

Please detach this form and mail
with your \$30 membership fee to:
Langley Seniors Resources Society
20605-51B Avenue
Langley, BC V3A 9H1

Name: _____

Address: _____

Phone: _____

- I would like more information
- I would like a home visit
- Please register me for the Outreach Program
- I have some extra time and would like to volunteer.

604-530-3020

**Langley Seniors Outreach Services
are made possible by the generosity
of the following sponsors:**

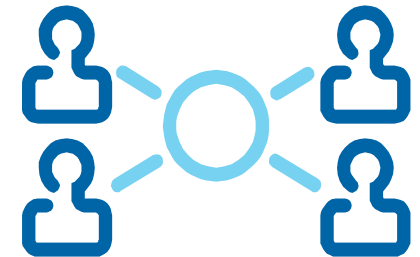
- ❖ **Vancouver Foundation**
- ❖ **The United Way**
- ❖ **Outreach Volunteers and Members**
- ❖ **Charitable Donations from the caring residents of Langley**

Charitable Tax Number: 0735 290-01-27

**Our office is located at
Langley Seniors Centre
20605-51B Ave.
Langley, BC V3A 9H1**

LANGLEY SENIORS OUTREACH

**Connecting you to
your community**



**Information for
Seniors
&
Volunteers**

604-530-3020

Ext 302 or 306

www.lsr.ca

What is Seniors Outreach?

The Outreach Program, under the umbrella of the Langley Seniors Recreation and Resources Centre, provides practical services to seniors in Langley, helping them to stay connected and retain their independence.

Volunteers help us fulfill our mission which is improved quality of life for seniors...that they may enjoy lives of dignity, hope, security and meaning.

Yearly membership is

\$30 per person



Call us at 604-530-3020
Extension 306 or 302



Email us at outreach@lsrs.ca



Visit our website at
www.lsrs.ca

604-530-3020

We provide the following services to our Senior Clients:

- **Information & Referral**
Ext 302 or 306
- **Senior Telephone Buddies**
Call Ext 306
- **Shopping Assistance**
Call Ext 305
Fee for gas applies
- **Transportation Assistance**
Call Ext 305
Fee for gas applies
- **Housing Counselors**
Saturdays 10 a.m.-12 noon
Ext. 321
- **Government Programs Counselors** Call Ext. 319
- **Sharing and Caring Social**
Thursdays 1-2:30 p.m. Ext 303
- **Coffee & Connecting Support Group**
Tuesdays 10-11:30 a.m. Ext 302
- **Mobile Outreach to Seniors Events (MOSE's)**
As requested. Ext 302 or 306
- **Home Visits by Staff**
Call Ext 306

DID YOU KNOW?

Although loneliness and isolation can happen to anyone, seniors are at a much higher risk of experiencing these conditions.

Isolation can lead to physical, mental and emotional deterioration.

THE GOOD NEWS!

Isolation can be reversed and loneliness can be alleviated!

Help is available to help you reconnect and find new friends, new activities and information that gives you choices.



Call Seniors Outreach and start connecting!

604-530-3020