

\$2

May 2024

In the Loop

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



Langley Senior
RESOURCES SOCIETY

Your Langley SRES® (Seniors Real Estate Specialist)



Downsizing Tips:

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



Kelly **BLOUIN**
REALTOR®



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

778.798.6011
kelly@kellyblouin.ca
www.kellyblouin.ca

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

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"Aging is an extraordinary process where you become the person you always should have been."

~ David Bowie

About the Langley Senior Resources Society

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

Board of Directors

President

Loretta Solomon

Vice-President

Sherry Tingley

Secretary

Lee Douglas

Treasurer

Rasmeet Channey

Directors

Marlene Best
Michael Chang
Lorna Dysart

Connect with the Board at
board@lsrs.ca

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

Canada Revenue Agency Charity
Registration Number: 121924229RR0001



Thank You, Funders and Sponsors



Locations and Staff

Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

604-530-3020

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

Tuk Shop Thrift Boutique | Cafe (9 - 2)

Executive Director

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

Member Services Supervisor

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

Bookkeeper & Payroll Coordinator

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

Volunteer & Fundraising Coordinator

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

Manager of Programs & Member Services

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

Human Resources Coordinator

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

Head Chef

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

Manager of Community Services

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

Community Services Navigators

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

Community Services Coordinator

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

Social Prescribing Community Connector

Linda Smith
604-530-3020 ext. 319, socialprescribing@lsrs.ca
Emma Jinnouchi
604-530-3020 ext.306, emmaj@lsrs.ca

Facilities Manager

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

Facilities and Grounds Worker

Connor Kahle

Adult Day Program *(page 14)*

20256 56th Avenue, Langley, BC V3A 3Y5

778-328-2302

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

Adult Day Program Manager

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

ADP Administrative Assistant

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

Nurse

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

Hydrosound Bathing

Mirarie Fosana
778-328-2302 ext. 4

Membership Information

Join Us!

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

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



lsrs.ca



info@lsrs.ca



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



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

Closure

May 20

Victoria Day



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 Note from Kate Ludlam, Executive Director



It seems everywhere we turn; change is underway. Sometimes it happens too slowly as is the case with our flood recovery. While we have been diligently working with our insurance provider, it is a detailed process that is taking longer than we had hoped. We are waiting for the restoration contract to be awarded, and once this has happened, we expect the work to progress quickly. This has impacted our snooker players more than anyone and we are tremendously grateful for their patience.

And then, sometimes change happens quickly. Seemingly overnight, our maintenance team converted an old bathroom near our Sun Room that was being used as a storage space back to a functioning washroom. This is really helpful as we lost use of our main lobby washrooms due to our flood. Our

Sunroom area is a busy place and having an extra washroom has been great.

You will find a note from our Board on *page 18* about the Suggestion Box located in our lobby. We read every suggestion and have made some changes in response to requests such as offering a daily soup in our café. I encourage you to let us know if you have an idea, a suggestion or comment about our activities and operations. We are always open to make changes and/or adjustments to better serve you.

It's tax time and our Income Tax Clinic volunteers have been busy completing and filing tax returns for seniors who need assistance. Many thanks to Norma, Kimberly, and Howard for giving your time and expertise to help those who need it most. Tax season is the perfect time to consider becoming a LSRS monthly donor. Monthly giving means low administration costs, so more of your money goes to where it's needed most. These gifts have tremendous impact as they provide a steady income to ensure the success of our essential programs and services for years to come. You can learn more about monthly giving on our website or speaking with Jude or myself.

Finally, we are proud to partner with our sponsor, Rick the Realtor, to host our annual shredding event on May 11th and we're making this into a bit of a party with deals in our Tuk Shop and a \$10 hot dog and fries lunch special. Phil and I look forward to seeing you there, rain or shine!

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.

The VILLAGE

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



Langley Hospice Society

langleyhospice.ca

Providing compassionate care and support since 1983

How to Support a Friend or Family Member Who Has Experienced the Death of a Loved One

Facilitated by

Stephannie Rosencrans

Adult Bereavement Coordinator

Langley Hospice Society

Tuesday, May 7

10 am - 12 pm

20605 51B Ave

Langley

Register

604-530-3020



Langley Senior

RESOURCES SOCIETY

Presented in partnership for National Hospice Palliative Care Week in Canada (May 5 - 11, 2024).



Langley Hospice Society

langleyhospice.ca

Providing compassionate care and support since 1983

Caregiver Fatigue: How to Fill Your Cup

Facilitated by

Graeme Beamis

Adult Bereavement Outreach

& Peer Support Worker

Langley Hospice Society

Thursday, May 9

1:00 - 2:30 pm

Please Register

by calling **604-530-3020**



Langley Senior

RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue, Langley, BC Canada V3A 9H1

604-530-3020 | lsrs.ca

Presented in partnership for

National Hospice Palliative Care Week in Canada (May 5 - 11, 2024).





Langley Hospice Society
langleyhospice.ca
Providing compassionate care and support since 1983



Langley Senior
RESOURCES SOCIETY

ADVANCE CARE PLANNING

Planning for the Future

Starting the conversation about your health care wishes...

- **THURSDAY, MAY 9 , 6:00PM TO 8:30PM**
LANGLEY HOSPICE SOCIETY, 20660 - 48TH AVE., LANGLEY, BC
- **TUESDAY, JUNE 4, 9:00AM TO 12:00PM**
LANGLEY SENIORS RESOURCE CENTRE, 20605 - 51B AVE., LANGLEY, BC

REGISTER TODAY:

email: info@langleyhospice.ca

phone: 604.530.1115

LSRS: 604.530.3020



**Interactive
Workshop for
adults of all
ages**

Langley Hospice Supportive Program Centre
20660 - 48th Avenue, Langley BC V3A 3L6



Take A Walk With Us!

Our walking club is ready to stroll through the neighbourhood or ramble around our courtyard with you. You'll love our healthy, active and social way of life. Come and discover resort-style senior living.

Call Keri for more info:
604.351.8668



**MAGNOLIA
GARDENS**

A BRIA COMMUNITY

RETIREMENT. **LIVING!**

MagnoliaSeniors.ca

Community Services

Community Services are available for free to adults 50 years of age and older.

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

Information and Referral

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

Housing Navigation

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

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



**Seniors
Services
Society**



fraserhealth

Better health. Best in health care.

Social Prescribing

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



Better at Home

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

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

Transportation to Appointments

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



Grocery Shopping

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

Light Housekeeping

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

Friendly Visits

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

Telephone Buddies

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

Please help us build a

Seniors in Need Fund

Limited Short-Term Financial Aid for Older Adults

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

Housing Supports

- housekeeping, handyman services, moving assistance

Health Care Needs

- mobility aids, medication costs, footcare

Food Insecurity Supports

- grocery gift cards, farmer's market coupons, transportation support

GIVE
TODAY
at
lsrs.ca



Langley Senior
RESOURCES SOCIETY



Adult Day Program

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

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

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

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

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



CAREGIVER SUPPORT GROUPS

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

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

at the Adult Day Program, 20256 56th Avenue

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

at the Senior Centre, 20605 51B Avenue

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



Café and Food Services



THE CAFÉ

OPEN

MONDAY - FRIDAY
9 AM - 2 PM

(lunch is served 11 am - 2 pm)

DAILY SPECIALS | SANDWICHES | SOUP
SNACKS | DRINKS
MEALS TO GO

Meals to Go

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

Pre-orders are not available at this time.

\$7 (members)

\$8 (non-members)

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



Langley Senior
RESOURCES SOCIETY

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



langleyseniorsinaction.ca



coscobc.org

Your legacy will help older adults thrive.



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



Langley Senior
RESOURCES SOCIETY

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



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

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

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

OUR PRACTICE AREAS:

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

6345 197 St.
Langley, BC

info@maclg.com
604.546.6345 | maclg.com

A Firm Tradition

One of our firm's many long-standing traditions is **Allen's monthly visits to the Langley Senior Resource Society.**

We're proud that Langley's Senior Resource Society had found a deeply experienced yet approachable legal partner in MacCallum Law Group LLP.

Carrying on the tradition, our Lawyer team are proud to serve LSRS, visiting once a month to provide legal advice to members.



Working Together

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

UPCOMING DATES:

- Monday, May 6, 2024 from 1 - 3 pm
- Monday, June 3, 2024 from 1 - 3 pm
- Monday, July 8, 2024 from 1 - 3 pm

Appointments are popular, and we strongly encourage you to pre-register in advance.

Health Clinics

Hearing Clinic

The success you have with your hearing aids will largely be dependent on how well the hearing aids are functioning. Cleaning and servicing of your hearing aids should be done on a monthly basis.

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



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

Tuesday, May 14, 11:30 am-1:00 pm

No appointment necessary.

Members only.



Foot Care Clinic

Foot care clinic services at LSRS include:

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

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

30 minute appointments take place every Thursday & Friday with Vanessa. Call the Front Desk for availability.

Fee

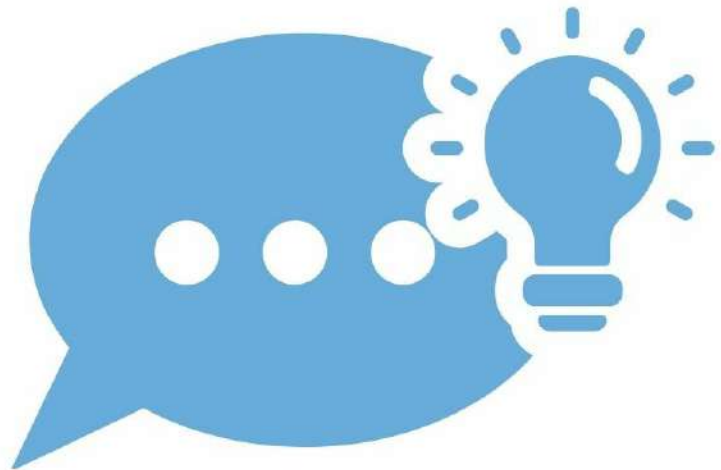
Member \$53 | Non-Member \$60

Effective June 1, 2024, a \$5 fee will be charged for all cancellations.



A Message from the Board of Directors

Your Suggestion Box



We are listening.

Your Board has a Suggestion Box in the lobby, placed there to give you an opportunity to help us make the Centre and your experience with the Centre the best it can be. Feel free to include your name—or not. The BOX is locked and only opened with 2 Board members. Each idea is taken to the Board & Executive Director Kate Ludlam monthly for consideration.

While we can't promise to fix everything, we can promise to consider, act if possible and as we file each suggestion (not your name), even re-visit if necessary. Your name is important for you not for us, trust our LSRS VISION which is to value our (Seniors) members with a MISSION to meet your needs the best way possible. Tell us!

Be comfortable forwarding your ideas: raised toilet seats, introducing our Community Staff, ideas for the Cafe, assigned seating for events, printing costs, have been a few. They can be big or small. Often ideas can be acted on fairly quickly or take time and some solutions will be visible or maybe not, BUT If you don't tell us, issues can be frustrating for you and overlooked by us when most likely there is a solution that benefits everyone.

Ideas are like flowers, they need tending to.

Help us out...

SENIORS WEEK

2024

SO MUCH TO CELEBRATE!

JUNE 3-7



Langley Senior
RESOURCES SOCIETY

SCHEDULE

activities free and open to the public

ENTER TO WIN A
TREK PURE TRIKE



FIRST-TIME VISITORS: Drop in for a tour, receive a complimentary muffin and coffee, and enter to win a free membership.
Every day 10 am - 1 pm

SENIORS
WEEK
2024

Monday, June 3

8:30 AM
- 10:00 AM
MAIN HALL

Seniors Week Kickoff: Rise & Shine Breakfast

We're kicking off our week-long celebration of Langley seniors with a breakfast buffet and special guests. Join newly appointed **BC Seniors Advocate Dan Levitt**, Township of Langley **Mayor Eric Woodward**, and City of Langley **Mayor Nathan Pachal**--among other dignitaries--as we start the festivities.

Enjoy the Seniors Special **\$10 Breakfast Buffet** and view the **new LSRS promotional videos**.

Reservations required. Call 604-530-3020.

10:30 AM
- 11:30 AM
SUN ROOM

Monday Morning Talk Show | Speaker: Megan Dykeman, MLA Langley

The Monday Morning Talk Show is a popular speaker series at LSRS. In honour of Seniors Week, MLA Megan Dykeman will be addressing what government is currently working on and about her role as Parliamentary Secretary with non-profit organizations. **SPONSORED BY BRIA COMMUNITIES**

11:30 AM
- 3:30 PM
MAIN HALL

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.

1:00 PM
- 3:00 PM
BROCK-DOUGLAS ROOM

Bring your instrument and join our regular weekly **JAM SESSION**, or just come to listen.

TODAY IN THE

CAFÉ

9 am - 2 pm

ALL-DAY BREAKFAST

Twonie Pancakes
\$5 Bacon & Eggs (toast)

TUK SHOP THRIFT BOUTIQUE

9 am - 4 pm

MAKING MONDAY

All wool, yarn, crafts, cards,
scrapbooking & knitting supplies
and fabric ON SALE

Tuesday, June 4

SENIORS
WEEK
2024

9:00 AM
- 12:30 PM
SUN ROOM

Advanced Care Planning Workshop: Planning for the Future
Facilitated by Angela Elemans, Palliative Support Coordinator,
Langley Hospice Society
Bring family or friends with you as we discuss the tools to support these important conversations.
Registration required. Call 604-530-3020.

11:30 AM
- 12:30 PM
MAIN HALL

Line Dancing Class
Come and boot-scoot with our regular instructor, Darelene.
Beginners welcome.

1:00 PM
- 3:00 PM
SUN ROOM

Digital Services at the Library
Oh, the things you can do online—for free—with the library! Join the Digital Services Librarian from **Fraser Valley Regional Library** to get a sampling of the myriad of library services available to you through the computer. Experience some of the newest library gadgets, too!

1:00 PM
- 3:00 PM
MAIN HALL

Carpet Bowling
Join us for non-strenuous fun and social time as we carpet bowl.

*Mostly, what I have learned so far about aging, despite the creakiness of one's bones and cragginess of one's once-silken skin, is this:
Do it. By all means, do it. ~ Maya Angelou*

TODAY IN THE


CAFÉ

9 am - 2 pm
TACO TUESDAY

TUK SHOP THRIFT BOUTIQUE

9 am - 4 pm
TWONIE TUESDAY
All puzzles \$2





**SENIORS
WEEK
2024**

Wednesday, June 5

9:00 AM **Balance & Independence Workshop**
- 10:00 AM
MAIN HALL
Join our **yoga and fitness instructor, Stacey**, as she highlights techniques that may help improve your balance and reduce the risk of falling to maintain/retain your independence.
Registration required. Call 604-530-3020

9:00 AM **Woodcarving Group**
- 1:00 PM
SUN ROOM
Bring your tools and projects or just come to meet the guys and see what they're working on.

10:00 AM **Walk With the Mayor**
- 11:00 AM
FRONT DOOR
Join our special guest, City of Langley **Mayor Nathan Pachal** for a walk from our Centre to beautiful **Sendall Gardens**. Meet at the front door of the Centre. Walk will commence on time.

10:30 AM **Table Tennis**
- 12:00 PM
MAIN HALL
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.

1:00 PM - 3:00 PM **The Social Groups Social**
SUN ROOM
LSRS is home to several social groups for folks who want to gather with old and new friends regularly. Today, we'll get everyone together for some **chatter and ice cream**. Newcomers are encouraged to come and make new connections. Maybe you'll find a group you'd like to join!
SPONSORED BY BELLEVUE PARK SENIOR LIVING
Registration recommended. Call 604-530-3020

TODAY IN THE

CAFÉ

9 am - 2 pm
Pot Pie
+ Salad or Fries

TUK SHOP THRIFT BOUTIQUE

9 am - 4 pm
WEAR IT WEDNESDAY
All clothing & shoes 50%-off

Thursday, June 6

SENIORS
WEEK
2024

9:00 AM - 12:00 PM
LOUNGE
Knit Together
Bring your own creations to work on in a fun social setting. Knitting, crocheting, embroidery, and more. Come for conversation, friendship, and sharing ideas.

9:30 AM - 11:00 AM
SUN ROOM
ICBC: The Enhanced Road Assessment
Almost 5,000 drivers in BCV take an ICBC re-examination road test every year. Today, an ICBC Driver Examiner will speak about what you can expect if you are called for a re-examination road test and will answer questions that you might have about how to prepare. There will also be a refresher on rules of the road and pedestrian safety.

1:00 PM - 3:00 PM
MAIN HALL
Carpet Bowling
Join us for non-strenuous fun and social time as we carpet bowl.

*You don't stop laughing when you grow old.
You grow old when you stop laughing.*
~ George Bernard Shaw

TODAY IN THE

CAFÉ

9 am - 2 pm
Tomato Soup +
Grilled Cheese
Sandwich

TUK SHOP THRIFT BOUTIQUE

9 am - 4 pm
Thrifty Thursday
All housewares 50%-off



SENIORS
WEEK
2024

Friday, June 7

9:00 AM
- 1:00 PM
SUN ROOM

Art Class Demo

While you're visiting, stop by the Art Class to see our talented members create their masterpieces.

10:00 AM
- 11:00 AM
FRONT DOOR

Walk With the Mayor

Join our special guest, Township of Langley **Mayor Eric Woodward** for a walk from our Centre to the beautiful **Derek Doubleday Arboretum**. Meet at the front door of the Centre. Walk will commence on time.

11:00 AM
- 12:00 PM
MAIN HALL

LSRS Choir Concert & Sing-Along

Join our social choir for a performance and sing-along of old and new favourites.

1:00 PM
- 3:00 PM
MAIN HALL

Introducing Stick Curling

Think your curling days are over? Think again! We know that seniors may be reluctant to walk on ice and may have mobility/health issues which don't allow them to sweep. Introducing **STICK Curling!** This fun sport doesn't require sliding or sweeping and is really growing in popularity. Join members of the **Langley Curling Club** and check out their mobile "half-rink". They'll demonstrate and explain the world of Stick Curling.

*Age is simply the number of years
the world has been enjoying you.*

TODAY IN THE

CAFÉ

9 am - 2 pm
Fish & Chips

**TUK SHOP
THRIFT BOUTIQUE**

9 am - 4 pm
FABULOUS FRIDAY
All jewelry 50%-off



You Are Invited to

RISE & SHINE BREAKFAST

Our Kick-Off to BC Seniors' Week

Monday, June 3

8:30 am - 10:00 am



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

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

We're kicking off our week-long celebration of Langley seniors with a breakfast buffet and special guests, including

Newly appointed **BC Seniors Advocate Dan Levitt,**
Township of Langley Mayor Eric Woodward,
City of Langley Mayor Nathan Pachal,
and other dignitaries.

Enjoy the Seniors Special **\$10 Breakfast Buffet**
and be the first to view the new **LSRS promotional videos.**

RESERVATIONS REQUIRED

CALL 604-530-3020



Regular Programs at a Glance

| | | | |
|------------------|------------------------------|--------------------------------------|-------|
| Monday | Monday Morning Talk Show | 10:00 - 11:00 am | 41 |
| | Table Tennis | 10:00 am - 12 noon | 38 |
| | Circle of Friends | 11:30 am - 12:30 pm | 40 |
| | Jam Session | 1:00 - 3:00 pm | 34 |
| | Bridge Partners | 1:00 - 4:00 pm | 35 |
| Tuesday | Fit and Fab | 9:00 - 10:00 am | 37 |
| | Adaptive & Lively Chair Yoga | 10:15 - 11:15 am | 37 |
| | Flying Solo | 11:00 am - 12 noon | 40 |
| | Line Dancing | 11:30 am - 12:30 pm | 38 |
| | Senior Pride Social Group | 3rd Tue of Month: 11:30 am - 12:30 p | 39 |
| | Canasta | 12:30 - 4:00 pm | 35 |
| | Carpet Bowling | 1:00 - 3:00 pm | 38 |
| | Caregiver Support Group: Men | 1:15 - 2:15 pm (Adult Day Program) | 14,39 |
| Wednesday | Tim's Bits Woodcarving | 9:00 am - 11:00 am | 34 |
| | Walking Group | 10:00 - 11:00 am | 36 |
| | Table Tennis | 10:00 am - 12 noon | 38 |
| | Changing Gears | 1st Wed of Month: 10:30 am - Noon | 40 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 35 |
| | Shanghai Rummy | 12:30 - 4:00 pm | 35 |
| | Cribbage | 1:00 - 3:00 pm | 35 |
| | Euchre | 1:00 - 3:00 pm | 35 |
| Thursday | Fit and Fab | 9:00 - 10:00 am | 37 |
| | Knit Together | 9:00 - 12:00 pm | 34 |
| | Fusion Chair Yoga | 10:15 - 11:15 am | 37 |
| | Whist | 12:30 - 4:00 pm | 35 |
| | Book Club | 1st Thur of Month: 1:00 - 3:00 pm | 40 |
| | Carpet Bowling | 1:00 - 3:00 pm | 38 |
| | Caregiver Support Group | 1:00 - 2:30 pm | 14,39 |

The great thing about getting older is that you don't lose
all the other ages you've been.

~ Madeleine L'Engle

Regular Programs at a Glance

| | | | |
|------------------------|----------------------------|-----------------------|----|
| Friday | Walking Group | 10:00 - 11:00 am | 36 |
| | Choir | 10:00 am - 12:00 noon | 34 |
| | Art Class: Oil and Acrylic | 9:00 am - 12:00 pm | 34 |
| | Samba | 11:00 am - 3:00 pm | 35 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 35 |
| | Bridge | 1:00 - 4:00 pm | 35 |
| | Cribbage | 10:00 am - 12 noon | 35 |
| Monday - Friday | Gardening Circle | Seasonal | 38 |
| | Snooker | on hold | |

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

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

Come & Try It!
 20471 54th Avenue, Langley
 (southwest corner of Douglas Park)

Ages 8+ are welcome

Leagues
 Fun Days
 Social Events
 Drop-Ins
 & more!

LSRS Members
 20% OFF Membership

Proudly supported by **Langley Senior RESOURCES SOCIETY**

More information at mensshedlangley.ca



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.



Be among the first to experience a new standard in senior living!

Become a Pioneer and reserve your suite for September Move In.

Visit Sherri at the Bellevue Park Senior Living Presentation Centre and discover the gold standard in Retirement Living. Bellevue Park Senior Living offers Independent/Scheduled and Full Care so you have the pleasure to 'Age in Place'.

This brand new community is located in the heart of Aldergrove — close to shopping, the airport, Aldergrove Recreation Center, and the US border. The community has state-of-the-art construction, intuitive design and offers exceptional amenities.

We are thrilled to offer innovative and adaptable floor plans for 1 and 2 bedroom suites with balconies.

ON-SITE AMENITIES INCLUDE:

- Air Conditioned Suites • In-Suite Washer & Dryer • In-Suite 55" Smart TV
- Bistro and Bar • Medical Centre • Spa and Hair Salon • Golf Putting Green
- Car and Driver Service • Housekeeping • Park Access • and much more!

Call Sherri at 604-329-3664 to book your appointment.
She is reserving suites now for our opening this summer.



Sherri Martin,
Senior Living Specialist



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Visit our Presentation Centre!
27272 Fraser Highway, Aldergrove

Open Monday-Saturday - 9am-4:30pm;
Sundays by appointment

Call 604-329-3664 for more information

Join us for our
OPEN HOUSE

Thursday May 16th - 12-3 pm
at the Presentation Centre:
27272 Fraser Hwy Aldergrove
Parking in rear of building.

RSVP to reserve a free gift.
Refreshments and light snacks will be served.
Enter to win a \$250.00 gift card and more!
RSVP to Sherri: 604 329 3664

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Denturist

Adam Wejkszner R.D.
Denturist

Darren Sailer R.D.
Denturist



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Events

A Magical Pub Night

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

Magic Menu

Roast Turkey
Mashed Potatoes
Seasonal Vegetables
Stuffing
Dinner Roll
Dessert



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

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

Members \$45 | Non-Members \$50

**Prices do not include soft drinks or alcohol*

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



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

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



HUB Meetings

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

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

This month's meeting:
Wednesday, May 15
10 am - 12 pm
at



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

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



POPCORN!



MORNING MOVIE

**LITTLE MISS
SUNSHINE**
(2006)

THUR
MAY 16
10:00 AM

IN THE
BROCK-
DOUGLAS
ROOM



Program, Event, and Trip Information

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

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



Program, Event and Trip Cancellation Policy

If We Cancel

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

If You Cancel

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

For Foot Care Cancellations

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

How You Will Be Refunded

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

Arts , Crafts, & Music Programs

LSRS membership is required to participate in these programs.

Art Class: Oil and Acrylic Painting

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

Fridays, April 5 - June 21

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

Members Only \$132

Cancel/Refund by March 22



Choir

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

Fridays, April 19 - June 21

10:00 am - Noon | Main Hall

Main Hall

Members only \$36

Jam Session

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

Mondays, 1:00 - 3:00 pm

Brock - Douglas Room | Free

Knit-2-Gether

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

Thursdays, 9:00 - 12:00 pm

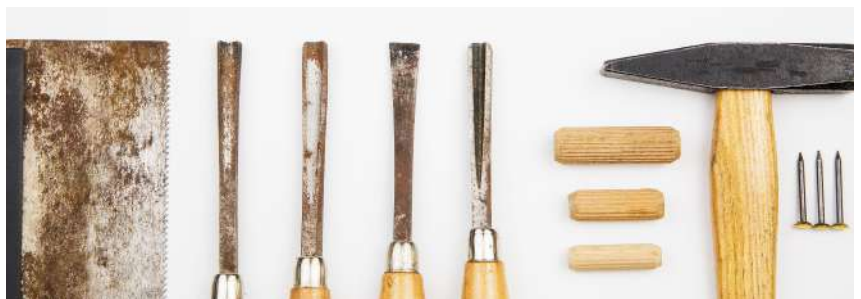
Sun Room | Free

Tim's Bits Woodcarving

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

Wednesdays, 9:00 - 11:00 am

Sun Room | Free



Cards and Games

LSRS membership is required to participate in these programs.

All are welcome, no experience necessary. Beginners will be taught how to play.

Bridge - Partners

Mondays, 1:00 - 4:00 pm

Sun Room | Free

Bridge

Fridays, 1:00 - 4:00 pm

Sun Room | Free

Canasta

Tuesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Cribbage

Wednesdays, 1:00 - 3:00 pm

Main Hall | Free

Cribbage

Fridays, 10:00 am - 12:00 pm

Lounge | Free

Traditional Euchre

Wednesdays, 1:00 - 3:00 pm

Sun Room | Free

Mexican Dominoes

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

Wednesdays and Fridays

12:30 - 4:00 pm

Lounge | Free

Samba

Fridays, 11:00 am - 3:00 pm

Brock - Douglas Room | Free

Shanghai Rummy

Wednesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Whist

Thursdays, 12:30 - 4:00 pm

Sun Room | Free



May Walks

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

Wednesdays at 10 am

May 1

Derek Doubleday Arboretum

21177 Fraser Highway

May 8

Noel Booth Park

20302 36th Avenue

May 15

Langley Laneway Trail

Meet at church parking lot

21015 - 96 Avenue

May 29

Campbell Valley Park

Ravine trail/some hills

Meet at 8th Ave. Parking Lot

Wednesday Walking Group Leader

Al Frost: c. 604-240-3607

h. (preferred) 604-534-1798

Friday Walking Group Leader

Carole Chesham: 604-825-2636

Fridays at 10 am

May 3

Municipal Nature Park

224 St. + approx. 5th Ave

Car park on east side of 224th

May 10

Derby Reach

Campground Parking Lot

21801 Allard Crescent

May 17

Campbell Valley Park

River Loop & Racetrack

Meet at 16th Ave Parking Lot

May 24

Meet at the Centre

walk to **Derek Doubleday**

Arboretum

May 31

Brae Island

Meet at 9451 Glover Road

Health, Fitness & Sports

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

Adaptive & Lively Chair Yoga

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

Suggestion: bring your own mat and strap. *This class requires being barefoot or wearing non-slip socks or shoes.*

Tuesdays, April 2 - June 25

no class May 7

10:15 - 11:15 am | Main Hall

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

Cancel/Refund by: March 19

Fit 'n' Fab

Join Stacey for an inclusive and diverse class for all levels that works on aerobic fitness, strength, flexibility, and balance. Use bands, weights, balls, body weight, and other equipment for a full body workout.

Tuesdays and Thursdays

9:00 - 10:00 am

Main Hall

10 session punch cards:

Members - \$60

Non-Members - \$75

Drop-in - \$7.50

no classes May 7 & May 9

Fusion Chair Yoga

Combines the benefits of chair yoga with the bonus of optional hand weights and resistance bands for additional strengthening and stretching. Practice all important balance skills while standing or sitting.

Suggestion: bring your own mat. Other props available. *This class requires being barefoot or wearing non-slip socks or shoes.*

Thursdays, April 4 - June 27

no class May 9

10:15 - 11:15 am

Main Hall

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

Cancel/Refund by March 21



Health, Fitness & Sports

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

Table Tennis

This light exercise promotes hand-eye coordination and helps keep you fit. Beginners and experienced players are welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.

Mondays, Wednesdays

10:00 am - Noon

Main Hall | \$10/year

Line Dancing

Git 'yer boots scootin' with Darlene.

Tuesdays, April 2 - June 18

11:30 am - 12:30 pm

Main Hall

Members \$84 | Non-members \$94

Cancel/refund by March 19



Carpet Bowling

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

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$13/year

Gardening Circle

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

Seasonal (weather permitting) | Free



Conversation, Social, and Education Programs

Caregiver Support Groups

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

Caregiver Support Group

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

Men's Caregiver Support Group

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

Silver Pride Social Group

Tuesday, May 21 (11:30 am - 1:30 pm)
Meet at Dublin Crossing Irish Pub, 18789 Fraser Hwy, Surrey

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

We meet the third Tuesday of every month and ***everyone*** is welcome (lesbian, gay, men, women, non-binary, trans, gender neutral).

Please contact seniorpride.lsrs@gmail.ca with questions or to RSVP.

Society membership or Langley residency are not required.

Sorry, this group is not for allies.



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with

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

Conversation, Social, and Education Programs

LSRS membership is required to participate in these programs.

Changing Gears

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

1st Wednesday of the Month,
10:30 am - 12 Noon

Brock - Douglas Room | Free

Circle of Friends

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

Mondays, 11:30 am - 12:30 pm

Brock - Douglas Room | Free

Flying Solo

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

Tuesdays, 11:00 am - 12 Noon

Brock - Douglas Room | Free

The Diners Club

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



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

Old Spaghetti Factory

20077 91A Avenue

Traditional Italian entrees, pasta, salads

***Tuesday, June 4 at 6 pm**

Montana's BBQ & Bar

20100 Langley Bypass

Fun to eat, finger-licking, smoked & barbequed comfort foods.



Book Club

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

1st Thursday of the Month, 1:00 pm

Café | Free

Conversation, Social, and Education Programs

LSRS membership is NOT required to participate in this program.

Free & Open to the Public

MONDAY MORNING TALK SHOW

Mondays @ 10 am

CLOSED
May 20
Victoria Day

MAY 6

WHO IS HOSPICE... AND WHAT DO THEY DO?

For National Hospice Palliative Care Week, we welcome the ED of Langley Hospice Society to help you understand their role in your access to palliative and bereavement support in our community.

Shannon Todd-Booth
Executive Director
Langley Hospice Society

MAY 13

LANGLEY INSPIRATIONS RHYMES & MUSINGS

Jim McGregor was born and raised in Langley, B.C. and retired as Fire Chief after a thirty-six year career with the Langley City Fire-Rescue Service. His writing has been published in articles, magazines, and competitions.

Jim McGregor
hometown hero

MAY 27

THE BIRDS, THE BEES & BAD KNEES

A hilarious and enlightening discussion debunking myths, breaking taboos, and spicing up the love lives of our seasoned seniors. From hip replacements to hip gyrations, we'll explore the ins and outs of sexual health in the golden years.

CONTENT ALERT: This presentation will feature open and frank talk about body parts and sex. If this makes you uncomfortable, please don't attend.

Coralie Lynch
Sexual Wellness Educator &
Intimacy Consultant



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604-530-3020 | lsrs.ca





RESILIENCE Study

What is the study about?

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

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

Who can participate?

You may be eligible to participate if you are:

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

If you would like to hear more about this study:

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

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

Website: www.qubiologics.com/clinical-trials/resilience-study

What is QBKPN?

QBKPN is a new medication in a class known as Site-Specific Immunomodulators (SSI).

SSIs are designed to train and/or improve innate immune function to reduce the risk of infections, improve immune response to cancer, and slow the progression of chronic inflammatory diseases.

What does the study involve?

If you are eligible and want to participate, you will be:

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 16 weeks
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of a year.

Who is conducting the study?

Study Sponsor: Qu Biologics, which is receiving funding from the National Research Council of Canada Industrial Research Assistance Program, to support the study.

Qu Biologics is a clinical stage biotechnology company located in Burnaby, British Columbia, which is developing the immunomodulatory platform called Site-Specific Immunomodulators (SSIs.)

Principal Investigator: Dr. Theodore Steiner

Dr. Steiner is a Professor of Medicine at the University of British Columbia. He is also an Infectious Diseases Specialist at Vancouver General Hospital, a Research Scientist at BC Children's Hospital Research Institute, and the Chief Medical Officer for Infectious Diseases at Qu Biologics.



Looking for **HEARING AIDS**

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



SUPPORT LOCAL SMALL BUSINESSES

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

Kim Galick
EARS HEARING CLINICS

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



CALL US FOR YOUR FREE HEARING ASSESSMENT!

(604)-427-2828

Unit C 20568 56 Ave, Langley • www.earslangley.com

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network



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

Bus Trip Information

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

Accessibility

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



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

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

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

Tips for the driver are not included and much appreciated.

Enjoy THE JOURNEY

Policies

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

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

Bus Trips

MILNER GARDENS & WOODLANDS

Wednesday, May 22

6:45 am - 7:45 pm

Members \$159 | Non-Members \$179

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

Activity Level: Easy

Additional \$36 ferry fee for 65 years and under

Package includes:

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



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604-530-3020 | lsrs.ca

Enjoy THE JOURNEY



Salt Spring Saturday Market

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

Activity Level: Easy

Package includes:

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



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SOLD OUT



Enjoy THE JOURNEY

Bus Trips

Butchart Gardens High Tea

Tuesday, June 18

7:45 am - 7:30 pm

Members \$169

Non-Members \$189

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

Activity Level: Easy

additional \$36 ferry fee for 64 years and under

Package includes:

Admission to Butchart Gardens | Afternoon Tea
Lunch Sidney Waterfront



**SOLD
OUT**

 **Langley Senior**
RESOURCES SOCIETY

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 **Enjoy** THE JOURNEY

Charming Waterfront Towns

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

PACKAGE INCLUDES:

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



Thursday, July 11

8:00 am - 7:00 pm

Members \$119

Non-Members \$139



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 **Enjoy** THE JOURNEY

Bus Trips

Supernatural Haida Gwaii

DETAILS & ITINERARY
available at LSRS Front Desk

July 16 - July 22 (7 days)

19 meals: 6 breakfast, 7 lunch, 6 dinner

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

\$250 deposit at time of booking

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

10
SEATS
AVAILABLE

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

Activity Level: Easy

Langley Senior
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Enjoy THE JOURNEY



Hells Gate + Green Point

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

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

Members \$139

Non-Members \$159

PACKAGE INCLUDES:

Hell's Gate Tram Ride

Lunch Hell's Gate

Gorge Attractions

Green Point Refreshments

All fees & taxes



Langley Senior
RESOURCES SOCIETY

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

Enjoy THE JOURNEY

Bus Trips

Galiano Island

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

Additional \$36 ferry fee for 65 years and under

Enjoy THE JOURNEY



Wednesday, August 14

8:45 am - 8:15 pm

Members \$119

Non-Members \$139

PACKAGE INCLUDES:

Montague Harbour Marine Park

Gray Peninsula Escorted Walk

Lunch Woodstone Manor

Afternoon Dessert Galiano Inn

Galiano Soap Works

Glass Studio

Galiano Shops

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Harrison Sunflower Festival

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

Monday, August 26

8:45 am - 4:30 pm

Members \$119

Non-Members \$139

PACKAGE INCLUDES

Sunflower Festival Admission

Lunch River's Edge Restaurant

Farm House Natural Cheese

Birchwood Dairy Farm Ice Cream



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Your legacy will help older adults thrive.



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Langley Senior
RESOURCES SOCIETY

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

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John Aldag

Member of Parliament

Cloverdale — Langley City

Proudly supporting

Langley Senior Resources Society!

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

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

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John.Aldag@parl.gc.ca

johnaldagmp.ca



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