

Detach this form  
and mail 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

(Volunteer Training occurs 3 times a year in January, June & October)



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

- United Way of the Lower Mainland
- Outreach Volunteers and Members
- Charitable Donations from the community.

Charitable Tax Number: 0735 290-01-27

**20605 51B Avenue  
Langley, BC V3A 9H1**  
9:00am to 4:00pm  
Monday to Friday

Phone  
(604)530-3020 Ext. 302 or  
306

E-mail us at  
outreach@lsrs.ca

Visit our website  
www.lsrs.ca

# Langley Seniors Outreach



Connecting you to your community



*Socialize Learn Enjoy Life*



## What is Seniors Outreach?

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



## 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 support you to reconnect and find new friends, new activities and information that gives you choices.

## We provide the following services to our senior clients:

- ✓ **Information & Referral**  
*Ext 302 or 306*
- ✓ **Senior Telephone Buddies**  
*Ext 306*
- ✓ **Housing Counselors**  
Wednesdays, 1:30-3:30pm  
*Ext 319*
- ✓ **Government Programs Counselors**  
Tues & Thurs 9:00am - noon  
*Ext 319*
- ✓ **Coffee & Connecting Support Group**  
Tuesdays 10:00-11:30am  
*Ext 302*
- ✓ **Mobile Outreach to Seniors Events (MOSE)**  
**\*We will bring information to your location as requested\***  
*Ext 302 or 306*
- ✓ **Home Visits by Staff**  
*Ext 306*