



\$2

Langley Senior

RESOURCES SOCIETY

In the Loop

July 2024

Programs and Services for Adults 50+
in the City & Township of Langley

Your Langley SRES® (Seniors Real Estate Specialist)



Downsizing Tips:

- Make decluttering a regular habit.
- Use closet & cabinet space with organizers
- Avoid acquiring new items impulsively
- Be selective when buying souvenirs and mementos
- Borrow or share items you rarely use with friends or neighbours



Kelly **BLOUIN**
REALTOR®



Contact me anytime to help
you make your next move easier!

This is not intended to cause or induce a breach of an existing agency agreement.

778.798.6011
kelly@kellyblouin.ca
www.kellyblouin.ca

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“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”
- Betty Friedan

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 center 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.



Ms. 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

Manager of Programs & Member Services

vacant
604-530-3020 ext. 303, programs@lsrs.ca

Accounting Office

Douglas Koh,
604-530-3020 ext.314, accounting@lsrs.ca

Larissa Wolters, Junior Bookkeeper
604-530-3020 ext. 313, larissaw@lsrs.ca

Volunteer & Fundraising Coordinator

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

Member Services Supervisor

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

Human Resources Coordinator

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

Head Chef

Josh Jackson
604-530-3020 ext. 315, joshj@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

Emma Jinnouchi

604-530-3020 ext.306, emmaj@lsrs.ca

Facilities Manager

Kevin Thomas
604-530-3020 ext. 302, kevint@lsrs.ca

Facilities and Grounds Workers

Connor Kahle
Cole Rachwalski

Adult Day Program (page 12)

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

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

crohnsandcolitis.ca/support-for-you/washroom-access

Crohn's and Colitis Canada
Crohn et Colite Canada

Proud Supporter of the GoHere Washroom Access Program

A Message from the Executive Director



I am pleased to share that our flood restoration is finally underway! We have revised our program schedule and moved most activities into the Café and main hall. Our Footcare Clinic is an essential service and we have utilized the Tuk Shop sorting room to accommodate footcare appointments. My team and I thank you for your patience and grace during this time of upheaval. Fingers crossed that repairs will be completed by the end of July - won't it be wonderful to have all

of the center up and running again? Especially our snooker room. The flood greatly affected this area and our club members have been playing in billiard rooms throughout the lower mainland. We look forward to having them back with us.

As we move into summer, it is important for older adults to be aware of the dangerous and increasing temperatures. We'll be sharing information about cooling centers, tips on how to beat the heat, and resources available in the community to help you and your family stay cool and comfortable. I'd like to acknowledge our wonderful Community Services Team - Wendy, Debbie, Lisa, Emma, Sheela, Linda, Carol and Bonnie - who go above and beyond to support our seniors needing assistance with housing, transportation, food security and navigating through the myriad of government systems. They impact lives every day and I am tremendously proud of the work they do to help our vulnerable seniors. I am so grateful for their caring hearts.

Our Saturday openings have started up again with table tennis, a fitness class, and cards and games. I've popped in a few Saturdays and it's great to see so many members enjoying the center on the weekend.

We are pet friendly here at LSRS and we encourage you to bring your fur babies in for a visit rather than leaving them waiting in a hot car. It can be very dangerous for animals to be left in cars during the summer heat and our recreation center parking lot has limited shade. I know a few of us have treats tucked away and we would be happy to share in exchange for a paw shake.

With all the turmoil around the world, I feel grateful to live in our beautiful country and look forward to celebrating Canada's 157th birthday. Phil and I wish you and your loved ones a very Happy Canada Day!

A Message from Your Board of Directors

Members often ask us: **Who** are you folks, anyway? **What** exactly do you do? **Where** does your accountability lie? **Why** would you bother to volunteer on a board? Great questions, and sometimes we ask these questions ourselves! The Coles notes answer - we are volunteers, we are elected by you to lead the organization, we are accountable to the members, and we really like what we do. To give you a better understanding of your Board, let's go down the rabbit hole!

Who Are We?

We are unpaid volunteers, just like many of you. We care about seniors and the issues impacting them, and we want to make a difference. We come from different walks of life, had different careers, some are retired and some still working, some are seniors and some are not, and we bring different life experiences, ethnic and educational backgrounds.



What Are Our Responsibilities?

We are a governing board vs an operational board. We provide high-level strategy, oversight and leadership to the organization. The day-to-day management is the responsibility of our Executive Director, Kate Ludlam. We guide the strategic direction that is driven by our members. The board helps to create our public image through grassroots engagement and community outreach. We secure and monitor our financial resources, protect our assets, and provide financial oversight. We are responsible about stewardship, set policy, do fundraising, and ensure we are a risk free organization.

We recruit, supervise, evaluate and compensate the Executive Director.

We try hard to cultivate values of kindness, respect, service and commitment to one another. And we believe that aging should be supported, inclusive and valued.

A Message from Your Board of Directors

As we carry out our responsibilities as board directors, we are guided by asking ourselves why our organization exists, and what do we stand for? We have confidence that we know the answer to this because you told us through the strategic planning process

Who Are We Responsible to?

We are accountable and we answer to you, our members. You elected us at the Annual General Meeting, and you entrust us to govern on your behalf.

We are mandated to follow our bylaws, and our bylaws give you the right to vote us out of our board positions if you don't feel heard. It is your responsibility as members to provide us with feedback and guidance and it is our job to listen. We will never be offended - feedback is welcomed!



Why Do We Do This?

Well - some days as we go home feeling great, saying "wow, we are the best board ever, we really aced it today, didn't we?" And other days we leave saying to each other "that didn't go so well, did it? Let's do better tomorrow."

Our strength and inspiration as a board comes from you, our members. We feel confident in our decision making because we know we have you behind us, continuously reminding us what you need, and how we could do better, and we are grateful for that. One thing we know for sure - it is both humbling and a privilege to serve you.

For the August Board Message, we will share some of the interesting things your board has been doing over the past year. Please stop us when you see us around the Centre, and let us know if there are other topics you might want the Board to talk about in future messages, or pop your message to us in the Suggestion Box. We welcome your thoughts and comments.

2023 / 24 Board of Directors



Loretta Solomon
President



Sherry Tingley
Vice-President



Lee Douglas
Secretary-Treasurer



Marlene Best
Director



Michael Chang
Director



Lorna Dysart
Director

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



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



SATURDAYS

9 am - 2 pm

The LSRS Rec Centre will be open on Saturdays, beginning June 1.



Schedule

9 am	Open
9:00 am - 1:00 pm	Self-Serve Café Coffee Tea Muffins Sandwiches Chips Soft-Drinks
9:15 a - 1:45 p	Tuk Shop (cash only)
9:15 a - 1:45 p	Card Games in <u>Sun Room</u> *
9:15 a - 1:45 p	Card Games & Board Games in <u>Lounge</u> *
9:30 a - 11:30 a	Table Tennis in <u>Main Hall</u>
12 noon - 1:00 p	Accessible Mat Yoga with Stacey in <u>Main Hall</u> **
11:00 a - 12 noon	Saturday Social in <u>Brock-Douglas</u> (self-run chat)
2 pm	Close

*Card & Board games spaces are on a 1st come-1st-served basis (any games).

**BEGINNING JUNE 15 Pre-Registration is required for Mat Yoga class.

Other Things to Know

- The Front Desk will be closed.
- The Community Services Department will be closed.
- The Tuk Shop will accept 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



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



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, July 8, 2024 from 1 - 3 pm
- Monday, August 12, 2024 from 1 - 3 pm
- Monday, September 9, 2025 from 1 - 3 pm

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, July 9, 11:30 am -1:00 pm

Tuesday, August 13, 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 (see next page for service details)

Meet Jaclyn Harvey, our new Registered Massage Therapist.

Jaclyn has been practicing as a Registered Massage Therapist since 2018, graduating from CDI College. Jaclyn finds it very rewarding to assist others through this practice. She employs a range of treatment methods to address various musculoskeletal conditions in and has worked with a diverse client base. Jaclyn's dedication to her profession includes a strong commitment to self-improvement by continuously learning through ongoing education.

Jaclyn volunteers her RMT services weekly at Langley Hospice. Her primary goal is to help people get back to pain free living, tailoring her approach to suit each individual's needs and circumstances. Beyond the massage session, Jaclyn remains a supportive presence, offering realistic home care recommendations when necessary. She is excited to be working with LSRS!

The activities of daily living can be **less painful.**

Introducing Jaclyn Harvey, our new **Registered Massage Therapist.**



Massage can help.

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

Tailored treatment plans for your unique needs
adjustable recliner | massage table | massage chair

30-minute appointment

Every Monday

Member \$63 | Non-Member \$70

Call 604-530-3020

Most insurers will cover massage.
Don't forget to submit your receipt to your insurance provider.



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

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

It doesn't take much time to make someone's day.

(It might just make yours, too.)

Become a

FRIENDLY VISITOR or TELEPHONE BUDDY

Set an agreed-upon time once a week with an isolated senior.
Visit or call them.

Qualifications

At least 16 years old
Criminal Record Check
Complete our Training
Be Reliable

Duties may include

Smiling & Listening
Chatting
Sharing a Cup of Tea
Playing Cards

Call Now to Sign Up! **604-530-3020** (Jude)



Don't Let the Heat Beat You!

EXTREME HEAT can affect the health of older adults. It can cause heat exhaustion and heat stroke. It can worsen any existing health conditions. In extreme situations, it can result in permanent disability or death. It is **dangerous** if it is **31°C** or higher **INDOORS**.

The best way to prevent a heat-related illness is to spend time in a cool space.

Go somewhere with air conditioning like a library, café, or a friend's home. **During extreme weather, the LSRS Rec Centre welcomes anyone needing respite from the heat during our open hours: Monday through Friday, 9 am - 4 pm & Saturday 9 am - 2 pm.** We'll have ice water ready for you!

Other Ways to Stay Cool (and Safe)

- Keep shades and blinds closed during the day; windows open at night
- Drink lots of water
- Wear light, breathable, loose clothing
- Cool shower
- Feet in cool water
- Wet shirt
- Don't use stove or oven
- Watch the temperature
- Ask someone to check on you
- Damp towels on skin



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

Coffee & Conversation — July Series!

*Join us this July at Bellevue Park Senior Living
for our fun and informal presentations*

These are free events, and a light lunch is included!

Coffee & Conversations take place at the Bellevue Park Presentation Centre, 27272 Fraser Highway, Aldergrove. There is plenty of free parking available at rear of building.

Presentations have limited seating please RSVP to Sherri 604 329 3664.

Saturday, July 13 | 11:30 - 1:00 pm

Downsizing: The Joy of Letting Go of Stuff

*Gain freedom, Create physical space,
Earn some cash.*

Learn some tips and ideas.

Saturday, July 27 | 11:30 - 1:00 pm

Aging in Place

*Staying in your home, Moving in with family,
Reverse Mortgage, Senior Living Community...
what is the right choice for you?*

**Presentation Centre
is located on Fraser
Hwy 2 blocks North
of Bellevue Park.**

**There is plenty of
parking in the rear
of the Presentation
Centre.**



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.

www.bellevuepark.ca



Sherri Martin,
Senior Living Specialist



Visit our Presentation Centre: 27272 Fraser Highway, Aldergrove • Open Monday-Saturday - 9am-4:30pm, Sundays by appointment.

Events



HUB Meetings

Monthly meetings are for gathering, collaborating, educating and building connections with each other.

All older adults and senior-serving community organizations and businesses are welcome.

This month's meeting:

Wednesday, July 17

10 am - 12 pm

at



Langley Community
Services Society

#100 6470-201 Street, Langley

Join Us for our

RECREATION CENTER RE-OPENING

free cake & coffee | Snooker Room reveal | Leanne Page, Harpist

Wednesday, July 31, 2024

11:00 am - 1:00 pm
LSRS Main Lobby



Langley Senior
RESOURCES SOCIETY

Events

2nd Annual

Silver PRIDE Langley

Friday, August 9

11 am - 2 pm



**Langley Senior
RESOURCES SOCIETY**

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

Barbeque
Family-Friendly
DRAG Show
Music | Music | Music
Drag Bingo
Learning & Sharing



Our Pride is 50+



Everyone is Welcome
all ages | all cities | all shapes & sizes | all gender ids | all orientations



2023 Annual General Meeting

LSRS MEMBERS

Save the Date

Friday, September 6 at 10 am | LSRS Main Hall
Registration at 9:30 am

Exercise your right and obligation as a Society member to learn about the activities of the Board of Directors and vote on relevant resolutions and appointments to the Board.



**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	35
	Table Tennis	10:00 am - 12 noon	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 noon	34
	Line Dancing	11:30 am - 12:30 pm	32
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 12:30 p	33
	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)	12,33
Wednesday	Tim's Bits Woodcarving	9:00 am - 11:00 am	28
	Walking Group	10:00 - 11:00 am	30
	Table Tennis	10:00 am - 12 noon	32
	Changing Gears	1st Wed of Month: 10:30 am - Noon	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 - 12:00 pm	28
	Fusion Chair Yoga	10:15 - 11:15 am	31
	Whist	12:30 - 4:00 pm	29
	Book Club	1st Thur of Month: 1:00 - 3:00 pm	34
	Carpet Bowling	1:00 - 3:00 pm	32
	Caregiver Support Group	1:00 - 2:30 pm	12,33

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

"Growing old is mandatory but growing up is optional."

- Walt Disney

Regular Programs at a Glance

Friday	Walking Group	10:00 - 11:00 am	30
	Choir	10:00 am - 12:00 noon	28
	Art Class: Oil and Acrylic	9:00 am - 12:00 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 noon	29
Monday - Friday	Gardening Circle	Seasonal	32
	Snooker	on hold	-
Saturday	Table Tennis	9:30 - 11:30 am	32
	Card & Board Games	9:15 am - 1:45 pm	29
	Accessible Mat Yoga	12 noon - 1:00 pm (starting June 15)	31
	Saturday Social	11:00 am - 12 noon	34

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.



Langley Lawn Bowling Club

604.514.2695
langleylawnbc@gmail.com
langleylawnbowlingclub.weebly.com

Register for Lessons
at
langleylawnbc@gmail.com

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Denturist

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Darren Sailer R.D.
Denturist



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Yardwork? 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 doing what you want when you want.

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604.351.8668



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BriaCommunities.ca

Program, Event, and Trip 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, & 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 until June 21

9:00 am - 12:00 pm | Sun Room

June - August: Summer Vacation Resumes in September



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.

Fridays until June 21

10:00 am - Noon | Main Hall

June - August: Summer Vacation Resumes in September

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 - 12:00 pm

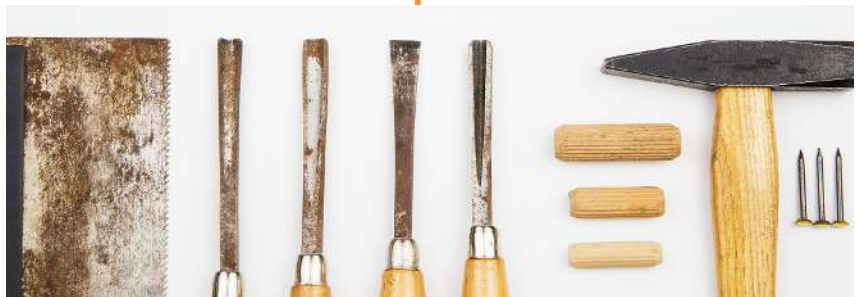
Sun Room | Free

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

June - August: Summer Vacation Resumes in September



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

Card Games will take place in our Cafe from June 19 - July 5th

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

July Walks

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

Wednesdays at 10 am

July 3

Municipal Nature Park
224 St & approx. 5th Ave.

July 10

Portage Park
204 & 51A Ave

July 17

Campbell Valley Park
Ravine Trail (some hills)
Meet at 8th Ave parking lot

July 24

Brae Island
Meet at 9451 Glover Road

July 31

Noel Booth Park
20302 36th Ave

Fridays at 10 am

July 5

Derek Doubleday Arboretum
21177 Fraser Highway

July 12

Derby Reach
Campground Parking Lot
21801 Allard Crescent

July 19

Fort to Fort Trail
Meet at Bedford Plaza

July 26

Campbell Valley Park
Meet at 16th Ave parking lot

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, July 2 - August 13

10:15 - 11:15 am | Main Hall

Members - \$42 | Non-members - \$52

Cancel/Refund by: June 18

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, body weight, and other equipment 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

no classes August 20, 22, 27, 29

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, July 4 - August 15

10:15 - 11:15 am | Main Hall

Members - \$42 | Non-Members - \$52

Cancel/Refund by June 20

Accessible Mat Yoga (Chair Prop Used)

NEW!

Adapted for everyone, practice stability, balance and strengthening while standing, then transition safely, comfortably down to the mat for stretching. Bring your own mat, 2 yoga blocks and a strap. Some props available.

Saturdays, June 15 - July 27

12 noon - 1:00 pm | Main Hall

Members - \$42 | Non-Members - \$52

Cancel/Refund by June 7

Health, Fitness & Sports

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

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 - Noon

Saturdays: 9:30 am - 11:30 am

Main Hall | \$10/year

NEW!

Line Dancing

Git 'yer boots scootin' with Darlene.

Tuesdays until June 18

11:30 am - 12:30 pm

Main Hall

**June - August: Summer Vacation
Resumes in September**



Carpet Bowling

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

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$13/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



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. Speaking with others can help you cope in your caregiving role. 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



Silver Pride Social Group

Please contact seniorpride.lsrs@gmail.ca for schedule and more information.

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 and ***everyone*** is welcome (lesbian, gay, men, women, non-binary, trans, gender neutral).

Please contact seniorpride.lsrs@gmail.ca for schedule, questions, etc.

Society membership or Langley residency are not required.

Sorry, this group is not for allies.

Hosted in partnership with



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 Noon

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 Noon

Brock - Douglas Room | Free

The Diners Club

Discover the dining delights of Langley with foodie-friends. New location every month. Numbers are



***Tuesday, July 2 at 6 pm**

Pasta Polo

19665 Willowbrook Dr. #116

Homemade pasta, pizza & other rustic Italian dishes.

Our Diners Club will take a break in August and will return in September.

Saturday Social

NEW!

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

Saturday, 11:00 am - 12 noon

Brock-Douglas Room | Free

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, 1:00 pm

Café | Free

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

JULY 8



JULY 15

EMERGENCY PREPAREDNESS

Do you know what to do in an emergency? Hear about the City of Langley's plans for emergency events and what you can do to be prepared.

Melanie LaPointe

Emergency Management Program
Advisor

JULY 22

LOCAL AUTHOR ALYSSA HALL

A true storyteller with heart. Alyssa is an accomplished and published author who will discuss her writing process, inspirations, and her latest novel *And Then I Heard The Quiet* set in charming Fort Langley.

Alyssa Hall
Local Author

JULY 29

MLA MEGAN DYKEMAN

Hear from the MLA for Langley East and Secretary for Community Development and Non-Profits to the Minister of Social Development and Poverty Reduction. Bring your questions.

Megan Dykeman
MLA Langley East



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Recreation and Resource Centre
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Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca



Bria
COMMUNITIES



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.qubiologics.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.

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.

Enjoy THE JOURNEY

Policies

Please speak to the Manager of Programs 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 Centre. You must have a ride to the Centre 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 Centre while you are on a trip.

Bus Trips

Charming Waterfront Towns

Discover and explore charming waterfront towns in Washington State's Skagit County and Whidbey Island. USA travel documents required. **Activity Level: Easy**

PACKAGE INCLUDES:

- Lunch La Conner's Waterfront Cafe
 - Ice Cream Kapaw's Iskreme
 - Bayview
 - La Conner
 - Coupeville
- All fees and taxes

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Thursday, July 11
8:00 am - 7:00 pm
Members \$119
Non-Members \$139



THE JOURNEY
Enjoy

Supernatural Haida Gwaii

July 16 - July 22 (7 days)

19 meals: 6 breakfast, 7 lunch, 6 dinner

per person: Double \$4499 | Single \$4949

\$250 deposit at time of booking

Final Payment/Cancel/Refund by **June 4**

DETAILS & ITINERARY
available at LSRS Front Desk

SOLD OUT
waitlist

Get to know the supernatural landscapes and people of Haida Gwaii who's indigenous island culture dates back at least 8,000 years. Immerse yourself on the "Islands of the People" with local Haida who are proud to share their natural and cultural treasures. Explore the island through the eyes and ears of Haida people James Cowpar Skedans (Sacred Island), James Davidson (Cultural Sites), Dale Gore (Golden Spruce Trail), Garner Moody (Haida Carver) and Reg Davidson (Storyteller).

Activity Level: Easy

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THE JOURNEY
Enjoy



Bus Trips

Hells Gate + Green Point

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate Tram and onsite Gorge attractions. Visit picturesque Green Point in Sasquatch Provincial Park for afternoon refreshments. **Activity Level: Easy**

Tuesday, July 30
9:00 am - 5:00 pm

Members \$139
Non-Members \$159

PACKAGE INCLUDES:

- Hell's Gate Tram Ride
- Lunch Hell's Gate
- Gorge Attractions
- Green Point Refreshments
- All fees & taxes



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Enjoy THE JOURNEY

Galiano Island

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island. **Activity Level: Easy**

Additional \$36 ferry fee for 65 years and under

Enjoy THE JOURNEY



Wednesday, August 14

8:45 am - 8:15 pm

Members \$119
Non-Members \$139

PACKAGE INCLUDES:

- Montague Harbour Marine Park
- Gray Peninsula Escorted Walk
- Lunch Woodstone Manor
- Afternoon Dessert Galiano Inn
- Galiano Soap Works
- Glass Studio
- Galiano Shops

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604-530-3020 | lsrs.ca

Bus Trips

Harrison Sunflower Festival

5 acres of show gardens featuring 15 varieties of sunflower, some reaching over 12 feet tall! The Harrison Sunflower Festival does not disappoint! Treat your self to a delicious lunch at the picturesque River's Edge Restaurant, a stop at a cheese farm and fresh ice cream at Birchwood Dairy farm. **Level: Easy**

Monday, August 26

8:45 am - 4:30 pm

Members \$119

Non-Members \$139

PACKAGE INCLUDES

Sunflower Festival Admission
Lunch River's Edge Restaurant
Farm House Natural Cheese
Birchwood Dairy Farm Ice Cream



THE JOURNEY
Enjoy

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604-530-3020 | lsrs.ca



Fraser River Discovery Tour

Discover the Mighty Fraser and see the working river at its finest. Enjoy a delicious lunch while on a 2.5 hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River.

Get your cameras ready for this narrated educational tour. **Level: Easy**

PACKAGE INCLUDES

Paddlewheeler River Boat Tour | Discover the Fraser Lunch Cruise
Westminster Quay Public Market | All fees & taxes

WEDNESDAY, SEPTEMBER 4

9:45 am - 4:15 pm


Langley Senior
RESOURCES SOCIETY

Members \$169 | Non-Members \$189

THE JOURNEY
Enjoy



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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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- **Other Locations Available**

To Learn More & Register

778-549-6413 or

info@adulcognitivewellnesscentre.ca

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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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