



\$2

DECEMBER 2024

In the Loop

Programs & Services for Adults 50+

*** New Program Registration Begins ***

December 2, 3, 4 (Members)

December 5, 6 (Non-members)



Langley Senior
RESOURCES SOCIETY

Kelly BLOUIN REALTOR®

YOUR LOCAL SENIORS REAL ESTATE SPECIALIST®

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

~ Janice McTaggart



SRES

ROYAL LePAGE
LITTLE OAK REALTY

LET'S CONNECT!

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



 www.thehouseman.com

 (778)798-6011

 kelly@thehousemanteam.com



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Wishing everyone a wonderful holiday season and all the best in 2025!

From the Langley Senior Resources Society Team

About the Langley Senior Resources Society

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

Board of Directors

President

Loretta Solomon

Vice-President

Sherry Tingley

Secretary/Treasurer

Lee Douglas

Directors

Marlene Best

Michael Chang

Lorna Dysart

Connect with the Board at
board@lsrs.ca

Vision

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

Mission

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

Values

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

Charitable Registration Number: 121924229RR0001

Thank you to our generous funders



Judy De Vries

Rono Holding Company Ltd.

Locations and Staff

Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

604-530-3020

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

Tuk Shop Thrift Boutique | Cafe (9 - 2)

Executive Director

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

Accounting Office

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

Human Resources Coordinator

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

Manager of Programs & Member Engagement

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

Member Services Supervisor

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

Volunteer Coordinator

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

Kitchen and Catering Services Manager

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

Manager of Community Services

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

Community Services Navigators

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

Community Services Coordinator

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

Social Prescribing Community Connectors

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

Facilities Manager

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

Facilities and Grounds Worker

Connor Kahle

Adult Day Program

20256 56th Avenue, Langley, BC V3A 3Y5

778-328-2302

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

Adult Day Program Manager

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

ADP Administrative Assistant

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

Lead Nurse

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

Hydrosound Bathing

Mirarie Fosana
778-328-2302 ext. 4

Membership Information

Join Us!

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

Memberships now \$67.00 (including GST) per year (Jan-Dec). Renewals start in December 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 our Executive Director



Our **Holiday Craft Fair** was, once again, a terrific success thanks to volunteer organizers Lee Douglas and Lynn Richards – they are an amazing sister duo! There is Christmas fun for everyone with our annual **5 Days of Christmas** (page 20), a formal dinner with the **Dal Richards Orchestra** (page 22), and our **Christmas with Elvis** lunch (page 23). We hope you can join us!

In our diverse and vibrant LSRS community, there are many who, despite their wealth of lived experiences, may find themselves marginalized and overlooked.

Seniors can face challenges related to social isolation, economic hardship, and limited access to essential services. At LSRS, we help our most vulnerable seniors and provide support services that meet their unique needs. Sadly, with the increasing costs of living, this number is growing.

Our remarkable community services team work with such compassion each and every day. Heartfelt thanks to Wendy, Debbie, Lisa, Linda, Sheela, Bonnie, Carol, Leanne and Brenda for their unwavering commitment to our clients.

If you have visited our recreation centre, you have likely met Paul. Like many of us, he has lived a life full of experiences and challenges. His parents died when he was very young, he lost touch with family, and then suffered a workplace injury that unraveled his life. Struggling to make ends meet, he was facing his senior years alone, living in his car with no hope for the future. Luckily, he found LSRS and received the support he needed to improve his life. Paul is just one of the many seniors in Langley who rely on our programs and services to live safely, comfortably, and independently at home.

At the time of writing, the Canada Post strike continues. This has significantly impacted our **Season to Share fundraising campaign**. Some of our donation request letters are stuck in the mail and some are being held at the recreation centre waiting to go in the mail. This is our biggest fundraiser of the year, and we are asking all our current and past donors, as well as our members who want to support us this year, to make your Season to Share donation at the front desk, online or call our friendly front desk volunteers. Your support has a direct impact on our ability to assist our most vulnerable seniors. Thank you for helping us help others. To donate, please visit our website at www.lsr.ca or contact our office at 604-530-3020.

The entire LSRS team wishes you a Christmas filled with warmth, laughter, and all the joy the season brings.

LSRS Staff News



We are pleased to welcome Noah LaRoche to our facilities team. Noah will be working on Saturdays at the rec centre and will help us with our evening events too. After a short hiatus, Peggy Dorgan has rejoined our kitchen team to assist with our lunch service and our evening pub events.

In November, Brenda Ebesole moved to our Community Services team to help schedule our Enhanced Housekeeping service. And, Jaclyn Ruscheinski left LSRS to pursue other opportunities and we wish her the best of luck.

On November 5 - 6th, our Community Services team attended United Way's bi-annual Healthy Aging BC conference to learn and share with colleagues about community-based seniors services. It was gratifying to hear from others in this sector how they perceive LSRS - they described us as progressive, accessible, all-encompassing, comprehensive, and client-centred. Our United Way partnership is one of our most impactful and we are grateful for their confidence in us and their increased grant support.



Paul's Story

Paul Crete came to LSRS in 2020 and is a grateful community services client. He's a terrific fellow and really wanted to express his thanks for the support he received. At the time, we needed some help in the kitchen and Paul happily took on a new role. He has been our dishwasher since 2022 and does a great job! This year, Paul kindly allowed us to share his story for our Season to Share campaign and how LSRS has made a positive difference in his life. Thank you, Paul, for all you do for LSRS!

Adult Day Program

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

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



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

This location is open **Monday - Saturday, 8:30 am - 4:00 pm.**
Contact Alicia Koback at 778-328-2302 for more details.



HYRDOSOUND BATHING PROGRAM

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



CAREGIVER SUPPORT GROUPS

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

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

at our Adult Day Program location - 20256 56th Avenue

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

at the Recreation and Resource Centre - 20605 51B Avenue

Community Services

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

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

Information and Referral

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

Housing Navigation

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

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

Social Prescribing

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



Better at Home

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

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

Transportation to Appointments

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



Grocery Shopping

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

Light Housekeeping

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

Friendly Visits

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

Telephone Buddies

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

Please help us build a

Seniors in Need Fund

Limited Short-Term Financial Aid for Older Adults

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

Drop in person at LSRS and request funds are put towards the "Seniors in Need Fund"

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



Langley Senior
RESOURCES SOCIETY

Café and Food Services




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

Meals to Go

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

Pre-orders are not available at this time.

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

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



Langley Senior
RESOURCES SOCIETY

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



langleyseniorsinaction.ca



coscobc.org



Your legacy will help older adults thrive.

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



Langley Senior
RESOURCES SOCIETY

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



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

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

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

OUR PRACTICE AREAS:

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

6345 197 St.
Langley, BC

info@maclg.com
604.546.6345 | maclg.com

A Firm Tradition

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

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



Working Together

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

UPCOMING DATES:

- Monday, December 2, 2024 from 1 - 3 pm
- Monday, January 6, 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, December 10

11:30 am-1:00 m

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

A \$5 fee will be charged for all cancellations

MASSAGE CLINIC - EVERY MONDAY

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

Massage can help with many ailments including:

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

30-minute appointments

Members \$63

Non-members \$70



RESILIENCE Study

What is the study about?

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

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

Who can participate?

You may be eligible to participate if you are:

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

If you would like to hear more about this study:

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

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

Website: www.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.



Community Partnerships



Self-Management Health Workshops

6-Sessions in Langley

Choose **Chronic Pain**, **Diabetes**, or **Chronic Conditions**

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

Register online: www.selfmanagementbc.ca

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



CHRONIC PAIN

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



CHRONIC CONDITIONS

Oct 20 - Nov 24
Walnut Grove Community Centre

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



Institute on Aging & Lifelong Health

Self-Management
British Columbia



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

More information at mensshedlangley.ca



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

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



We are open and ready to welcome you!

Have you had a chance to stop by?

We can't wait to show you around our beautiful new space!

Take advantage of a personalized tour and see what all the fuss is about.

Book your tour today and explore everything waiting for you!

Don't wait too long though — our exclusive suites are filling up fast!



BELLEVUE PARK
— SENIOR LIVING —
Your Day. Your Way.



Sherri Martin,
Senior Living Specialist

email sherri@bellevuepark.ca
or call 672-727-8592
to book your tour



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

Season to Share Fundraising Campaign

Help us help seniors like Paul.

Give to our **Season to Share** fundraising campaign and support seniors in need.



"I don't know where I'd be without LSRS. If it wasn't for them, I'd still be sleeping in my car today," says Paul, LSRS client since 2020.

Season to **SHARE**

Donate today

at lsrs.ca/donate

by phone - 604-530-3020

at the Front Desk



Langley Senior
RESOURCES SOCIETY

Holiday Hours and Membership Renewal



Langley Senior
RESOURCES SOCIETY

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



Holiday Hours

December 24th 9-2pm
Wednesday, December 25th Closed
Thursday, December 26th Closed
December 31st 9-2pm
Wednesday, January 1st Closed

All other days LSRS will be open regular hours Monday to Friday 9-4pm and Saturday 9-2pm.



2025 Membership & Program Information

Membership Subsidy

Membership Subsidy -

Applications for 2025
Langley City & Township
available at front desk

Program Registration

New Program Registration

Begins December 2,3,4
(Members) & December 5,6
(Non-members)

Memberships Now
\$67 including GST.
Memberships run
January - December

Jan – Mar \$63.81+ GST = \$67.00
Apr – Jun \$45.00 + GST = \$47.25
Jul – Sep \$30.00 + GST = \$31.50
Oct – Dec \$15.00 + GST = \$15.75



5 Days of Christmas Dec 16-20



Langley Senior
RESOURCES SOCIETY

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



Accepting Food Bank Donations December 16 - 20



Help us fill the sleigh
for those in need.

Drop off non-perishable
items any time this week.



**to benefit
local food banks**



Events



5 Days of Christmas



Langley Senior
RESOURCES SOCIETY

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

Monday
16 Dec



11 am
Play Society Theatre Presentation

1 pm
Movie Surprise in the Activity Room

Tuesday
17 Dec
Silly Hat Day

10 am
Christmas Bingo and Cookies Social

1:30 pm
Movie Surprise in the Activity Room



Wednesday
18 Dec

Christmas Jewelry
& Scarves Day



10 am
**Blacklock School
Choir Performance**

Christmas Treats in the Lounge



Thursday
19 Dec
Pajamas Day

10 am
Carol Sing Along with Treats

1 pm
Movie Surprise in the Activity Room



Friday
20 Dec
Ugly Sweater Day

**Christmas with Elvis pub lunch
and Santa in the Hall**



All activities this week are free and open to the public.

Events

AN EVENING TO REMEMBER FORMAL DINNER

2 HOURS OF MUSIC &
CHRISTMAS DINNER
BUFFET

DAL RICHARDS ORCHESTRA

Buffet Menu:

Roasted turkey, creamy whipped potatoes, yam casserole, seasonal vegetable medley, herbed stuffing, dinner rolls, gravy, cranberry sauce.
*(***vegetarian option will be a turkey seasoned tofu steak***)*

Dessert

Sticky toffee pudding with Chantilly cream

Coffee, tea and water

There will be an open bar to purchase other beverages

**Prices do not include soft drinks or alcohol*

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

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

DEC 11

\$45 Members
\$50 Non-Members

Join us in the hall for a
traditional turkey dinner
with all the fixings from
4:30-8:00pm.



Langley Senior
RESOURCES SOCIETY



Tickets on
Sale Now!



JOHNY ELVIS & SANTA PUB LUNCH

Friday, December 20th 11:30-1:30pm

Buffet Lunch Menu

Ham with scallop potatoes, veggies, warm buns
and a candy cane brownie for dessert

Members \$25 Non-members \$30

Call 604-530-3020 for reservations

**Prices do not include soft drinks or alcohol
*Please request vegetarian option at time of reservation.
Refund/Cancel 7 days prior to event.



Langley Senior
RESOURCES SOCIETY



Saturday Programs in December

December 7 - 11:00 AM

Light hearted bingo with silly prizes

December 14 - 11:00 AM



**A conversation with Nicolas Von Zill,
Author of The Walking Machine
(tales of a remarkable journey walking
2700 million steps from Vancouver to the
southern most tip of South America)**

Refreshments to be served

December 21 - 10:30 AM

Choir Sing Out with Santa

Refreshments to be served



Wishing you a month filled with
happiness, gratitude, and
delightful surprises.

YOU'RE INVITED

Free Christmas Dinner

WEDNESDAY | **25** | DECEMBER
4:00-8:00 PM 2024

St. Joseph's Parish
20676 Fraser Hwy. Langley

EVERYONE WELCOME

DO YOU NEED A RIDE?
CALL: 604.534.3303
EMAIL: christmasdinner.sjl@gmail.com

VOLUNTEERS NEEDED

Are you passionate about supporting seniors in our community? Are you looking to make a meaningful impact? We are seeking volunteers to join our team and support various initiatives that benefit seniors in Langley.

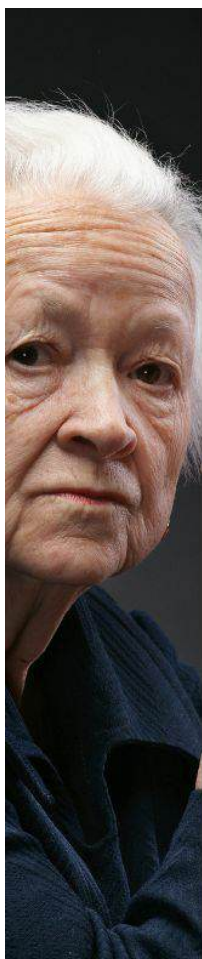
 604-530-3020 x322
 judeh@lsrs.ca



We are currently recruiting for the following volunteer positions:

- Welcome Desk Greeter
- Cafe
- Adult Day Program helper
- Frozen Meal delivery drivers
- Tuk Shop Boutique
- Front Reception

Join us today!



There is a senior in Langley needing your service

Become a

VOLUNTEER DRIVER

Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle.

Mileage paid for driving is 70 cents per kilometer.

Qualifications

Minimum 21 years old
Criminal Record Check
Drivers Abstract
Class 5 and own vehicle

Call or Email Jude

 604-530-3020 x322
 judeh@lsrs.ca

Duties may include

Picking up client from their home and take to appointment. Drive client back home.

Regular Programs at a Glance

| | | | |
|------------------|------------------------------|--------------------------------------|-------|
| Monday | Monday Morning Talk Show | 10:00 - 11:00 am | 44 |
| | Table Tennis | 10:00 am - 12 pm | 41 |
| | Circle of Friends | 11:30 am - 12:30 pm | 42 |
| | Jam Session | 1:00 - 3:00 pm | 34 |
| | Bridge Partners | 1:00 - 4:00 pm | 35 |
| Tuesday | Fit and Fab | 9:00 - 10:00 am | 40 |
| | Adaptive & Lively Chair Yoga | 10:15 - 11:15 am | 39 |
| | Flying Solo | 11:00 am - 12 pm | 42 |
| | Line Dancing | 11:30 am - 12:30 pm | 41 |
| | Senior Pride Social Group | 3rd Tue of Month: 11:30 am - 1:30 pm | 43 |
| | Canasta | 12:30 - 4:00 pm | 35 |
| | Carpet Bowling | 1:00 - 3:00 pm | 41 |
| | Caregiver Support Group: Men | 1:15 - 2:15 pm (Adult Day Program) | 9, 43 |
| Wednesday | Tim's Bits Woodcarving | 9:00 - 11:00 am | 34 |
| | Walking Group | 10:00 - 11:00 am | 28 |
| | Table Tennis | 10:00 am - 12:00 pm | 40 |
| | Changing Gears | 1st Wed of Month: 10:30 am - 12 pm | 42 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 35 |
| | Shanghai Rummy | 12:30 - 4:00 pm | 35 |
| | Cribbage | 1:00 - 3:00 pm | 35 |
| Thursday | Fit and Fab | 9:00 - 10:00 am | 40 |
| | Knit Together | 9:00 am - 12:00 pm | 34 |
| | Fusion Chair Yoga | 10:15 - 11:15 am | 39 |
| | Whist | 12:30 - 4:00 pm | 35 |
| | Book Club | 1st Thurs of Month: 12:30 - 2:00 pm | 42 |
| | Carpet Bowling | 1:00 - 3:00 pm | 41 |
| | Caregiver Support Group | 1:00 - 2:30 pm | 9, 43 |

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

"Art is art, nature is nature, you cannot improve upon it...Pictures should be inspired by nature, but made in the soul of the artist. It is the soul of the individual that counts.

Emily Carr

Regular Programs at a Glance

| | | | |
|------------------------|----------------------------|---------------------|----|
| Friday | Walking Group | 10:00 - 11:00 am | 28 |
| | Choir | 10:00 am - 12:00 pm | 34 |
| | Art Class: Oil and Acrylic | 10:00 am - 1:00 pm | 34 |
| | Samba | 11:00 am - 3:00 pm | 35 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 35 |
| | Bridge | 1:00 - 4:00 pm | 35 |
| | Cribbage | 10:00 am - 12:00 pm | 35 |
| Monday - Friday | Gardening Circle | Seasonal | 41 |
| | Snooker | 9:00 am - 4:00 pm | 41 |
| Saturday | Table Tennis | 9:30 - 11:30 am | 41 |
| | Card & Board Games | 9:15 am - 1:45 pm | 35 |
| | Adaptable Mat Yoga | 12:00 pm - 1:00 pm | 39 |
| | Saturday Social | ALL DAY | 43 |
| | Snooker | 9:00 am - 2:00 pm | 41 |

SATURDAYS

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

Schedule includes

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

Things to know

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



Live life your way

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

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

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



December Walks

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

Wednesdays at 10 am

December 4

Langley Lane Greenway
Meet at the Church
21015-96 Ave

December 11

Bryden Lagoon Loop (x2)
Enter via 53 Ave off 200 St

December 18

Brae Island
Meet at 9451 Glover Rd
parking lot

December 25

No Walk today
Merry Christmas

Fridays at 10 am

December 06

Noel Booth Park
20302 36th Ave.

December 13

Fort to Fort Trail
Meet at Bedford Plaza

December 20

Derek Doubleday
Arbouretum
21177 Fraser Highway

December 27

Campbell Valley Park
Ravine Trail
Meet at 8th 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



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Denturist

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Program, Event, and Trip Registration Information

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

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



Program, Event and Trip Cancellation Policy

If We Cancel

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

If You Cancel

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

For Foot Care Cancellations

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

How You Will Be Refunded

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

Registered Clinical Counsellor

\$65 for members and \$73 for non members for 30 minute appointments

Romeo will be presenting Monday, December 16 at 10 am. for the Monday Talk Show.

Romeo
Kabanda



Hello! I'm Romeo, a dedicated Registered Clinical Counsellor (RCC) passionate about helping individuals navigate life's challenges to build rich and meaningful lives. I provide a supportive and non-judgmental space where clients can explore their emotions, and navigate whatever challenges life presents.

Life can sometimes feel overwhelming, whether due to personal struggles, or the everyday stresses that weigh us down. My goal is to help you find clarity, balance, and fulfillment by using evidence-based therapeutic approaches tailored to your unique needs.

I utilize a range of therapeutic modalities, including Acceptance and Commitment Therapy (ACT), Emotion Focused Therapy, and Internal Family Systems (IFS) to help clients deal with a variety of issues. Whether you're dealing with grief, loss, depression, or anxiety, I'm here to help you navigate these challenges and move towards a more enriching and purposeful life.

I warmly welcome both individuals and couples, and I am particularly committed to providing a safe and affirming space for everyone, regardless of background or experience. My approach is compassionate, empathetic, and tailored to meet your specific needs."

Wednesdays Starting January 8

**Phone to book your appointment.
Appointment bookings start
December 16**

604-530-3020



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

Arts, Crafts, and Music Programs

LSRS membership is required to participate in these programs.

Art Class: Oil and Acrylic Painting

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

Fridays January 17 - March 14

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

\$66.00 | Members only

Cancel/Refund by December 23



Choir

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

No session January 17th.

Fridays January 10 - March 21

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

\$20.00 | Members only

Jam Session

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

Mondays 1:00 - 3:00 pm

Brock Douglas Room | Free

Knit-2-Gether

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

Thursdays 9:00 am - 12:00 pm

Sun Room | Free

Tim's Bits Woodcarving

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

Wednesdays 9:00 - 11:00 am

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

Cribbage

Fridays, 10:00 am - 12:00 pm

Lounge | Free



Traditional Euchre

Wednesdays 1:00 - 3:00 pm

Sun Room | Free

Mexican Dominoes

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

Wednesdays and Fridays

12:30 - 4:00 pm

Lounge | Free

Samba

Fridays 11:00 am - 3:00 pm

Brock Douglas Room | Free

Shanghai Rummy

Wednesdays 12:30 - 4:00 pm

Brock Douglas Room | Free

Whist

Thursdays, 12:30 - 4:00 pm

Sun Room | Free

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



x cut here

Do you live in Fort Langley ? Yes___No___

What kind of programs do you want offered?

List...

What time of day? Morning___Afternoon?___

What days of the week? M__T__W__T__F__

Name_____Phone_____

Are you a member? Yes___No___

Get ready to
have some fun!

January
8,15,22,29
February
5,12,19,26



Seated Cardio



Wednesdays



9 - 10 am



**LSRS Recreation
Centre**



**49 for members
and 59 non
members**

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

Seated Cardio A fun and energetic class that focuses on movement to music while increasing your heart rate. You will do a variety of exercises seated while listening to your favorite tunes.





**January
6,13,20,27,
February 3,10,24
(no class February 17)**

Tai Chi at LSRS

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



MONDAYS



9 - 10 am



**LSRS Recreation
Centre**



**56 for 7
sessions. Open
to members and
non members**

Call 604-530-3020

to register - only 12 spots!

OUR INSTRUCTOR

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



Health, Fitness & Sports

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

Lively Chair Yoga

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

Tuesdays: 11 Classes, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, March 4, 11, 18

10:15 - 11:15 am | Main Hall

Max 30 people

Members \$77 | Non-Members \$87

Cancel/Refund by December 23

Saturdays: 11 Classes, Jan 4, 11, 18, Feb 1, 8, 15, 22, Mar 1, 8, 15, 22, (No class January 25)

12:00 - 1:00 pm | Activity Room

Max 12 people

Members \$77 | Non-Members \$87



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.

Thursdays: 8 Classes: Jan 9, 16, 23, 30, Feb 6, 13, 20, 27, March 6, 13, 20,

10:15 - 11:15 am | Main Hall

Members \$77 | Non-Members \$87

Cancel/Refund by December 23

Adaptive Mat Yoga

A unique blend of standing poses taking advantage of the chair for strength and stability. Participants must be able to independently transition safely and comfortably down to the floor for stretching and cool-down.

Saturdays: 8 Classes, Jan 4, 11, 18, Feb 1, 8, 15, 22 and Mar 1, 8, 15, 22

12:00 - 1:00 pm | Main Hall

Members \$77 | Non-Members \$87

Cancel/Refund by December 23

Notes to fitness participants:

No late entry into fitness or yoga classes; arrive with enough time to set up your practice space before class starts.

All classes require wearing inside non-slip shoes, yoga socks or going barefoot.

Yoga: having your own mat is suggested. Other props are available.

Health, Fitness & Sports

Fit 'n' Fab

An inclusive, energetic low impact class open to all levels that works on aerobic fitness, strength, flexibility and balance. Uses resistance bands, hand weights and balls 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 **Max 36 people**



Seated Cardio

A fun and energetic class that focuses on movement to music while increasing your heart rate. You will do a variety of exercises seated while listening to your favorite tunes.

Wednesdays, January 8 - February 26

9:00 - 10:00 am | Activity Room **Max 12 people**

Members \$49 | Non-Members \$59

Cancel/Refund by December 23

Tai Chi

Come and join the ancient Chinese martial art class that involves gentle and flowing movements. The class combines elements of martial arts, philosophy and traditional Chinese medicine. Tai Chi is often practiced for its health , stress reduction and its meditative benefits.

Mondays January 6 - February 24 (**no class February 17**)

9:00 - 10:00 am | Activity Room **Max 12 people**

Members \$56 and Non-members - \$66

Cancel/Refund by December 23

Notes to fitness participants:

No late entry into fitness or yoga classes; arrive with enough time to set up your practice space before class starts.

All classes require wearing inside non-slip shoes, yoga socks or going barefoot.

Yoga: having your own mat is suggested. Other props are available.

Health, Fitness & Sports

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

Carpet Bowling

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

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$13/year

Line Dancing

Get 'yer boots scootin' with Darlene. When you STUMBLE make it part of the dance!

Tuesdays - Jan 7 - March 25

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

\$84 members | \$94 non-members

Cancel/Refund by December 23

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.

Table Tennis on February 12th is in the Activity Room

Mondays and Wednesdays:

10:00 am - 12:00 pm

Saturdays|

9:30 am - 11:30 am

Main Hall | \$10/year

Gardening Circle

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

Seasonal (weather permitting) | Free



Snooker

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

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

Saturdays - 9:00 am - 2:00 pm

Snooker Room | \$30/year



Conversation, Social, and Education Programs

LSRS membership is required to participate in these programs.

Changing Gears

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

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

Brock - Douglas Room | Free

Circle of Friends

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

Mondays - 11:30 am - 12:30 pm

Brock Douglas Room | Free

Flying Solo

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

Tuesdays - 11:00 am - 12:00 pm

Brock Douglas Room | Free

The Diners Club

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



Tuesday, December 3 at 6:00pm

Poseidon Restuarant & Bar

20811 Fraser Highway

Authentic Greek Cuisine prepared in a home-cooked style. Special of the day is 2 skewers of souvlaki for \$22

Tuesday, January 7 at 6:00pm

Pasta Polo

19665 Willowbrook Drive

Homeade pasta, pizza and other rustic Italian dishes.

Book Club

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

1st Thursday of the Month
12:30 pm

Activity Room | Free

Conversation, Social, and Education Programs

Caregiver Support Groups

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

Caregiver Support Group

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

Men's Caregiver Support Group

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

Saturday Social

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

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

Senior Pride Social Group

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

Join us for our "Let's Eat, Drink and be Merry!" Social at Dublin Crossing Irish Pub, 18789 Fraser Hwy, Surrey on Tuesday, December 17th at 11:30 a.m. We will be back at the Resources and Recreation Centre in January.

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

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with

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

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

DECEMBER 2

MOVE MORE: A PATHWAY TO HEALTHY AGEING

The importance and impact of physical activity and how to get active. Plus information about ongoing exercise programs and studies

Dr. Jordyn Rice & Dr. Paul Mackie
Centre for Ageing Smart
Rehabilitation Research Program
at GF Strong Centre

DECEMBER 9

STAYING CONNECTED: PREVENTING SOCIAL ISOLATION & LONELINESS

This interactive presentation introduces the importance of staying connected. Discussion about social isolation and loneliness including risk factors, the correlation between social isolation and decreased well-being and ideas for how we can do our part to stay connected with others.

Linda Yauk
Seniors First BC

DECEMBER 16

CLINICAL COUNSELLING

Counselling to help you find clarity, balance, and fulfillment by using evidence-based therapeutic approaches tailored to your unique needs.

Romeo Kobanda
Clinical Counsellor

DECEMBER 23

SLUMACH'S GOLD

Learn about the legend of the lost gold mine around Pitt Lake, a tale that has been captivating locals for over 130 years.

Brian Antonson
Co-Author

DECEMBER 30

GAMBLING IN BC

Gambling in BC and how gambling might affect older adults.

Judy Lee
Gambling Outreach Support

Some of the things that happened in 2024



Welcome Nola!
Our 1000th
LSRS 2024 Member



Thank you all for joining us in 2024! We look forward to providing more high quality recreation opportunities in 2025.

Bus Trip Information

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

Accessibility

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

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

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

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

Tips for the driver are not included and much appreciated.

Policies

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

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



Enjoy THE JOURNEY

Bus Trips

Please Join us for

THE SINGING CHRISTMAS TREE

Sunday December 8 Time: 10:0am-5:30pm

Enjoy the Singing Christmas Tree Choir as the tree lights up with 80 singers. Actors, dancers and musical soloists are all part of the festivities. Vancouver's biggest celebration and a highlight of the Christmas season. Enjoy lunch at the historical Sylvia Hotel overlooking English Bay. **Level:** Easy

COST

MEMBERS \$119

Non-Members \$139



Langley Senior
RESOURCES SOCIETY

PACKAGE INCLUDES:

- Early Entry Broadway Church
- The Singing Christmas Tree Festival
- 3:00pm Performance
- Lunch at Sylvia Hotel
- Broadway Church Donation
- All Fees and Taxes

Enjoy THE JOURNEY

Chemainus Theatre Festival

PACKAGE INCLUDES:

- Chemainus Theatre Festival Ticket
- Miss Bennet: Christmas at Pemberley
- Playbill Dining Room Buffet Lunch
- All fees and taxes

Experience the beloved Chemainus Theatre Festival featuring Miss Bennet: Christmas at Pemberley live performance. Indulge at the theatres' Playbill Dining Room for a themed buffet lunch matching the Christmas performance prior to the show.

Activity Level: Easy

Wednesday December 11

Time: 6:00am-8:30pm

Members \$159

Non-Members \$179

Additional \$36 ferry fee for 64 years and under

Langley Senior
RESOURCES SOCIETY

Enjoy THE JOURNEY

Bus Trips

Carol Ship Dinner Cruise

Thursday December 19
Time: 4:15 pm-10:30pm

Members \$169

Non-Members \$189

The local waters of Vancouver come alive this holiday season aboard Vancouver Cruises Carol Ship Dinner Cruise. The ship is lit up on the outside and decked out in their Christmas best on the inside. This tour includes live Christmas Carolers, song sheets and Holiday Buffet featuring slow-roasted Turkey and Honey Glazed Ham. **Level: Easy**

PACKAGE INCLUDES:

- 3 Hour Cruise
- Onboard Carol Singers
- Carol Song Sheets
- Traditional Holiday Buffet
- Ship Staff Gratuities
- All Fees and Taxes



Langley Senior
RESOURCES SOCIETY

THE JOURNE
Enjoy

Exceptional care at home starts with a dedicated health and wellness team

Discover a unique experience with your local Neighbourhood Health Team (NHT) — where your health and wellness journey is personalized to ensure you can age comfortably in the familiar surroundings of your own home.

With NHT, our dedicated team actively design personalized care plans to fit your unique lifestyle and evolving health needs. This approach focuses on preventive care, empowering clients and families to maintain healthy lifestyles, effectively manage chronic conditions and enhance your overall quality of life.

Why choose NHT?

Enjoy peace of mind by seamlessly integrating all aspects of care at home. Our dedicated team of compassionate caregivers provide proactive, consistent and holistic care to ensure that you can remain healthy and safe at home.



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in partnership to support seniors in Langley



The Bread Basket

AT LSRS

Pick up at our
Rec Centre on
December
2, 16, 30

BY DONATION
supporting our
seniors in need
fund

call 604-530-3020
for more info



 Langley Senior
RESOURCES SOCIETY

Need Quality In-Home Care?

“Nurse Next Door was caring and compassionate when my father in law’s health declined to a point that we could not care for him on our own. His needs were carefully and respectfully met and I had peace of mind knowing that he was well cared for when I had to leave for work and leave him on his own”



Nurse Next Door®
home care services

778-600-0680



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

Senior Living?

NOT IN THIS LIFETIME!

That's what some of our residents said before they enjoyed the many entertainment opportunities at Chartwell.

Now they're saying:

"I'm seizing the day!"



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604-676-3098



CHARTWELL.COM

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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
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