

\$2



Langley Senior  
RESOURCES SOCIETY

April 2024



# In the Loop

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!

778.798.6011  
kelly@kellyblouin.ca  
www.kellyblouin.ca

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

# Table of Contents

About LSRS   Board   Funders and Sponsors	4
Adult Day Program	14
Better at Home	13
Bus Trips	37-41
Café   Meals To Go   Catering	15
Caregiver Support Groups	14, 32
Community Services	12
Diner's Club	33
Events	24-25
Executive Director Message	7
Foot Care Clinic	17
Hearing Clinic	17
Legal Clinic	16
Locations & Staff	5
Men's Shed	23

Membership Information	6
Monday Morning Talk Show	34
Morning Movie	24
<b>Programs</b> at a Glance	22-23
<b>Programs:</b> Arts, Crafts and Music	27
<b>Programs:</b> Cards and Games	28
<b>Programs:</b> Conversation, Social and Education	32-34
<b>Programs:</b> Health, Fitness and Sports	29-31
<b>Programs</b> Registration Information	26
Pub Dinner	25
Senior Pride Social Group	32
Shredding	24
Spring Fling	25
Volunteer Week	8-9
Walking Group Schedule	29

# About the Langley Senior Resources Society

The Langley Senior Resources Society (LSRS) is an independent, not-for-profit, charitable organization that has been providing social, recreational and educational programs and food, health and supportive services for adults 50 years of age and older in the City and Township of Langley since 1982. LSRS is led by a volunteer Board of Directors who live or work in the local community. The Board of Directors is a governing body, with the day-to-day operations managed through the Executive Director, staff and volunteers. LSRS employs 40 + staff and benefits from the time and talents of over 100 volunteers.

## Board of Directors

### President

Loretta Solomon

### Vice-President

Sherry Tingley

### Secretary

Lee Douglas

### Treasurer

Rasmeet Channey

### Directors

Marlene Best

Michael Chang

Lorna Dysart

Connect with the Board at  
[board@lsrs.ca](mailto: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



**Thank You, Funders and Sponsors**



Canada Revenue Agency Charity Registration Number: 121924229RR0001

# Locations and Staff

## Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

**604-530-3020**

*Monday - Friday 9:00 am - 4:00 pm (Saturdays, Sundays, and Holidays Closed)*

Tuk Shop Thrift Boutique | Cafe (9 - 2)

### Executive Director

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

### Member Services Supervisor

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

### Bookkeeper & Payroll Coordinator

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

### Volunteer & Fundraising Coordinator

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

### Manager of Programs & Member Services

Smitty Miller  
604-530-3020 ext. 303, programs@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 Connector

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 Worker

Jase Temple  
Connor Kahle

## Adult Day Program *(page 14)*

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. 1, 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 and live in the City or Township of Langley

Membership is \$63.00 (including GST) per year (Jan-Dec). 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

**Please complete a new application for 2024.** 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](mailto:janetm@lsrs.ca).



**Langley Senior**  
RESOURCES SOCIETY



[lsrs.ca](http://lsrs.ca)



[info@lsrs.ca](mailto:info@lsrs.ca)



[seniorslangley](https://www.facebook.com/seniorslangley)



[seniorslangley](https://www.linkedin.com/company/seniorslangley)

## Closures

**Friday, March 29**

**Monday, April 1**

*Happy Easter*



## A Note from Kate Ludlam, Executive Director



Spring is in the air! It's wonderful to witness the joyful excitement of our gardeners as they prep our garden areas for planting. They are amazing, and I can't wait to see their efforts in full bloom. April is the start of a new fiscal year for LSRS. Our Leadership Team will continue to focus on evolving the organization so we can meet the diverse and growing needs of seniors in Langley. At a recent staff meeting, our team took some time to reflect back on the year that was, all the challenges we have overcome and our many accomplishments. LSRS is a complex organization that delivers a wide variety of activities, programs, and services at 2 locations.

Whether it's participating in our recreation and social programs or accessing our community services and Adult Day Program, more and more seniors are turning to LSRS for engagement, connection, and support.

April also brings us National Volunteer Week from April 14 – 20 where we celebrate the incredible contributions from our volunteers in our community and at LSRS. Let's be honest, our organization would not function without the tireless efforts of our volunteers, including our Board of Directors. From the moment you walk through our doors, you are greeted by a friendly face, and this warmth carries through to our reception desk, our Tuk Shop, our café, and throughout many programs and services. Our longest serving volunteer, Louise Harms, has been supporting the needs of clients at our Adult Day program for over 40 years. We look forward to honouring our volunteers, like Louise, during National Volunteer Week – they are definitely worth celebrating! Every day, I hear about the difference we make in the lives of seniors, and it makes me so proud of our staff and volunteers and how we work collaboratively to serve seniors in Langley.

**Verve**

*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 198<sup>TH</sup> STREET, LANGLEY, BC | [TheVillageLangleyRetirement.com](http://TheVillageLangleyRetirement.com)

# We Celebrate our Volunteers!

Adult Day Program Activity Assistant | Café Support | Farmers Market  
Coupon Program | Friendly Visitor | Telephone Companion | Driver |  
Board of Directors | Front Desk/Reception | Greeter/Tours | Instructor,  
Healthy Activities | Special Events | Tuk Shop - Back | Tuk Shop Front |  
Office Assistant | Reading Buddy | Swan Community | Garden Support

## Thank You From the Bottom of Our Hearts



# EVERY MOMENT MATTERS

## National Volunteer Week

April 14-20, 2024



#NVW2024 #EveryMomentMatters



**Our Amazing Volunteers**



**2023 Senior of the Year  
Janice McTaggart**

## Home Support Tailored To Your Individual Needs



### We offer:

- Wound Care
- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
- Transportation



Call 604-945-5005 for  
**FREE In-Home Consultation**

ICBC Claims Accepted



[SafeCareHomeSupport.ca](http://SafeCareHomeSupport.ca)

## Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.



- We incorporate personalized and Montessori programming
- **Other Locations Available**

To Learn More & Register

**778-549-6413** or  
[info@adulthoodcognitivewellnesscentre.ca](mailto:info@adulthoodcognitivewellnesscentre.ca)

[AdultCognitiveWellnessCentre.ca](http://AdultCognitiveWellnessCentre.ca)



Dedicated to the highest level of service, peace of mind and affordability.

From our Family to yours...



Ian Elliott

**Culturally sensitive to your needs and traditions.**

**Arbutus Funeral Service is a local family owned business, caring for others.**

107A - 20171 92A Avenue, Langley, BC V1M 3A5

**24 HOUR ASSISTANCE**

**PHONE 604-888-9895**

[www.arbutusfuneralservice.com](http://www.arbutusfuneralservice.com)

*Rates start at \$2,950 p/month*



## *Enjoy Taste-full Senior Living*

What's for dinner? You choose! There are so many freshly made and delicious items on our menu.

Our meals are made in-house by our Red Seal chef and their teams. We can accommodate all your preferences and requirements—from gluten-free to vegan or diabetic-friendly diets. And we offer open seating with restaurant-style service.

Hang up your apron and put down the dishcloth! You deserve to dine with us every day!

**Get a taste of our lifestyle. Come for a tour, and we'll treat you to lunch. Call Keri today:**

**604.351.8668**



**MAGNOLIA  
GARDENS**

A BRIA COMMUNITY

*Langley City*



**SUNRIDGE  
GARDENS**

A BRIA COMMUNITY

*Murrayville*

**RETIREMENT. LIVING!**

**BriaCommunities.ca**

# Community Services

Community Services are available for free to adults 50 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.

## 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)
- Support with landlord and property manager concerns
- Food Security
- Shelters
- Home Owner Grants
- Property Tax Deferment
- BC Rebate for Accessible Home Adaptations (BC RAHA)
- Independent living, assisted living and residential care



**Seniors  
Services  
Society**



**fraserhealth**

Better health. Best in health 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](http://lsrs.ca)



**Langley Senior**  
RESOURCES SOCIETY



# Adult Day Program

At a secondary location, the Langley Senior Resources Society's **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 pm - 4:00 pm.**

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



## 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 the Adult Day Program, 20256 56th Avenue

**Thursdays, 1:15 - 3:00 pm (open to all)**

at the Senior Centre, 20605 51B Avenue

**MEET OBIE**, a sensory interactive gaming projector that detects the most subtle hand or body movement. It revolutionizes the world of therapeutic play. Our clients are enriched by the cognitive and physical stimulation and calmed by the engaging graphics.



# Café and Food Services



## THE CAFÉ

OPEN

MONDAY - FRIDAY  
9 AM - 2 PM

*(lunch is served 11 am - 2 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](mailto: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](http://langleyseniorsinaction.ca)



[coscobc.org](http://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](http://lsrs.ca), contact Kate at 604-530-3020 ext. 321, or [kateL@lsrs.ca](mailto:kateL@lsrs.ca).



## 2024 marks the 50<sup>th</sup> 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](mailto: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](http://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, May 6, 2024 from 1 - 3 pm
- Monday, June 3, 2024 from 1 - 3 pm
- Monday, July 8, 2024 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.

Visit the clinic, brought to you by Ears Hearing Clinics, for cleaning and servicing. This will include the following:



- Testing hearing aid components for proper function
- Thorough cleaning of hearing aids
- Check hearing aid fit
- Discussion of how often you wear the hearing aids and your success level
- Inspection of your ears to check for earwax build-up
- Installation of a fresh battery in each hearing aid
- Answer any hearing questions

Tuesday, April 9, 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, calluses, 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





# 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](mailto:info@isstudy.ca)  
Phone: 1-877-223-8637

Website: [www.qubiologics.com/clinical-trials/resilience-study](http://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.



# Look Who Has Joined Our Team!

*Bellevue Park Senior Living welcomes Sherri Martin,  
Senior Sales and Marketing Specialist to the team!*

Visit our Presentation Centre  
at 27272 Fraser Highway,  
Aldergrove

Open Monday-Saturday  
9am-4:30pm  
*Sunday by appointment.*

Call 604-329-3664  
for more information

**V**isit Sherri at the NEW Bellevue Park Senior Living  
Presentation Centre and discover why this community  
is the one for you.

Bellevue Park Senior Living offers Independent/  
Scheduled and Full Care so you have the pleasure to  
'Age in Place'. This brand new community is located in  
the heart of Aldergrove — close to shopping, the airport,  
Aldergrove recreation Center, and the USA border. The  
community has state-of-the-art construction, intuitive  
design and offers exceptional amenities.

We are thrilled to offer innovative and adaptable floor  
plans for  
1 and 2 bedroom suites. Call Sherri to book your  
appointment. She is reserving suites now for our opening  
this summer.

***Connect with our team and see firsthand the future of senior  
living — right here in Aldergrove!***



**BELLEVUE PARK**

— SENIOR LIVING —

**Your Day. Your Way.**



— OPENING SUMMER, 2024 —



# Brookwood Denture Clinic Ltd.

DENTURE AND IMPLANT SOLUTIONS

Change  
Your  
Smile.  
Change  
Your  
*Life*



Face Bow used for Precision Dentures

- ◆ COMPLETE DENTURES
- ◆ PARTIAL DENTURES – *clasp-less and flexible partials available*
- ◆ DENTURES ON IMPLANTS – *all major implant components available on site*
- ◆ DENTURE RELINES – *same day service*
- ◆ DENTURE REPAIRS WHILE YOU WAIT – *walk-ins welcome*
- ◆ ONSITE DENTAL LABORATORY
- ◆ PRIVATE AND COMFORTABLE ATMOSPHERE

*Celebrating 30 years of Creating Great Smiles!*



**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS

## 604-530-9936

102 – 20103 40th Avenue, Langley

[www.yourdenture.com](http://www.yourdenture.com)

Open Monday to Friday

**Call for a Complimentary Consultation**



**Colin Harty R.D.**  
Denturist

**Adam Wejkszner R.D.**  
Denturist

**Darren Sailer R.D.**  
Denturist



All Dental Plans  
Accepted





**PLANNING AHEAD IS SIMPLE.**  
*The benefits are immense.*

When you plan ahead, you can design every detail of your own final tribute. That way, your loved ones won't have to guess what you would have wanted, and you'll have true peace of mind.

*Call today for your FREE Personal Planning Guide.*



**Dignity**<sup>®</sup>  
MEMORIAL

∞ LIFE WELL CELEBRATED<sup>®</sup> ∞

**HENDERSON'S LANGLEY**

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 [HendersonsLangleyFunerals.com](http://HendersonsLangleyFunerals.com)



\*Registered Trademark of CARP, used under license.  
Dignity Memorial is a division of Service Corporation International (Canada) ULC.

## Regular Programs at a Glance

<b>Monday</b>	Monday Morning Talk Show	10:00 - 11:00 am	34
	Table Tennis	10:00 am - 12 noon	31
	Circle of Friends	11:30 am - 12:30 pm	33
	Jam Session	1:00 - 3:00 pm	27
	Bridge Partners	1:00 - 4:00 pm	28
<b>Tuesday</b>	Fit and Fab	9:00 - 10:00 am	30
	Adaptive & Lively Chair Yoga	10:15 - 11:15 am	30
	Flying Solo	11:00 am - 12 noon	33
	Line Dancing	11:30 am - 12:30 pm	31
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 12:30 p	32
	Canasta	12:30 - 4:00 pm	28
	Carpet Bowling	1:00 - 3:00 pm	31
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	32
	Book Club #2	4th Tue of Month: 1:30 - 3:00 pm	33
<b>Wednesday</b>	Tim's Bits Woodcarving	9:00 am - 11:00 am	27
	Walking Group	10:00 - 11:00 am	29
	Table Tennis	10:00 am - 12 noon	31
	Changing Gears	1st Wed of Month: 10:30 am - Noon	33
	Mexican Dominoes	12:30 - 4:00 pm	28
	Shanghai Rummy	12:30 - 4:00 pm	28
	Cribbage	1:00 - 3:00 pm	28
	Euchre	1:00 - 3:00 pm	28
<b>Thursday</b>	Fit and Fab	9:00 - 10:00 am	30
	Knit Together	9:00 - 12:00 pm	27
	Fusion Chair Yoga	10:15 - 11:15 am	30
	Whist	12:30 - 4:00 pm	28
	Book Club #1	1st Thur of Month: 1:00 - 3:00 pm	33
	Carpet Bowling	1:00 - 3:00 pm	31
	Caregiver Support Group	1:00 - 2:30 pm	32

# Regular Programs at a Glance

<b>Friday</b>	Walking Group	10:00 - 11:00 am	29
	Choir	10:00 am - 12:00 noon	27
	Art Class: Oil and Acrylic	9:00 am - 12:00 pm	27
	Samba	11:00 am - 3:00 pm	28
	Mexican Dominoes	12:30 - 4:00 pm	28
	Bridge	1:00 - 4:00 pm	28
	Cribbage	10:00 am - 12 noon	28
<b>Monday - Friday</b>	Gardening Circle	Seasonal	31
	Snooker	on hold	

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

**Langley Lawn Bowling Club**  
 604.514.2695  
 langleylawnbc@gmail.com  
 langleylawnbowlingclub.weebly.com

**Lessons**  
 pre-register at  
 bowlscoach@icloud.com

**Giant Garage Sale April 13**

**Opening Day Saturday, April 27!**  
 20471 54th Avenue, Langley  
 (southwest corner of Douglas Park)

Leagues  
 Fun Days  
 Social Events  
 Drop-Ins  
 & more!

LSRS Members  
 20% OFF Membership

Proudly supported by **Langley Senior RESOURCES SOCIETY**

More information at [mensshedlangley.ca](http://mensshedlangley.ca)



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

## Community **Shredding** Event

By Donation

DRIVE UP & DROP OFF without leaving your vehicle

**Saturday, May 11**  
10 am - 1 pm

**20605 51B Avenue**  
**Langley**

OPEN TO  
THE PUBLIC

Tuk Shop  
Open!

Hot  
Dogs!

### What Can You Shred?

Unwanted Paper | Tax Returns | Credit Card Statements | Anything with Personal Info  
*(Staples & Paperclips OK)*

RECORDXPRESS  
Safeguarding Canada's Information Journey

SICMA  
STORE • SCAN • SHRED

hosted by



Langley Senior  
RESOURCES SOCIETY

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

sponsored by

**RICK THE REALTOR®**  
YOUR REAL ESTATE GUIDE  
GUIDING YOU EVERY STEP  
604.729.RICK Powered By REALSEARCH.CA



## 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, April 17**

10 am - 12 pm  
at



Langley Senior  
RESOURCES SOCIETY

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



POPCORN!



## MORNING MOVIE

**GOING IN STYLE**  
(2017)

THUR  
APRIL 11  
10:00 AM

IN THE  
BROCK-  
DOUGLAS  
ROOM





# Events

**Tuk Shop**  
open 9-4

## Spring Fling

Wednesday, April 24  
in the Centre Lobby

50/50  
Draws

### Café

\*Hamburgers\*  
\*Cheeseburgers\*  
\*Fries\*  
(all the fixin's)

\$13

serving  
11-2

Dance!  
Clap!  
Sing!

### Entertainment

12:30 - 1:30

The Goldie Oldies

 **Langley Senior**  
RESOURCES SOCIETY

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



## A Magical Pub Night

Wednesday, May 15  
4:30 pm - 8:00 pm

### Magic Menu

Roast Turkey  
Mashed Potatoes  
Seasonal Vegetables  
Stuffing  
Dinner Roll  
Dessert



Members \$45 | Non-Members \$50

\*Prices do not include soft drinks or alcohol

\*Please request vegetarian option at time of reservation.

 **Langley Senior**  
RESOURCES SOCIETY

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



### The Award-Winning Comedy Magic of **Chris Yuill**

Enjoy table-side closeup  
magic and then a stage  
show that combines  
unbelievable illusion with  
hilarious audience  
participation.

# Program, Event, and Trip Information

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

Please register at the Centre 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, April 5 - June 21

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

Members Only \$132

Cancel/Refund by March 22



## 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, April 19 - June 21

10:00 am - Noon | Main Hall

Main Hall

Members only \$36

## 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

Sun Room | 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

*(No session April 17)*

## **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





## April Walks

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

### **Wednesday Walking Group Leader**

*Al Frost: c. 604-240-3607*

*h. (preferred) 604-534-1798*

### **Friday Walking Group Leader**

*Carole Chesham: 604-825-2636*

### **Wednesdays at 10 am**

**April 3**

**Noel Booth Park  
20302 36th Ave.**

**April 10**

**Fort to Fort Trail  
Meet at Bedford Plaza**

**April 17**

**Pitt Meadows Airport Dyke  
Carpool instructions TBA**

**April 24**

**Campbell Valley Park  
Ravine trail/some hills  
Meet at 8th Ave. Parking Lot**

### **Fridays at 10 am**

**April 5**

**Langley Laneway Trail  
Meet at North Langley  
Community Church**

**21015 96 Ave  
(west side of lot)**

**April 12**

**Campbell Valley Park  
River Loop & Racetrack  
Meet at 16th Ave Parking Lot**

**April 19**

**Derek Doubleday Arboretum  
21177 Fraser Highway**

**April 26**

**Brae Island  
Meet at 9451 Glover Road**

# 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**, April 2 - June 25

*no class May 7*

10:15 - 11:15 am | Main Hall

Members - \$84 | Non-members - \$94

*Cancel/Refund by: March 19*

## Fit 'n' Fab

Join Stacey for an inclusive and diverse class for all levels that works 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 May 7 & May 9*

## 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**, April 4 - June 27

*no class May 9*

10:15 - 11:15 am

Main Hall

Members - \$84 | Non-Members - \$94

*Cancel/Refund by March 21*



# 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

Main Hall | \$10/year

## Line Dancing

Git 'yer boots scootin' with Darlene.

Tuesdays, April 2 - June 18

11:30 am - 12:30 pm

Main Hall

Members \$84 | Non-members \$94

*Cancel/refund by March 19*



## 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](mailto: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

Tuesday, April 16 (11:30 am - 1:30 pm)  
Recreation and Resource Centre Location

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](mailto:seniorpride.lsrs@gmail.ca) with questions or to RSVP.

*Society membership or Langley residency are not required.*

Sorry, this group is not for allies.

Hosted in partnership with

**QMUNITY**  
BC'S QUEER, TRANS, AND TWO-SPIRIT RESOURCE CENTRE





# 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 limited so register early!



**\*Tuesday, April 2 at 6 pm**

## Andreas Restaurant

20227 56 Ave

Extensive menu: impressive pizza selection made on fresh homemade dough, pastas, steaks, barbeque, Greek and seafood dishes.

**\*Tuesday, May 7 at 6 pm**

## Old Spaghetti Factory

20077 91A Avenue

Traditional Italian entrees, pasta, salads

## Book Clubs

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

### Club #1

1st Thursday of the Month, 1:00 pm

### Club #2

4th Tuesday of the month, 1:30 pm

Lounge | 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

**APRIL 8**

### **HEALTHY BONES 101**

What is osteoporosis? What are the risk factors? How can we maintain healthy bones? What is the impact of nutrition & physical activity?

**Meghan Dunn**

Community Engagement Coordinator  
Osteoporosis Canada

**APRIL 22**

### **THE CHANGING WORLD OF NEWSPAPERS & MEDIA**

How have Newspapers changed today in 2024? How do we consume news? Where are we going as a Community newspaper?

**Shaulene Burkett**

Publisher

Langley Advance Times | Aldergrove Star |  
Today's Home, Fraser Valley (Blackpress)

**APRIL 15**

### **WHY I VOLUNTEER**

Her exemplary volunteerism has been recognized with prestigious accolades. Hear her inspiring story and learn why it's all worth it.

**Karen Long**

Langley Volunteer

**MARCH 25**

### **BEHIND THE SCENES AT LSRS**

In a special 1 1/2 hour Talk Show, you'll learn what happens in the offices of LSRS. Meet the folks who keep our organization running and find out how they do what they do.

#### **Speakers**

**Douglas Koh**, Accountant  
**Alicia Kobak**, Adult Day Program  
**Janet Madden**, Member Services  
**Jude Henders**, Volunteer & Fundraising  
**Kevin Thomas**, Facilities Manager  
**Community Services Team**



**Langley Senior**  
RESOURCES SOCIETY

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



**Bria**

COMMUNITIES

"My elderly mom is very impressed all the Caregivers who are caring, competent, and willing to help with all sorts of tasks! As a family, we feel very fortunate to have this service!" ~ Nicole L.



# Nurse Next Door®

*home care services*

**778-600-0680**

"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.



## Senior Lifestyle Specialists

[info@discoveryourwaypoint.com](mailto:info@discoveryourwaypoint.com)

*Jenn McCabe*   *Erica Kerry*  
604-817-9380   604-312-2530

*Helping Seniors  
navigate their next  
chapter with ease*



# WAYPOINT

[discoveryourwaypoint.com](http://discoveryourwaypoint.com)

# Looking for **HEARING AIDS**

**Tired of saying “Pardon Me”?  
Hearing loss can make daily life difficult. We can help.**

## **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**



**CALL US FOR YOUR FREE HEARING ASSESSMENT!**

**(604)-427-2828**

Unit C 20568 56 Ave, Langley • [www.earslangley.com](http://www.earslangley.com)

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network



**Hearing Aid  
Batteries -  
BEST price in Langley  
- \$10 for a box of  
40 batteries**

# 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

## Historic Cumberland

Wednesday, April 10

6:45 am - 8:30 pm

Members \$149 | Non-Members \$169



Langley Senior  
RESOURCES SOCIETY

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



Once a bustling coal mining island community in the Comox Valley of Vancouver Island, Cumberland is home to a fascinating period of BC history. Discover the original company buildings and hear the stories of the rich, the poor, the powerful and the rebellious.

**Activity Level: Easy**

*\*Additional \$36 ferry fee for 64-years and under\**

**Package includes:**

Cumberland Museum & Archives guided tour | Lunch at 4 Quarters Restaurant | Ice cream Loves real fruit ice cream



THE JOURNEY  
*Enjoy*



## SKAGIT VALLEY TULIP (USA)

Tuesday, April 23

8:15 am - 5:45 pm

Members \$129 | Non-Members \$149

Every spring the Skagit Valley area comes alive with a blaze of colour. Tip toe through the tulips at Roozengarde in Mt. Vernon and visit the charming seaside town of La Conner for lunch and exploration.

**Activity Level: Easy** *\*USA travel docs required\**

**Package includes:**

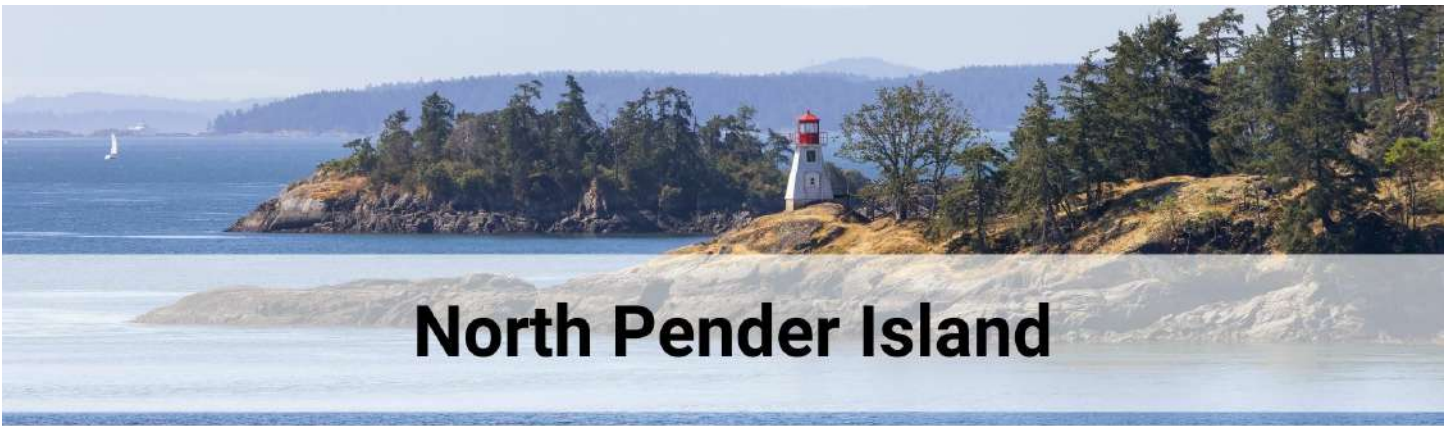
Admission to Roozengarde Show Gardens  
Roozengarde tulip field walk | Lunch Waterfront Café, La Conner | La Conner free time



Langley Senior  
RESOURCES SOCIETY

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

# Bus Trips



## North Pender Island

*Enjoy* THE JOURNEY

**Tuesday, May 7**

**8:15 am - 8:00 pm**

Members \$149 | Non-Members \$169



Langley Senior  
RESOURCES SOCIETY

A beautiful ferry ride through the Gulf Islands transports us to Otter Bay. We visit the island's charming homestead museum, lunch at an idyllically-situated restaurant and finish with a sweet treat and hot drink at Pender Chocolates in Hope Bay.

**Activity Level: Easy**

*\*Additional \$36 ferry fee for 64-years and under\**

**Package includes:**

Museum admission | Local Step-On Guide | Lunch at Port Browning Marina | Pender Chocolates

## MILNER GARDENS & WOODLANDS

**Wednesday, May 22**

**6:45 am - 7:45 pm**

Members \$159 | Non-Members \$179

Milner Gardens and Woodland is a seaside garden set in a natural coastal Douglas-fir woodland in Qualicum Beach on Vancouver Island.

**Activity Level: Easy**

*\*Additional \$36 ferry fee for 65 years and under\**

**Package includes:**

Milner Gardens admission & guided tour | Afternoon Tea  
Lunch at Milner Gardens | Coombs "Goats on the Roof"  
shopping



 Langley Senior  
RESOURCES SOCIETY

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

*Enjoy* THE JOURNEY

## Salt Spring Saturday Market

With over 140 vendors this market has earned its reputation as a hot bed for world class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe.

**Activity Level: Easy**

**Package includes:**

4 hours at the market in Ganges | Sacred Mountain Lavender (optional) | Scenic sail through Gult Islands



**Langley Senior**  
RESOURCES SOCIETY

**Recreation and Resource Centre**

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

**Saturday, June 8**

6:30 am - 7:00 pm

Members \$129

Non-Members \$149



THE JOURNEY  
*Enjoy*

## Butchart Gardens High Tea

**Tuesday, June 18**

7:45 am - 7:30 pm

Members \$169

Non-Members \$189

A beautiful, colourful garden with a fascinating history and over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy an afternoon tea lunch. Don't forget to save time for the gift shop!

**Activity Level: Easy**

*\*additional \$36 ferry fee for 64 years and under\**

**Package includes:**

Admission to Butchart Gardens | Afternoon Tea Lunch Sidney Waterfront



**Langley Senior**  
RESOURCES SOCIETY

**Recreation and Resource Centre**

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

THE JOURNEY  
*Enjoy*



# Bus Trips

## Supernatural Haida Gwaii

DETAILS & ITINERARY  
available at LSRS Front Desk

**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**

10  
SEATS  
AVAILABLE

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**

Langley Senior  
RESOURCES SOCIETY

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



Enjoy THE JOURNEY



[www.SilverSizing.com](http://www.SilverSizing.com)



**SILVER SIZING**

Have you been thinking  
about **downsizing**?

Silver Sizing is a full-service organization that helps people downsize and/or relocate. We have the experience, expertise, and resources to make your next transition as smooth as possible.



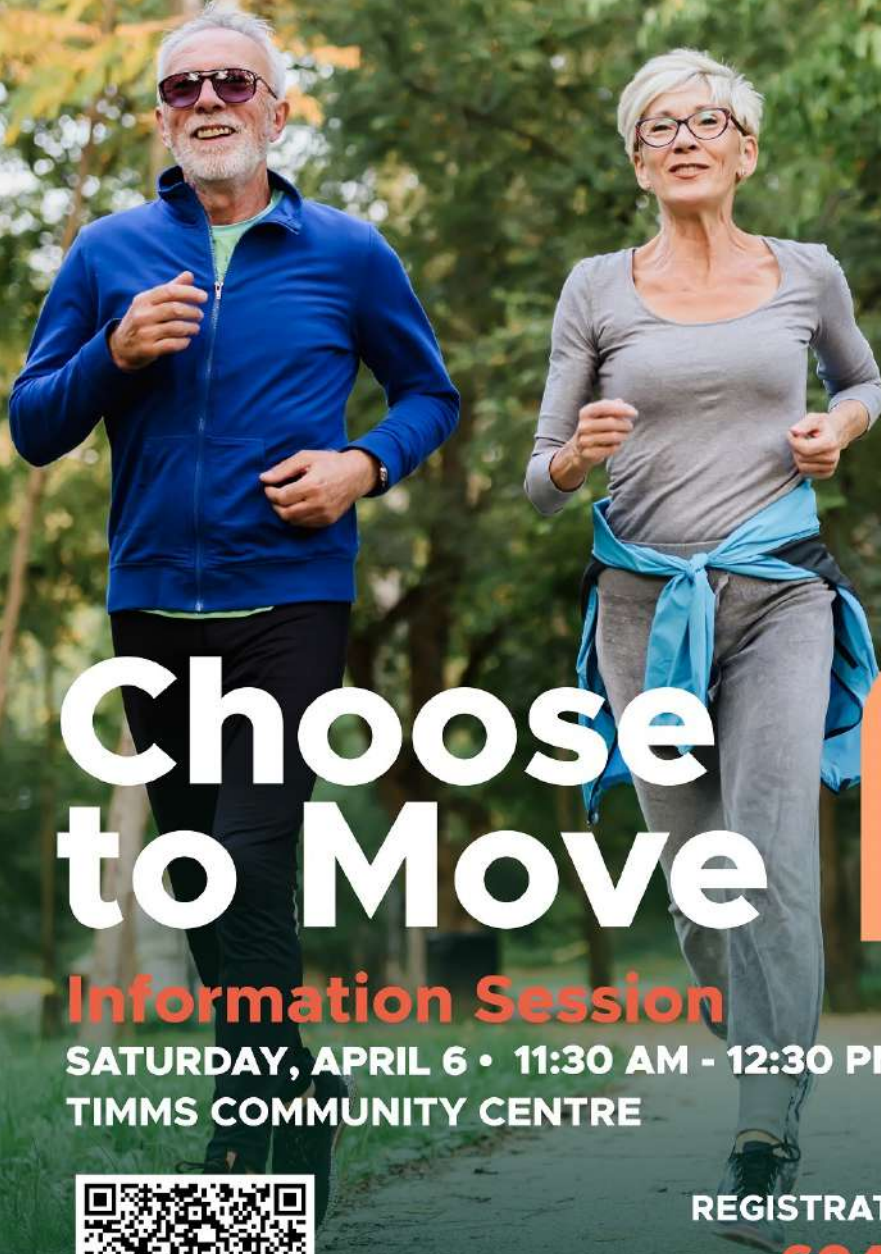
**Call Now :**  
**(+604) 897-4798**

Downsizing done **Right**

With Silver Sizing by your side, downsizing doesn't have to be difficult or overwhelming anymore - just call now and get started right away!

**Join today!**  
**It's FREE**

**Get active  
with support**



# Choose to Move

**A FREE  
PROGRAM  
THAT SUPPORTS  
OLDER ADULTS  
TO BECOME  
AND STAY  
ACTIVE**

## **Information Session**

**SATURDAY, APRIL 6 • 11:30 AM - 12:30 PM**

**TIMMS COMMUNITY CENTRE**



**REGISTRATION REQUIRED**

**604.514.2940**



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](http://lsrs.ca),  
contact Kate at 604-530-3020 ext. 321,  
or [kateL@lsrs.ca](mailto:kateL@lsrs.ca).



Are you looking for your next great read? My Reading Adviser offers personalized recommendations – delivered straight to your email inbox!



[www.fvrl.bc.ca/myreadingadviser](http://www.fvrl.bc.ca/myreadingadviser)



Read. Learn. Play. | [www.fvrl.ca](http://www.fvrl.ca)



# John Aldag

Member of Parliament

*Cloverdale — Langley City*

*Proudly supporting*

*Langley Senior Resources Society!*

*Please contact my office if there is anything I can help you with, such as CPP, OAS, or GIS. I look forward to hearing from you!*

214 6820 188 st.,  
Surrey, BC V3S 4G6

604-575-6595

[John.Aldag@parl.gc.ca](mailto:John.Aldag@parl.gc.ca)

[johnaldagmp.ca](http://johnaldagmp.ca)





*Spring*  
**OPEN  
HOUSE**

April 12 & 13 | 10 am - 4 pm



**Are you or a loved one considering senior living?**

Join us at our **Spring Open House**, where you will find community, connection and a worry-free lifestyle that awaits you.

Ask about our time-limited **Move-In Offer\*** during your visit.

**Don't miss this opportunity to envision the possibilities!**

Claim your exclusive **Move-In Offer\*** during the event.



**CHARTWELL LANGLEY GARDENS**  
8888-202 St.

**CHARTWELL RENAISSANCE**  
6676 203rd St.

**1-844-727-8679 | Chartwell.com**

\*Limited-time offer. Conditions apply.