

The Chilliwack and District Seniors' Resources Society

- **The Bus Program** provides a variety of day and overnight trips in the lower mainland and Fraser Valley, giving seniors the opportunity to get out and about, stay independent and be socially connected, all at a reasonable price.
- **Wanda's Tea Dance** is held at Mt. Cheam Lions Hall on the last Monday of each month from 1:00 pm - 3:00 pm, September to June.

Phone: 604-793-9979

Chilliwack Senior Peer Counsellors

- **Outreach Phone Line** provides regular calls to seniors in their homes. Call to arrange for a phone call or to be a volunteer caller.
- **Volunteer Visitors Program** matches volunteers with clients for regular visits.

Phone: 604-793-7204

Did You Know..

Seniors who regularly engage in social activities have better self-rated health and report less loneliness and greater life satisfaction.

*Gilmour H. Health Reports
Statistics Canada; 2012*

The Chilliwack Seniors Recreation Centre is a drop-in social and activity centre open to all. Activities include bingo on the 1st and 3rd Friday evening of every month, duplicate bridge, line dancing, pool, table tennis, an art club, rug hooking, and pot luck dinners. Coffee and light lunches are offered. Regular hours are 10:00 am - 4:00 pm, Monday to Friday. Membership is \$20 per year.

Phone: 604-792-4549

Chilliwack Seniors' Social Society offers line dancing Monday, Wednesday and Friday, Tuesday bingo, weekly tap dancing, and monthly "Sons of Scotland" meetings for all seniors. Most programs run September to June.

Phone: 604-792-6696

Mount Cheam Lions Club holds a seniors' lunch on Tuesday and Thursday at their Hall. All are welcome. Drop-in for coffee/tea and bingo beginning at 9:30 am. A hot lunch is served at 12:00 pm for \$5.00. The last lunch is held in June before the program ends for the summer months.

Phone: 604-792-3810

BC Old Age Pensioners Organization works for the benefit of all elderly citizens, to promote their best interests and well-being. Social activities include: paper tolle, bingo, carpet bowling, whist, line dancing, floor shuffle board, darts, cards, rummoli, ham radio and pot luck dinners.

#173- Sardis

Phone: 604-858-4066

#164- Cultus Lake

Phone: 604-858-7633

Boomers and Beyond, Sardis Library is a monthly library social with coffee and treats, as well as great conversation and games. The group meets on Monday from 1:00 pm-3:00 pm with guest speakers discussing various topics and resources for seniors and caregivers from 2:00 pm-3:00 pm.

Phone: 604-858-5503

Chilliwack Seniors' Living Well Resource Guide

Rainbow Country Seniors, The Salvation Army offers a social group for people 55 years and older to promote physical and spiritual wellbeing. Some special outings are also offered. A \$2 donation is taken at each event. Meetings take place on the 2nd and 4th Tuesday of every month at 12:30 pm. Participants are asked to bring a bagged lunch.

Phone: 604-792-0001

Columbia Valley Senior Citizens offers social and recreational activities for people 50 years and over - newcomers are welcome. The group meets in the Columbia Valley Ratepayers Community Hall. Activities are held on Wednesday afternoons 12:00 pm - 3:30 pm. Sessions run from October to May.

Phone: 604-858-3694

Yarrow Senior Citizens Society has social gatherings every Wednesday at 12:30 pm except for the first Wednesday of the month when a potluck lunch is held at 12:00 pm.

Phone: 604-823-4325

Chilliwack Senior Veterans Society provides a drop-in centre for all seniors 50 years of age and over. Various activities include pool, carpet bowling on Monday at 1:00 pm, cribbage on Tuesday, bingo on Wednesday and Friday from 12:30 pm - 3:30 pm. Homemade lunch and snacks available. Regular hours are Monday to Friday, 8:00 am - 3:30 pm. Call for summer hours.

Phone: 604-792-5850

National Association of Federal Retirees (formerly the Federal Superannuates National Association) is a not-for-profit association dedicated to protecting the rights and enhancing the benefits of federal retirees, including retired: military, public service, RCMP and judges. The objective of the group is to promote the general welfare of retirees and to provide information and referral services.

The group provides income tax counselling and filling out income tax forms for seniors. Hours are 10:00 am - 12:00 pm Monday to Wednesday. General meetings are the second Tuesday of each month at 10:00 am, September to June.

Phone: 604-795-6011

Volunteer Chilliwack helps connect people in the community who are looking for volunteer opportunities with organizations needing volunteers.

Phone: 604-793-7203 or 604-792-4267