



## The Art of Being Thankful

### 14 Ways to Show You Care on Thanksgiving Day—October 11

Fill up your grocery bag with:

1. Pasta sauce & pasta
2. Canned ham / chicken
3. Peanut butter / jam
4. Cans of fruit
5. Cans of vegetables
6. Rice & cereal
7. Powdered milk
8. Protein drinks (Boost)
9. Baby formula
10. Large diapers
11. Stuffing mix
12. Coffee
13. Pork & beans
14. Cash Donations



Fill the brown paper grocery bag delivered in the Abbotsford News on Tuesday, October 8, and drop it off at the Abbotsford Food Bank.

## Let's Have A Chat

You are invited to a **Community Conversation** on Thursday, September 23 at Abbotsford Community Services (2420 Montrose Avenue).

From 5:00—6:00 PM our focus will be "**A Positive Tomorrow for Today's Children**".



Community leaders, thinkers, planners, parents, interested parties are all invited to participate. The conversation will be followed by the **Abbotsford Community Services Annual General Meeting** and a light supper.

### Want to join the conversation?

RSVP by calling 604.859.7681 or [info@AbbotsfordCommunityServices.com](mailto:info@AbbotsfordCommunityServices.com)

## Let's Get Connected

### Abbotsford Connect— Saturday, October 16



ACS is proud to be a part of Abbotsford Connect, now in its third year. This service day brings together agencies and homeless people, or people at risk of becoming homeless.

Individuals in need will be treated to a hot breakfast & lunch, haircuts, eye care, foot care, medical doctors, addiction recovery services, mental health services, and much, much more.

### Can you help?

Call Kathy - 604.859.7681 Ext.. 203 or send her an email: [Kathy.Doerksen@AbbotsfordCommunityServices.com](mailto:Kathy.Doerksen@AbbotsfordCommunityServices.com)

## Have a look at this ...

### You can help a senior on Remembrance Day, Nov. 11th

Fraser Valley Stage is presenting "Remembering the Boys" on November 11-13. ([www.fraservalleystage.com](http://www.fraservalleystage.com)) We would like to treat all of our Lunch with the Bunch participants to see this wonderful revue with some of the best music from the war years. Your \$25 donation will help us do that. Call Nancy at 604.859.7681 Ext. 764 for more information.

