate your physical limitations, fitness level and personal goals. You can easily work at your own pace and within your limits.

PREVENT CHRONIC DISEASES

Strengthening your muscles helps prevent chronic diseases associated with aging, such as osteoporosis and arthritis. Lifting weights also helps keep your bones and joints healthy.

PSYCHOLOGICAL BENEFITS

Weight training stimulates the release of endorphins, which can help improve your mood, reduce stress and promote mental well-being.

SOCIALIZATION

Strength training can be a great way to socialize and build camaraderie, especially when participating in group classes or sessions with friends.

In short, strength training is an excellent way to improve your overall health at any age. However, it's always important to consult your doctor before starting any exercise program.





Managing screen time: a guide for older adults

While often associated with younger generations, the risks of excessive screen time also apply to older adults. Too much time spent on phones, laptops and other devices can lead to various health risks in seniors, including obesity and cardiovascular disease, eye strain and vision problems, sleep disturbances, social isolation and cognitive decline.

With these risks in mind, here are some tips to help manage screen time:

1. Set limits. Establish specific time limits for using electronic devices like smartphones, tablets and computers. Allocate dedicated periods for screen time and stick to them to prevent excessive use. Avoid screen time right before bed, as the blue light emitted from digital devices has been shown to interrupt sleep patterns.

2. Prioritize activities. Identify activities that provide meaningful engagement and prioritize them over passive screen time. Allocate time for offline hobbies, exercise and socializing to maintain a well-rounded lifestyle.

3. Use technology wisely. Use technology to enhance productivity and connectivity with family and friends. Be mindful of its pitfalls! Limit distractions by turning off notifications.

4. Take breaks. Incorporate regular breaks into screen time sessions to prevent eye strain, fatigue and mental exhaustion. Use breaks to stretch, walk or relax to rejuvenate the mind and body.

By applying these strategies, older adults can effectively manage their screen time and strike a healthy balance between digital engagement and offline activities, leading to improved well-being and overall quality of life.



The e-reader, a practical device you can't live without

Do you consider yourself a bookworm? E-readers can be a game-changer for seniors. If you're thinking about buying one, here are a few reasons why you should.

Numerous advantages

This gadget is designed to take your reading experience to the next level and enhance your comfort. First, you can easily adjust the font size to cater to your vision needs, making it perfect for those with reduced vision. Say goodbye to borrowing large-print books from the library or using a magnifying glass to decipher a text.

Secondly, e-readers are lightweight and easy to handle. You can read for longer without tiring or developing aches and pains. If you love reading hefty tomes of 500 pages or more, this is something to consider.

Additionally, e-readers have a matte-finish touch screen and built-in backlighting. This means you can read in the dark at night without having to turn on a lamp. You can also dim or brighten the screen to suit the ambient light in your surroundings—ideal for preventing eyestrain and glare.

Another interesting point about e-readers is their incredible storage capacity. You can "carry" thousands of books on the device without adding clutter to your home.

Finally, depending on the model, you can enjoy access to dictionaries, information that enriches your reading experience or practical functions like highlighting.

Visit your local electronics retailer to find the perfect e-reader for you.

LIBERTY TAX
YOUR TRUSTED TAX EXPERTS FOR LIFE

WALK-INS ALWAYS WELCOME

No appointment? No problem!
Connect with a tax expert today.

LibertyTaxCanada.ca

STRESS-FREE TAX FILING & 5-STAR SERVICE

Check out our Google reviews to see what your neighbors are saying.

Connect with a tax expert

Phone: 604-820-8272 • mission@libertytax.com
33031 1st Ave #101, Mission, BC V2V 1G2

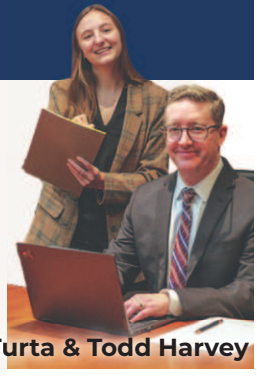
ADVERTISER INDEX

Kafka Denture Clinic 2
Sea To Sky Law Corporation 3, 20, 49
Brad Vis, MP / Sukhman Gill, MP 4, 30, 54
Simpson Notaries 5, 28, 47
Hallmark Baptist Housing Community 6, 33
Reann Gasper, MLA 7
Valley Laser Eye Centre 8
Mission Community Services 8
Mission Community Foundation 9, 27, 38
Abbotsford Hospice & Grief Support Society 10, 26, 42
Symons Tire & Automotive Centre 11, 44
Karen Bungar Notary Corporation 12, 41
Robertson Hearing Centre 13
Heart To Home Meals 14
Archway Community Services 15, 39
Atlanta Flooring 16, 31, 53
Medical Tower Drugs & Home Healthcare 17
Timemaster Jewellers 17
Dr. Fix Computers Ltd 18, 48
Perfect Piece Optical Boutique 19, 52, 56
Kearney Funeral Services 21
Sevenoaks Shopping Centre 22, 40
Elim Village 23
Korky Neufeld, MLA 24
Mission Health Care Auxiliary 25, 50
Mission Auto 29, 57
Crystal Vision & Better Hearing Centre 29
Abbotsford Peer Support For Seniors 32, 55
Mission Hospice Society 34, 46
Baker Newby Lawyers 35, 59, 62
Complete Eyecare Optometry 36
Liberty Tax 37, 61
Bruce Banman, MLA 38
Meachel Buizer 43
Boswyk Seniors Activity Centre 43
The Mayfair Senior Living + Care and The Oxford Senior Care 45
Matus Appliance & Sleep Gallery 51
Just Like Family Home Care 57
Mindy McPherson 58
Ocean Breeze World Travel 60
Rep-Air Heating + Cooling 63
Walk-In Tubs Fraser Valley 64



WE ARE A FULL SERVICE LAW FIRM FOR ESTATE PLANNING AND ESTATE ADMINISTRATION MATTERS, INCLUDING:

- Preparation of all types of Wills, including Wills with provisions for transfer of business assets and real estate, and Wills with trusts for spouses or children.
- Incapacity planning, including Enduring Powers of Attorney and Advance Directives and Representation Agreements for healthcare.
- Advice and assistance to Executors and Administrators of estates on all estate administration matters, including applications to the Supreme Court of BC for Grants of Probate or Administration.
- Advice and advocacy for all types of estate disputes, including Wills variation claims, Will validity disputes and joint tenancy disputes.



BAKER NEWBY LLP
LAWYERS • ESTABLISHED 1937

Abbotsford Office: 200-2955 Gladwin Rd | 604-852-3646
Chilliwack Office: 9259 Main St | 604-792-1376
www.bakernewby.com

Jamie Turta & Todd Harvey

REP-AIR
HEATING + COOLING



GET A NEW HOT WATER TANK

Only for a limited time!

for as low as **$19**/MONTH

Equipment We Install

- Furnaces
- Hot Water Tanks
- Tankless Hot Water
- A/C Units
- Plumbing
- Heat Pumps
- Air Handlers
- Boilers
- Electrical Panels
- EV Chargers
- Mini Split (ductless or ducted)
- Water Filtration Systems
- Air Purification Systems
- Hydronic Heating Systems
- Gas
- Fireplaces
- Water Leaks
- Electrical Panel Upgrades
- Generators

Services We Provide

- Furnace & A/C Tune-Ups
- Heat Pump & Mini-Split Maintenance
- Boiler Service & Safety Checks
- Gas Fireplace Servicing
- Hot Water Tank Service
- Tankless Water Heater Service
- Gas Line Repairs & Hookups
- Water Softener & Filtration Servicing
- Sump Pump Checks & Repairs
- EV Charger Troubleshooting
- Generator Maintenance
- Garbage Disposal Repair

$100 Off

Get $100 off any service, just use code *'repair100'* when you book!

$10 Off

Get $10 off any maintenance, just use code *'repair10'* when you book!

$250 Off

Get $250 off any install, just use code *'repair250'* when you book!

(778) 716-3254 **contact@repairheatingandcooling.com**

ABBOTSFORD CHAMBER OF COMMERCE BUSINESS EXCELLENCE AWARD WINNER

GOV'T GRANT NOW $10,000!
PLUS $1,000 OFF INSTALLATION!

Benefits of walk-in tubs

As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today. Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to live independently for an additional five years.

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all have numerous grab bars and nonslip surfaces making getting in and out worry free. Walk-in tubs are designed for an aging population who desire to remain independent for many years to come.

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more. All walk-in tubs are tub/shower combinations.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help to stimulate circulation, thus carrying additional healing oxygenated blood throughout the body to the hands and feet. This has shown positive results increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic and peripheral neuropathy, as well as various other acute and chronic conditions.

> "Perhaps, one of the best decisions I've made is when I decided to go ahead and put a walkin tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.'
>
> Jean S.

The Canadian Government website states that 1 in 4 seniors fall every year, and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. A large percentage of these falls take place in the bathroom. Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase a walk-in tub now. The help comes in the forms of a $4,000 tax credit, a Provincial Sales Tax waiver and in certain qualifying cases a $10,000 Government Grant.



As we all age and the years fly by, many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.

Sponsored content provided by Walk-in Tubs Fraser Valley

CALL TODAY! 604-866-6897



GO AHEAD AND CALL NOW FOR A FREE, NO OBLIGATION QUOTE TODAY. YOU'LL BE GLAD YOU DID!

WALK-IN TUBS FRASER VALLEY professionally installs bath and shower products from a Canadian manufacturer who has been in business for over 30 years. We provide peace of mind, confidence and independent living to seniors.

Enjoy a relaxing bath or shower with NO WORRIES using our SAFE WALK-IN TUBS and BARRIER-FREE SHOWERS.

Lifetime Warranty • Reasonably Priced

$1000 OFF Installation For Your Walk-in Tub Or Barrier-Free Shower

COUPON MUST BE PRESENTED AT TIME OF ORDER.

ASK ABOUT OUR SAFE BARRIER FREE SHOWERS!





Torch Awards for Ethics BBB 2024 WINNER

WALK-IN TUBS FRASER VALLEY

BBB ACCREDITED BUSINESS

604-866-6897 • WWW.WALKINTUBSFRASERVALLEY.COM