

# High Five Friday



## Here's what has happened and what's to come!

As summer begins to wind down, we hope you've had an opportunity to enjoy some well-deserved rest, connection, and time outdoors. I've been enjoying local corn, swimming at Cultus Lake and checking out the recent Abbotsford Air Show and the Chilliwack Fair.

We are looking forward to our next group hike on August 19 at Downes Bowl Trail, a great chance to get moving, connect with colleagues, and enjoy the beautiful local scenery.

Be sure to also mark your calendars for the Campus BBQ on August 29. It promises to be a fun opportunity to come together, celebrate the season, and enjoy some community spirit before fall arrives.

As we move through the remainder of the summer, we encourage everyone to continue practicing a trauma-informed approach in our interactions. Small acts of empathy, patience, and understanding can have a meaningful impact on the well-being of those around us.

Wishing you a wonderful end to the summer season.

Keep an eye out for our next newsletter, where we'll share upcoming wellness activities, challenges, and opportunities to stay engaged this fall!

### Updates and Happenings :

August Group Hike

Great Campus BBQ

Seeking Fitness Instructors

Wellness Monday  
| Lunchtime Hangout

Recipe | Peach Crisp

## August | Group Hike - Join us!

Fellow Strive members Jason and Preet are championing our next summer hike.

**Date:** Wed., August 19, 2026 | **Time:** 5:00 PM

**Hike:** Downes Bowl Trail, Abbotsford

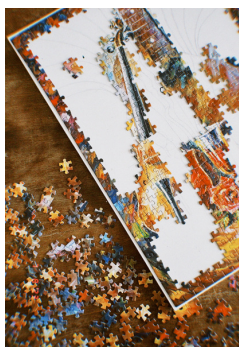
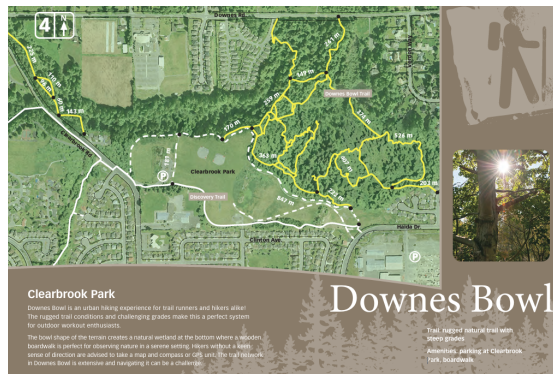
**Location:** Clearbrook Park | 3680 Clearbrook Rd

### Trail Details:

- **Distance:** 4.3 km loop
- **Difficulty:** Easy, suitable for all skill levels
- **Duration:** Approximately 1–1.5 hours

Whether you're a seasoned hiker or just looking to get outside and connect with colleagues, we'd love to see you there!

**SIGN UP HERE!** or send an email to [health.disability\\_wellness@ufv.ca](mailto:health.disability_wellness@ufv.ca)



## Lunchtime Recharge Space

### Looking for a place to relax, connect, or enjoy your lunch?

Every Monday until the end of August, Room A225 will be open from 11:00 a.m. – 1:00 p.m. for employees to drop in and spend their lunch break their way.

Share a skill or hobby, play a game, read, stretch, connect with colleagues, or simply unwind.

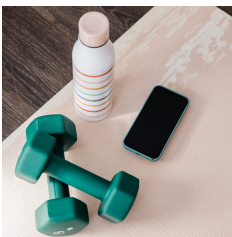
Come as you are, we'd love to see you there!



## Great Campus BBQ

Come on out to the Great Campus Gathering on Wednesday, August 26, 2026 at the CEP Campus Green for an afternoon filled with food, music and games!

This is a great way to enjoy the last days of summer and welcome the upcoming academic year! Hope to see you all there!



## Seeking Fitness Instructors

**Do you have a fitness or recreational skill you'd like to share? Or do you know someone who does?** Campus Recreation is seeking certified fitness instructors who are interested in teaching on-campus recreation. Reach out to Cheryl Johnson ([cheryl.johnson@ufv.ca](mailto:cheryl.johnson@ufv.ca)) to learn more.

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# Weekly Recipe

## Peach Crisp

*Thank you to new Strive member Chelsea R. for sharing this recipe!*

Growing up in Niagara, peach season was always a summer highlight! From packing peaches at the farm with my Oma as a kid to learning how to can peaches with my mom, summer seemed to revolve around this special season. Since moving to BC, I feel so incredibly lucky to once again live somewhere surrounded by amazing local produce - and to discover that Okanagan peaches are just as good as Niagara's. This peach crisp recipe has become a favourite of mine, as a sweet summer dessert, it's easy to whip up and will leave your kitchen smelling delicious. This recipe is seasonal, so be sure to save it for fall and bake an equally tasty apple crisp.

**YIELD:** 12 (1/2 cup) servings



### Ingredients

#### **Fruit Mixture**

- 6 sliced peaches
- 1 teaspoon cinnamon
- 1 tablespoon water
- 1 teaspoon lemon juice

#### **Topping**

- 1 cup rolled oats
- $\frac{3}{4}$  cup all purpose flour
- $\frac{3}{4}$  cup firmly packed brown sugar
- $\frac{1}{2}$  cup butter, softened

### Directions

- Preheat oven to 375F.
- Place sliced peaches in a bowl and sprinkle with cinnamon, water and lemon juice.
- Mix to evenly combine
- Add the peaches to an ungreased 8-inch square baking dish.
- In a large bowl, combine all topping ingredients, mix until crumbly, this works best when you use your hands!
- Sprinkle the crumb mixture evenly over the peaches.
- Bake for 25-35 minutes or until fruit is tender and topping is golden brown.
- Serve warm with ice cream or whipped cream and garnish with mint.

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We want to hear from you!

Please share your feedback with [health.disability.wellness@ufv.ca](mailto:health.disability.wellness@ufv.ca)

Want to learn more about UFV Health and Wellbeing?

Visit the [UFV Health and Wellbeing website](#) to explore wellness resources, upcoming events, and opportunities to support your health and well-being throughout the year.

*- Any movement is good movement! -*

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