



National Association
of Federal Retirees Association nationale
des retraités fédéraux

FRASER VALLEY WEST

BC 04
Branch Update (#11)
December 2024

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:

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

Seating requests: nafabc04@gmail.com or call Ian at (604) 753-7845



Special appearance:

"Crescendo Trio"!



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

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.

CARP
CANADIAN ASSOCIATION
OF RETIRED PERSONS

Semiahmoo Seniors
Planning Table

HOLIDAY/CHRISTMAS PARTY

Thursday, December 12, 2024
2 pm to 4 pm

Entertainment by the wonderful **Alyssa Nielsen**
Christmas Carols, Songs, Quiz & More

Light Refreshments, Door Prizes
FREE

White Rock Community Centre
15154 Russell Avenue

RSVP by December 6 to Denice
604-538-5778 or dethomps@telus.net

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>

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...!

AN EVENING TO REMEMBER FORMAL DINNER

2 HOURS OF MUSIC & CHRISTMAS DINNER BUFFET

DAL RICHARDS ORCHESTRA

Buffet Menu:
 Roasted turkey, creamy whipped potatoes, yam casserole, seasonal vegetable medley, herbed stuffing, dinner rolls, gravy, cranberry sauce.
 (**vegetarian option will be a turkey seasoned tofu steak**)

Dessert
 Sticky toffee pudding with Chantilly cream

Coffee, tea and water
 There will be an open bar to purchase other beverages

*Prices do not include soft drinks or alcohol
 *Please request vegetarian option at time of reservation.
 *Refund/Cancel 7 days prior to event.

DEC 11
 \$45 Members
 \$50 Non-Members

Join us in the hall for a traditional turkey dinner with all the fixings from 4:30-8:00pm.

Langley Senior RESOURCES SOCIETY

Carol Ship Dinner Cruise

The local waters of Vancouver come alive this holiday season aboard Vancouver Cruises Carol Ship Dinner Cruise. The ship is lit up on the outside and decked out in their Christmas best on the inside. This tour includes live Christmas Carolers, song sheets and Holiday Buffet featuring slow-roasted Turkey and Honey Glazed Ham. **Level: Easy**

Thursday December 19
 Time: 4:15 pm-10:30pm

Members \$169
Non-Members \$189

PACKAGE INCLUDES:

- 3 Hour Cruise
- Onboard Carol Singers
- Carol Song Sheets
- Traditional Holiday Buffet
- Ship Staff Gratuities
- All Fees and Taxes

Langley Senior RESOURCES SOCIETY

5 Days of Christmas Dec 16-20

Langley Senior RESOURCES SOCIETY

Recreation and Resource Centre
 20605 51 B Avenue
 Langley, BC Canada V3A 9H1
 604-530-3020 | lrsr.ca

Accepting Food Bank Donations December 16 - 20

Help us fill the sleigh for those in need.

Drop off non-perishable items any time this week.

to benefit local food banks

SAVE THE DATE

JOHNNY ELVIS & SANTA PUB LUNCH

Friday, December 20th

DETAILS TO COME IN DECEMBER!!!

Langley Senior RESOURCES SOCIETY

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



OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA