

Seniors Services – Quick List

ABBOTSFORD COMMUNITY SERVICES

Better At Home

604-859-7681 (ask for the Better At Home Coordinator) | [website](#)

- A variety of services are available that range from community to community depending on the specific needs of local seniors.

Computer Classes

604-859-7681

- A professional instructor provides computer training in a relaxed classroom atmosphere on up-to-date computers. **Costs and times vary.**

Lunch With The Bunch

604-870-3764: call for a reservation

- Volunteers are available to transport participants to and from the Lunch with the Bunch program.

This program provides:

- Activities, guest speakers, and companionship in a comfortable environment.
- An enjoyable nutritious meal in the company of others.

*Held every Monday in Room B100 from 10:00 AM to 1:00 PM

Income Tax Preparation

604-870-3763 | senior@abbotsfordcommunityservices.com

- Preparation of Income Tax returns is available for people on limited incomes. Trained volunteers assist with completion of income tax forms. Yearly training for volunteers is provided by Canada Customs and Revenue Agency. A donation is appreciated for the completion of the tax returns.

Appointments can be made starting in mid-February.

Medical Transportation

604-856-5147 | mt@abbotsfordcommunityservices.com

- Our Senior Services Coordinator can arrange for transportation to medical appointments outside of the Abbotsford area within the Lower Fraser Valley and Vancouver. This is a 'for fee' service. If you have an upcoming appointment and require transportation, please call a minimum of 5 working days before your scheduled appointment.

Meals On Wheels

604-859-7681 | mealsonwheels@abbotsfordcommunityservices.com

- Meals on Wheels provides fresh wholesome and affordable meals delivered Monday to Friday. Easy to store meals: our packaging enables you to transfer them to the freezer. Oven and microwave safe. Variety: menu changes and rotates for the best variety and selection to suit all dietary needs. Every balanced meal is prepared and served fresh with no MSG or preservatives.

CLEARBROOK GOLDEN AGE SOCIETY

604-853-5532 | reception@gardenparktower.ca | [website](#)

- Volunteer seniors utilize their skills and resources to serve other seniors and the community.

Services include:

- Recreational activities
- Beauty salon
- Hot meals
- Income tax preparation
- Book Binding
- Picture Framing
- Carpet Bowling
- Exercise classes

Some services offered for a nominal fee. Also provides a place for seniors to socialize. Halls are available for rent, with or without catering.

ABBOTSFORD LEARNING PLUS SOCIETY

778-808-7377 | abbylearnplus@gmail.com | [website](#)

- Abbotsford Learning Plus is a volunteer organization offering daytime leisure and learning programs to seniors, retirees, and enquiring minds of all ages.

SENIOR ACTIVITY CENTRE

604-853-4221

- A place for seniors to participate in drop in programs, play cards or pool and socialize. An activity membership allows Seniors to access other programs and activities.

SENIORS DAY PROGRAMS: FRASER HEALTH

1-855-412-2121 | [Home Health website](#) | [Health Information website](#)

- Day programs for older adults offer a range of activities in a safe and caring social environment to help seniors and adults with disabilities live at home as independently as possible.

SENIORSBC

[website](#)

- A place for all older adults in the province to find resources for planning and living a healthy and active life as they age.