

In the Loop

FEBRUARY 2025

\$2

LET'S DUET TOGETHER
Valentine!



Programs & Services for Adults 50+



Langley Senior
RESOURCES SOCIETY

OPEN HOUSE
February 24

*registration
not required*

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



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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"When someone show you who they are, believe them the first time." - Maya Angelou

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 pm)

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 - *ON LEAVE*
604-530-3020 ext. 322, judeh@lsrs.ca

Community Fundraiser

Bonnie McDonald
604-530-3020 ext. 319, bonniem@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

Nicole Garfias
604-530-3020 ext. 319, nicoleg@lsrs.ca
Sheela Veloo
604-530-3020 ext.306, sheelav@lsrs.ca

Kitchen and Catering Services Manager

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

Township of
Langley



Est. 1873



The Tuk Shop Thrift Boutique

accepting donations

puzzles | books | clothing | housewares

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

Assistance is available to help carry heavier items.

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



Langley Senior Resource Society
20605 51B Avenue, Langley



A Message from our Executive Director



LSRS is focused right now on growth. We are adding new programs and services tailored for seniors such as recreation classes, clinical and group counselling, and dental hygiene services. We plan to offer programs and services into Langley neighbourhoods and if you live in Walnut Grove / Fort Langley, we are interested to learn what programs you would attend – a fitness class? A card group? A caregiver support group? See page 27 to learn how to share your thoughts with us.

We also are actively advocating for issues important to seniors. We recently met with Dan Levitt, BC's Seniors Advocate, to discuss the recent HandiDART strike and the impact it had on seniors, specifically vulnerable seniors like our Adult Day Program clients. We stressed the critical role Adult Day Programs play in community health and the important respite it provides for caregivers. LSRS saw 27 ADP clients end service because they could not access important therapeutic recreation and social engagement activities. Their condition declined to the point we were no longer the place for them – they needed a higher level of support, and many went into long-term care. We shared our experience and delivered a strong message that ADP's need to be classified as an essential HandiDART service.

And we are making strategic investments to help us increase our earned revenue so we can afford our growth and most importantly, sustain it. We are streamlining our expenses, seeking new funding partners, and expanding our catering. We have added new staff positions to help us too, see page 8.

We are proud to be the charitable partner of the Fort Langley Historic Half Marathon, see page 32. It's not too late to join the LSRS team or become a volunteer. We love this partnership - it showcases that seniors participate and enjoy all kinds of physical fitness activities, including a marathon.

I reflect back on January 15, 2024, the day of our terrible flood, and I am filled with pride for our team and how we managed this crisis. And, I have such gratitude for the community support we received. The City and Township of Langley stepped up immediately to offer financial aid. Our members, volunteers, partners, and staff all helped adjust our spaces and find new locations for programs and services affected. We greatly appreciated the patience shown to us as we repaired and recovered. I love that Langley is a community that cares for one another – how appropriate for Valentine's Day!

LSRS Staff News



LSRS continues to grow to better meet the needs of seniors in Langley. We are happy to introduce our newest team members.

Tracey Caron - we are expanding our catering services and are pleased to welcome Tracey as our new Line Cook in our busy kitchen.

Our Community Services has 2 additions - Cindy Al-Alway is our newest Enhanced Light Housekeeper and Nicole Garfias, who worked at our Adult Day Program, will be joining us as a Community Connector. With Nicole's arrival, Bonnie McDonald moves into a full-time community fundraising role.

Tatyana Romao - will be stepping into a new role as our Marketing and Communications Coordinator and will help LSRS with our print materials, social media account management and overall brand presence.



Computer, Tablet, Internet, and Email questions, answers and assistance

Julia will be onsite Mondays in February offering 30 min appointments starting at 2:15pm with her last appointment being 3:15pm.

**BOOK YOUR
APPOINTMENT
AT THE LSRS
FRONT DESK**

for members only



Langley Senior
RESOURCES SOCIETY



Adult Day Program

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

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



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

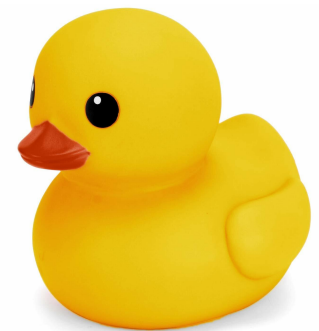
This location is open **Monday - Saturday, 8:30 am - 4:00 pm.**

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



HYRDOSOUND BATHING PROGRAM

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



CAREGIVER SUPPORT GROUPS

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

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

at our Adult Day Program location - 20256 56th Avenue

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

at the Recreation and Resource Centre - 20605 51B Avenue

Community Services

Community Services are available for free to adults 60 years of age and older who live in Langley.

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.

The HOPE Fund

Helping Older Persons Excel by providing limited short-term financial assistance for urgent life-changing needs.

With your assistance, our Community Services team can provide Langley seniors with:



Designate your donation towards the "HOPE Fund" to help seniors who need it most.

Housing Supports

- housekeeping, handyman services, moving assistance

Health Care Needs

- mobility aids, medication costs, footcare, dental care

Food Insecurity Supports

- groceries and grocery gift cards, transportation assistance



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



cascobc.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.

Legal Clinic

Working Together

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

UPCOMING DATES:

Monday, February 3, 2025 from 1-3 pm
Monday, March 3, 2025 from 1-3 pm

**Legal Clinic with
MacCallum Law Group**

OPEN HOUSE

February 24th 11-1 pm

Come down and see what we have to offer! Cafe and Tuk shop open this day.



Langley Senior
RESOURCES SOCIETY

STARTS MONDAY MARCH 3

10-12 PM - MEMBERS & NON-MEMBERS

LESSONS - MARCH 3, 10, 17, 24, 31



Ladies Only Snooker Lessons

Snooker Lessons with Bill Beadle and Team

Looking to learn a new skill and have fun? Join us for snooker lessons, led by Bill Beadle, a former student of World Champion snooker coach and fellow Canadian, Cliff Thorburn. Bill, a past North American Target Shooting Champion, will be joined by four experienced coaches to guide you through the basics and fundamentals of snooker.

You will learn:

- Snooker table layout
- Cue grip and bridge techniques
- Tools of the trade
- Proper stance and shot alignment
- Focus, concentration, and practice routines

Discover the joy of playing snooker, a game you can enjoy for life!

Sign up today and start your snooker journey with expert instruction in a supportive environment.

Members Only

CALL TO 604-530-3020 TO REGISTER (MAX 16)



Langley Senior
RESOURCES SOCIETY

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, February 11
11:30 am-1:00 pm

No appointment
necessary

Members only



FOOT CARE CLINIC

Foot care clinic services at LSRS include:

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

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

30 minute appointments take place every Thursday & Friday with Vanessa.

Call the Front Desk for availability

Fee

Member \$53 | Non-Member \$60

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.

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

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

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



Massage can help.

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

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

30-minute appointment

Every Monday

Member \$63 | Non-Member \$70

Call 604-530-3020

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



Langley Senior
RESOURCES SOCIETY

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

Health Clinics

Registered Clinical Counsellor



Romeo
Kabanda

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

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.

**Call and book your appointment now.
Romeo will be onsite every Wednesday.**

Appointments filling up fast!

 Langley Senior
RESOURCES SOCIETY

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

Cloud Dental Hygiene Clinic now onsite -

What's included in the service -

- Cost: \$279 or covered by dental insurance
- Included: 40-45 minutes of professional teeth cleaning, a dental hygiene exam, and 2 digital X-rays

Booking for February 25th

new

Book appointment by calling 604-530-3020. For payments and other information, please call Cloud Dental Hygiene Clinic at 604-210-2030. \$50 cancellation fee if cancel with less than 24 hr notice.



**BOOK
AN
APPOINTMENT**

CLOUD DENTAL HYGIENE CLINIC

SENIORS TEETH CLEANING & EXAMINATION

ON SITE AT LANGLEY SENIORS RESOURCES SOCIETY



Dental cleanings & examination



Digital X-rays & Teeth whitening



Direct Bill Dental Insurance including Canadian dental care plan

WE'RE BACK IN FEBRUARY LIMITED SPOTS!

BOOK AT THE FRONT DESK AT LSRS OR CALL TODAY



604-530-3020



Info@clouddentalhygiene.ca



Clouddentalhygiene.ca

Community Partnerships

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.



in partnership with



The LSRS
Bread Basket

Pick up at our
Rec Centre on
Tuesday
February 11th
and 25th

BY DONATION
supporting the
HOPE Fund

call 604-530-3020
for more info



 Langley Senior
RESOURCES SOCIETY

LIBRARY For you

Library For You provides accessibility services to people who are unable to access the library due to illness or disability. Find the right service for you.
libraryforyou@fvrl.bc.ca

**CAN'T GET TO
THE LIBRARY?
WE COME TO YOU!**

**1-888-668-4141
(EXT. 7076)**



Read. Learn. Play. | www.fvrl.ca



Call **604-530-3020**
for more info or
to book an appointment

Income Tax Clinic

Registration starts Feb 10 | Appointments start Feb 25

ELIGIBILITY REQUIREMENTS

You are ELIGIBLE for the Tax Clinic if:

- Your income is under \$35K (individual) or \$45K (couple)
- Your interest income (T5) is under \$1000

You are NOT ELIGIBLE for the Tax Clinic if:

- You have capital gains/losses, employment expenses, or business/rental income and expenses.
- You have declared bankruptcy in the past year or if your bankruptcy has not been officially cleared from past years.
- You are filing on behalf of someone that has died. If your spouse died in 2024, you are required to provide their total income (line 236), date of death, and general information in order to complete your income tax return.

When booking an appointment:

Each person needs a 30-minute appointment for each year of income tax to be completed (e.g. if husband and wife, 2 appointments must be scheduled.)

Documents to bring to your appointment:

Picture ID, your return from last year, and this year's tax forms (e.g. any of the following that apply: T4, T4A, T5, T5007, RC62, TE4, T4A(P), T4A(OSA), T4RSP, T2202A)



Arnie's Bistro / Bar



5-Hole Putting Green



Beautiful, Spacious Apartments



Welcoming Community Spaces



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.

“I should have done this sooner!”

Bellevue Park welcomes you to a Stress-Free, Life-Changing Retirement Living Experience

Imagine waking up every day in a vibrant community designed with your needs in mind. Bellevue Park's modern, amenity-rich Independent Senior Living community offers the perfect blend of comfort, convenience, and connection — all in a stress-free environment.

From beautiful, spacious apartments to incredible wellness programs, dining options, and social opportunities — this is more than just a move; it's the start of a new, fulfilling chapter.

Rediscover the joy of living with peace of mind, knowing everything you need is at your doorstep. Say goodbye to worries and hello to simplicity, comfort and freedom.

“You deserve the best — take the first step. Book a tour today.”



Sherri Martin,
Senior Living Specialist

Book a personal tour today!

Call Sherri at 672-727-8592



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



Brookwood Denture Clinic Ltd.

DENTURE AND IMPLANT SOLUTIONS

All Dental Plans Accepted – including the Canadian Dental Care Plan.



Better Business Bureau
A+ Rating!

OUR SERVICES INCLUDE:

- COMPLETE DENTURES
- PARTIAL DENTURES
- DENTURES ON IMPLANTS
- DENTURE RELINES
- DENTURE REPAIRS WHILE YOU WAIT
- ONSITE DENTAL LAB



Colin Harty R.D.
Denturist

Adam Wejkszner R.D.
Denturist

Darren Sailer R.D.
Denturist

Accepting the
CANADIAN DENTAL CARE PLAN.
Please call our office for more information.

Celebrating over 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

Open Monday to Friday

Call for a Complimentary Consultation



All Dental Plans
Accepted





You'll Love Living Here!

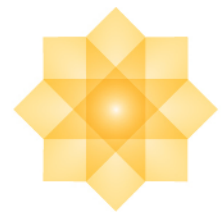
Discover a home where someone else worries about shovelling the driveway—a place where frozen pipes and overflowing eavestroughs aren't your problems.

Trade your to-do list for a glass of wine while you enjoy live music, a game of snooker or a hand of poker with your friends.

Schedule a tour, bring your friends; we'll treat you to a complimentary lunch.

Call today to book your tour:

604.351.8668



**SUNRIDGE
GARDENS**

A BRIA COMMUNITY



**MAGNOLIA
GARDENS**

A BRIA COMMUNITY

RETIREMENT. LIVING!

BriaCommunities.ca



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[®]
MEMORIAL

∞ **LIFE WELL CELEBRATED**[®] *∞*

HENDERSON'S LANGLEY

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 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

Monday	Tai Chi	9:00 am - 10:00 am	36
	Monday Morning Talk Show	10:00 am - 11:00 am	40
	Table Tennis	10:00 am - 12 pm	37
	Circle of Friends	11:30 am - 12:30 pm	38
	Jam Session	1:00 - 3:00 pm	30
	Bridge Partners	1:00 - 4:00 pm	31
Tuesday	Fit and Fab	9:00 - 10:00 am	36
	Adaptive & Lively Chair Yoga	10:15 - 11:15 am	35
	Flying Solo	11:00 am - 12 pm	38
	Line Dancing	11:30 am - 12:30 pm	37
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 1:30 pm	39
	Canasta	12:30 - 4:00 pm	31
	Carpet Bowling	1:00 - 3:00 pm	37
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	9,39
Wednesday	Tim's Bits Woodcarving	9:00 - 11:00 am	30
	Seated Cardio	9:00 am - 10:00 am	36
	Walking Group	10:00 - 11:00 am	34
	Table Tennis	10:00 am - 12:00 pm	37
	Chess	10:00 am - 12:00 pm	31
	Changing Gears	1st Wed of Month: 10:30 am - 12 pm	38
	Mexican Dominoes	12:30 - 4:00 pm	31
	Shanghai Rummy	12:30 - 4:00 pm	31
	Cribbage	1:00 - 3:00 pm	31
Thursday	Fit and Fab	9:00 - 10:00 am	36
	Knit Together	9:00 am - 12:00 pm	30
	Fusion Chair Yoga	10:15 - 11:15 am	35
	Whist	12:30 - 4:00 pm	31
	Book Club	1st Thurs of Month: 12:30 - 2:00 pm	38
	Carpet Bowling	1:00 - 3:00 pm	37
	Caregiver Support Group	1:00 - 2:30 pm	9,39

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

"The first time I see a jogger smiling, I'll consider it." - Joan Rivers

Regular Programs at a Glance

Friday	Walking Group	10:00 - 11:00 am	34
	Singing Social	10:00 am - 12:00 pm	30
	Art Class: Oil and Acrylic	10:00 am - 1:00 pm	30
	Samba	11:00 am - 3:00 pm	31
	Mexican Dominoes	12:30 - 4:00 pm	31
	Bridge	1:00 - 4:00 pm	31
	Cribbage	10:00 am - 12:00 pm	31
Monday - Friday	Gardening Circle	Seasonal	37
	Snooker	9:00 am - 4:00 pm	37
Saturday	Table Tennis	9:30 - 11:30 am	37
	Card & Board Games	9:15 am - 1:45 pm	31
	10 Card Cribbage	10:00 am - 12:00 pm	31
	Adaptive Yoga	12:00 pm - 1:00 pm	35
	Saturday Social	ALL DAY	
	Snooker	9:00 am - 2:00 pm	37

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



Don't be lonely this Valentine's Day

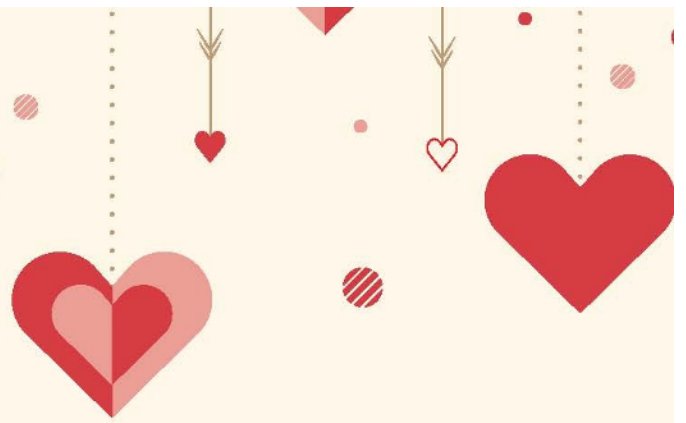
COME CELEBRATE WITH US!

Music, memories, and mingling await
this February 13th, at 2:00 pm.

This Valentine's Day, join us for an
unforgettable afternoon filled with love
and laughter! Enjoy live music, capture
picture-perfect moments in our photo
booth, and treat yourself to delightful
refreshments.

Let's make this Valentine's one to
remember—together!

Independent & Assisted Living in beautiful Langley, BC.



RSVP now to save your spot for the
sweetest celebration of the year!

Michael
T. 604-307-9066



retirementconcepts.com

GET IT FIXED

REPAIR CAFE

FREE REPAIRS FOR
BIKES, APPLIANCES,
TOYS, CLOTHING & MORE

SATURDAY FEBRUARY 1ST
10-2PM

ALL ARE WELCOME!
Bring your used item down to
20605 -51B Avenue between
10-2pm on February 1st and a
volunteer from LEPS will try to fix
your item. No need to register.

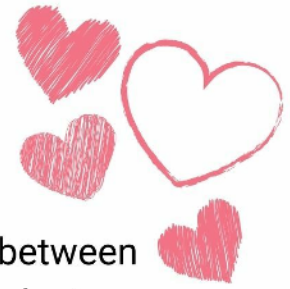


Langley Senior
RESOURCES SOCIETY

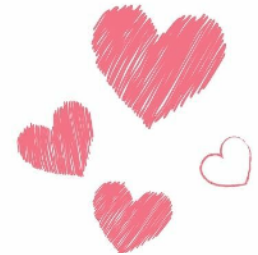
Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca



Sweetheart Love Display



Display your wedding pictures in the lobby of LSRS between February 3rd and 18th and participate in the 'guess who I am contest'. Original pictures to be photocopied by reception with name and phone number written on the back between February 3rd and 10th. Forms for the guess who I am available on the 11th and collected until the 18th. Those with the top 3 guesses entered to win a sweetheart gift basket.



 **Langley Senior**
RESOURCES SOCIETY

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



Soon to be offering programs and or services in Fort Langley



DO YOU LIVE IN FORT LANGLEY?

WHAT KIND OF PROGRAMS WOULD YOU LIKE OFFERED?

WHAT TIMES AND DAYS OF WEEK WOULD YOU LIKE THESE?

CUT OUT THE PROGRAM

QUESTIONNAIRE BELOW AND RETURN TO THE FRONT DESK

 **Langley Senior**
RESOURCES SOCIETY

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

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___

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, extension 0 to register with a credit card. **You can register yourself and one other person for all programs and events.**



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).

**CELEBRATING 25 YEARS OF
TABLE TENNIS PUB LUNCH**

11:30-1:30PM



**DISCO
BABBY**

1970S TRIBUTE SHOW

WEDNESDAY FEBRUARY 12

**Menu - Beef Bourguignon with mashed potatoes,
seasonal vegetables and buns with butter
Lemon shortcake for dessert**



Langley Senior
RESOURCES SOCIETY

Call 604-530-3020 to register
Register Jan 27th members and 30th non-members
Members \$25 Non-members \$30

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



Singing Social

A social sing-a-long group with no auditions or requirement to read music. Participants enjoy singing old favourites together and learning new songs. Space is available - join any time.

Fridays February 7 - 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

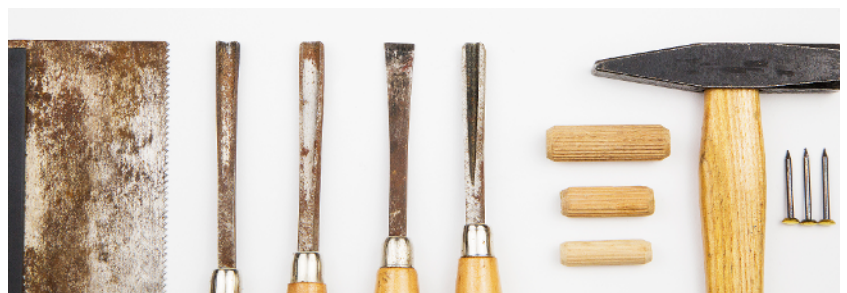
Sun Room | Free

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

Chess

Wednesdays 10:00 am - 12:00 pm

Lounge | Free

Cribbage

Wednesdays 1:00 - 3:00 pm

Main Hall | Free

Cribbage

Fridays 10:00 am - 12:00 pm

Lounge | Free

10 Card Cribbage

Saturdays 10:00 am - 12:00 pm

Sun Room | 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.

What happens when
a senior enters a half-marathon?

THEY WIN

19th Annual Fort Langley Historic Half

5K | 10K | Half-Marathon

**Sunday,
February 16, 2025
Start Time 9am**

JOIN

by walking, running or cheering us on!

SUPPORT

donate online at <https://lsrs.ca/give/> to support

Langley Senior Resources Society

and walking group members

VOLUNTEER

Help us on race day!

Contact judeh@lsrs.ca

or call 604-530-3020 ext. 322

Register and Donate Now Online

<https://www.tryevents.ca/fort-langley-historic-half>



**Langley Senior
RESOURCES SOCIETY**

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

Welcome Kelli Kanashiro



About the new LSRS Saturday Instructor

Born in South America, Kelli is a Brazilian descendant of multi-nationalities. Daughter of a Lebanese mother and a Japanese father, Kelli has always presented mixed and striking characteristics of each culture. The traces of her eyes do not deny its origin, thus arousing, among her close friends, the affectionate nickname "Japa" as a reference to the Japanese character.

Yoga & Holistic Specialties

Shamanic Reiki Healing Sessions

Yoga Therapy

Therapeutic & Trauma-Informed Approach

Hatha + Chair Yoga + Restorative + Yin + Nidra

Guided Meditation

1:1 Private & Personalized Sessions

Experience

Yoga Therapy, Shamanic Reiki, Meditation - In-Person & Oline Private Sessions
in Canada and Brazil (current)

Corporate Workshops Facilitator (YMCA, LivingWell, Innergy - 2020 - current)

Hatha Yoga - Public Classes at YMCA Robert Lee (Vancouver, CA - 2019 - 2022)

Meditation Program - developed for YMCA Robert Lee staff (2020)

Saturday classes now 11am and 12:15pm

February Walks

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

Wednesdays at 10 AM

Feb 05

Meet at Doubleday
Arboretum
21177 Fraser Highway

Feb 12

Brookwood Pond
Meet at School Parking
Lot
20202 35th Avenue

Feb 19

Campbell Valley Park
Perimeter Trail & Ravine
Meet at 8th Ave Parking
Lot

Feb 26

Brae Island
Meet at 9451 Glover Road

Fridays at 10 AM

Feb 07

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

Feb 14

Fort to Fort Trail
Meet at Bedford Plaza

Feb 21

Derby Reach
Campground Parking lot
21801 Allard Crescent

Feb 28

Langley Greenway Trail
Meet at the Church
21015 - 96th Avenue

Wednesday Walking Group Leader

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

Friday Walking Group Leader

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

Health, Fitness & Sports

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

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

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

(No class January 25)

11:00 - 12:00 pm | Activity Room

Max 12 people



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: 11 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

Max 30 people

Adaptive Yoga with Kelli

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

12:15 - 1:15 pm | Main Hall

Members \$77 | Non-Members \$87

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 15 people**

Members \$49 | Non-Members \$59

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

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

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 - 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 - 4:00 pm

One reserved table for ladies only on Mondays

9:00 am - 12:00 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 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, February 4 at 6:00 pm

Boston Pizza

19700 Langley Bypass

Tuesday, March 4 at 6:00 pm

Andreas Restaurant

20227 56th Ave

Traditional Italian and Greek dishes that are very inexpensive.

Book Club

Meet other enthusiastic readers, discuss books, and help choose each month's title. Books will be provided. Members only. **Currently Full. You can put your name on a wait list.**

1st Thursday of the Month

12:30 pm

Conversation, Social, and Education Programs

Caregiver Support Groups

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

Caregiver Support Group

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

Men's Caregiver Support Group

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

Saturday Social

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

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

Senior Pride Social Group

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

We meet the third Tuesday of every month. Sorry, this group is not for allies. We meet from 11:30 am until 1:30 pm at LSRS.

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

Society membership or Langley residency are not required.

*Hosted in
partnership with*

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

Conversation, Social, and Education Programs

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

FEBRUARY 3

Enjoy Travels

Join Troy Opper from Enjoy The Journey. Troy will be presenting on the spring and summers day tours and vacations. He has an exciting San Juan cruise planned in 2025 along with a once in a lifetime trip to Thailand in 2026

Troy Ooper

Owner

FEBRUARY 10

LCSS Programs & Stress Management Tools

Learn about the different programs available at Langley Community Services Society and stress management tools that you can take away with you

Lia Margueratt

LCSS

February 17

Close for Family Day

FEBRUARY 24

Emergency Preparedness

Learn how to create a household emergency plan and kit, grab & go bags. Learn where to find credible emergency information (evacuation alerts, extreme weather warnings and the importance of home insurance

**Hosted by the Langley City
Emergency Program (LCEP)**



Langley Senior
RESOURCES SOCIETY

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

*Generously
sponsored by*



Conversation, Social, and Education Programs



Langley Community
Services Society



Langley Senior
RESOURCES SOCIETY

COLLECTIVE GROUP COUNSELLING

A SUPPORTIVE GROUP DEDICATED TO
PROMOTING WELL-BEING AND MENTAL HEALTH

Join us for a 6- week group where we will engage together through education, open discussions, and share experiences while learning strategies and tools. Topics include:

Thursday February 13th:
Anxiety

Thursday February 20th:
Family Dynamics

Thursday February 27th:
Loneliness

Thursday March 6th:
Change of Identity

Thursday March 13th:
Communication

Thursday March 20th:
Purpose

Led by Clinical Counsellors in partnership with
Langley Community Services and Langley Seniors
Resources Society

Thursdays 10am - 12 pm in the Activity Room
Located at Langley Senior Resources Society:

20605 51b avenue

Members and non-members welcome

*You are welcome to attend one or
all of the sessions*

For more information please call:

Lia Margueratt 604-534-7921 ext. 1240



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

T U E S D A Y
F E B R U A R Y 2 5

The prestigious Wildlife Photographer of the Year exhibition is set to return to the Royal BC Museum in 2025 with 100 new incredible photos showcasing the best wildlife photography from around the world.



PHOTOGRAPHER OF THE YEAR

- PACKAGE INCLUDES:**
- Royal BC Museum Admission
 - Wildlife Photographer Of The Year Exhibit
 - 2-course Lunch at Steamship Grill
 - All Fees and Taxes


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

7:15AM-7:30PM

Members \$139

Non-members \$159

Additional \$36 ferry fee for 64 years and under



W E D N E S D A Y M A R C H 1 2

WESTMINSTER ABBEY



8:30 AM - 4:00 PM

Members \$129

Non-members \$149



WESTMINSTER ABBEY IS A BEAUTIFUL, PEACEFUL PLACE WITH MAGNIFICENT ARCHITECTURE AND STUNNING STAINED GLASS. SEE AND HEAR ABOUT THE MONKS UNIQUE WAY OF LIFE INCLUDING THE MIDDAY PRAYER. THIS TOUR INCLUDES A MORNING TOUR AND TASTING AT GOLDEN EARS CHEESECRAFTERS, LUNCH AT GREEK ISLANDS RESTAURANT AND AN AFTERNOON ICE CREAM CONE AT BIRCHWOOD DAIRY FARMS.

PACKAGE INCLUDES:

- WESTMINSTER ABBEY MONK GREETING
- MIDDAY PRAYER
- MONASTERY GROUNDS FREE TIME
- LUNCH GREEK ISLANDS RESTAURANT
- GOLDEN EARS CHEESECRAFTERS TOUR
- BIRCHWOOD DAIRY FARMS ICE CREAM CONE
- ALL FEES AND TAXES

THURSDAY MARCH 27
8:30AM - 5:00PM

MYSTERY TOUR

\$129 Members Non-members \$149
Leaving from LSRS at 8:30am

THIS FUN AND ENTERTAINING MAGICAL MYSTERY TOUR TAKES YOU TO UNKNOWN DESTINATIONS FILLED WITH CLUES, PRIZES, AND PROPS! A MUST SEE ATTRACTION, A GREAT LUNCH AND AFTERNOON MYSTERY STOPS INCLUDED. USE THE CLUES CORRECTLY AND WIN A VARIETY OF PRIZES INCLUDING A FREE ENJOY THE JOURNEY DAY TOUR!

ACTIVITY LEVEL: EASY

USE THE CLUES CORRECTLY AND WIN A VARIETY OF PRIZES INCLUDING A FREE ENJOY THE JOURNEY DAY TOUR!
ACTIVITY LEVEL: EASY

PACKAGE INCLUDES:

- MYSTERY ATTRACTIONS
- LUNCH
- MYSTERY STOPS
- PRIZES
- ALL FEES AND TAXES



New - No lessons Feb 17

SPANISH LESSONS

Conversational Spanish
with volunteer Lu Borja
Mondays 11:15-12:15pm in
the Activity Room.

Free for members!
No need to register



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.



Complementary weekly health assessments on top of personal support services.



Consistent staffing that encompasses the families' and clients' wants and needs.

Let's talk.

778.777.9060

nhtlangley@bayshore.ca

Bayshore
Home Health

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



Read. Learn. Play.
www.fvrl.ca

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.



Trying to find the right **RETIREMENT RESIDENCE?**

Our Retirement Living Consultants can help.



BOOK A TOUR TODAY!
1-844-727-8679 | CHARTWELL.COM

CHARTWELL LANGLEY GARDENS 8888 202nd Street
CHARTWELL RENAISSANCE 6676 203rd Street

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

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@adultcognitivewellnesscentre.ca

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

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.



Kim Galick
RHIP/Owner
Over 25 Years of Experience

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

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