

In the Loop

May 2025

\$2

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



Langley Senior
RESOURCES SOCIETY



YOUR LOCAL SENIORS REAL ESTATE SPECIALIST®

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

~ Janice McTaggart



SRES



LET'S CONNECT!

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



www.thehouseman.com



(778)798-6011



kelly@thehousemanteam.com



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Great things are done by a series of small things brought together - Van Gogh

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

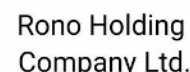
As leaders in our community, we provide programs, services, and connection through a holistic approach to meet the emotional, physical, and social needs of seniors and their families.

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
Diya Gupta, Junior Bookkeeper
604-530-3020 x313, bookkeeper@lsrs.ca

Human Resources Coordinator

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

Manager of Programs & Member Engagement

Sherri Martin
sherrim@lsrs.ca 604-530-3020 ext. 303

Member Services Supervisor

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

Volunteer Coordinator

Jude Henders - (April 7 return)
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

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.



lsrs.ca



info@lsrs.ca



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



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

The Tuk Shop Thrift Boutique accepting donations

puzzles | books | clothing | housewares

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

Assistance is available to help carry heavier items.

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



Langley Senior Resource Society
20605 51B Avenue, Langley



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

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



Crohn's and
Colitis Canada
Crohn et
Colite Canada



Proud Supporter of the GoHere Washroom Access Program

A Message from our Executive Director



On May 1, LSRS celebrated our wonderful volunteers. As the backbone of our organization, their commitment creates a stronger, more caring community for everyone - we all benefit from their efforts. Many of our volunteers wear more than 1 hat. Some help with administrative work or at our social events, others help with our Rec Centre or ADP programs and services, some teach classes, others help with meals or social connection. Without their time and kindness, many LSRS activities simply wouldn't happen. I had one of our new volunteers tell me how much she enjoys her volunteer role and that LSRS "saved" her. She had recently retired, was waiting for a medical procedure, and really needed something to do. I loved hearing about the positive impact her volunteer role has made in her life. Thank you, Judy!

You may have noticed we've begun a small reno project in our café – it's been painted, we've added new lighting, and are thinking the time has come for our café to have a name! We'll be organizing a vote so everyone can all chime in what our café should be named. Stay tuned for more information about how you can participate.

Save the date for Senior's Week 2025! On June 2, we'll kick-off with our Rise and Shine Breakfast to celebrate the wonderful things seniors contribute to our community. Tickets are \$10 and will be available on date. Sherri Martin, our new Programs and Member Engagement Manager, and her team are planning a week full of educational sessions, partnership spotlights, and fun social events. We'll be screening the film "Losing Coach Mac", a local family's journey with dementia and will follow with a Q and A. You'll have the opportunity to walk with our Mayors once again and try a few new recreation activities as well.

LSRS has made strategic operational investments to increase our earned and philanthropic revenues, and both our catering services and fundraising efforts are yielding great results. Thanks to John (and his team) and Bonnie, we are growing the number of our catered events and growing the LSRS donor family. These are good things but I know this means we sometimes must move or even cancel a class or program. I am tremendously grateful to the groups impacted and appreciate your understanding and willingness to adjust, it's truly appreciated.

This month is a time of growth, connection, and celebration. We are on an exciting journey, and together, we are creating a wonderful and kind community where all seniors can thrive and enjoy life to the fullest.

A Message from Your Board

Worrisome, extreme weather, such as atmospheric rivers, flooding, cyclone bombs, heat domes, extreme cold and fires have impacted our building, grounds and members. Your Board has given serious consideration to the impact of changing weather patterns on our Centre, and reviewed strategies to improve our climate-resilience to ensure a safe, secure environment and reduce insurance costs. The extended closure and financial impact from burst pipes during extremely cold weather in January 2024 was a stark reminder of the risks and the need for vigilance.

What assessments, adaptations and investments has the Board made to manage climate risk, reduce our vulnerability, increase our resilience and to reduce the impact of weather on our building, grounds and members?

We talked to Chief Scott Kennedy, Langley Fire Services, for advice on fire protection in extreme heat. Our concern had heightened due to four fires that had occurred in the wooded areas around the Centre. It was recommended that we clear all trees and shrubs in close proximity to building, and install chain link fencing along the property line on the west side of the building to prevent fires from being started near our building. The board invested \$5000 to install 160 feet of chain link fencing. The City of Langley inspected the surrounding wooded areas and cut back trees along the entire west side of our building. Langley Fire also inspected our building internally to ensure we maintained a clutter free environment - we passed!

During the past year, extremely heavy rainfall, called atmospheric rivers, resulted in high water levels surrounding our building. To protect the Centre from flooding, the board invested in a new flood defence system by purchasing ten 17 foot Quick Dam Flood Barriers (sandless sandbags, water activated, self-inflating) to be placed strategically outside the building in areas prone to flooding. Additionally, to alert us to internal and unsuspected flooding, we strategically installed a number of D-Link Pro Series internal Water Leak Sensors throughout the building.

Heat domes & record breaking temperatures 2 years ago resulted in over 600 people in BC losing their lives, and seniors were disproportionately impacted. LSRS continuously supports seniors by encouraging and providing opportunities for social networking, friendship building, air conditioners, home thermometers, and advice on how to stay cool. We opened our doors to invite and welcome anyone in need of heat or cold protection, including Saturdays, to come in.

LSRS Staff News

Welcome BACK

We are beyond excited to welcome Jude H. back, our Volunteer Coordinator. Her return has been highly anticipated, and we're thrilled to have her back with us! Jude will be gradually easing into her role over the coming weeks, and we can't wait to see all the incredible work she continues to do.

Congratulations

Congratulations to Eliane P., who recently achieved her Care Fit Certificate! This specialized certification focuses on fitness and health practices tailored to the needs of older adults. It will provide Eliane with even more tools and knowledge to support our senior community, ensuring they stay active, healthy, and well-supported in their daily lives. This accomplishment not only enhances her skills but will directly benefit the older adults she works with, helping them lead more independent, fulfilling lives.

Finally, we would like to extend our heartfelt farewell to Sheela V. as she embarks on a new opportunity. While we are sad to see her go, we are excited for the next chapter in her professional journey. Sheela has made significant contributions to our team, and her presence will be missed by everyone. We wish her nothing but success and fulfillment in her new role and are grateful for the time she spent with us.



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

Julia will be onsite on Mondays in April, including April 7, 14, 21 and 28th, 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



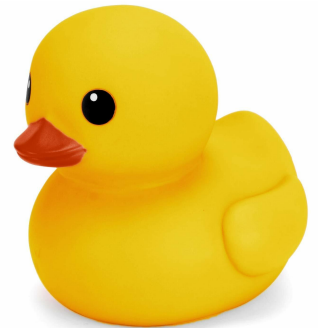
The program is funded primarily by Fraser Health. Privately funded clients are also welcome, including those who may need immediate service, those who do not qualify for Continuing Care funding, or those who are funded through third party agencies such as ICBC, WorkSafe BC and Veterans Affairs Canada.

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

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

Social Prescribing

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



Better at Home

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

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

Transportation to Appointments

A volunteer driver picks you up at home and takes you to your appointment, then returns you home.



Grocery Shopping

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

Light Housekeeping

A paid housekeeper will provide 2 hours of cleaning on a weekly, bi-weekly or monthly basis.

Friendly Visits

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

Telephone Buddies

Trained volunteers call an isolated older person for a free friendly chat.

The HOPE Fund

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

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

Housing Supports

- housekeeping, handyman services, moving assistance

Health Care Needs

- mobility aids, medication costs, footcare, dental care

Food Insecurity Supports

- groceries and grocery gift cards, transportation assistance

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



Langley Senior
RESOURCES SOCIETY

Café 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



cascobc.org

Your legacy will help
older adults thrive.



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



Langley Senior
RESOURCES SOCIETY

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

Lessons

MONDAYS AT LSRS

9:00 - 11:00 AM - MEMBERS ONLY



Ladies Only Snooker



🎱 Ladies, It's Time to Shine on the Snooker Table! 🎱

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

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

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

SHOW UP & PLAY - NO REGISTRATION REQUIRED



Langley Senior
RESOURCES SOCIETY

SPANISH LESSONS

Conversational Spanish with
volunteer Lu Borja

Mondays 11:15am - 12:30pm

Location: Activity Room

Free for members! No need to register



Langley Senior
RESOURCES SOCIETY

Health Clinics

HEARING CLINIC

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

- Testing hearing aid components for proper function
- Thorough cleaning of hearing aids
- Check hearing aid fit
- Inspection of your ears to check for earwax build-up
- Installation of a fresh battery in each hearing aid
- Answer any hearing questions

Tuesday, May 20th

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

Health Clinics

COUNSELLING CLINIC

Our Registered Clinical Counsellor (RCC) is dedicated to helping individuals navigate life's challenges with compassion and care. We provide a supportive, non-judgmental space where you can explore your emotions, gain clarity, and build a more meaningful life. You don't have to face life's struggles alone—we're here to help.

Wednesday's, by appointment only
11:30 am-1:00 pm

Call 604-530-3020 to book your appointment

Members \$65 | Non-Member \$73

DENTAL CLINIC

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

Whats Included:

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

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

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

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

Members and Non-Members welcome



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

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

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

Legal Clinic

Working Together

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

Upcoming Dates:

Monday, May 5, 2025 1PM-3PM

Monday, June 2, 2025 1PM-3PM

Legal Clinic with
MacCallum Law Group

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 **COBS BREAD**



*The LSRS
Bread Basket*

Pick up at our
Rec Centre on
May 6th and
20th

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)**



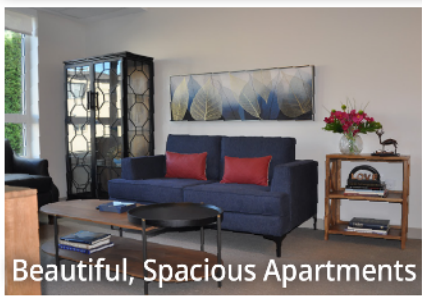
Read. Learn. Play. | www.fvrl.ca



Arnie's Bistro



5-Hole Putting Green



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Welcoming Community Spaces



BELLEVUE PARK

— SENIOR LIVING —

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done this sooner!"***

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

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

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

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

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

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



*Interested in getting a better feel for our vibrant community?
Why not join us at one of our Free Coffee & Conversation Events!*

Visit our website to see upcoming event schedule.

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



Brookwood Denture Clinic Ltd.

DENTURE AND IMPLANT SOLUTIONS

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



Better Business Bureau
A+ Rating!

OUR SERVICES INCLUDE:

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



Colin Harty R.D.
Denturist

Adam Wejksznar R.D.
Denturist

Darren Sailer R.D.
Denturist

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

Celebrating over 30 years of Creating Great Smiles!



Brookwood Denture Clinic Ltd.
DENTURE AND IMPLANT SOLUTIONS

604-530-9936

102 – 20103 40th Avenue, Langley

www.yourdenture.com

Open Monday to Friday

Call for a Complimentary Consultation



All Dental Plans
Accepted



RETIREMENT. LIVING!



“I liked Magnolia Gardens the very first time I saw it. I felt comfortable and that I already knew people...It was amazing.”

~LINDA LEE, resident since April 2024

Come for a tour and stay
for complimentary lunch
or dinner. Call Keri today:

604.351.8668



**MAGNOLIA
GARDENS**

A BRIA COMMUNITY

BriaCommunities.ca



PLANNING AHEAD IS SIMPLE.
The benefits are immense.

When you plan ahead, you can design every detail of your own final tribute. That way, your loved ones won't have to guess what you would have wanted, and you'll have true peace of mind.

Call today for your FREE Personal Planning Guide.



Dignity®
MEMORIAL

∞ **LIFE WELL CELEBRATED®** ∞

HENDERSON'S LANGLEY

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 HendersonsLangleyFunerals.com



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Dignity Memorial is a division of Service Corporation International (Canada) ULC.

Regular Programs at a Glance

| | | | |
|------------------|------------------------------|--------------------------------------|--------|
| Monday | Tai Chi | 9:00 am - 10:00 am | 31 |
| | Monday Morning Talk Show | 10:00 am - 11:00 am | 35 |
| | Table Tennis | 10:00 am - 12 pm | 32 |
| | Circle of Friends | 11:30 am - 12:30 pm | 33 |
| | Jam Session | 1:00 - 3:00 pm | 27 |
| | Bridge Partners | 1:00 - 4:00 pm | 28 |
| Tuesday | Fit and Fab | 9:00 - 10:00 am | 31 |
| | Adaptive & Lively Chair Yoga | 10:15 - 11:15 am | 29 |
| | Flying Solo | 11:00 am - 12 pm | 33 |
| | Line Dancing | 11:30 am - 12:30 pm | 32 |
| | Senior Pride Social Group | 3rd Tue of Month: 11:30 am - 1:30 pm | 34 |
| | Canasta | 12:30 - 4:00 pm | 28 |
| | Carpet Bowling | 1:00 - 3:00 pm | 32 |
| | Caregiver Support Group: Men | 1:15 - 2:15 pm (Adult Day Program) | 10, 34 |
| Wednesday | Tim's Bits Woodcarving | 9:00 - 11:00 am | 27 |
| | Seated Cardio | 9:00 am - 10:00 am | 31 |
| | Walking Group | 10:00 - 11:00 am | 30 |
| | Table Tennis | 10:00 am - 12:00 pm | 32 |
| | Chess | 10:00 am - 12:00 pm | 28 |
| | Changing Gears | 1st Wed of Month: 10:30 am - 12 pm | 33 |
| | Traditional Euchre | 12:30 am - 3:00 pm | 28 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 28 |
| | Shanghai Rummy | 12:30 - 4:00 pm | 28 |
| | Cribbage | 1:00 - 3:00 pm | 28 |
| Thursday | Fit and Fab | 9:00 - 10:00 am | 31 |
| | Knit Together | 9:00 am - 12:00 pm | 27 |
| | Fusion Chair Yoga | 10:15 - 11:15 am | 29 |
| | Whist | 12:30 - 4:00 pm | 28 |
| | Book Club | 1st Thurs of Month: 12:30 - 2:00 pm | 33 |
| | Carpet Bowling | 1:00 - 3:00 pm | 32 |
| | Caregiver Support Group | 1:00 - 2:30 pm | 10, 34 |

"Nothing is impossible, the word itself says 'I'm Possible!' - Audrey Hepburn

Regular Programs at a Glance

| | | | |
|------------------------|----------------------------|---------------------|----|
| Friday | Walking Group | 10:00 - 11:00 am | 30 |
| | Singing Social | 10:00 am - 12:00 pm | 27 |
| | Art Class: Oil and Acrylic | 10:00 am - 1:00 pm | 27 |
| | Samba | 11:00 am - 3:00 pm | 28 |
| | Mexican Dominoes | 12:30 - 4:00 pm | 32 |
| | Bridge | 1:00 - 4:00 pm | 32 |
| | Cribbage | 10:00 am - 12:00 pm | 32 |
| Monday - Friday | Gardening Circle | Seasonal | 32 |
| | Snooker | 9:00 am - 4:00 pm | 32 |
| Saturday | Table Tennis | 9:30 - 11:30 am | 32 |
| | Card & Board Games | 9:15 am - 1:45 pm | 28 |
| | 10 Card Cribbage | 10:00 am - 12:00 pm | 28 |
| | Adaptive Yoga | 12:15 pm - 1:15 pm | 29 |
| | Yoga with Kelli | 11:00 am - 12:00 pm | 29 |
| | Saturday Social | ALL DAY | 34 |
| | Snooker | 9:00 am - 2:00 pm | 32 |

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

Langley Lawn Bowling Club

604.514.2695
langleylawnbcl@gmail.com
langleylawnbowlingclub.weebly.com

Sunshine
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Come and Try It!

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

Leagues
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Drop-Ins
& more!

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RESOURCES SOCIETY




Memory Care Dementia Friendly Community

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

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



The VILLAGE

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

Upcoming events at Langley Seniors Village



It's high time for High Tea

It's International Tea Day so help us celebrate with one of our favourite traditions – High Tea. Refreshments will be served and don't forget the door prizes!

21
MAY

2:00 pm – 3:30 pm



Explore a world of wines

It's International Wine Day so help us celebrate with a selection of international and BC wines for your enjoyment. Refreshments will be served and remember, we always have the best door prizes.

25
MAY

1:30 pm – 2:45 pm

Book your spot today and join us for one (or both) of these great events. Parking is available on the street in front of the building and tours will be available to those who are curious about our wonderful community.

Michael Amirani
M. 604-307-9066 | E. michaelamirani@retirementconcepts.com



**LANGLEY
SENIORS VILLAGE**

20363 65 Ave., Langley
retirementconcepts.com



Save the Date Seniors' Week

June 2 - 6, 2025

RISE & SHINE BREAKFAST

Our Kick-Off to BC Seniors' Week

Monday, June 2
8:30 am - 10:00 am

Enjoy the Seniors Special
\$10 Breakfast Buffet

RESERVE NOW

Call 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

JOIN US ALL WEEK!

Tours for First Time Visitors
Complimentary Coffee & Muffins
Fitness Classes
Seminars
Jam Sessions

SENIORS' WEEK SPONSORED BY



HOMEcare
WEST

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).

Events

SPECIAL EVENT DINNER

Tuesday, May 13 4:30PM - 8:00PM

On the Menu

Grilled Lemon and Herb Salmon Fillet
Spring Herbs and Green Onion Rice Pilaf
Steamed Green Beans
Roasted Purple Beets
Banana Cake with Coconut Cream Cheese Icing
Coffee & Tea Included
Soft Drinks & Alcohol at an extra charge

Members \$45 | Non-Members \$50

*Cancellations accepted until May 6

SPECIAL ENTERTAINMENT



Starring

STEVE ELLIOTT
ELVIS



Langley Senior
RESOURCES SOCIETY



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!

Easy as 1, 2, 3 - With our Tiptap Donation Pay Machine



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

Cafe Open!

**BEEF CHEESE BURGER/CHICKEN
BURGER AND FRIES
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DOG AND FRIES, CHICKEN FINGERS
AND FRIES, POUTINE AND
SANDWICHES**

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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 April 4 - June 20

*No Session April 18 (Good Friday) & 25

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

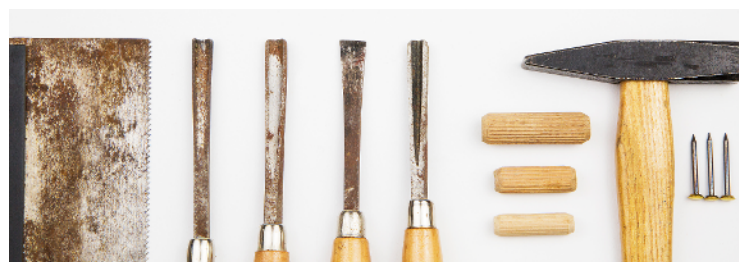
Sun Room | Free

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

Traditional Euchre

Wednesdays 12:30 - 3:00 pm

Sun Room | Free

Mexican Dominoes

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

Wednesdays and Fridays

12:30 - 4:00 pm

Lounge | Free

Samba

Fridays 11:00 am - 3:00 pm

Brock Douglas Room | Free

Shanghai Rummy

Wednesdays 12:30 - 4:00 pm

Brock Douglas Room | Free

Whist

Thursdays, 12:30 - 4:00 pm

Sun Room | Free

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

Health, Fitness & Sports

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

Lively Chair Yoga with Stacey

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

Tuesdays: 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

Cancel/Refund by October 26



Fusion Chair Yoga with Stacey

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

Thursdays: 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.

May Walks

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

Wednesdays at 10 AM

April 30

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

May 7

Doubleday Arboretum
21177 Fraser Highway

May 14

Meet at LSRS
Walk to Sendall Gardens

May 21

Noel Booth Park
Meet at 36 Ave Parking Lot

May 28

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

Fridays at 10 AM

May 2

Derby Reach
Meet at Campground Parking Lot
21801 Allard Crescent

May 9

Langley Lane Greenway
Meet at Church 21015 96 Ave

May 16

Bryden Lagoon Loop
& Hydro Line Walk
Enter via 53 Ave

May 23

Brae Island
Meet at 9451 Glover Rd

May 30

Meet at Portage Park
204 & 51A Ave
Walk to Bryden Lagoon

Walking Group Leader

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

Health, Fitness & Sports

Fit 'n' Fab with Stacey

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

Tuesdays and Thursdays (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**



Seated Cardio with Stacey

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

Wednesdays, April 2 – May 21

9:00 - 10:00 am | Activity Room

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

Tai Chi with Angela

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



Mondays 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, May 6 at 6:00 pm

Boston Pizza

19700 Langley Bypass

Tuesday, June 3 at 6:00 pm

C-Lovers Fish & Chips

20251 Fraser Highway

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

Book Club

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

1st Thursday of the Month

12:30 pm

Activity Room | Free

Conversation, Social, 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, 9:00 am - 2:00 pm | Lounge | Free

Senior Pride Social Group

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

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

Please contact seniorpride.lsrs@gmail.com 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

LSRS membership is NOT required to participate in this program.

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

MAY 5

BETWEEN BLADE & BULLET

This biography of Mary's life and tragic death is narrated by Margaret, her younger sister. From Mary's early childhood in rural B.C., it charts the evolution of a young nurse from social worker to symbol for those dedicated to prison reform.

Margaret Franz
Author

MAY 19

STATUTORY HOLIDAY

LSRS will be closed



MAY 12

ELDERDOG

Learn about ElderDog Canada who are dedicated to ageing people, ageing dogs, the significant role of companion animals in the health and well-being of seniors and the important connection they enjoy.

Mandy Leach
PAWD Leader

MAY 26

DIGITAL SERVICES LIBRARIAN

Meet FVRL's Digital Services Librarian and hear about streaming music, movies, downloadable ebooks, eaudiobooks, and online content Press Reader and Creativebug.

Jacquelynne Garden
Community Librarian Supervisor



Langley Senior
RESOURCES SOCIETY

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

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COMMUNITIES

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

Secret Cove SUNSHINE COAST

Thursday, May 8 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



Langley Senior
RESOURCES SOCIETY

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 May 1)

TOURIST IN YOUR TOWN

MONDAY, MAY 12 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

*Cancellations accepted until May 5

Enjoy THE JOURNEY



Langley Senior
RESOURCES SOCIETY

Bus Trips

HASTINGS HORSE RACING

SATURDAY, MAY 17 12:00PM - 6:00PM

Experience exhilarating thoroughbred horse racing from your reserved seat at Vancouver's picturesque racecourse. See the horses up close at the Paddock, enjoy lunch at Silks Buffet Restaurant at 1:30PM and live racing at 2:30PM

Level: Easy

Package Includes:

- 4 Hours Hastings Racecourse
- Reserved Seating
- Lunch Silks Buffet
- Escorted Seating

Members \$109
Non Member \$129

*Cancellations accepted until May 10

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.

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)



Langley Senior
RESOURCES SOCIETY

get
YOUR
TICKETS

CLASSIC PLANES & BC TRAINS

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

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

Level: Easy

Package Includes:

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

Members \$139

Non Member \$159

*Cancellations accepted until June 16



THE JOURNEY
Enjoy



Langley Senior
RESOURCES SOCIETY

FUN FAIR FUNDRAISER

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

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

Your help would be greatly appreciated!

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

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

LILA MCCRINDLE'S FUNDRAISING



Hosted by Lila McCrindle & Lee Douglas

Lila McCrindle at
ldmccrindle@gmail.com

Lee Douglas at
petpics@telus.net

Your legacy will help
older adults thrive.



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



Langley Senior
RESOURCES SOCIETY

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



Retirement living in the Park



Looking for a perfect home? Look no further.

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

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

Looking for activities?

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

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ALDERGROVE SENIORS COMMUNITY FAIR



Meet local service providers and
businesses who support seniors.

MONDAY, JUNE 2
10 AM TO 2 PM

Hosted by Langley Seniors in Action,
Langley Meals on Wheels and the Royal
Canadian Legion #265, Aldergrove



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

info@langley seniors in action.ca



Venue is wheelchair-accessible



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- Live-In Caregiver
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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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Need Quality In-Home Care?

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



Nurse Next Door®
home care services

778-600-0680

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
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