

#### FRASER VALLEY WEST

#### Season's Greetings!

Having trouble finding your Christmas spirit? We may be able to help!

Turn off the t.v. and join us for lunch on December 11th for a relaxed few hours in an elegant room, with gentle music, great food and friends. Ticket sales close soon! Hope to see you there.

Also... Check out the following pages for information on other community events and volunteer opportunities that may help you find the spirit! And if you're thinking you're too old for all this, the BC Seniors Advocate has a few questions for you... See the survey, page 4.

On behalf of the Branch board, I am wishing you peace! And all the best! - Ian Spence

### **REMINDER!**

## **General Meeting and Christmas Luncheon**

Wednesday, December 11th, 2024

Morgan Creek Golf Club 3500 Morgan Creek Way, Surrey, BC

Doors open at 11:00 a.m. Meeting 11:30

Tickets: \$35.00

for the 'Canterbury Buffet' (Yes! It is vegetarian friendly!)

Please mark your calendars, plan to attend and bring a friend!

Know someone who is eligible to join Federal Retirees? \*\*
Bring that lucky person along!

Registration required, by Eventbrite by December 2nd, please!

Here is the link:

Special appearance:
"Crescendo Trio"!

\*\*Who is eligible? Canadian Armed Forces and RCMP Veterans, Federal Public Servants and their spouses, partners or survivors - anyone superannuation pension. You do not have to be a member of Federal Retirees!

www.eventbrite.com/e/fraser-valley-west-branch-general-meeting-and-christmas-buffet-tickets-1044253910557? aff=oddtdtcreator

Seating requests: nafrbc04@gmail.com or call Ian at (604) 753-7845

#### White Rock & South Surrey....



# WHITE ROCK & SOUTH SURREY 45th COMMUNITY CHRISTMAS DINNER - VOLUNTEERS NEEDED

#### Be Part of a Cherished Tradition!

This Christmas, help us bring warmth, joy, and a traditional holiday meal to those who would otherwise spend the holiday alone. The Community Christmas Dinner is a long-standing tradition, and we are looking for volunteers like you to make it truly memorable for our guests!

Over 230 community members will gather to enjoy a festive meal, and your time and energy can make a meaningful difference. From setting up decorations to preparing and serving meals, there's a role for everyone.

Join us in spreading holiday cheer and connection this season!

**Location:** White Rock Baptist Church,

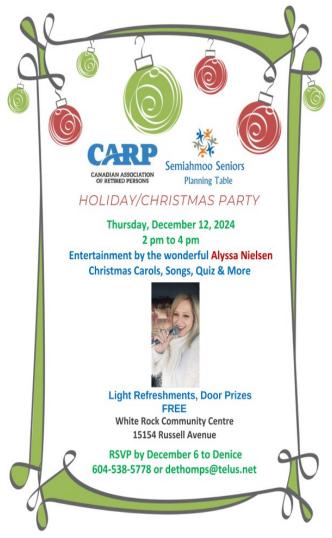
1657 140th Street, Surrey, BC

**Dates Available:** December 21, 22, 23, 24 & 25, 2024 **Time Commitment:** Minimum of 2 hours per shift.

Our mission is to offer a traditional Christmas Day meal to those in the community who might otherwise spend the holiday alone.

**WANT TO APPLY?** If you are interested in more information about this opportunity or other volunteer positions with Sources, please contact Volunteer Services at...

volunteerservices@sourcesbc.ca or 604-542-4357.



22 Dec Sunday, 2024

#### **Annual COMMUNITY Christmas Dinner**

- from 5 PM - 6 PM PST

Gracepoint Community Church 3487 King George Blvd Surrey, BC

Fees/Admission Free event.

Website http://gracepoint.ca C

Contact Natalie Broomfield - natalie@gracepoint.ca

We will be serving turkey and all the fixings!

Please join us for this festive meal. Doors open at 4:30pm. No need to register ahead of time.

#### It's happening in Langley...!









REFRAMING AGEING

Let's Talk About Ageism

Is ageism an issue in B.C.?

Take our survey to share your perspective



## **Online Survey:**

www.SeniorsAdvocateBC.ca/topics/ageism-survey

## For a printed survey contact:

osa.comms@gov.bc.ca 1-877-952-3181

