

# In the Loop

## June 2025

\$2

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

**Summer Program Registration**

June 9 for LSRS Members | June 12 for Non-Members



**Langley Senior**  
RESOURCES SOCIETY



**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



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](http://www.thehouseman.com)



(778)798-6011



[kelly@thehousemanteam.com](mailto:kelly@thehousemanteam.com)



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*"You have to be odd to be number one." - Dr. Seuss*



# 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 a 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](mailto:board@lsrs.ca)

## Vision

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

## Mission

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

## Values

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

Charitable Registration Number: 121924229RR0001

## Thank you to our generous funders



# Locations & 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, Senior Accountant  
604-530-3020 ext.314, accounting@lsrs.ca  
Diya Gupta, Junior Bookkeeper  
604-530-3020 ext. 313, bookkeeper@lsrs.ca

### Human Resources Coordinator

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

### Manager of Programs & Member Engagement

Sherri Martin  
604-530-3020 ext. 303, sherrim@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

### 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

Aferdita Kelmendi

### 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](mailto:janetm@lsrs.ca).



**Langley Senior**  
RESOURCES SOCIETY



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



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



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



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

## 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](http://crohnsandcolitis.ca/support-for-you/washroom-access)

**GO  
HERE**  
CROHN'S AND COLITIS CANADA



Crohn's and  
Colitis Canada  
Crohn et  
Colite Canada



Proud Supporter of the GoHere Washroom Access Program



## A Message from our Executive Director





June will be an eventful month - full of activities, opportunities, and special events starting with BC Seniors Week. From June 2 - 8, we celebrate and honour BC seniors and their invaluable contributions across the province. We kick-off with our Rise & Shine Breakfast and welcome Superintendent Harm Dosange, Officer-in-Charge of the Langley RCMP Detachment, as our guest speaker. Other highlights in the week included a salsa making class with Sherri and Bonnie; our Walking Group joined by City of Langley Mayor Nathan Pachal; and

an abundance of music, singing, and dancing at our Adult Day Program. Education opportunities include learning about decluttering with the BCCRN; health aging with the United Way; and a private screening of "Losing Coach Mac" that tells the story of one family's journey with dementia. See our complete schedule on pages 26 - 28.

June 15 is World Elder Abuse Awareness Day, a day that recognizes the significance and impact of elder abuse as a global public health and human rights issue. It is also an opportunity for elder abuse networks and organizations like LSRS to work together and engage in dialogue with the public on how to promote dignity and respect of older adults.

We hope to see you on June 25 when A & W Langley and Old Farts Car Club help us celebrate Canada Day – there will be burgers, root beer and classic cars, oh my! I'd like to thank our maintenance team – Brandon, Connor and Noah - for their work this month and every month. We are a busy organization with so many activities, and it all impacts our facilities staff. They always have a smile, are willing to assist, and work hard to keep our 2 sites safe, clean, and comfortable. Thanks, fellas!




### *Memory Care Dementia Friendly Community*

Live life your way, where every resident is supported to live a purposeful, meaningful life.

- Cottage-style living
- Walking paths, gardens, & friendly farm animals

(604) 427-3755 | 3920 198<sup>TH</sup> ST, LANGLEY, BC | [TheVillageLangleyRetirement.com](http://TheVillageLangleyRetirement.com)



## **The VILLAGE**

# A Message from Your Board



## Suggestion Box

It is said the Postage Stamp is the smallest form of a contract between two parties. LSRS has a "small form" of contract between two parties as well... the **Suggestion Box** between YOU and those who want and try to deliver. This little contract ( LSRS < > YOU )

consists of 2 Board members collecting the suggestion, taking it to the next Board meeting, discussing it and making a plan of action for you (ie., deposit, transport, delivery).

Like the postage stamp, the delivery date is not always guaranteed, however careful handling and consideration is. In other words, you see results on a variable timeline. Some may seem like overnight, some in reasonable time and then there are those that seem like Pony Express !!!

Most things (contracts) in life are governed by cost, feasibility and manpower. The **Suggestion Box** contract is simply that. The wish would be to grant all the requests right away but LSRS functions within a budget, in a defined space and using the hands available. Rest assured, we are listening and thinking all the time about how to:

"Do what you can, with what you have, where you are". - Teddy Roosevelt

Some things that have happened because of YOU (**Suggestion Box**): introducing Staff in the Loop, being mindful of the printing needs and cost, sharps containers in the Auditorium washrooms, raised toilet seats, return to assigned seating for events, programming and cafe ideas, daily soups, Saturday opening, activities and menu options. Many, many times your suggestions are already on our radar making it nice to have your input when making tough decisions.

YOU are heard, YOU are valued and YOU are the reason we are here. It is YOUR contract, while seeming like the size of a postage stamp ... very VALID and HONoured.

*Your Board of Directors*



## Staff News

**Change is inevitable, and we have important staff updates to share.**

First, we say goodbye to Eliane P., one of our Recreation Programmers at the Adult Day Program. Eliane has been a valued team member for almost three years, contributing greatly to our program's success. Her last day was May 21, as she moves on to a new role with a senior care provider. While we'll miss her positive energy and dedication, we wish Eliane all the best in her new journey.

We are also bidding farewell to Tatyana R., who has helped elevate our marketing and communications efforts. Tatyana's work has been instrumental in enhancing our brand awareness, creating marketing materials, and engaging with our community on social media. Her last day will be May 30. We thank Tatyana for her contributions and wish her success in her next role.

Lastly, we are excited to welcome Aferdita K. as our new Community Services Navigator. Aferdita brings strong experience in community social services, supporting vulnerable clients with complex needs such as housing, service navigation, and mental health concerns. Her compassionate, client-centered approach makes her a perfect fit for our team. We are thrilled to have Aferdita on board!



**Please Note**

**WE ARE CLOSED**

**Canada Day Tuesday, July 1st**

# 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](http://www.lsr.ca).

## Housing Navigation

Staff 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 persons 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.



## 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.

## Friendly Visits

A trained volunteer will visit you at home to reduce isolation and loneliness. Free.

## Telephone Buddies

Trained volunteers call an isolated older person for a free 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:

### 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

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



Langley Senior  
RESOURCES SOCIETY

# Café & Food Services

We cater.  
We rent space.  
We make it special.

WEDDINGS  
COMPANY PARTIES  
CELEBRATIONS OF LIFE  
SPECIAL OCCASIONS

PLATED MEALS  
BUFFETS  
LICENSED PREMISES

INDOOR/OUTDOOR  
MEETINGS  
CONFERENCES  
UP TO 200 PEOPLE

## CONTACT

JOHN ZAMINSKIS  
604-530-3020 EXT. 315  
JOHNZ@LSRS.CA

Langley Senior  
RESOURCES SOCIETY

## LSRS CATERING 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

Frozen meals are available for purchase from the café on a first-come, first served basis.

Pre-orders are not available at this time.

\$7 (members)

\$8 (non-members)

For more information, please call 604-530-3020  
or email [info@lsrs.ca](mailto:info@lsrs.ca)





# Lessons

## MONDAYS AT LSRS

9:00AM - 11:00AM MEMBERS ONLY

### *Ladies Only Snooker*

⑧ LSRS Billiard Room ⑧

Looking for a fun and social way to stay active? Join our Ladies Only Snooker Sessions - no experience needed, just a willingness to have a great time! Whether you're a beginner or looking to sharpen your skills, join the game in a relaxed and supportive environment.

Snooker is a fantastic way to keep your mind sharp, body active, and spirits high, all while connecting with an amazing group of ladies. Come for the game, stay for the laughs!

Discover the joy of playing snooker, a game you can enjoy for life!  
Show up Mondays and start your snooker journey.



Langley Senior  
RESOURCES SOCIETY

**SHOW UP AND PLAY - NO REGISTRATION REQUIRED**

# SPANISH LESSONS

Conversational Spanish with  
volunteer Lu Borja

Mondays 11:15am - 12:30pm  
Location: Activity Room

Free for members! No need to register



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, June 10  
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**

Member \$53 | Non-Member \$60

*A \$5 fee will be charged for all cancellations*

## MASSAGE CLINIC - Biweekly on Monday's | By Appointment Only

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

**Call the Front Desk for availability**

*30-minute  
appointments*

*Members \$63*

*Non-members \$70*

# Health Clinics

## DENTAL CLINIC

Once a month, Cloud Dental brings select dental services right to LSRS, making it easy to keep your smile healthy in a comfortable setting!

Whats Included:


- 40-45 Minutes of professional teeth cleaning
- Dental Hygiene Exam
- 2 Digital X-rays

Price: \$279 or covered by dental insurance \$50 Cancellation fee within 24 hours of your appointment.

**Next available date, Monday June 2. Call 604-530-3020 to book your appointment.**

For additional payment/information please call Cloud Dental at 604-210-2030.

Members and Non-Members welcome.



**SENIORS TEETH CLEANING  
ON-SITE AT LANGLEY SENIORS  
RESOURCE SOCIETY**

Accept & Direct Bill Dental Insurance  
Including Government Dental Plan the  
CDCP

limited spots book at the front desk at Langley  
Seniors Resource Society or Call LSRS 604-530-3020  
to save your spot today!



## Community Days

When: June 14 2025, 11:00am – 3pm  
Food Truck Festival until 7:00pm



Location: Douglas Park - 20550 Douglas Crescent  
Hosted by: Langley City

Join us for this FREE outdoor festival to kick off the summer season featuring activity stations, live performances, food trucks, marketplace, community booths, and more.



# Legal Clinic

## Working Together

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

### Upcoming Dates:

Monday, June 2, 2025 11:30AM – 1:15PM

Legal Clinic with  
MacCallum Law Group

## Community Partnerships

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



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

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



in partnership with **COBS BREAD**



*The LSRS Bread Basket*

Pick up at our  
Rec Centre on  
June 3rd and  
17th

**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](mailto:libraryforyou@fvrl.bc.ca)

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THE LIBRARY?  
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Arnie's Bistro



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SENIOR LIVING

Your Day. Your Way.

***"I should have  
done this sooner!"***



5-Hole Putting Green



Beautiful, Spacious Apartments



Welcoming Community Spaces

## **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."

**Book a personal tour today!  
Call 672-727-8592**



*Interested in getting a better feel for our vibrant community?  
Why not join us at one of our Free Coffee & Conversation Events!*  
Visit our website to see upcoming event schedule.

**Bellevue Park Senior Living Residence: 2882 - 272 Street, Aldergrove, BC • [www.bellevuepark.ca](http://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 Hartly 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

Open Monday to Friday

**604-530-9936**

102 – 20103 40th Avenue, Langley

**www.yourdenture.com**

**Call for a Complimentary Consultation**



All Dental Plans  
Accepted





**SPONSORED BY BC  
THERAPEUTIC  
TOUCH (TM)  
NETWORK SOCIETY**

Join us **Saturday, June 7<sup>th</sup>, 2025**  
between **11AM - 2PM**  
and learn about the benefit of  
**Therapeutic Touch.**

At the **Langley Senior Resources  
Society** in the **Brock Douglas Room**

Drop in and bring a friend!  
**This is a free info session**

# SUDOKU

Fill out the blocks so that  
the numbers one to nine will  
only appear once in each  
row, column and 3x3 grid.

		9	7	3		5	2	6
		5		2		8		
6		8					4	7
					9		6	2
	4		6		3		8	
8	9		5					
2	6					1		8
		7		1		6		
9	5	1		6	4	2		



**Join us for a Canada Day Open House & BBQ**  
**JULY 1, 12PM - 2:30PM**

We're having a Canada Day celebration, and you're invited.  
This is a great opportunity to show your Canadian pride and  
join us for a BBQ, refreshments, and personal tours of our  
wonderful community.

For more info and to RSVP, please contact Michael Amirani  
M. 604-307-9066  
E. michaelamirani@retirementconcepts.com



**LANGLEY  
SENIORS VILLAGE**

20363 65 Ave., Langley  
retirementconcepts.com



**Langley Senior**  
RESOURCES SOCIETY

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



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



[coscobc.org](http://coscobc.org)





**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.*



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MEMORIAL

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**HENDERSON'S LANGLEY**

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

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



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

## Regular Programs at a Glance

<b>Monday</b>	Tai Chi	9:00 am - 10:00 am	35
	Monday Morning Talk Show	10:00 am - 11:00 am	40
	Table Tennis	10:00 am - 12 pm	36
	Circle of Friends	11:30 am - 12:30 pm	38
	Jam Session	1:00 - 3:00 pm	31
	Bridge Partners	1:00 - 4:00 pm	32
<b>Tuesday</b>	Fit and Fab	9:00 - 10:00 am	35
	Adaptive & Lively Chair Yoga	10:15 - 11:15 am	33
	Flying Solo	11:00 am - 12 pm	38
	Line Dancing	11:30 am - 12:30 pm	36
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 1:30 pm	39
	Canasta	12:30 - 4:00 pm	32
	Carpet Bowling	1:00 - 3:00 pm	36
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	10, 39
<b>Wednesday</b>	Tim's Bits Woodcarving	9:00 - 11:00 am	31
	Walking Group	10:00 - 11:00 am	34
	Table Tennis	10:00 am - 12:00 pm	36
	Chess	10:00 am - 12:00 pm	32
	Changing Gears	1st Wed of Month: 10:30 am - 12 pm	38
	Traditional Euchre	12:30 am - 3:00 pm	32
	Mexican Dominoes	12:30 - 4:00 pm	32
	Shanghai Rummy	12:30 - 4:00 pm	32
	Cribbage	1:00 - 3:00 pm	32
<b>Thursday</b>	Fit and Fab	9:00 - 10:00 am	35
	Knit Together	9:00 am - 12:00 pm	31
	Fusion Chair Yoga	10:15 - 11:15 am	33
	Whist	12:30 - 4:00 pm	32
	Book Club	1st Thurs of Month: 12:30 - 2:00 pm	38
	Carpet Bowling	1:00 - 3:00 pm	36
	Caregiver Support Group	1:00 - 2:30 pm	10, 39

*"Time flies when you are having fun." - Albert Einstein*

## Regular Programs at a Glance

<b>Friday</b>	Walking Group	10:00 - 11:00 am	34
	Singing Social	10:00 am - 12:00 pm	31
	Art Class: Oil and Acrylic	10:00 am - 1:00 pm	31
	Samba	11:00 am - 3:00 pm	32
	Mexican Dominoes	12:30 - 4:00 pm	32
	Bridge	1:00 - 4:00 pm	32
	Cribbage	10:00 am - 12:00 pm	32
<b>Monday - Friday</b>	Gardening Circle	Seasonal	36
	Snooker	9:00 am - 4:00 pm	36
<b>Saturday</b>	Table Tennis	9:30 - 11:30 am	36
	Card & Board Games	9:15 am - 1:45 pm	32
	10 Card Cribbage	10:00 am - 12:00 pm	32
	Adaptive Yoga	12:15 pm - 1:15 pm	33
	Yoga with Kelli	11:00 am - 12:00 pm	33
	Saturday Social	ALL DAY	39
	Snooker	9:00 am - 2:00 pm	36

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





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

Julia will be onsite on Mondays in June, including June 2, 9, 16, 23 & 30<sup>th</sup>, offering 30-minute appointments starting at 2:15PM, with the last appointment at 3:15PM



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

for members only





**Langley Senior**  
RESOURCES SOCIETY



## 10 great reasons to volunteer at LSRS

1. Give Back to the Community– Support a meaningful cause and make a positive impact on the lives of local seniors.
2. Build Connections– Meet new people, form friendships, and feel part of a caring community.
3. Boost Mental Health– Volunteering can reduce stress, fight loneliness, and improve mood.
4. Stay Physically Active– Many volunteer roles involve light movement that promotes health and mobility.
5. Gain Valuable Experience– Learn new skills or apply your talents in a supportive environment.
6. Add Purpose to Your Day– Contribute to something bigger than yourself and feel a sense of accomplishment.
7. Support a Non-Profit– Help the Centre continue offering affordable programs and services.
8. Enhance Your Resume– Volunteering shows initiative, responsibility, and community involvement.
9. Enjoy Fun Activities– Get involved in special events, social programs, and creative opportunities.



Application Form

## VOLUNTEERS NEEDED!

WE NEED YOUR HELP!



### THERE ARE SENIORS 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 KM.

\*Minimum 21 years old, criminal record check, drivers abstract, class 5 & must own your own vehicle.

### OTHER VOLUNTEER OPPORTUNITIES:

Adult day program  
Maintenance  
Administration  
Community services  
Front Desk  
Recreation  
Café-General  
Duties

Contact Jude by Phone or Email  
604-530-3020 x322 | [Judeh@lsrs.ca](mailto:Judeh@lsrs.ca)



Langley Senior  
RESOURCES SOCIETY

# Program, Event, & 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 and Massage 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).



# Events

## Seniors' Week 2025

### Monday, June 2nd

- 8:30 AM - 10:00 AM** **Rise & Shine Breakfast**  
**MAIN HALL** Everyone Welcome to enjoy our Buffet style breakfast. Please pre-register for tickets @ \$10 each. Guest Speaker: Langley RCMP's Officer-in-Charge (OIC), Superintendent Harm Dosange.
- 9:00 AM - 12:00 PM** **Snooker - Try It**  
**SNOOKER ROOM** LSRS is home to one of the nicest snooker rooms in Langley. Start your own game, or join in with our current members.
- 10:00 AM - 1:00 PM** **Tours | Free Coffee & Muffins | \$5-off New Rec Memberships**  
**LOUNGE/CENTRE** Curious about LSRS? If you're over 50, we'd love to treat you to a complimentary muffin and coffee in our café after your tour.
- 11:00 AM - 1:00 PM** **Audrey Bakewell Art Walk**  
**LOUNGE** LSRS is proud to be home to local artist and member Audrey Bakewell. Visit her table in the lounge and join her for a guided art walk through the centre.
- 11:30 AM - 12:30 PM** **Monday Morning Talk Show - Ageism Talk with BCCRN**  
**SUN ROOM** Learn more about ageism and how you can make a positive impact on the lives of older adults.
- 11:30 AM - 3:00 PM** **Table Tennis - Try It**  
**MAIN HALL** Beginners and experienced players are welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.
- 1:00 PM - 3:00 PM** **LSRS Jam Session in the Lounge**  
**LOUNGE** Join us for Live Music in the Lounge as LSRS musicians serenade us with some all time favorites.

### Tuesday, June 3rd

- 9:00 AM - 12:00 PM** **Snooker - Try It**  
**SNOOKER ROOM** LSRS is home to one of the nicest snooker rooms in Langley. Start your own game, or join in with our current members.
- 10:00 AM - 1:00 PM** **Tours | Free Coffee & Muffins | \$5-off New Rec Memberships**  
**LOUNGE/CENTRE** Curious about LSRS? If you're over 50, we'd love to treat you to a complimentary muffin and coffee in our café after your tour.
- 11:00 AM - 12:00 PM** **United Way Presents a Talk on Healthy Aging**  
**SUNROOM** Discover how to age well and stay independent in your own home longer.
- 11:30 AM - 12:30 PM** **Line Dancing Demo & Try It**  
**HALL** Join us for a demo of the Line Dancing program and then enjoy a boot-scoot with our regular instructor, Darlene. Beginners welcome.
- 1:00 PM - 2:00 PM** **Live Music in the Lounge with Troy Toma**  
**LOUNGE** Join us for Live Music in the LSRS Lounge . Everyone welcome!
- 1:00 PM - 3:00 PM** **Carpet Bowling - Try It**  
**HALL** Join us for non-strenuous, fun rounds of carpet bowling.



# Events

## Seniors' Week 2025

### Wednesday, June 4th

- 9:00 AM - 12:00 PM** **Snooker - Try It**  
**SNOOKER ROOM** LSRS is home to one of the nicest snooker rooms in Langley. Start your own game, or join in with our current members.
- 10:00 AM - 11:00 AM** **Walk with City of Langley Mayor Pachal**  
**OFFSITE** Join City of Langley Mayor Pachal and the LSRS Walking Group at Sendall Gardens and ending at Brydon Lagoon
- 10:00 AM - 12:00 PM** **Table Tennis - Try It**  
**MAIN HALL** Beginners and experienced players are welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.
- 10:00 AM - 1:00 PM** **Tours | Free Coffee & Muffins | \$5-off New Rec Memberships**  
**LOUNGE/CENTRE** Curious about LSRS? If you're over 50, we'd love to treat you to a complimentary muffin and coffee in our café after your tour.
- 10:00 AM - 12:00 PM** **Chess Drop In**  
**LOUNGE** Stop in for a game.
- 11:00 AM - 12:00 PM** **Balance Info Session**  
**ACTIVITY ROOM** Learn how important your balance is to your health.
- 11:30 AM - 12:30 PM** **Salsa Making Class**  
**SUNROOM** Join Sherri and Bonnie for a Fresh Salsa making class. This class is complimentary and you will go home with a jar of salsa and chips.
- 1:00 PM - 2:00 PM** **Live Music in the Lounge with Ginny and Lou from the band Chandelier**  
**LOUNGE** Live Music in the LSRS Lounge. Everyone welcome!

### Thursday, June 5th

- 9:00 AM - 12:00 PM** **Snooker - Try It**  
**SNOOKER ROOM** LSRS is home to one of the nicest snooker rooms in Langley. Start your own game, or join in with our current members.
- 10:00 AM - 1:00 PM** **Tours | Free Coffee & Muffins | \$5-off New Rec Memberships**  
**LOUNGE/CENTRE** Curious about LSRS? If you're over 50, we'd love to treat you to a complimentary muffin and coffee in our café after your tour.
- 11:00 AM - 12:00 PM** **Cyber Security Presented by Scout Technology Inc.**  
**SUN ROOM** Learn how to protect your computer and device systems, telephone, and data from unauthorized access.
- 1:00 PM - 2:00 PM** **Bellevue Park Ice Cream Social**  
**SUN ROOM** FREE Ice Cream in the Sunroom. \*Sponsored by Bellevue Park Senior Living.
- 1:00 PM - 2:15 PM** **BINGO**  
**LOUNGE** Lots of fun, lots of prizes. Everyone welcome!
- 1:00 PM - 3:00 PM** **Carpet Bowling - Try It**  
**HALL** Join us for non-strenuous, fun rounds of carpet bowling.

# Events

## Seniors' Week 2025

### Friday, June 6th

- 9:00 AM - 12:00 PM** **Snooker - Try It**  
**SNOOKER ROOM** LSRS is home to one of the nicest snooker rooms in Langley. Start your own game, or join in with our current members.
- 10:00 AM - 1:00 PM** **Tours | Free Coffee & Muffins | \$5-off New Rec Memberships**  
**LOUNGE/CENTRE** Curious about LSRS? If you're over 50, we'd love to treat you to a complimentary muffin and coffee in our café after your tour.
- 10:00 AM - 11:00 AM** **Walk with Township of Langley Mayor Woodward**  
**OFFSITE** Join Township of Langley Mayor Woodward and the LSRS Walking Group at Municipal Nature Park on 224th and 5th Ave.
- 10:00 AM - 1:00 PM** **Art Class**  
**ACTIVITY ROOM** Stop by the Art Class to see our talented members create their masterpieces.
- 11:30 AM - 12:00 PM** **LSRS Choir Concert Sing Along**  
**LOUNGE** Join LSRS Social Choir for a performance and sing-along of familiar favourites.
- 11:30 AM - 12:30 PM** **Artificial Intelligence with Julia**  
**SUN ROOM** Learn how Artificial Intelligence will affect your daily life.
- 12:00 PM - 2:00 PM** **Screening of Losing Coach Mac**  
**MAIN HALL** Screening of the award winning film. By donation. Question and answer period after the film. \*Sponsored by The Village & Langley Seniors Village  
**\*\*\*Please register at the front desk**
- 1:00 PM - 2:00 PM** **BCCRN Presents "Understanding Clutter"**  
**ACTIVITY ROOM** This presentation is about understanding clutter and hoarding disorder, including what it is, why it happens, how it affects people and tips on how to manage it.

## Canada Day BBQ!

**EVERYONE Welcome! Community Event**  
Wednesday, June 25th 10AM - 1PM @ LSRS

**BBQ - 11AM to 1PM**  
Hotdogs & Hamburgers

Door Prizes to be won!

Mini Donuts by  
donation only!

Free ROOTBEER! by A & W



**Tuk Shop Thrift Shop BIG SALE!**  
Starting at 10AM

Mini Car Show by the  
Old Farts Car Club







# Langley Pride Day

## August 9th, 2025

**Presented By**



Langley Seniors  
Recreation & Resources  
Centre  
**20605 51B Ave  
Langley BC**

**All Ages Free Events  
11:00AM to 5:30PM**

- **Drag Bingo**  
With Scarlett Rosé
- **Artist Market**
- **Face Painting**
- **Guest Speakers**
- **Film Screening**
- **All Day Café**
- **50/50 Raffle**

**19+ Ticketed  
Evening Show  
5:30PM to 10:00PM**

**DJ & LIVE MUSIC BY  
Soulful Guitarist  
Ernestine Day**

**UNDERCOVER BAND**

**AND FEATURING**

**Queer  
as Funk**



**Buy Tix Here**



**Follow us at [www.LangleyPrideSociety.ca/PrideDay](http://www.LangleyPrideSociety.ca/PrideDay) for updates!**



Fresh Independence Productions • Directed by Kim Laureen



When  
football  
creates  
a mentor  
then  
slowly  
takes  
him  
away...

# LOSING COACH MAC



**Langley Senior Resources Society  
proudly presents the Free Screening  
of the feature documentary:  
'LOSING COACH MAC'.**

Join us for this locally made feature "*Losing Coach Mac*" based on BC Football Hall of Fame inductee and Father of Abbotsford Football, Dr. Bill MacGregor.

Viewers will engage inspirational strength through adversity while celebrating all Coach Mac has gifted to others. Alongside is the journey of the family – who courageously share heartbreak and loss in not knowing what was taking place as a result of CTE. Their experience reveals the reality – caregivers often walk alone, and the necessity for support and resources.

This documentary is for everyone but is a must for any families and caregivers living with CTE and Dementia.

**Limited Seating please call to reserve.**

**FRIDAY, JUNE 6TH • 12-2:00pm**  
**at LANGLEY SENIOR RESOURCES SOCIETY Main Hall**  
**20605 51B Avenue, Langley**  
*By Donation. LSRS Café will be open*

**LIMITED SEATING!**  
**Reserve your seat: 604-530-3020 Ext 0**

Proudly  
presented by



Sponsored by:



LANGLEY  
SENIORS VILLAGE

# Arts, Crafts, & Music Programs

*LSRS membership is required to participate in these programs.*

## Art Class: Oil and Acrylic Painting

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

**Last session June 6**

**No Sessions July and August**

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.

**Last session June 20**

**No Sessions July and August**

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 & 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 \*Players wanted\***

Saturdays 10:00 am - 12:00 pm

Sun Room | Free

## **Traditional Euchre**

Wednesdays 12:30 - 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.

## Health, Fitness & Sports

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

### **Lively Chair Yoga with Stacey**

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:** 7 Sessions: July 8, 15, 22, 29, Aug 5, 12 & 19

10:15 - 11:15 am | Main Hall

**Max 30 people**

Members \$49 | Non-Members \$59

Cancel/Refund by July 1

### **Adaptive Chair Yoga with Kelli:**

6 Sessions: July 12, 19, 26, August 2, 9 & 16

11:00 - 12:00 pm | Activity Room

**Max 15 people**

Members \$42 | Non-Members \$52

Cancel/Refund by July 5



### **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.

### **Fusion Chair Yoga with Stacey**

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 Sessions: July 3, 10, 17, 24, 31, August 7, 14 & 21

10:15 - 11:15 am | Main Hall

**Max 30 people**

Members \$56 | Non-Members \$66

Cancel/Refund by June 26

### **Adaptive Mat 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:** 6 Sessions: July 12, 19, 26, August 2, 9 & 16

12:15 - 1:15 pm | Activity Room

**Max 15 people**

Members \$42 | Non-Members \$52

Cancel/Refund by July 5



## June Walks

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

### Wednesdays at 10 AM

#### **June 4**

Walk with City of Langley  
Mayor Pachal  
Brydon Lagoon  
Meet at Sendall Gardens

#### **June 11**

Brae Island  
Meet at 9451 Glover Road

#### **June 18**

Campbell Valley Park  
River Loop & Racetrack  
16<sup>th</sup> Avenue Parking Lot

#### **June 25**

Fort to Fort Trail  
Meet at Bedford Plaza

### Fridays at 10 AM

#### **June 6**

Walk with Township of  
Langley Mayor Woodward  
Municipal Nature Park  
224 St & Approx. 5<sup>th</sup> Avenue  
Car Park on east side of  
224th

#### **June 13**

Derby Reach  
Campground Parking Lot  
21801 Allard Crescent

#### **June 20**

Blaauw Eco Forest  
8640 257A Street  
Memorial Walk for Carole

#### **June 27**

Noel Booth Park  
20302 36<sup>th</sup> Avenue

**The walks take approximately one hour and the distance  
varies from 3.5 to 5.0 km**

#### **Walking Group Leader**

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

# Health, Fitness & Sports

## Fit 'n' Fab with Stacey

A 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 July 3 - August 21**

9:00 - 10:00 am | Main Hall

11 session punch cards

Members \$60 | Non-Members \$75

Drop-in \$7.50 **Max 36 people**



## Seated Cardio with Stacey No Session July and August

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.

Activity Room



## Tai Chi with Angela

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** 7 Sessions: July 7, 14, 21, 28, August 11, 18, 25

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, April 1 - June 17

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

12 Sessions

\$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.

### 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



## Editorial Guest - Dr. Bart Begalka



**Dr. Bart Begalka is a former university faculty member in counselling psychology. He continues his counselling therapy practice in his “retirement”. Visit his YouTube channel for more thoughts.**

When I was a small child, I had a grandmother who was very old - ancient. When I asked my mom how old grandma was, she told me that grandma was 66.

“Really old grandma” – 66 years old! So, what does that make us? Are we really old? Are we “seniors”?

Those terms make many cringe. The issue is that life

after 65 is different now than it was when we were little. As one of my clients recently remarked, “Don’t call me old. I’m only 65. I feel like I’m 50.” Maybe 65 is the new 50.

I like the terminology that some researchers use: “Third Age”. The First Age is roughly ages 0 – 30. This is a time of preparation for adulthood. The Second Age is roughly 30 – 60. This is a time for performing adult responsibilities, such as career and family. The Third Age is roughly 60+. This is a time when the social responsibilities of adulthood are passed on to the next generation.

What I like about this model is that it suggests transition periods. As you are getting to the end of the First Age, you are plotting out your adulthood. As you get towards the end of the Second Age you are plotting out your “senior years”. At least you should be. Most of the Third Age clients who come to me for counselling feel lost because they have missed this process. What do you want to become when you become an elder? What are your abilities, interests, obligations, and opportunities?

I invite you to think back: What were your hopes when you were entering your 20’s? What was fulfilled, that you would want to carry forward into your Third Age? And what hopes were dashed due to the pressures of life? Can you go back and get some of the things you left behind?

What do you want to be in your Third Age?





# Conversation, Social, & 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, June 3 at 6:00 pm**

## C-Lovers Fish & Chips

20251 Fraser Highway

C-Lovers is a classic Canadian/English style fish & chips shop.

**Tuesday, July 1 at 6:00 pm**

## Brodeurs Bistro

20376 86th Avenue

(North of 200th, then right at 86th)

Attractive restaurant & great food!

## 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

Activity Room | Free

# Conversation, Social, & 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](mailto:aliciak@lsrs.ca).

### Caregiver Support Group

This support group is open to all.

Thursdays 1:00 - 2:30 pm

Recreation and Resource Centre location

### Men's Caregiver Support Group

This support group is open to men.

Tuesdays 1:15 - 2:15 pm

Adult Day Program Location

## Saturday Social

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

Saturday, 9:00 am - 2:00 pm | Lounge | 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.lsrs@gmail.com](mailto:seniorpride.lsrs@gmail.com) for schedule and more information.

*Hosted in partnership with*



Langley  
Lawn Bowling Club

604.514.2895  
[langleylawnbc@gmail.com](mailto:langleylawnbc@gmail.com)  
[langleylawnbowlingclub.weebly.com](http://langleylawnbowlingclub.weebly.com)

Sunshine

Sport

Social Time

**Come and Try It!**

20471 54th Avenue, Langley  
(Southwest corner of Douglas Park)

Leagues,  
Fun Days,  
Social Events,  
Drop-ins  
& more!

LSRS  
Members  
20% OFF  
Membership

Proudly supported by  
  
Langley Senior  
Residents Society

# Conversation, Social, & Education Programs

*LSRS membership is NOT required to participate in this program.*

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

**June 2nd Only**

**Special Time: 11:30AM - 12:30PM**

### **BCCRN - Ageism**

What is Ageism and how does it affect me? Like sexism or racism "ageism" is discrimination based on someone's age. Join us to learn more about "ageism" and how you can make a positive impact.

BC Association of Community  
Response Networks

**June 9**

### **Oral Health**

The importance of oral health care for seniors, methods to prevent tooth loss and decay, details on the new federal Canadian dental care plan, and denture care.

Gary Khangura  
Dental Hygiene Practitioner

**June 16**

### **Elder Abuse and Neglect**

What it is and how we can deal with it. The different types of elder abuse, identify risk factors and indicators, the importance of staying connected with others, and resources and support.

Linda Yauk  
Seniors First BC

**June 23**

### **Ortho Equipment**

Discussion on custom foot orthotics, ankle-foot orthoses, knee braces and soft goods like walking cast boots, ankle braces, wrist supports and cold therapy systems.

Travis Finlayson  
Certified Orthotist

**June 30**

### **Enhanced Road Assessment (ERA)**

Learn how to assess your personal driver fitness and why it is important to do so. Learn tips and refresher of the rules of the road. Where to access resources. Pedestrian and intersection safety.

Leanne Cassap  
ICBC

Generously sponsored by



**Bria**

COMMUNITIES



**Langley Senior**  
RESOURCES SOCIETY

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



# 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

# CIRQUE DU SOLEIL

## Crystal

Wednesday, June 4  
3:00PM-10:30PM

Travel to the Pacific Coliseum for a show to remember featuring stunning skating and acrobatic feats that defy the imagination. This tour includes a light dinner at Cafè Calabria and escorted seating.



Langley Senior  
RESOURCES SOCIETY

### Package Includes:

- Cirque du Soleil CRYSTAL Ticket
- Level 1 PL5 Ticket
- 7:00pm Performance
- Escorted Entry & Seating
- Dinner Cafè Calabria

**Level: Easy**

**\$179 Members  
\$199 Non Members  
(No Refunds)**

*Enjoy* THE JOURNEY

# CLASSIC PLANES & BC TRAINS

SUNDAY, JUNE 29 9:00AM - 4:00PM

Ride into the past on Surrey's Heritage Railway! Take the one-hour Sullivan Excursion aboard the B.C. electric interurban train car and take a guided tour of the Canadian Museum of Flight. Includes a delicious lunch at Adrian's at the Airport.

**Level: Easy**

### *Package Includes:*

- Surrey's Heritage Railway
- Sullivan Excursion Train Ride
- SHR Music Festival
- Canadian Museum of Flight Tour
- Lunch at Adrian's at the Airport

**Members \$139  
Non Member \$159**

**\*Cancellations accepted  
until June 16**



*Enjoy* THE JOURNEY



Langley Senior  
RESOURCES SOCIETY



## Bus Trips

# DAY IN STEVESTON

TUESDAY, JULY 8 9:30AM - 4:30PM

Explore Steveston Village and check out the many interesting sights. Wander through the unique stores and sea-side restaurants. Bring a picnic lunch or lunch is on your own. Dress weather appropriately and wear good walking shoes

### Package Includes:

- 4 Hour Steveston Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

Level: Easy

Members \$59

Non Member \$79

\*Cancellations accepted until July 1st



THE JOURNEY  
*Enjoy*



Langley Senior  
RESOURCES SOCIETY

# THE TRAIN TOUR

FRIDAY, JULY 25 10:00AM - 6:00PM

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch in a train car in Gastown and finish the day on the West Coast Express.

### Package Includes:

- Burnaby Central Railway
- Miniature Railway Ride
- Engine #374 Exhibit
- Lunch Old Spaghetti Factory
- West Coast Express Ticket

Level: Easy

Members \$119

Non Member \$139

\*Cancellations accepted until July 18



THE JOURNEY  
*Enjoy*



Langley Senior  
RESOURCES SOCIETY



## Don't Let the Heat Beat You!

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

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

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

### Other Ways to Stay Cool (and Safe)

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



**Langley Senior**  
RESOURCES SOCIETY

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

### Sign up for LSRS Wellness Calls - We'll Be Your Heat Buddies!

It is considered a **heat emergency when the outside temperature is 33°C** or higher. When this happens, we will be happy to give you a call to make sure that you're okay. If you'd like to be called for heat-related wellness checks, please visit or call the Centre's front desk and **ask to be put on the wellness Call List (604-530-3020).**

## Your Car is not a Dogsitter



Even on mild days dogs can overheat quickly

Don't leave them in a warm car, even for just a few minutes

The safest place for your dog is at home



# TUK SHOP

CLOTHING | PUZZLES | HOUSEWARE | BOOKS

Sustainable Shopping That Supports  
Community Programs

The Tuk Shop is staffed entirely by  
volunteers.

All proceeds go to LSRS. Last year,  
over \$35,000 was raised to help serve  
seniors!

COME BY AND SHOP TODAY!



Langley Senior  
RESOURCES SOCIETY



20605 51B Avenue, Langley

UPCOMING SALE DATES:

June 25 Canada Day Sale

Sale

THRIFT STORE

DONATIONS NEEDED!

CLOTHING | PUZZLES | HOUSEWARE

Drop by & Drop off Donations

Monday - Friday

9:00AM - 4:00PM

(Assistance is available to help  
carry heavier items)

REGULAR STORE HOURS:

Monday - Friday 9:00AM-4:00PM

Saturdays - 9:00AM-2:00PM

## FUN FAIR FUNDRAISER

Boys and Girls Club of Langley &  
Douglas Park Community School  
JUNE 6, 2025 5 pm – 8 pm

Sponsor the event or donate items/gift cards  
for the silent auction or volunteer

Your help would be greatly appreciated!

HOT DOGS, CHIPS & DRINKS, BOUNCY CASTLE,  
SILENT AUCTION, CAKE WALK, ACTIVITIES, GAMES

Entry by donation with 5 free tickets  
Tickets \$2/each Wristbands \$10/each

### LILA MCCRINDLE'S FUNDRAISING



Hosted by Lila McCrindle & Lee Douglas

Lila McCrindle at  
ldmccrindle@gmail.com

Lee Douglas at  
petpics@telus.net

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





# *Retirement living in the Park*



## **Looking for a perfect home? Look no further.**

Bear Creek Villa is nestled into the park with walking paths and a beautiful courtyard.

All the comforts of home with the feel of an all inclusive resort.

## **Looking for activities?**

We have a very active events and entertainment calendar with a weekly happy hour and live entertainment.

Enjoy amazing food prepared fresh daily by our experienced culinary team.

## **Need Extra Assistance? No problem**

Look no further as we have our dedicated Care Team on site called Bear Home Care.

Our Care Manager will work with you on your very own personalized care package.

**CALL TODAY TO BOOK YOUR TOUR.**



**604-599-9057 • [Info@BearCreekVilla.com](mailto:Info@BearCreekVilla.com)  
8233 140th Street, Surrey, BC V3W 5K9**



# ALDERGROVE SENIORS COMMUNITY FAIR

Meet local service providers and  
businesses who support seniors.

MONDAY, JUNE 2  
10 AM TO 2 PM

Your hosts



Aldergrove Food Bank	Langley RCMP
Aldergrove Vets & Seniors	Langley Seniors in Action
Bria Communities	Langley Seniors Resources Society
Ears Hearing Clinic	Lillian Cazacu, Notary Corp
Fibromyalgia Well Spring Foundation	Lower Fraser Valley Aboriginal Society
Fraser Valley Regional Library	Men's Shed, Langley
I.C.B.C.	Nurse Next Door
Langley Animal Protection Society	Ron Cares Society
Langley Division of Family Practice	Township of Langley
Langley Human Dignity Coalition	Translink
Langley Literacy Network	University of Victoria, Self-Management
Langley Meals on Wheels	

Location: Royal Canadian Legion #265,  
26607 Fraser Highway, Aldergrove



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

Venue is wheelchair-accessible

## Home Support Tailored To Your Individual Needs



### We offer:

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



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

ICBC Claims Accepted



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

## Dementia - Friendly Adult Day Program

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



- We incorporate personalized and Montessori programming
- Other Locations Available

To Learn More & Register

**778-549-6413** or

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

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



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





## Ready to explore **RETIREMENT LIVING?**

Our Retirement Living Consultants can help.



**BOOK A TOUR TODAY!**

1-855-461-0685 | [CHARTwell.COM](https://www.chartwell.com)

**CHARTWELL LANGLEY GARDENS** 8888 202nd Street

## 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**



# Soon to be offering programs and or services in Aldergrove

DO YOU LIVE IN ALDERGROVE?



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



Seniority and Resource Centre  
Langley, BC Canada V3A 9H1  
604-590-9020 | lrs.ca

x cut here \_\_\_\_\_

Do you live in Aldergrove? 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\_



Tired of household cleaning? Let us take care of it for you! 6 Star Cleaning provides professional, reliable, and insured home cleaning services tailored for seniors. We ensure your home stays spotless, so you can enjoy a fresh and comfortable space!



## GET 10%OFF

## Dependable Cleaning Services for Seniors

Trusted & Insured | Gentle & Detail-Oriented | Caring Service



## 6 Star Cleaning

20586, 51A Ave, Langley, BC  
(778)885-3583 / (778) 723-3583  
Email 6starcleaning6@gmail.com







# CONDO LIVING VS ALL-INCLUSIVE LIVING

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When it's time to downsize, many seniors weigh the pros and cons of the type of living situation they want.

"Choose whatever offers the most independence and the least stress," suggests Keri Severinski, Residency Coordinator for Sunridge Gardens and Magnolia Gardens Seniors Communities in Langley. She identifies six key differences.

## GOOD NEIGHBOURS

"You don't want your ceiling to be someone else's dance floor," says Keri. Surround yourself with peers who have similar lifestyles.

## STRATA STRESS

Downsizing should simplify life, not complicate it. Beware strata committees that raise fees, add special levies, and love bureaucracy.

## MAINTENANCE CONCERNS

In a condo, you're responsible for light bulbs and leaky taps. Senior living communities handle these issues for you. Choose the best fit for you.

## COMPARE COSTS

All-inclusive living isn't always more expensive. "Compare condo expenses with a same-sized suite in a seniors community," Keri advises. You might be surprised.

## WELLNESS SUPPORT

Condos may have gyms, but seniors communities include coaches and programs to that address overall health and wellness.

## SECURITY SYSTEMS

Condos offer locked doors. Seniors communities add 24/7 staff and security monitoring—priceless peace of mind.

"These are your years to enjoy life," says Keri. "Choose a home that will enhance your quality of life rather than create more stress."

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For info about all-inclusive retirement living in Sunridge Gardens and Magnolia Gardens contact Keri at 604.351.8668



[BriaCommunities.ca](https://BriaCommunities.ca)



# Looking for **HEARING AIDS**

**Tired of saying “Pardon Me”?**

**Hearing loss can make daily life difficult. We can help.**

## **MEET KIM GALICK OF EARS HEARING CLINICS**

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



## **SUPPORT LOCAL SMALL BUSINESSES**

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



*Kim Galick*  
EARS HEARING CLINICS

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



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

**(604)-427-2828**

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