

Active Living 50+ Open House

Monday, January 15 - Friday, January 19, 2018

Why not try something new this year! Inviting Members and Non-Members to our New Year Active Living 50+ Open House. **Refresh, Renew, & Reboot with us!** All activities are **Free of Charge!** We encourage you please pre-register at the Langley Senior Resources Society's Front Reception Desk (604-530-3020). **And bring your friends—the more the merrier!**



Enjoy a complimentary muffin & coffee and \$5.00 off of a new membership with a tour of the Centre everyday from 10:00am - 12:00pm

Monday, January 15, 2018

Gut Health Presentation—9:00am - 10:00am

Our Gut is composed of both good and bad bacteria. These bacteria live in balance. And play an important role in overall health. Learn about the importance of Gut Health with community Pharmacist, Satbir from Save-on-Foods. Complimentary refreshments will be served.

Complimentary Cake & Coffee 10:00am - 1:00pm

Come by and enjoy some delicious complimentary cake and coffee. Take a tour of the Centre and receive \$5.00 off a **NEW** membership.

Gentle Flow Yoga—Try it!—1:15pm - 2:15pm

Come try out our Gentle Flow Yoga class. This session has classic yoga postures, a mini meditation, and focus on the Yogi breath. Great for all levels; however, you must be able to lower yourself onto the yoga mat. If you have a yoga mat, please bring it!

Chair Yoga —Try it!—2:30pm - 3:30pm

Try out our new Chair Yoga class! It is a great seated class that strengthens and stretches the whole body. It offers a safe, low-impact workout. Flexibility, mobility, bone density and strength can all be enhanced with the practice of chair yoga.

Tuesday, January 16, 2018

Pure Stretch Yoga—Try it! 10:00am - 11:00am

Enjoy a gentle class for those who want to maintain or achieve a healthy range of motion. Well suited for people who would not necessarily go to a traditional yoga class. If you have a yoga mat, please bring it!

Line Dancing—Try it! 11:30am - 12:30pm

Come join the fun, increase your energy, and get some exercise at the same time! Everyone is welcome!

Get Up & Go—Try it!—11:15am - 12:15pm

Try out this safe exercise class specifically designed to improve strength, balance and coordination, functional ability, independence, and quality of life. The majority of the class is taught while sitting.

Tai Chi—Try it!—11:35am - 12:35pm

This class uses flowing, meditative poses, and is designed to build stronger bones, improve your balance, and give you better health.

Introduction to "One World" Course 1:00pm - 1:30pm

Join Harold Rosen, a community interfaith educator, as he introduces the next course he will be teaching at the Centre, "One World". This course will explore the question: How has humanity envisioned 'One World'?

**Come on out
and Refresh,
Renew, & Reboot
with us!**

Wednesday, January 17, 2018

Qigong—Try it!—10:30am - 11:30am

Try this Chinese traditional exercise class based on flowing and stationary postures, deep breathing, and mental focus.

Free Reflexology Facials

Book your free 15 minute reflexology facial appointment between 9:30am - 12:30pm to try out Reflexology with Helga. Limited space so please register early!

Reflexology Information Session 12:30pm - 1:00pm

Learn about the benefits of reflexology for your health. Reflexology is a gentle touch for overall wellness, pain management, fatigue, stress, improved balance, and more!

Movie Afternoon: Dunkirk—1:00pm - 3:00pm
Join us for this free showing of the movie, Dunkirk. Refreshments will be available for sale before the movie.

Thursday, January 18, 2018

Fit & Fabulous—Try it!—11:00am - 12:00pm

Check out our advanced fitness class. Classes include a warm up, intermediate cardio, weights, and occasional floor and stability ball work. Appropriate footwear is required.

Mah Jong Club—Try it!—9:00am - 11:30am

Join our Mah Jong Club to see and begin to learn how this ancient Chinese game is played.

Evening Class: Gentle Flow Yoga—30+ —Try it! 5:30pm - 6:30pm

Come try our evening Gentle Flow Yoga class. Everyone welcome! This session has classic yoga postures, a mini meditation, and focus on the Yogi breath. Great for all levels; however, you must be able to lower yourself onto the yoga mat. Please bring a yoga mat if you have one!

Friday, January 19, 2018

Free Story Telling Workshop 9:00am - 10:00am

Dean Broughton, of Living Legacy, is hosting a free workshop to help you tell your story to future generations. A free workbook will be provided that helps you capture the moments of your life.

Health Tracking Apps Presentation 10:30am - 11:30am

This one hour presentation dives into the top Android and Apple health apps to help you achieve your health goals this new year!

Oil & Acrylic Painting Art Exhibit 10:00am—12:00pm or 1:00pm—3:00pm

Come and check out our Oil & Acrylic Painting class. Meet the instructor and current participants. See their works of art on display and ask questions!

7 Artificial Intelligence Things You're Already Using Presentation—11:45am - 12:45pm

Artificial Intelligence (AI) may seem like science fiction, but it might already be making your life flow a little smoother. During this fun one-hour presentation we will look at seven examples of AI that you might already be using!

Free Guided iPad Tour—1:00pm - 2:00pm

A free class for older adults who want to try an iPad. During this hour class, a Gluu Technology Society Coach will take you on an easy-to-follow tour of a brand new iPad. Learn what makes this device so easy to use!



LANGLEY SENIOR RESOURCES SOCIETY

20605 51B Avenue ♥ 604-530-3020 ♥ info@lsrs.ca

Socialize ♥ Learn ♥ Enjoy Life