



Langley Senior
RESOURCES SOCIETY

\$2

In the Loop

October 2024

Programs and Services for Adults 50+

Fall Program registration

October 7 for LSRS members

October 10 for non-members

Kelly BLOUIN REALTOR®

YOUR LOCAL SENIORS REAL ESTATE SPECIALIST®

I chose Kelly after an informative conversation at her booth at a Wellness Fair. I was impressed with her commitment to the **community** and her **knowledge** of the real estate market. So much was new to me after being in one place for 35+ years. Kelly was always present at showings which was **reassuring** and was quick to respond to email questions from me. She made the whole process as smooth as possible and we had a successful result!

- Janice McTaggart



SRES

ROYAL LEPAGE
REALTY INC.

LET'S CONNECT!

Helping people find the perfect new home and making that transition easy is my specialty. If you and your family have been considering downsizing from your older, larger, family home into something more modern and easier to care for, then let's talk.



www.thehouseman.com



(778)798-6011



kelly@thehousemanteam.com



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"After all, Ginger Rogers did everything Fred Astaire did. She just did it backwards and in high heels."

Ann Richards

About the Langley Senior Resources Society

For over 40 years, the Langley Senior Resources Society (LSRS) has provided social, recreational and educational programs and food, health and supportive services for adults 50 years of age and older in Langley. We own and operate the largest, free-standing and independently owned recreation centre in BC and operate the largest Adult Day Program in Fraser Health. We are a community leader on issues important to seniors. LSRS is non-profit charitable organization governed by a volunteer Board of Directors with the day-to-day operations managed through the Executive Director, staff and volunteers. LSRS employs 45 + staff and benefits from the time and talents of over 100 volunteers. We strive to meet the growing needs of seniors in our community.

Board of Directors

President

Loretta Solomon

Vice-President

Sherry Tingley

Secretary/Treasurer

Lee Douglas

Directors

Marlene Best

Michael Chang

Lorna Dysart

Connect with the Board at
board@lsrs.ca

Vision

An inclusive community where seniors in Langley are valued and supported to learn, socialize, and thrive.

Mission

As leaders in our community, we provide programs, services, and connection through a holistic approach to meet the emotional, physical, and social needs of seniors and their families.

Values

Leading with Heart | Compassionate |
Welcoming | Inclusive | Innovative |
Collaborative | Integrity

Charitable Registration Number: 121924229RR0001

Thank you to our generous funders



Judy De Vries

Rono Holding
Company Ltd.

Locations and Staff

Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

604-530-3020

Monday - Friday 9 am - 4 pm | Saturday 9 am - 2 pm (Sundays and Holidays Closed)

Tuk Shop Thrift Boutique | Cafe (9 - 2)

Executive Director

Kate Ludlam
604-530-3020 ext. 321, katel@lsrs.ca

Accounting Office

Douglas Koh, Accountant
604-530-3020 ext.314, accounting@lsrs.ca
Larissa Wolters, Junior Bookkeeper
604-530-3020 x313, larissaw@lsrs.ca

Human Resources Coordinator

Boni Thomas
604-530-3020 ext.310, bonit@lsrs.ca

Manager of Programs & Member Engagement

Kurtis Dueck
604-530-3020 ext. 303, kurtisd@lsrs.ca

Member Services Supervisor

Janet Madden
604-530-3020 ext. 312, janetm@lsrs.ca

Volunteer Coordinator

Jude Henders
604-530-3020 ext. 322, judeh@lsrs.ca

Kitchen and Catering Services Manager

John Zaminskis
604-530-3020 ext. 315, johnz@lsrs.ca

Manager of Community Services

Wendy Rachwalski
604-530-3020 ext. 305, wendyr@lsrs.ca

Community Services Navigators

Lisa Gordon
604-530-3020 ext. 318, lisag@lsrs.ca
Debbie Pauls
604-530-3020 ext. 304, debbiep@lsrs.ca

Community Services Coordinator

Carol Meister
604-530-3020 ext. 307, carolm@lsrs.ca

Social Prescribing Community Connectors

Linda Smith
604-530-3020 ext. 319, socialprescribing@lsrs.ca
Sheela Veloo
604-530-3020 ext.306, sheelav@lsrs.ca
Bonnie McDonald
604-530-3020 ext. 319, bonniem@lsrs.ca

Facilities Manager

Brandon Judd
604-530-3020 ext. 302, brandonj@lsrs.ca

Facilities and Grounds Workers

Connor Kahle, Cole Rachwalski

Adult Day Program (page 8)

20256 56th Avenue, Langley, BC V3A 3Y5

778-328-2302

Monday - Saturday 8:30 am - 4:00 pm (Sundays and Holidays Closed)

Adult Day Program Manager

Alicia Koback
778-328-2302 ext. 1, aliciak@lsrs.ca

ADP Administrative Assistant

Michelle Van Ieperen
778-328-2302 ext. 7, michellev@lsrs.ca

Lead Nurse

Paul Richenberger
778-328-2302 ext. 2, paulr@lsrs.ca

Hydrosound Bathing

Mirarie Fosana
778-328-2302 ext. 4

Membership Information

Join Us!

Our members are 50+ years old. Everyone is welcome.

Membership is \$63.00 (including GST) per year (Jan-Dec). Renewals start in November and new membership cards are issued annually.

For more details, and to apply, please visit the Centre's Front Desk or call 604-530-3020.



Membership Subsidy

Seniors (50+) who have a total income less than \$27,000 (single) or \$32,000 (couple) may be eligible for a membership subsidy from the City of Langley and the Township of Langley. Please call Janet at 604-530-3020 ext. 312 or email janetm@lsrs.ca.



Langley Senior
RESOURCES SOCIETY



The Tuk Shop Thrift Boutique

accepting donations

puzzles | books | clothing | housewares

Drop by and drop off: 9-4, M-F

Assistance is available to help carry heavier items.

The Tuk Shop is staffed entirely by volunteers. All proceeds go to LSRS. Last year, over \$35,000 was raised to help serve seniors!



Langley Senior Resource Society
20605 51B Avenue, Langley



A Message from our Executive Director



Grab a cozy blanket and a pumpkin latte, there's much to share and alot packed into our program guide this month. We continue to see more and more folks joining us on Saturdays (page 21) which is a good thing! I'd like to thank our amazing volunteers Su Lancaster, Gail Abbott, Loretta Solomon, Sherry Tingley, and Matt Buss. These volunteers ensure anyone coming into our rec centre on Saturdays are welcomed with a friendly face, a cup of coffee, and good conversation.

We have added a new page in our program guide called "**LSRS Staff News**" (page 8) with info about our team - new arrivals, recent departures and activities that might be interesting to you. Our staff team is our greatest asset; they ensure members and clients have engaging and supportive programs and services, and I am proud to showcase them and their important work.

With our recreation centre fully restored, we are accepting filming opportunities and thank the clubs and programs that are impacted - we closed for a few days in September and may be closing for a few days at the end of October. We work with IWL Films, a film management company, who coordinate the scout tours and director visits, insurance and contracts, and provide onsite support during film days. This is a great revenue source for us but we do try balance this with closing the centre. We have a few guidelines - we do not close for more than 2 days, we span out the closure dates, and we provide blackout dates that we absolutely cannot close. This would include pub lunches and dinners, Seniors Week and Silver Pride. This also includes the entire month of December as we have many activities during this special time of year, I know Kurtis and Janet are busy planning.

This month, we are pleased to offer a free **Tai Chi "try-it" class** (page 33) , sign up early, we only have 12 spots! LSRS has offered Tai Chi in the past and we hope members will enjoy this gentle movement activity.

Our **2025 Membership Renewal campaign** is coming up and this year, we will raise our annual fee from \$63 to \$67 per year. Our membership fee has not increased for over 9 years and the time has come for a slight increase. We are fortunate to have subsidy grants from both the City of Langley and the Township of Langley for anyone who may find the fee a financial hardship. Our membership is growing, more clients are coming to us for support, and we are doing our best to

LSRS Staff News

LSRS has a dedicated staff team who work hard to ensure our programs, services, activities, and events with seniors in Langley. Learn more about our staff team - including new employees, recent departures and retirements.



John Zaminskis has joined us as Kitchen and Catering Services Manager. With many years experience as a Chef, Kitchen and Catering Manager, and food truck operator, John will provide leadership to our food services team while growing our catering services. He's already made a difference with a kitchen deep clean, reorganizing workstations and some great menu ideas.



Kurtis Dueck is our new Programs and Member Engagement Manager. With solid experience in seniors recreation programming, he is a fitness and yoga instructor as well as an events specialist. He is looking forward to getting to know our members and clients and bringing new activities to LSRS , like Tai Chi and Bingo.

Courtney Sullivan joins our Adult Day Program team with previous experience as a health care assistant in long-term care. With a passion for holistic wellness, Courtney went back to school to study Therapeutic Recreation where she finds joy helping others pursue recreation and leisure interests that foster personal wellness.

Andrea Myers is another new member of our Adult Day Program team. From London, Ontario, Andrea worked with older adults and specialized populations in a variety of recreation program settings for 7 years. She relocated to BC to pursue her interests in rock climbing, hiking and camping and is passionate about connecting with people and supporting them in finding meaning and joy in every day.

On September 25, our team held our **Quarterly All Staff Meeting** to discuss our strategic plan goals and outcomes, hear directly from our Managers about the activities in their department, and extend a warm welcome and sad goodbye to those those staff transitioning in and out of LSRS.



Adult Day Program

At our secondary location, the **Adult Day Program** provides specialized care and recreation for adults with physical and/or cognitive limitations who live alone or with family caregivers within the Langley area.

- Recreation
- Caregiver support groups
- Health care
- Meal and dietary services
- Hydrosound bathing



The program is funded primarily by Fraser Health. Privately funded clients are also welcome, including those who may need immediate service, those who do not qualify for Continuing Care funding, or those who are funded through third party agencies such as ICBC, WorkSafe BC and Veterans Affairs Canada.

This location is open **Monday - Saturday, 8:30 am - 4:00 pm.**

Contact Alicia Koback at 778-328-2302 for more details.



HYRDOSOUND BATHING PROGRAM

Do you or a loved one have difficulty getting in and out of a bathtub? If so, our community bathing service may be an option. Designed for older adults who find it hard to bathe safely at home, baths are provided in a safe and private bathing area with help from a trained care aide. Bathing supplies include towels, hypo-allergenic shampoo and soap. \$20 per bath.



CAREGIVER SUPPORT GROUPS

Free and open to members and non-members. For anyone caring for an adult family member or friend with a chronic physical or cognitive health condition.

Tuesdays, 1:15 - 2:15 pm (open to MEN)

at our Adult Day Program location - 20256 56th Avenue

Thursdays, 1:00 - 2:30 pm (open to ALL)

at the Recreation and Resource Centre - 20605 51B Avenue

Community Services

Community Services are available for free to adults 60 years of age and older.

Call **604-530-3020** for appointments & more information.

Information and Referral

Our Community Services staff advocate for all seniors in the Township and City of Langley (not just members) -- free of charge. To learn more about how we can help you, please call the Centre or visit our website at www.lsr.ca.

Housing Navigation

Staff and trained volunteers can assist older adults with information on housing options and support with finding and maintaining appropriate housing, including:

- Subsidized rental housing
- BC Housing
- Shelter Aid for Elderly Renters (SAFER)
- Food Security
- Shelters
- Home Owner Grants
- BC Rebate for Accessible Home Adaptations (BC RAHA)
- Property Tax Deferment
- Support with landlord and property manager concerns
- Independent living, assisted living and residential care

Social Prescribing

Enables health care professionals to refer older adults to local community-based programs and services to support their health and wellness (e.g., social and recreational programs, supports for aging in place at home, mental health and nutrition services, etc.).



Better at Home

Better at Home services help adults 65 years of age and older remain at home longer. These services are offered on a sliding scale based on your annual household income.

For more information, contact Community Services at 604-530-3020.

Transportation to Appointments

A volunteer driver picks you up at home and takes you to your appointment, then returns you home. Rides can be purchased in advance or as a gift.



Grocery Shopping

A volunteer picks you up at home and takes you to the store of your choice, or they can pick up a shopping list and shop for you.

Light Housekeeping

A paid housekeeper will provide 2 hours of cleaning on a weekly, bi-weekly or monthly basis. *(Full price services available. There is a wait list if subsidy is needed.)*

Friendly Visits

A trained volunteer will visit you at home on a weekly basis to reduce isolation and loneliness. Free.

Telephone Buddies

Trained volunteers call an isolated older adult for a weekly friendly chat.

Please help us build a

Seniors in Need Fund

Limited Short-Term Financial Aid for Older Adults

With your assistance, we hope to be able to provide:

Housing Supports

- housekeeping, handyman services, moving assistance

Health Care Needs

- mobility aids, medication costs, footcare

Food Insecurity Supports

- grocery gift cards, farmer's market coupons, transportation support

GIVE
TODAY
at
lsrs.ca



Langley Senior
RESOURCES SOCIETY



Café and Food Services




THE CAFÉ
OPEN
MONDAY - FRIDAY
9 AM - 2 PM
(lunch is served 11 am - 2 pm)
SATURDAY
9 AM - 1 PM
DAILY SPECIALS | SANDWICHES | SOUP
SNACKS | DRINKS
MEALS TO GO

Meals to Go

Fresh and frozen meals are available for purchase from the Café on a first-come, first-served basis.

Pre-orders are not available at this time.

\$7 (members)
\$8 (non-members)

For more information, please call 604-530-3020 or email info@lsrs.ca



Langley Senior
RESOURCES SOCIETY

Langley Senior Resources Society is proud to be an affiliate member of the Council of Senior Citizens' Organization of BC and a member of Langley Seniors in Action.



langleyseniorsinaction.ca



coscobc.org



Your legacy will help older adults thrive.

Learn how to leave a gift in your will to the Langley Senior Resources Society.



Langley Senior
RESOURCES SOCIETY

Visit the donate page at lsrs.ca, contact Kate at 604-530-3020 ext. 321, or kateL@lsrs.ca.



2024 marks the 50th year for Allen MacCallum as a practicing Lawyer in British Columbia.

We are proud of his professional milestone and look forward to celebrating the honour given by the Law Society of British Columbia. To help make his 50th year celebration memorable, we're calling for contributions from our local community.

We are inviting anyone with stories and memories in respect to Allen MacCallum from the past five decades to kindly write to sophie@maclg.com. We'd love to get in touch with you ahead of the celebration.

OUR PRACTICE AREAS:

- Wills and Estate Planning
- Probate and Estate Administration
- Corporate and Commercial Law
- Real Estate Law and Land Law
- Family Law

6345 197 St.
Langley, BC

info@maclg.com
604.546.6345 | maclg.com

A Firm Tradition

One of our firm's many long-standing traditions is Allen's monthly visits to the Langley Senior Resource Society.

We're proud that Langley's Senior Resource Society had found a deeply experienced yet approachable legal partner in MacCallum Law Group LLP. Carrying on the tradition, our Lawyer team are proud to serve LSRS, visiting once a month to provide legal advice to members.



Working Together

Book your free 30 minute appointment at the LSRS front desk or call 604.530.3020

UPCOMING DATES:

- Monday, October 7, 2024 from 1 - 3 pm
- Monday, November 4, 2024 from 1 - 3 pm
- Monday, December 2, 2024 from 1 - 3pm

Appointments are popular, and we strongly encourage you to pre-register in advance.

Health Clinics

HEARING CLINIC

The success you have with your hearing aids will largely be dependent on how well the hearing aids are functioning. Cleaning and servicing of your hearing aids should be done on a monthly basis.

- Testing hearing aid components for proper function
- Thorough cleaning of hearing aids
- Check hearing aid fit
- Inspection of your ears to check for earwax build-up
- Installation of a fresh battery in each hearing aid
- Answer any hearing questions

Tuesday, October 8, 11:30 am - 1:00 pm

No appointment necessary.

Members only.



FOOT CARE CLINIC

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, callouses, corns, dry and cracked skin, diabetic assessment, fungal nails, hammer or claw toes, and thickened toenails
- Cutting and filing of toenails
- Foot massage with essential oils
- Education for prevention of issues

If you intend on having your toenails cut, please do not cut them for 6 weeks prior to your appointment.

30 minute appointments take place every Thursday & Friday with Vanessa. Call the Front Desk for availability.

Fee

Member \$53 | Non-Member \$60

Effective June 1, 2024, a \$5 fee will be charged for all cancellations.

MASSAGE CLINIC - EVERY MONDAY

The activities of daily living can be **less painful**. Our registered massage therapist Jacklyn Harvey can help! Tailored treatment plans for your unique needs with an adjustable recliner, massage table and massage chair. Most insurers will cover massage. Don't forget to bring your receipt to your insurance provider. Every Monday

Massage can help with many ailments including:

- joints and muscles
- rheumatoid arthritis and osteoarthritis
- flexibility, balance and range of motion
- posture and circulation
- stroke recovery, sleep, digestion, and depression

*30-minute
appointments*

Members \$63

Non-members \$70



RESILIENCE Study

What is the study about?

As adults age, there is a decline in immune function which increases the risk of development and/or progression of infections and other diseases. An example of this was demonstrated during the COVID-19 pandemic, in which older adults suffered disproportionately.

The **RESILIENCE Study** is evaluating the effectiveness of QBKPN Site-Specific Immunomodulator in improving natural immune function and reducing respiratory infections in adults aged 65 years and older.

Who can participate?

You may be eligible to participate if you are:

- ✓ 65 years of age or older
- ✓ Interested in participating in a clinical study evaluating a new therapy designed to enhance your natural immunity

If you would like to hear more about this study:

Please contact the **Qu Study Team** who will be pleased to discuss the study with you and answer your questions.

Email: info@isstudy.ca
Phone: 1-877-223-8637

Website: www.qbiologics.com/clinical-trials/resilience-study

What is QBKPN?

QBKPN is a new medication in a class known as Site-Specific Immunomodulators (SSI).

SSIs are designed to train and/or improve innate immune function to reduce the risk of infections, improve immune response to cancer, and slow the progression of chronic inflammatory diseases.

What does the study involve?

If you are eligible and want to participate, you will be:

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 16 weeks
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of a year.

Who is conducting the study?

Study Sponsor: Qu Biologics, which is receiving funding from the National Research Council of Canada Industrial Research Assistance Program, to support the study.

Qu Biologics is a clinical stage biotechnology company located in Burnaby, British Columbia, which is developing the immunomodulatory platform called Site-Specific Immunomodulators (SSIs.)

Principal Investigator: Dr. Theodore Steiner

Dr. Steiner is a Professor of Medicine at the University of British Columbia. He is also an Infectious Diseases Specialist at Vancouver General Hospital, a Research Scientist at BC Children's Hospital Research Institute, and the Chief Medical Officer for Infectious Diseases at Qu Biologics.





REPAIR CAFÉ



LANGLEY ENVIRONMENTAL PARTNERS SOCIETY



Free repairs of
appliances, bikes,
clothing, toys and
more!

Note: If you already have the
specific piece needed for your
repair please bring it with you



LANGLEY SENIORS RESOURCE CENTRE

20605 51B St, Langley BC
V3A 9H1

SAT,
OCT 19
10AM-
2PM

CONTACT EDUCATION@LEPS.BC.CA IF YOU ARE INTERESTED IN
VOLUNTEERING AT THIS EVENT!

Introducing...

The Gold Standard in Retirement Living!

Opening September 1st!

Age in Place:

- Independent Living
- Access to scheduled Care
- Full Care

Modern Suites:

- All inclusive Living
- In Suite Washer and Dryer
- Air Conditioning
- 55" smart TVs

Exceptional Amenities:

- Transportation
- Bistro and Lounge
- 5 hole Golf Putting Green
- and so much more!



*Sherri Martin,
Senior Living Specialist*

**Book a personal
tour today!
Call Sherri at
604-329-3664**



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.



Bellevue Park Senior Living Residence: 2882 - 272 Street, Aldergrove, BC • www.bellevuepark.ca

Community Partnerships



Self-Management Health Workshops

6-Sessions in Langley

Choose Chronic Pain, Diabetes, or Chronic Conditions

- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

Register online: www.selfmanagementbc.ca

By phone: 604-940-1275 or 604-603-8258



CHRONIC PAIN

Oct 9 - Nov 13
Shepherd of the Valley Church
20097 72 Ave, Langley



CHRONIC CONDITIONS

Oct 20 - Nov 24
Walnut Grove Community Centre

Available FREE for BC Adults - spouses, partners and caregivers. Small group workshops - REGISTER NOW



University of Victoria

Institute on Aging & Lifelong Health

Self-Management
British Columbia



BRITISH COLUMBIA

Self-Management BC is supported by The Province of British Columbia.

More information at mensshedlangley.ca



Send us an email if you'd like to meet the guys and see what it's all about: info@MensShedLangley.ca

Discover a place where men can come together, share their skills, and form meaningful connections. Men's Shed Langley offers a supportive environment where you can avoid isolation and contribute to the betterment of our community. Join us in advocating respect, decency, and friendship.



Events

Lunch & Learn



LET'S DO LUNCH!

Are you having more difficulty hearing your friends and family?
Are your kids insisting its time to get your hearing tested?
Do you find hearing aid information confusing?

Join Kim Galick, Owner of Ears Hearing Clinics for an information session and FREE LUNCH. Come and learn about the latest news in hearing care! We'll discuss hearing loss, hearing aids, hearing aid technology, communication strategies and what you should know and look for before starting the hearing aid trial process.

Come with all of your questions!

RSVP Today!
(604) 427-2828

Date: October 4, 2024 Time: 10:00AM - 1:00PM
Location: Langley Senior Resources Society
20605 - 51B Avenue

*Must register to be included for lunch.



Kim Galick
RHIP/Owner
26 years of experience

Unit C 20568 56 Ave, Langley
www.earslangley.com
Veteran's TAPS Cards Accepted



KIM GALICK
EARS HEARING CLINICS

Part of the WorkSafe BC Provider Network

in partnership to support seniors in Langley

COBS BREAD Langley Senior RESOURCES SOCIETY

pick up at our Rec Centre on Oct 8 and 22

The Bread Basket

AT LSRS

BY DONATION supporting our seniors in need fund

call 604-530-3020 for more info

Provincial ALL CANDIDATES MEETING



Join us for one of our upcoming All Candidates Meetings to learn more about our local candidates, before you vote.

Advance Polling begins October 10, 2024.



WITH A FOCUS ON...

SENIORS' ISSUES

Transportation, Healthcare, Poverty Reduction, Food Security, Social Inclusion, Provincial Seniors Strategy



Oct. 4 **LANGLEY WILLOWBROOK - FRIDAY, OCTOBER 4**
Langley Seniors Resource Centre, 20605 - 51B Avenue, Langley
2:00pm to 4:00pm (Doors Open at 1:30pm)

Oct. 7 **LANGLEY WALNUT GROVE - MONDAY, OCTOBER 7**
West Langley Hall, 9402 - 208 Street, Langley
2:00pm to 4:00pm (Doors Open at 1:30pm)

Oct. 9 **LANGLEY ALDERGROVE - WEDNESDAY, OCTOBER 9**
Langley Arts Council, 26770 - 29 Avenue, Aldergrove
2:00pm to 4:00pm (Doors Open at 1:30pm)



Let your voice be heard on
October 19, 2024



Events

REMEMBERING OUR VETERANS



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

Friday, November 8
11:00 am

November Pub Lunch

Wednesday, November 13

11:30 am - 1:30 pm

Menu

BBQ Pulled Pork Sandwiches
served with french fries and creamy coleslaw
Apple Crisp with chantilly cream

Members \$25 Non-Members \$30

Call 604-530-3020 for reservations

**Prices do not include soft drinks or alcohol*

**Please request vegetarian option at time of reservation.*

**Refund/Cancel 7 days prior to event.*

*featuring the
musical stylings of*



The Willoughby Ridge Band



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca



Regular Programs at a Glance

Monday	Monday Morning Talk Show	10:00 - 11:00 am	36
	Table Tennis	10:00 am - 12 pm	32
	Circle of Friends	11:30 am - 12:30 pm	34
	Jam Session	1:00 - 3:00 pm	28
	Bridge Partners	1:00 - 4:00 pm	29
Tuesday	Fit and Fab	9:00 - 10:00 am	31
	Adaptive & Lively Chair Yoga	10:15 - 11:15 am	31
	Flying Solo	11:00 am - 12 pm	34
	Line Dancing	11:30 am - 12:30 pm	32
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 12:30 pm	35
	Canasta	12:30 - 4:00 pm	29
	Carpet Bowling	1:00 - 3:00 pm	32
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	9, 35
Wednesday	Tim's Bits Woodcarving	9:00 - 11:00 am	28
	Walking Group	10:00 - 11:00 am	30
	Table Tennis	10:00 am - 12:00 pm	32
	Changing Gears	1st Wed of Month: 10:30 am - 12 pm	34
	Mexican Dominoes	12:30 - 4:00 pm	29
	Shanghai Rummy	12:30 - 4:00 pm	29
	Cribbage	1:00 - 3:00 pm	29
	Euchre	1:00 - 3:00 pm	29
Thursday	Fit and Fab	9:00 - 10:00 am	31
	Knit Together	9:00 am - 12:00 pm	28
	Fusion Chair Yoga	10:15 - 11:15 am	31
	Whist	12:30 - 4:00 pm	29
	Book Club	1st Thurs of Month: 12:30 - 2:00 pm	34
	Carpet Bowling	1:00 - 3:00 pm	32
	Caregiver Support Group	1:00 - 2:30 pm	9, 35

Key: Arts, Crafts, Music | Cards and Games | Yoga, Physical Activity, Fitness, Sports Conversation, Social, Education | Other

"Aging is not about how many years have passed but how much life you've embraced."

- Sophia Loren

Regular Programs at a Glance

Friday	Walking Group	10:00 - 11:00 am	30
	Choir	10:00 am - 12:00 pm	28
	Art Class: Oil and Acrylic	10:00 am - 1:00 pm	28
	Samba	11:00 am - 3:00 pm	29
	Mexican Dominoes	12:30 - 4:00 pm	29
	Bridge	1:00 - 4:00 pm	29
	Cribbage	10:00 am - 12:00 pm	29
Monday - Friday	Gardening Circle	Seasonal	32
	Snooker	9:00 am - 4:00 pm	32
Saturday	Table Tennis	9:30 - 11:30 am	32
	Card & Board Games	9:15 am - 1:45 pm	29
	Accessible Mat Yoga	12:00 pm - 1:00 pm	31
	Saturday Social	11:00 am - 12:00 pm	35
	Snooker	9:00 am - 2:00 pm	32

SATURDAYS

LSRS Rec Centre is open on Saturdays from 9am - 2pm

Schedule includes

Self-Serve Cafe; Tuk Shop, card and board games, table tennis, accessible mat yoga and Saturday social group

Things to know

- The Front Desk will be closed.
- The Community Services Department is closed.
- The Tuk Shop accepts cash only.



Live life your way

ENJOY COTTAGE-STYLE LIVING, WITH ACCESSIBLE WALKING PATHS, GARDENS, AND FARM ANIMALS.

Our focus is on providing an enriched living experience where each person living with dementia or memory related conditions experiences a purposeful and meaningful life.

(604) 427-3755 | 3920 198TH STREET, LANGLEY, BC | TheVillageLangleyRetirement.com





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Home repairs? Not your problem. Grocery shopping? Skip it. And don't bother bringing your vacuum cleaner along. Your days are precious; make the most of them by spending time doing what you love with friends and family.

We work hard to ensure every day is an opportunity to connect, relax and live life to the fullest. Come for a tour and discover our joyful way of life.

Come for a tour, we'll treat you to lunch.

Call Keri to Schedule a Tour

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Program, Event, and Trip Registration Information

Membership is required to participate in most of our programs, unless otherwise noted.

Please register at the Centre's Front Desk or call the Front Desk at 604-530-3020 to register with a credit card.



Program, Event and Trip Cancellation Policy

If We Cancel

LSRS is committed to maintaining affordable programs, events and trips. In the event we have low registration or extenuating circumstances, we will either cancel or re-schedule. In this circumstance, full refunds will be given.

If You Cancel

A refund and cancellation deadline is set for every program, event or trip. To receive a refund, cancellation must be completed on or before the specified date. A \$5.00 service charge will be deducted.

For Foot Care Cancellations

For a full refund, 48 hours notice is required for change or cancellation of appointments.

How You Will Be Refunded

Refunds will be given via the same method by which payment was received (cash, cheque, debit, or credit).

Arts, Crafts, and Music Programs

LSRS membership is required to participate in these programs.

Art Class: Oil and Acrylic Painting

Receive 1-on-1 guidance from instructor Bette Hurd in these creative sessions where everyone paints their subject of choice.

Fridays - Nov 1 - Dec 13

10:00 am - 1:00 pm | Activity Room

\$66.00 | Members only

Cancel/Refund by October 18



Choir

A social choir with no auditions or requirement to read music. Participants enjoy singing old favourites together and learning new songs. One social outing per session. Space is available - join any time. No session November 15.

Fridays - Sept 13 to Dec 6

10:00 am - 12:00 pm | Main Hall

\$30.00 | Members only

Remembrance Day Assembly on Nov 8 and Christmas Carols on Dec 6.

Jam Session

Bring your instruments, your voice, your ears and your enthusiasm. You can participate by bringing an instrument to play, singing, or just listening.

Mondays, 1:00 - 3:00 pm

Brock Douglas Room | Free

Knit-2-Gether

Bring your own creations to work on in a social setting. Knitting, crocheting, embroidery and more. Come for conversation, friendship, and sharing ideas.

Thursdays, 9:00 am - 12:00 pm

Sun Room | Free

Tim's Bits Woodcarving

Woodcarving is a time-tested hobby that many find both relaxing and fun. Come and find out what it is all about. Beginners are welcome. Bring your own tools and projects.

Wednesdays, 9:00 - 11:00 am

SunRoom | Free



Cards and Games

LSRS membership is required to participate in these programs.

All are welcome, no experience necessary. Beginners will be taught how to play.

Bridge - Partners

Mondays, 1:00 - 4:00 pm

Sun Room | Free

Bridge

Fridays, 1:00 - 4:00 pm

Sun Room | Free

Canasta

Tuesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Cribbage

Wednesdays, 1:00 - 3:00 pm

Main Hall | Free

Cribbage

Fridays, 10:00 am - 12:00 pm

Lounge | Free



Traditional Euchre

Wednesdays, 1:00 - 3:00 pm

Sun Room | Free

Mexican Dominoes

This fun domino game can be played with 2-5 players to a table.

Wednesdays and Fridays

12:30 - 4:00 pm

Lounge | Free

Samba

Fridays, 11:00 am - 3:00 pm

Brock - Douglas Room | Free

Shanghai Rummy

Wednesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Whist

Thursdays, 12:30 - 4:00 pm

Sun Room | Free

Cards & board games are available every **Saturday** on a first-come, first-served basis.

October Walks

Enjoy treks through the beautiful trails in the City and Township of Langley.

Wednesdays at 10 am

October 2

Municipal Nature Park
224 St & approx. 5th Avenue

October 9

Pitt Meadows Dyke
Meet at Church at 9:30am
21015 96th Avenue

October 16

Brae Island
Meet at 9451 Glover Road

October 23

Campbell Valley Park
River Loop and Racetrack
16th Avenue parking lot

October 30

Derek Doubleday Arboretum
Meet at LSRS Rec Centre

Fridays at 10 am

October 4

Campbell Valley Park
Ravine trail/some hills
8th Avenue parking lot

October 11

Blauw Eco Forest
8640 257A Street

October 18

Derby Reach
21801 Allard Crescent

October 25

Brydon Lagoon
Meet at Portage Park
204th & 51A Avenue

November 1

Fort to Fort Trail
Meet at Bedford Plaza

Wednesday Walking Group Leader

Al Frost: cell 604-240-3607
home (preferred): 604-534-1798

Friday Walking Group Leader

Carole Chesham: 604-825-2636
Landline: 604-530-1741

Health, Fitness & Sports

LSRS membership is required to participate in these programs, except where noted.

Adaptive & Lively Chair Yoga

An energetic/gentle class to improve strength, flexibility, mobility and breathwork while exploring the benefits of yoga from a seated position. Practice all important balance skills while standing or sitting.

Suggestion: bring your own mat and strap. *This class requires being barefoot or wearing non-slip socks or shoes.*

Tuesdays, November 5 - December 17
10:15 - 11:15 am | Main Hall

Members - \$49 | Non-members - \$59
Cancel/Refund by October 22

Fit 'n' Fab

Join Stacey for an inclusive and diverse class for all levels that work on aerobic fitness, strength, flexibility, and balance. Use bands, weights, balls, and body weight for a full body workout.

Tuesdays and Thursdays
9:00 - 10:00 am | Main Hall

10 session punch cards:
Members - \$60 Non-Members - \$75
Drop-in - \$7.50

Fusion Chair Yoga

Combines the benefits of chair yoga with the bonus of optional hand weights and resistance bands for additional strengthening and stretching. Practice all important balance skills while standing or sitting.

Suggestion: bring your own mat. Other props available. *This class requires being barefoot or wearing non-slip socks or shoes.*

Thursdays, November 7 - December 19
10:15 - 11:15 am | Main Hall

Members - \$49 | Non-Members - \$59
Cancel/Refund by October 24

Accessible Mat Yoga

Adapted for everyone, practice stability, balance and strengthening while standing. Participants must be able to independently transition safely and comfortably down to the mat for stretching.

Saturdays, November 2 - December 14
12:00 - 1:00 pm | Main Hall

Members - \$42 | Non-Members - \$52
Cancel/Refund by October 26

No session - November 23 (closed for the Craft Fair)

Health, Fitness and Sports

LSRS membership is required to participate in these programs, except where noted.

Carpet Bowling

Join us for non-strenuous, fun rounds of carpet bowling!

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$13/year



Line Dancing

Git 'yer boots scootin' with Darlene.

Tuesdays, Nov 5 - Dec 17

11:30 am - 12:30 pm | Main Hall

\$49 members | \$59 non-members

Cancel/Refund by October 22

Table Tennis

This light exercise promotes hand-eye coordination and helps keep you fit. Beginners and experienced players are welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.

Mondays & Wednesdays:

10:00 am - 12:00 pm

Saturdays: 9:30 am - 11:30 am

Main Hall | \$10/year

Gardening Circle

Keep the plants, flowers and gardens looking great at the Recreation and Resource Centre. Choose your hours and workload. Meet others at informal gatherings.

Seasonal (weather permitting) | Free



Snooker

Play a game of snooker with friends in the best snooker room in Langley! No food and drinks with lids only.

Monday - Friday, 9:00 am - 4:00 pm

Saturdays - 9:00 am - 2:00 pm

Snooker Room | \$30/year



**TRY-IT
CLASS!**

Tai Chi is an ancient Chinese martial art that has evolved into a popular practice known for its gentle and flowing movements. It combines elements of martial arts, philosophy, and traditional Chinese medicine. Tai Chi is often practiced for its health benefits, stress reduction, and its meditative aspects.

OUR INSTRUCTOR

Angela Lu is a seasoned Tai Chi master and has been teaching Tai Chi for many years. She has won many competitions in Canada, China, Taiwan, Singapore, and Malaysia.



Tai Chi at LSRS



Monday, Oct 7



9 - 10 am



LSRS Recreation
Centre



FREE

Call 604-530-3020
to register - only 12 spots!

Conversation, Social, and Education Programs

LSRS membership is required to participate in these programs.

Changing Gears

Come join this group of young-minded individuals who enjoy socializing, good conversation, and making new friends while finding their 'new normal' adapting to changes in their lives.

1st Wednesday of the Month,
10:30 am - 12:00 pm

Brock - Douglas Room | Free

Circle of Friends

A casual, welcoming, upbeat gathering of people making and growing friendships. We share common interests and personal stories and get together for a meal outside the Centre once a month.

Mondays, 11:30 am - 12:30 pm

Brock - Douglas Room | Free

Flying Solo

This is a group for individuals who have lost a spouse, partner or loved one. Please join us to meet new people and make friends. Includes support, topic discussions, trivia, humour, resource materials and monthly lunch outings. We all share a loss but together we move forward.

Tuesdays, 11:00 am - 12:00 pm

Brock - Douglas Room | Free

The Diners Club

Discover the dining delights of Langley with foodie-friends. New location every month. Numbers are limited so register early!



Tuesday, October 1 at 6:00pm

Boston Pizza

19700 Langley Bypass

Join us for pasta Tuesday! All gourmet pastas are \$15.99.

Tuesday, November 5 at 6:00pm

Sushi Ami

20151 Fraser Highway

Specializing in Japanese and Korean cuisine. Menu features sushi, sashimi, and tempura options.

Book Club

Meet other enthusiastic readers, discuss books, and help choose each month's title. Books will be provided. Members only.

1st Thursday of the Month, 12:30 pm
Activity Room | Free

Conversation, Social, and Education Programs

Caregiver Support Groups

Support groups are free and open to members and non-members. They are for anyone caring for an adult family member or friend with a chronic physical or cognitive health condition. The demands and responsibilities of caregiving can be overwhelming and stressful and speaking with others can help you cope. For more information, contact Alicia Koback at 778-328-2302 ext. 1 or aliciak@lsrs.ca.

Caregiver Support Group

This support group is open to all.
Thursdays, 1:00 - 2:30 pm
Recreation and Resource Centre location

Men's Caregiver Support Group

This support group is open to men.
Tuesdays, 1:15 - 2:15 pm
Adult Day Program Location

Saturday Social

A self-run hangout for folks who want to chat and make connections.

Saturday, 11:00 am - 12:00 pm | Brock-Douglas Room | Free

Senior Pride Social Group

A space for folks over 50 in the LGBTQ2S+ community to gather, connect and engage in meaningful conversation. An environment where we can make connections and memories with our like-spirited neighbours with informal fun, guest speakers, and lunch companionship.

We meet the third Tuesday of every month. Sorry, this group is not for allies.

Please contact seniorpride.lsr@gmail.com for schedule and more information.

Society membership or Langley residency are not required.

*Hosted in partnership
with*



Conversation, Social, and Education Programs

LSRS membership is NOT required to participate in this program.

Free & Open to the Public **MONDAY MORNING TALK SHOW** Mondays @ 10 am

OCTOBER 7

THE IMPORTANT ROLE OF NATURAL IMMUNITY IN HEALTH AGING

Our aging immune system leaves us susceptible to the development of cancer, chronic inflammatory diseases, infections, and an overall decline in health. Learn what you can do to boost your natural immunity.

Dr. Hal Gunn

CEO and Founder, Qu Biologics

OCTOBER 21

MOVEMENT IS MEDICINE

Big picture talk on the benefits derived from physical movement on parameters like longevity, balance, strength and happiness.

Dan Sivertson

Owner, Pure Form Physio
BHK, BSc PT, M. Manual Ther.
CGIMS

OCTOBER 14

CLOSED - THANKSGIVING



OCTOBER 28

BUSTING BAT MYTHS

Bats are an often misunderstood mammal. Terri-Lou will share why bats are so important and why they are such good community citizens. Find out how loss of natural habitats is threatening bats and what you can do to help.

Terri-Lou Trainor

Certified Bat Ambassador, a member of the Langley Field Naturalists and a Citizen Scientist with BC Bats

Bus Trip Information

For the safety, concern and enjoyment of all passengers, volunteers and staff, please read the following information before booking a bus trip.

Accessibility

All passengers must be physically able to do the following in order to take a trip unaided:

- Walk a minimum of 2 km.
- Be able to walk up and down the bus stairs unaided.
- Have good balance so that uneven surfaces do not become a fall hazard. This includes boat ramps, walks outdoors and gravel pathways.
- Not require the use of a scooter.

If you require additional support, you must bring an aide with you.

Bus capacity only allows for 2 walkers on a full bus. If you have not notified LSRS that you are bringing a walker, you may not be able to bring it.

Tips for the driver are not included and much appreciated.

Policies

Please speak to the Manager of Programs and Member Engagement if you need special arrangements to accommodate you for a trip prior to registering. Failure to do so could forfeit your ability to come on the trip and no refunds will be given.

- Bus trips begin and end at the Recreation and Resource Center. You must have a ride to the Center and home. If you are walking home, be aware of the time we will be returning.
- Drivers, guides, hosts/hostesses, and staff are not allowed to give participants a ride home. The guide or host/hostess can call you a cab.
- Do not rely on other passengers to give you a ride home unless arranged prior to the trip.
- All belongings, including scooters, cannot be left in the Recreation and Resource Center while you are on a trip.
- Minimum of 14 days notice is required for cancellations/refunds.



Enjoy THE JOURNEY

Bus Trips

CHINATOWN STORYTELLING

Friday, October 4 | 8:15 am - 4:15 pm

Members \$119 Non-Members \$139

Visit the recently opened Chinatown Storytelling Center for a guided tour featuring personal stories told by the community about specific memories, objects, and people that shaped who they are today. Enjoy lunch at Peaceful Restaurant, a Chinatown neighbourhood sightseeing tour and an afternoon stop at T & T Supermarket Chinatown store. **Activity Level: Easy**

PACKAGE INCLUDES

Cafe Calabria morning coffee | Chinatown Storytelling Center | lunch at The Peaceful Restaurant | Neighbourhood Coach Sightseeing Tour | T & T Supermarket Chinatown
All fees and taxes

 **Langley Senior**
RESOURCES SOCIETY

Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lrsr.ca

THE JOURNEY
Enjoy



Boeing Factory Tour USA

Tour the largest building on Earth - by volume - The Boeing Company! Take the Boeing Factory Tour and see airplanes in various stages of flight manufacture and test for airline customers around the world. Includes a delicious lunch at Ivar's Mukilteo Landing.

USA travel documents required.

Activity Level: Moderate

Thursday, October 24

7:15 am - 5:15 pm

Members \$169
Non-Members \$189

PACKAGE INCLUDES

1.5 hour Boeing Factory Tour
Admission to Boeing Gallery
Shopping at the Boeing Store
Lunch at Ivar's Mukilteo Landing
All fees and taxes

 **Langley Senior**
RESOURCES SOCIETY

Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lrsr.ca

THE JOURNEY
Enjoy



Bus Trips



CIRQUE DU SOLEIL ECHO

ECHO tells a tale of connection, intention, and the bond between humans, the animal kingdom and the world we share through a stunning show of acrobatics, technology and artistry. Includes escorted entry and lunch on Commercial Drive prior to the show.

Sold out
2nd date added

Saturday, Nov 2 6:45pm
3pm show

Sunday, Nov 24 9am - 4:15pm
1pm show

Members \$169 | Non-Members \$189

PACKAGE INCLUDES
Cirque Du Soleil ticket | Escorted Entry
Light Lunch - Cafe Callabria | All fees and taxes

Langley Senior RESOURCES SOCIETY
Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3030 | lrsr.ca

Enjoy THE JOURNEY



HARRISON BALD EAGLE TOUR

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, at Eagle Point Community Park, and the shores of the Harrison and Fraser Rivers near the Kilby Historic site.

Thursday, November 28
9:15 am - 5:15 pm
Members \$119 | Non-Members \$139

PACKAGE INCLUDES
Rivers Edge Restaurant Lunch | Multiple Viewing Locations in Eagle Point Community Park | Kilby Historic Site Admission
All fees and taxes

Langley Senior RESOURCES SOCIETY
Recreation and Resource Centre
20605 51 B Avenue
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604-530-3030 | lrsr.ca

Enjoy THE JOURNEY

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9 AM - 2 PM

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Recreation and Resource Centre
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nhtlangley@bayshore.ca





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home care services

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"The Caregivers and Care Designer are absolutely wonderful, flexible and accommodating...I have nothing but great things to say about the team, who have been kind and helpful throughout the difficult process of getting my dad the care he needs." ~ Tanya A.





go digital

Explore these online resources – all free for FVRL customers at www.fvrl.ca:

- **Kanopy** – more than 30,000 movies and documentaries
- **FVRL OverDrive** – downloadable ebooks and audiobooks
- **LinkedIn Learning** – thousands of courses taught by industry experts
- **Mango Languages** – courses in more than 70 world languages



Your legacy will help older adults thrive.

Learn how to leave a gift in your will to the Langley Senior Resources Society.



Langley Senior
RESOURCES SOCIETY

Visit the donate page at lsrs.ca, contact Kate at 604-530-3020 ext. 321, or kateL@lsrs.ca.



Read. Learn. Play.
www.fvrl.ca

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To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

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MEET KIM GALICK OF EARS HEARING CLINICS

Kim Galick is a mother to two beautiful girls, wife to Kevin (23 Years and counting!!) and entrepreneur who pours her heart and soul into helping her community hear better, one person at a time. She is the founder and CEO of Ears Hearing Clinics in Langley and she is passionate about her family, gardening, hockey (which her two beautiful daughters are very involved in) and helping her hearing family on their journey to better hearing.



SUPPORT LOCAL SMALL BUSINESSES

We are a local, independently owned hearing clinic. This was my dream and I'm so lucky to have a family and husband that supports me. Owning a small business has its challenges. Often, some people think it's more 'convenient' to shop at the big box stores, but I encourage you to shop at the small family owned businesses when you can. It's what keeps our local economy going!

Kim Galick
EARS HEARING CLINICS

**When you are supporting a SMALL BUSINESS you
are supporting A DREAM**



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40 batteries**