

In the Loop

Programs & Services for Adults 50+

March 2025

Spring Program Registration

Members - Monday, March 3

Non-Members - Thursday, March 6



Langley Senior
RESOURCES SOCIETY

Kelly BLOUIN REALTOR®

YOUR LOCAL SENIORS REAL ESTATE SPECIALIST®

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

~ Janice McTaggart



SRES



OAKWYNREALTY

LET'S CONNECT!

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



 www.thehouseman.com

 (778)798-6011

 kelly@thehousemanteam.com



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"The great pleasure in life is doing what people say you cannot do." - Simone de Beauvoir

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

Vision

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

Mission

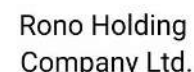
As leaders in our community, we provide programs, services, and connection through a holistic approach to meet the emotional, physical, and social needs of seniors and their families.

Values

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

Charitable Registration Number: 121924229RR0001

Thank you to our generous funders



Locations and Staff

Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

604-530-3020

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

Tuk Shop Thrift Boutique | Cafe (9 - 2 pm)

Executive Director

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

Accounting Office

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

Human Resources Coordinator

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

Manager of Programs & Member Engagement

VACANT
604-530-3020 ext. 303,

Member Services Supervisor

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

Volunteer Coordinator

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

Community Fundraiser

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

Marketing and Communications Coordinator

Tatyana Romao
604-530-3020 ext. 326 tatyanar@lsrs.ca

Manager of Community Services

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

Community Services Navigators

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

Community Services Coordinator

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

Social Prescribing Community Connectors

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

Kitchen and Catering Services Manager

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

Facilities Manager

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

Facilities and Grounds Worker

Connor Kahle

Adult Day Program

20256 56th Avenue, Langley, BC V3A 3Y5

778-328-2302

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

Adult Day Program Manager

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

ADP Administrative Assistant

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

Lead Nurse

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

Hydrosound Bathing

Mirarie Fosana
778-328-2302 ext. 4

Membership Information

Join Us!

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

Memberships now \$67.00 (including GST) per year (Jan-Dec). Renewals start in December and new membership cards are issued annually.

For more details, and to apply, please visit the Centre's Front Desk or call 604-530-3020.



Membership Subsidy

Seniors (50+) who have a total income less than \$27,000 (single) or \$32,000 (couple) may be eligible for a membership subsidy from the City of Langley and the Township of Langley. Please call Janet at 604-530-3020 ext. 312 or email janetm@lsrs.ca.



Langley Senior
RESOURCES SOCIETY



The Tuk Shop Thrift Boutique accepting donations

puzzles | books | clothing | housewares

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

Assistance is available to help carry heavier items.

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



Langley Senior Resource Society
20605 51B Avenue, Langley



crohnsandcolitis.ca/support-for-you/washroom-access



Crohn's and Colitis Canada
Crohn et Colite Canada



Proud Supporter of the GoHere Washroom Access Program

A Message from our Executive Director



Spring can be a great time to focus on health and wellness and LSRS offers a variety of engaging activities for seniors in Langley to embrace the season's energy. Beyond the simple act of socializing, our programs provide vital mental and physical stimulation, fostering a sense of community and independence. Two wonderful examples would be our lively Saturday Social Group, and our Group Counselling sessions presented in partnership with the Langley Community Services Society.

March is full of opportunities for seniors to engage in learning, physical activity, creative expression, and social connection – there truly is something for everyone. It's the perfect time to learn a new recreational activity such as table tennis, carpet bowling, or line dancing. Or explore a new interest such as painting, woodworking, or knitting. Our walking group enjoys 2 outings every week for social interaction, fresh air, and physical exercise, all while appreciating the beauty of Langley's nature trails. In our midst is Nik Von Zil, a LSRS member and active member of our table tennis club, who is a Monday Morning Talk Show guest this month and will share details about his incredible walking journey from Vancouver to South America, over 27 million steps! Read about all our Monday Morning Talk Shows this month on page 42. These programs are not just activities; they are vital components of a healthy and fulfilling life for older adults. The benefits extend beyond the individual; they stave off social isolation, provide connection, and enrich our entire community by fostering a vibrant and supportive environment for all.

As we approach our organization's financial year-end on March 31, I would like to thank our Finance team – Sunny and Larissa. All the growth LSRS has been experiencing over the past few years ultimately lands in our accounting office. Their workload has increased significantly, and our team has done a great job addressing issues, streamlining our processes and setting us up for success.

Spring is also an exciting time for our gardening club, and preparations are underway for their spring planting, including expanding our herb garden. I know we all look forward to the cheery and colourful flowers in our roundabout – it is such a wonderful greeting for those coming to our recreation and resource centre. I am so grateful for our gardeners for maintaining our beautiful garden spaces, they are an oasis that nurtures our mind, body, and soul. Sunny days are ahead!



2024 Donors

January 1, 2024 - December 31, 2024

LEADERS \$25,000+

BC Lottery Corporation –
Community Gaming Grant
City of Langley
Fraser Health
LSRS TUK Shop
Schneider, Estate of Barbara Jean
Senior Services Society of BC –
SHINE Program
Township of Langley
United Way

BENEFACTORS \$10,000-\$24,999

Gateway Casinos & Entertainment
Ltd.
Gulf & Fraser Foundation
Judy DeVries
Rono Holding Company Ltd.

PARTNERS \$5,000-\$9,999

Arlin Foundation
Centra Cares Foundation
Harrison Pointe Inc.
Industrial Works Ltd.
Joanne Skeates
Living Waters Church
Loretta Solomon
Next Chapter Senior Services
Philip Derksen
Soroptimist International of the
Langleys
SPARC BC Social Planning &
Research Council of British
Columbia Society
Willoughby Community Hall

COMPANIONS \$1,000 -\$4,999

Anonymous (5)
1096243 BC Ltd.
Maureen Adamson
BC Association of Farmers' Markets
Eileen Bevis
Kelly Blouin
Gary Bonderud

Krista Budlong
Matt and Stacey Buss
Chartwell Retirement Residences
CPAC Chartwell Langley Gardens
Irene Dawson
Dolden, Estate of Elsie
Lee Douglas
Ears Hearing Clinic
Fortis BC
Alfred and Sally Frost
Bruce W. Jensen
Langley Rotary Clubs Charitable
Foundation
Langley Willoughby Women's
Community Institute
LSRS Choir Club
James Mackenzie
Diane Miki
Morningstar Homes Ltd.
Race Roster North American
Corporation
Rotary Club of Langley
Rotary Club of Langley Sunrise
Leone Scott
Sherry Tingley
The Langley Foundation
The Shewan Foundation
The United Churches of Langley
Tier Construction
UA Local 516 Promotion Fund
Vesta Properties (Latimer) Ltd.
Pam Wetzel

SUPPORTERS \$500-\$999

Anonymous (5)
Ana Maria Abella
Margaret Baker
Bill Beadle
In Memory of Linda Beckstead
John (Jan) Bonhuis
Rick and Elizabeth Cenaiko
Roy and Ching Fong Chen
Carole Chesham

Joan Christensen
Brenda Church
Paul Claus
Cobbs Bread Bakery - Cloverdale
Linda Davies
Karen Dyck
Liz Ferguson
Shawna Frankelson
Alysse Frazer
Leslie Anne Gaudette
Patricia Greenlay
Judy Hutmacher
Terrie Judson
Pauline Koch
Dorothy Leite
LSRS Table Tennis Club
Kate Ludlam
Sharon Kay (Smitty) Miller
Jack Nazaroff
Decia Pennington
Craig and Wendy Rachwalski
Royal LePage Wolstencroft
Diana Sampson
Shoppers Drug Mart Brookwood

FRIENDS \$100-\$499

Maureen Airey
Carole Albertson
Anna Alexis
Peter Arnett
Dale Attrell
Timothy Babiuk
Sherry Baker
Kathleen Banziger
Black Orchid Hair Studio
Celia Brown
Jared Buss
Danielle Cardinal
Betty Carlson
Hedy Cassap
Micky Coulter
Donna Cowan

The Langley Senior Resources Society is tremendously grateful for the generosity of our funders and donors who made gifts in 2024. Each gift we receive is important because it helps us improve and change the lives of seniors in Langley. Thank you for supporting our important work - we are thankful for your kindness and generosity.



Darrel Crimeni
Teresa Derksen
Julie R. Dickey
Gladys Dier
Lutz and Karin Dornblut
Denise Douglas
Joyce Douglas
Lea Dowhal
Cynthia Dreger
Lois Edwards
Heather Engquist
Silvia Fassier
Vanessa Fieck
Anne Fiorino
Barbara and David Fisher-Fleming
Matthew Friesen
Barbara Gannon
Patricia Gardiner
Janis Gauthier
Mike Gillan
Robert Gillies
Laura Girard
Maureen Goss
Dianne Gowland
Grant Sauer Notary Public
Lois Green
Carol Diane Halls
Vivien Henderson
Margaret Henrey
Monica Hird
Evelina Hohmann
Judy Houston
Mitchell Hudson
Patricia Imre
Barbara Ingram
Dennis Jeffels
Mike and Val Johnstone
Agneta Jonsson
Naz Kani
Fay Keller
Suzanne and Ernie Kendall
Yvette King
Sherrill Kurtz

Christine Laborde
Langley Environmental Partner Society
Tracey Lane
Jacques LaPalme
Mary Gail Legge
Carol Lemieux
Elizabeth Libera
London Drugs Langley
Donna Lonneberg
Jean Ludlam
Scott MacMillan
Laura Nan Maione
Lucienne Manly
Beverley Marinello
Wayne and Lynda Markel
Edna McDonald
Shirley McGonigal
Jim McGregor
Judith McLeod
Janice McTaggart
Karoline Messmer
Carol Metcalfe
Michael's No Frills
Marsha Miller
Raymond Miller
Genny Milligan
Jo-Ann Mittleman
David Montgomery
Henny Mouw
Shirley Neufeld
Lorna Neuman
Oasis Consulting
Brett O'Reilly
Brenda Ormond
Elisa Padernal
Vivenciana Padernal
Laura Pankratz
Debbie Pauls
Lee (Virginia) Pelley
Donald Pennington
Bill and Arlene Pike
David and Brenda Poersch
Bernice Pollock

Suzanne Price
Marlene Quiring
Edith Radbourne
Carol Rawluk
Renate Reichert
Denis and Marion Reid
Roland Rihela
Les Roberson
Malcolm Robertson
Rock Step Swing Dance Society
Simona Ruysseveldt
Save-On Willowbrook
Marlene Schick
Tony Schigas
Aubrey Searle
Doreen Searle
Gerhard Seifert
Joy Sentes
Sandy Shaw
Shoppers Drug Mart
Glen Simpson
Jim Simpson
Margaret Skocylas
Vern Sorensen
St. Georges Anglican Church –
Women's Group
Otto Stern
Maria Stiglich
Marthe Tetrault
Jean Thom
Diane Tomlinson
Dale and Patricia Trentini
Triumphant Tribal
Adrian Trombley
Joanne and Stan Twerdoelib
Peter Van Seters
Patricia Walker
Linda Warner
Waterstone Law Group LLP
Lela Westdorp
Hilary Wiebe
Cyril and Margaret White
Jane Young

LSRS Staff News

Thank you

LSRS continues to grow and evolve to better meet the needs of seniors in Langley. We are excited to share that we are making significant progress toward building a full team of dedicated staff members, all committed to contributing to the success of our centre. As we expand, we remain focused on providing the best possible services and support to our community.

A heartfelt thank you goes out to our incredible volunteers who join us each day and play an essential role in making our centre such a welcoming and vibrant place. Their time, energy, and dedication are deeply appreciated, and we couldn't do it without them.

Our dedicated staff meets quarterly to overcome challenges, share insights, and continuously improve our programs. We are thrilled about the year ahead and all the opportunities it holds. With a lot of hard work on our strategic plan already underway, we're confident that we're well on our way to another eventful and successful year. We look forward to continuing to serve our community and creating positive experiences for the seniors in Langley.



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

Julia will be onsite on Mondays in March, including March 3, 17, and 31st, offering 30-minute appointments starting at 2:15 PM, with the last appointment at 3:15 PM.

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

for members only



Langley Senior
RESOURCES SOCIETY

Adult Day Program

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

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



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

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

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



HYRDOSOUND BATHING PROGRAM

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



CAREGIVER SUPPORT GROUPS

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

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

at our Adult Day Program location - 20256 56th Avenue

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

at the Recreation and Resource Centre - 20605 51B Avenue

Community Services

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

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

Information and Referral

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

Housing Navigation

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

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

Social Prescribing

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



Better at Home

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

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

Transportation to Appointments

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



Grocery Shopping

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

Light Housekeeping

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

Friendly Visits

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

Telephone Buddies

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

The HOPE Fund

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



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

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 and Food Services



THE CAFÉ

OPEN

MONDAY - FRIDAY

9 AM - 2 PM

(lunch is served 11 am - 2 pm)

SATURDAY

9 AM - 1 PM

DAILY SPECIALS | SANDWICHES | SOUP

SNACKS | DRINKS

MEALS TO GO

Meals to go

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.

Lessons

STARTS MONDAY MARCH 3
10-12 PM - MEMBERS & NON-MEMBERS
LESSONS - MARCH 3, 10, 17, 24, 31



Ladies Only Snooker Lessons

Snooker Lessons with Bill Beadle and Team

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

You will learn:

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

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

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

Members Only

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

SPANISH LESSONS

**Conversational Spanish with
volunteer Lu Borja**

Mondays 11:15am - 12:15pm

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

No appointment
necessary

Members only



FOOT CARE CLINIC

Foot care clinic services at LSRS include:

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

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

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

Call the Front Desk for availability

Fee

Member \$53 | Non-Member \$60

A \$5 fee will be charged for all cancellations

MASSAGE CLINIC - **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

*30-minute
appointments*

Members \$63

Non-members \$70

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

Introducing Jaclyn Harvey, our new Registered Massage Therapist.



Massage can help.

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

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

30-minute appointment
Mondays By Appointment Only
Member \$63 | Non-Member \$70
Call 604-530-3020

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



Langley Senior
RESOURCES SOCIETY

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

Health Clinics

Registered Clinical Counsellor



Romeo
Kabanda

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

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

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

Appointments filling up fast!

 Langley Senior
RESOURCES SOCIETY

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

Cloud Dental Hygiene Clinic now onsite -

What's included in the service -

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

Booking for Friday, March 28th

new

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

BLEEDING GUMS, SENSITIVE TEETH, REDNESS, OR SWELLING?

These early signs of gum disease or tooth decay can lead to serious oral and systemic health issues if ignored. But the good news? Prevention is possible with care of our team of Dental Hygienists!

SENIORS TEETH CLEANING ON SITE



AT LANGLEY SENIORS RESOURCE SOCIETY



WE'RE BACK AGAIN IN MARCH LIMITED SPOTS!

BOOK AT THE FRONT DESK AT LSRS OR CALL 604-530-3020

TODAY!



Direct Bill Dental Insurance including Canadian Dental Care Plan

FOCUSED SENIORS DENTAL CARE BY OUR TEAM OF DENTAL HYGIENIST'S



Digital X-rays & Teeth whitening



Dental Cleanings & Denture Cleanings & Teeth

Examination On-Site



We make it Convenient & Come to You at LSRS!



**** we do NOT charge on site visit!****

Community Partnerships

More information at mensshedlangley.ca



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

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



in partnership with



The LSRS
Bread Basket

Pick up at our
Rec Centre on
March 11 and
25

BY DONATION
supporting the
HOPE Fund

call 604-530-3020
for more info



 Langley Senior
RESOURCES SOCIETY

LIBRARY For you

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

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

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



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



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

Income Tax Clinic

Registration Open | Available until April 30

ELIGIBILITY REQUIREMENTS

You are ELIGIBLE for the Tax Clinic if:

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

You are NOT ELIGIBLE for the Tax Clinic if:

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

When booking an appointment:

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

Documents to bring to your appointment:

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



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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.

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



Sherri Martin,
Senior Living Specialist

Book a personal tour today!

Call Sherri at 672-727-8592



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



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Adam Wejkszner R.D.
Denturist

Darren Sailer R.D.
Denturist

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Regular Programs at a Glance

Monday	Tai Chi	9:00 am - 10:00 am	38
	Monday Morning Talk Show	10:00 am - 11:00 am	42
	Table Tennis	10:00 am - 12 pm	39
	Circle of Friends	11:30 am - 12:30 pm	40
	Jam Session	1:00 - 3:00 pm	33
	Bridge Partners	1:00 - 4:00 pm	34
Tuesday	Fit and Fab	9:00 - 10:00 am	38
	Adaptive & Lively Chair Yoga	10:15 - 11:15 am	35
	Flying Solo	11:00 am - 12 pm	40
	Line Dancing	11:30 am - 12:30 pm	39
	Senior Pride Social Group	3rd Tue of Month: 11:30 am - 1:30 pm	41
	Canasta	12:30 - 4:00 pm	34
	Carpet Bowling	1:00 - 3:00 pm	39
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	11,41
Wednesday	Tim's Bits Woodcarving	9:00 - 11:00 am	33
	Walking Group	10:00 - 11:00 am	37
	Table Tennis	10:00 am - 12:00 pm	39
	Chess	10:00 am - 12:00 pm	34
	Changing Gears	1st Wed of Month: 10:30 am - 12 pm	40
	Traditional Euchre	12:30 am - 3:00 pm	34
	Mexican Dominoes	12:30 - 4:00 pm	34
	Shanghai Rummy	12:30 - 4:00 pm	34
	Cribbage	1:00 - 3:00 pm	34
Thursday	Fit and Fab	9:00 - 10:00 am	38
	Knit Together	9:00 am - 12:00 pm	33
	Fusion Chair Yoga	10:15 - 11:15 am	35
	Whist	12:30 - 4:00 pm	34
	Book Club	1st Thurs of Month: 12:30 - 2:00 pm	40
	Carpet Bowling	1:00 - 3:00 pm	39
	Caregiver Support Group	1:00 - 2:30 pm	11,41

"The purpose of art is washing the dust of daily life off our souls"- Josiah Royce

Regular Programs at a Glance

Friday	Walking Group	10:00 - 11:00 am	37
	Singing Social	10:00 am - 12:00 pm	33
	Art Class: Oil and Acrylic	10:00 am - 1:00 pm	33
	Samba	11:00 am - 3:00 pm	34
	Mexican Dominoes	12:30 - 4:00 pm	34
	Bridge	1:00 - 4:00 pm	34
	Cribbage	10:00 am - 12:00 pm	34
Monday - Friday	Gardening Circle	Seasonal	39
	Snooker	9:00 am - 4:00 pm	39
Saturday	Table Tennis	9:30 - 11:30 am	39
	Card & Board Games	9:15 am - 1:45 pm	34
	10 Card Cribbage	10:00 am - 12:00 pm	34
	Adaptive Yoga	12:00 pm - 1:00 pm	35
	Saturday Social	ALL DAY	
	Snooker	9:00 am - 2:00 pm	39

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

SATURDAYS



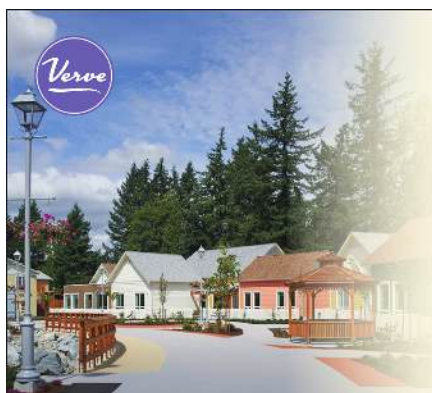
LSRS Rec Centre is open on Saturdays from 9am - 2pm

Schedule includes

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

Things to know

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



Live life your way

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

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



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We are Langley Seniors Village, an exceptional Independent Living community featuring a fantastic team, vibrant residents, and a true sense of family. We are centrally located in the heart of the Willoughby neighbourhood, within walking distance of many amenities such as shopping, a library, pharmacies, restaurants and banks.

BOOK A TOUR, AND LUNCH IS ON US!

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M. 604-307-9066

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retirementconcepts.com



We are pet friendly



Soon to be offering programs and or services in Fort Langley



DO YOU LIVE IN FORT LANGLEY?

WHAT KIND OF PROGRAMS WOULD YOU LIKE OFFERED?

WHAT TIMES AND DAYS OF WEEK WOULD YOU LIKE THESE?

CUT OUT THE PROGRAM QUESTIONNAIRE BELOW AND RETURN TO THE FRONT DESK



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

x cut here _____

Do you live in Fort Langley ? Yes___No___

What kind of programs do you want offered?

List... _____

What time of day? Morning___Afternoon?___

What days of the week? M__T__W__T__F__

Name_____Phone_____

Are you a member? Yes___No___

Adult Umpires Needed!

FREE TRAINING & MENTORING INCLUDED – SUPPLIED EQUIPMENT & SHIRT

Job Description:

- ENJOY BEING OUTSIDE – DON'T PLAY IN THE RAIN
- GREAT PER GAME PAY RATES
- CHOOSE YOUR MONDAY-THURSDAY AVAILABILITY
- TEAMS CONSIST OF 10 YEAR OLDS TO ADULTS
- ENJOY BEING INVOLVED WITH YOUTH SPORTS?



**DOES THIS SOUND LIKE THE HOBBY FOR YOU?
PLEASE CONTACT
LANGLEYUMPIRES@GMAIL.COM**

Program, Event, and Trip Registration Information

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

Please register at the Centre's Front Desk or call the Front Desk at 604-530-3020, extension 0 to register with a credit card. **You can register yourself and one other person for all programs and events.**



Program, Event and Trip Cancellation Policy

If We Cancel

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

If You Cancel

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

For Foot Care Cancellations

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

How You Will Be Refunded

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



Langley Senior
RESOURCES SOCIETY

ST PATRICK'S DAY

TICKET PRICE

MEMBERS \$45

NON MEMBERS \$50

PUB DINNER



LIVE MUSIC



Canadian Celtic Folk Band

TUESDAY, MARCH 11, 2025 4:30PM – 8:00PM

MEMBERS: TICKETS ON SALE AS OF THURSDAY, FEBRUARY 13TH

NON-MEMBERS: TICKETS ON SALE AS OF WEDNESDAY, FEBRUARY 19TH

REGISTER AT FRONT DESK OR CALL 604-530-3020

*Cancellations/Refunds by March 5th

WHAT'S ON THE MENU

Slow Roasted Corned Beef, Carved with Mashed Potatoes.
White Wined Braised Cabbage, Roasted Parsnip and Carrots.
Buns and Butter

Beer Cheese Sauce and Demi Gravy
Mustard and Pickles

Bailey's Irish Cream Cheesecake with Chocolate Ganache
Coffee & Tea included

*Prices do not include soft drinks or alcohol

*Please request our vegetarian option at the time of booking



Langley Senior
RESOURCES SOCIETY

SHREDDING EVENT

Saturday, MAY 24 10AM - 1PM

Langley Senior Resource Society

Protect your personal info! Shred old tax returns, credit card statements, or anything containing personal information safely and securely.

No need to remove staples or paper clips. Simply drive up, drop off, and we'll handle the rest!

*By Donation!

**Visit the Tuk Shop Thrift
Boutique for a Sale Day!**

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**BEEF CHEESE BURGER/CHICKEN
BURGER AND FRIES
(VEGGIE BURGERS AVAILABLE), HOT
DOG AND FRIES, CHICKEN FINGERS
AND FRIES, POUTINE AND
SANDWHICHES**

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Arts, Crafts, and Music Programs

LSRS membership is required to participate in these programs.

Art Class: Oil and Acrylic Painting

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

Fridays April 4 - June 6

*No session April 18

10:00 am - 1:00 pm

| Activity Room

\$99.00 | Members only

Cancel/refund by March 28, 2025



Singing Social

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

Fridays February 7 - March 21

10:00 am - 12:00 pm

| Main Hall

\$20.00 | Members only

Jam Session

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

Mondays 1:00 - 3:00 pm

Brock Douglas Room | Free

Knit-2-Gether

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

Thursdays 9:00 am - 12:00 pm

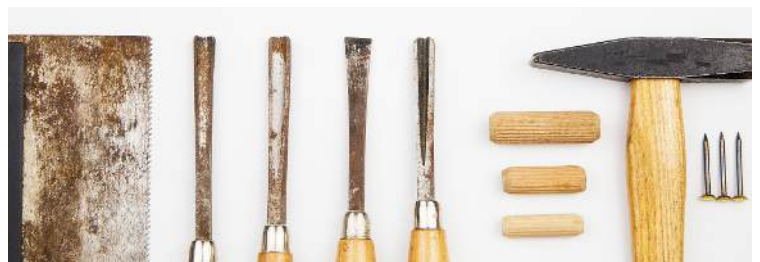
Sun Room | Free

Tim's Bits Woodcarving

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

Wednesdays 9:00 - 11:00 am

Sun Room | Free



Cards and Games

LSRS membership is required to participate in these programs.

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

Bridge - Partners

Mondays 1:00 - 4:00 pm

Sun Room | Free

Bridge

Fridays 1:00 - 4:00 pm

Sun Room | Free

Canasta

Tuesdays 12:30 - 4:00 pm

Brock Douglas Room | Free

Chess

Wednesdays 10:00 am - 12:00 pm

Lounge | Free

Cribbage

Wednesdays 1:00 - 3:00 pm

Main Hall | Free

Cribbage

Fridays 10:00 am - 12:00 pm

Lounge | Free

10 Card Cribbage *Players wanted*

Saturdays 10:00 am - 12:00 pm

Sun Room | Free

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

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

Health, Fitness & Sports

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

Lively Chair Yoga

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

Tuesdays: 11 Sessions, April 1, 8, 15, 22, 29 May 6, 13, 20, June 3, 10, 17

10:15 - 11:15 am | Main Hall

Max 30 people

Members \$77 | Non-Members \$87

Saturdays with Kelli: 10 Sessions, April 5, 12, 26 May 3, 10, 17, 31 June 7, 14, 21

(No sessions April 19 & May 24)

11:00 - 12:00 pm | Activity Room

Max 12 people

Members \$70 | Non-Members \$80



Fusion Chair Yoga

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

Thursdays: 11 Sessions: April 3, 10, 17, 24 May 1, 8, 15, 22 June 5, 12, 19

10:15 - 11:15 am | Main Hall

Members \$77 | Non-Members \$87

Max 30 people

Adaptive Yoga with Kelli

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

Saturdays: 10 Sessions, April 5, 12, 26 May 3, 10, 17, 31 June 7, 14, 21

(No sessions April 19 & May 24)

12:15 - 1:15 pm | Main Hall

Members \$70 | Non-Members \$80

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.

Welcome Kelli Kanashiro



About the new LSRS Saturday Instructor

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

Yoga & Holistic Specialties

Shamanic Reiki Healing Sessions
Yoga Therapy
Therapeutic & Trauma-Informed Approach
Hatha + Chair Yoga + Restorative + Yin + Nidra
Guided Meditation
1:1 Private & Personalized Sessions

Experience

Yoga Therapy, Shamanic Reiki, Meditation - In-Person & Oline Private Sessions
in Canada and Brazil (current)
Corporate Workshops Facilitator (YMCA, LivingWell, Innergy - 2020 - current)
Hatha Yoga - Public Classes at YMCA Robert Lee (Vancouver, CA - 2019 - 2022)
Meditation Program - developed for YMCA Robert Lee staff (2020)

Saturday classes now 11am and 12:15pm

March Walks

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

Wednesdays at 10 AM

March 05

Meet at Doubleday Arboretum
21177 Fraser Highway

March 12

Brookwood Pond
Meet at School Parking Lot
20202 35th Avenue

March 19

Brae Island
Meet at 9451 Glover Road

March 26

Fort to Fort Trail
Meet at Bedford Plaza

Fridays at 10 AM

March 07

Municipal Nature Park
Meet at 224th St & approx 5th Ave

March 14

Blauu Eco Forest Trail
8640 257A Street

March 21

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

March 28

Langley Lane Greenway
Meet at Church 21015 96 Ave

Wednesday Walking Group Leader

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

Friday Walking Group Leader

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

Health, Fitness & Sports

Fit 'n' Fab

An inclusive, energetic low impact class open to all levels that works on aerobic fitness, strength, flexibility and balance. Uses resistance bands, hand weights and balls for a full body workout.

Tuesdays and Thursdays (No Sessions May 27 & 29)

9:00 - 10:00 am | Main Hall

11 session punch cards

Members \$60 | Non-Members \$75

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



Tai Chi

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

Mondays 12 Sessions: March 17, 24, 31 April 7, 14, 28 May 5, 12, 26 June 2, 9, 16

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

Members \$96 and Non-members - \$106

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



Conversation, Social, and Education Programs

LSRS membership is required to participate in these programs.

Changing Gears

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

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

Brock Douglas Room | Free

Circle of Friends

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

Mondays 11:30 am - 12:30 pm

Brock Douglas Room | Free

Flying Solo

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

Tuesdays 11:00 am - 12:00 pm

Brock Douglas Room | Free

The Diners Club

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



Tuesday, March 4 at 6:00 pm

Andreas Restaurant

20227 56th Ave

Traditional Italian and Greek dishes that are very inexpensive.

Tuesday, April 1 at 6:00 pm

Sush Ami

20152 Fraser Highway

Japanese Menu with a small proportion of it being Raw Fish

*This is a popular location so please register at the front desk

Book Club

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

1st Thursday of the Month

12:30 pm

Conversation, Social, and Education Programs

Caregiver Support Groups

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

Caregiver Support Group

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

Men's Caregiver Support Group

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

Saturday Social

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

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

Senior Pride Social Group

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

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

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

Society membership or Langley residency are not required.

*Hosted in
partnership with*

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

Conversation, Social, and Education Programs

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

MARCH 3

IS IT OLD AGE OR DEMENTIA?

What is dementia, what is normal aging, and what are the early signs of dementia you should be looking out for?

Karen Tyrell, CPCA, CDCP
Personalized Dementia Services

MARCH 10

THIRD AGE LEARNING-KPU

Want to keep your brain and social connections active? TALK offers a variety of stimulating learning opportunities (courses) for adults over 50.

Jean Garnett
Program Chair

MARCH 17

DISTRACTED DRIVING

Distracted driving and what that means to you, why it's a problem, and how we need your help!

Leanne Cassap
Road Safety Coordinator, ICBC

MARCH 24

WALKING MACHINE

The true tale of one man's journey of twenty-seven million steps from western Canada to Tierra del Fuego. South America. This is his story.

Nicolas Von Zil
Author

MARCH 31

THE LANDSCAPES OF KING ARTHUR

Search for the historical person behind the legendary King Arthur by visiting battle scenes, the real Camelot and his burial place

Brian Antonson



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

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



Bria
COMMUNITIES

Conversation, Social, and Education Programs



Langley Community
Services Society



Langley Senior
RESOURCES SOCIETY

COLLECTIVE GROUP COUNSELLING

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

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

Thursday February 13th:
Anxiety

Thursday February 20th:
Family Dynamics

Thursday February 27th:
Loneliness

Thursday March 6th:
Change of Identity

Thursday March 13th:
Communication

Thursday March 20th:
Purpose

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

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

20605 51b avenue

Members and non-members welcome

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

For more information please call:

Lia Margueratt 604-534-7921 ext. 1240



March 8 | 1:00 - 2:30 pm

BEYOND
THE BUZZ:

THE FUTURE OF AI ADOPTION

Avery Swartz discusses the evolving landscape of machine learning and generative AI. Avery covers AI ethics, including bias, privacy, and copyright, equipping attendees to adopt AI responsibly and advocate for inclusivity.



AVERY SWARTZ

Avery Swartz is the founder and CEO of Camp Tech and the author of *See You on the Internet: Building Your Small Business with Digital Marketing*.

This is a virtual program and will be offered through Zoom. Registration is required.

Register at fvrl.me/avery or scan QR code.



@ReadLearnPlay | www.fvrl.ca

Watch parties are being hosted in person at several FVRL libraries. Check our events page to find your closest in-person watch party.

Fraser Valley Regional Library upholds the principle of freedom of expression and supports the rights of individuals to read, speak, view, and exchange differing perspectives. The library facilitates a variety of programs; this does not imply endorsement or sanction of any of the views expressed by presenters.

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

Enjoy the Trip

\$59 Members
\$79 Non Members
*Cancellations accepted by March 25

GRANVILLE ISLAND

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



PACKAGE INCLUDES

- 4 hours Granville Island Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

LEVEL: EASY

There is so much to do on Granville Island! Spend the day on the Island Oasis in the heart of Vancouver. Visit the Public Market, see local artisans at work and delight in the many lunch options to choose from.

Secret Cove **SUNSHINE COAST**

Wednesday, April 23rd 7:00AM - 7:30PM

Explore the Sunshine Coast aka the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest and 5-star Rockwater Secret Cove Resort for lunch.

Level: Easy

Package Includes:

- Boardwalk Rockwater Secret Cove Resort
- Lunch at Rockwater Secret Cove Resort
- Hidden Groves, Davis Bay, Gibson's Landing

\$139 Members

\$159 Non Members

*Additional \$10 ferry fee for 64 years and under

(Cancellations accepted until April 9)



Langley Senior
RESOURCES SOCIETY

Bus Trips

TOURIST IN YOUR TOWN

MONDAY, MAY 5 8:45AM - 6:00PM

Take the Aqua Bus on a narrated cruise of False Creek, visit the VanDusen Botanical Garden, enjoy lunch at Steamworks Mount Pleasant, ice cream at Earnest Ice Cream and board the West Coast Express at Waterfront to Mission City.

Package Includes:

- West Coast Express
- Aqua Bus Tour
- Lunch at Steamworks Mount Pleasant
- VanDusen Botanical Garden
- Earnest Ice Cream Cone

Members \$139
Non Member \$159

THE JOURNEY
Enjoy



Langley Senior
RESOURCES SOCIETY

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 Café 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 Café Calabria

Level: Easy

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

get
YOUR
TICKETS

Bus Trips

WEDNESDAY MARCH 12

WESTMINSTER ABBEY



SOLD OUT
JOIN THE WAIT LIST

Members \$129
Non-members \$139

8:30 AM - 4:00 PM



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

PACKAGE INCLUDES:

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

SOLD OUT
JOIN THE WAIT LIST

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

MYSTERY TOUR

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



Langley Senior
RESOURCES SOCIETY

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

ACTIVITY LEVEL: EASY

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

PACKAGE INCLUDES:

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



go digital

Explore these online resources – all free for FVRL customers at www.fvrl.ca:

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- **FVRL OverDrive** – downloadable ebooks and audiobooks
- **LinkedIn Learning** – thousands of courses taught by industry experts
- **Mango Languages** – courses in more than 70 world languages



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www.fvrl.ca

Your legacy will help older adults thrive.



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Langley Senior
RESOURCES SOCIETY

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



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- Homemaking
- Transportation



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Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.ca



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Ian Elliott

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

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

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

Why choose NHT?

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



Complementary weekly health assessments on top of personal support services.



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

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nhtlangley@bayshore.ca

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Nurse Next Door[®]
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Looking for **HEARING AIDS**

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



Kim Galick
RHIP/Owner
Over 25 Years of Experience

SUPPORT LOCAL SMALL BUSINESSES

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

Kim Galick
EARS HEARING CLINICS

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are supporting A DREAM**



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