

In the Loop

July 2025

\$2

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



Langley Senior
RESOURCES SOCIETY

**Read about
our new
program:
*Make & Take!***

page 14

**Update on
'Name the
Café'**

page 21

**Live Music in
the Lounge on
Fridays!**

page 27

**Yvette, one of the
wonderful volunteers
who brings the LSRS
gardens to life.**





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



Table of Contents

About the Langley Senior Resources Society	4
Membership Information – Join us!	6
LSRS Staff News	5
Adult Day Program	9
Message from Executive Director.....	5

COMMUNITY SERVICES

Hydrosound Bathing	9
Caregiver Support Groups	10
Housing Navigation Information.....	12
Better at Home	13

HEALTH & WELLNESS PROGRAMS

Dental Clinic	16
Foot Care Clinic	16
Hearing Clinic.....	16
Massage Clinic	17

COMMUNITY PARTNERSHIPS

COBS - The LSRS Bread Basket	19
Library For You	19
Men's Shed Langley.....	18
Monday Morning Talk Show	38

PROGRAMS

Registration Information	25
Regular Programs at a Glance	26-27
Arts, Crafts and Music	28
Cards, Games, and Bingo.....	29
Diner's Club	35
Senior Pride.....	35
Yoga and Fitness	30
Make and Take.....	14
Bus Trips	39-40
Walking Group Schedule.....	32
Leave a Legacy: how you can support the LSRS	48

LANGLEY SENIOR RESOURCE SOCIETY: STAFF DIRECTORIES

Resource & Recreation Centre	50
Adult Day Program	9

AN ANALOGY:
***Your life is a
work of art***

guest editorial by
Dr. Bart Begalka

page **11**

INTRODUCING:
Make & Take

prep & create a new
dish and take some
home!

page **14**

**VOLUNTEER
SPOTLIGHT:**

***Guess
who!***



page **7**



Langley Senior
RESOURCES SOCIETY

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

Email 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



Langley Senior
RESOURCES SOCIETY

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



coscobc.org



Thank you to our generous funders



Funded by the Government of Canada's New Horizons for Seniors Program



Judy De Vries

Rono Holding Company Ltd.

A Message from our Executive Director

Happy Canada Day! It's wonderful to embrace our Canadian culture – one that encourages its citizens to believe in, and love, the best about our nation and ourselves.

With those good feelings in mind, I am pleased to announce a few new and exciting LSRS initiatives. First, we have struck a partnership with Bard in the Valley that will see us host their winter 2026 production of "Macbeth" in our main hall. We will have to make a few adjustments to our program schedule for January and February 2026, but most performances will happen in the evening and on the weekends and shouldn't impact our schedule too much. Once tickets go on sale, LSRS members and clients will receive special ticket pricing to enjoy local thespians on the stage in our main hall.

We have now purchased our new van, and it is in the process of getting wrapped with



Kate Ludlam,
Executive Director, LSRS

our logo and contact information. I would like to thank all those who donated towards our van campaign especially our major donors including Debbie Mozelle Designer Optical, Ears Hearing Clinic, Harrison Pointe, Industrial Works, Morningstar Homes, Next Chapter Seniors Services, the Rotary Clubs of Langley, Tier Construction, and Vesta Properties. This is a great step forward for LSRS as we continue to grow our catering services – we are a “cater with a cause” with net proceeds reinvested in LSRS so we can help seniors in Langley thrive.

And lastly, our cafe is getting a name! We received many suggestions and look forward to sharing the name once we have finalized all the details - stay tuned for the big reveal.

I'd like to express deep appreciation to our wonderful Community Services team. They help so many seniors in our community with housing needs, transportation and food supports and navigating all the necessary bureaucratic systems. Every day, our team makes a difference in the lives of seniors we help – it's emotionally heavy work and they do a wonderful job making life better for those who need it most.

STAFF NEWS



Congratulations to Adult Day Program Manager Alicia Koback, on being awarded a King Charles III Coronation Medal

The Coronation Medal is awarded to those who have made a significant contribution to Canada or to a particular province, territory, region or community of Canada.

Welcome new staff members!



Millie McKinnon,
Marketing & Communication Coordinator



Aferdita Kelmendi,
Community Services Navigator

Join Us! Become a Member of LSRS

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



PLEASE NOTE:
WE ARE CLOSED
Monday, August 4th for BC Day
upcoming: Monday, September 1 for Labour Day



Volunteer Spotlight

Each month In The Loop will feature one of our many outstanding volunteers.

Volunteers are the heart and soul of the Langley Senior Resources Society and they are a diverse group from all walks of life. What they have in common is their shared enthusiasm for pitching in to help out where they can.

If you are interested in volunteer opportunities with us take the first step and contact our volunteer coordinator!

Phone Jude at 604-530-3020
- Ext. 322 or send her an email: Judeh@lsrs.ca



We managed to catch up with Su as she squeezed in a quick coffee between switching between her many volunteer hats. Like many volunteers she didn't want to talk about herself but about some of the great programs she is involved with here at the LSRS.

One of those programs is The Diners Club. Foodie-friends try a different restaurant on the first Tuesday of every month. See page 35 for more information. Spaces for The Diners Club fill quickly so register early!

Some more about Su...

She also helps out at our front desk, opens up the centre on Saturdays, helps with special events, packages bread, and more! Su is an 11 year member of the LSRS. In her free time away from the centre Su enjoys hosting afternoon teas and doing 'fancy baking'!

"I've met so many wonderful people through the LSRS!"

~ Su Lancaster, volunteer

Volunteers Needed!

Explore the wide range of volunteer opportunities available here at the LSRS!



Contact Jude by phone or email: 604-530-3020 EXT 322 • Judeh@lsrs.ca

Message from the Adult Day Program Manager



Alicia Koback,
Adult Day
Program Manager

With the good work of everyone on our Joint Health & Safety Committee, we are creating strong safety procedures and appropriate procedures.

Through regular check-ins and feedback from our clients we are creating new programs the clients are excited to attend. Our gardening, reading, and newly created card games are especially popular.

We celebrated Fathers and Mothers Days in big ways, and we celebrated Seniors Week with entertainers and a fun Ice Cream Social. We will have more of these moving forward as our clients enjoyed it so much.

I am very proud that our Fraser Health attendance report for May showed us with a 96% funded attendance status, and we are on track to be as high or higher for June.

I am continually impressed and proud to be part of the day program team.

*“We are ever changing, striving for excellence and
I see new things happening every day here.”*

~ Alicia Koback, Adult Day Program Manager



Ready to explore
**RETIREMENT
LIVING?**

Our Retirement Living Consultants can help.



BOOK A TOUR TODAY!

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

CHARTWELL LANGLEY GARDENS 8888 202nd Street

Adult Day Program



20256 56th Avenue, Langley, BC V3A 3Y5

778-328-2302

Monday - Saturday 8:30 am - 4:00 pm

Closed Sundays & Holidays

**ADULT DAY PROGRAM
MANAGER**

Alicia Koback

778-328-2302 ext. 1

aliciak@lsrs.ca

LEAD NURSE

Paul Richenberger

778-328-2302 ext. 2

paulr@lsrs.ca

**ADP ADMINISTRATIVE
ASSISTANT**

Michelle Van Ieperen

778-328-2302 ext. 7

michellev@lsrs.ca

HYDROSOUND BATHING

Mirarie Fosana

778-328-2302 ext. 4

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.

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

HYDROSOUND 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.



Mirarie with some of the hydrosound bathing equipment at the Adult Daycare Facility

Adult Day Program



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



An exclusive invitation for LSRS members and volunteers

Be the first to tour our elusive two-bedroom suites

Dear LSRS friends,

We're excited to invite you to a special, **LSRS members and volunteers-only event!**

For a limited time, a few of our highly sought-after **two-bedroom suites** have become available—and we want **you** to be among the first to see them. These suites are rarely on the market and offer something for everyone: some feature two bathrooms, others boast stunning views, but all are **spacious, bright, and surprisingly affordable.**

Join us on **Wednesday, July 23**, for an exclusive sneak peek and a chance to experience what makes our community so special. Enjoy **light mid-morning refreshments, friendly conversation, and a warm welcome** as you explore our community and these suites and learn more about what it's like to live here.

We'd love to see you here, so come and discover why so many residents are proud to call this place home!



LANGLEY SENIORS VILLAGE

Independent Living | Assisted Living

For more info and to RSVP, please contact

Michael Amirani

M. 604-307-9066

E. michaelamirani@retirementconcepts.com

Join Us!

Wednesday, July 23
10:00 am – 11:30 am

20363 65 Ave., Langley
retirementconcepts.com

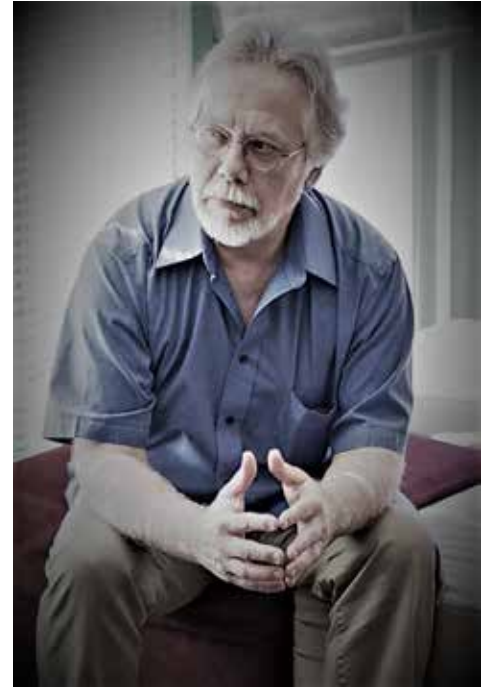
An analogy: Your life is a work of art

There are four stages of producing a piece of art: 1. Coming up with a concept and preparing the materials, 2. The main work of applying paint to canvas, 3. Putting on the final touches (“More green here?” “More accent there?”), and then the final stage, 4. Sitting back and reflecting on what you have actually said through the painting, and what the painting is telling you about yourself.

Following this analogy, the first stage of life is preparing for adulthood, the second stage is performing the responsibilities of adulthood, the third stage is stepping away from the “responsible stage” and putting some final touches on your life (“retirement activities”), and then there’s the fourth stage, the time to sit back and reflect on what it all means: “What was I trying to ‘say’ with my life?” “What does my life say about me?”

I appreciate all the information about having a “successful old age”, nutrition, exercise, socialization, etc., but all that focuses on prolonging the third stage. They’re tips on how to stave off physical and mental deterioration as long as possible. (I’m all for that!) But deterioration is inevitable. Your body becomes capable of less and less, and your mind becomes impossibly dull. Then what? Many feel despair, they feel that their life is over, but that their body just lingers on. But for some, this stage (technically called “senescence”) is their richest time of life. Researchers have found that those who savor this time of life are those who appreciate the past, including past relationships, but let go of their past and live in the present. They are those who savor their depth. In short, they have made peace with themselves and the world, and now they are enjoying that peace.

The point is, take care of yourself the best you can, and prepare yourself for a senescence of peace, rather than despair.



Retired from academics in 2020. I taught Counselling Psychology at the graduate level. I have degrees in religion and education (my doctorate is in Education). I work a few hours a week as a psychotherapist, otherwise I’m a hermit living in Surrey, British Columbia. I grew up in Washington State and moved to Canada when I was 32 years old.

In my 40’s I was facing a faith crisis and a career crisis. Through my Jungian therapist I began exploring art again. I began producing mandalas out of wood, a self-discovery process that led to becoming a faculty member in a university.

In my “retirement” I am an artist, and I guess I am once again a pastor, in that many of my clients wrestle with their faith. (The “spiritual but not religious” crowd seem to be drawn to me.)

www.bartbegalka.com

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.lsrs.ca.

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.)

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

Thank you to these partners



Join us for a grief support group offering a compassionate space to share experiences, find solace, and connect with others who understand the unique challenges of grieving in later life. The group is facilitated by a therapist and intern masters level therapists, who will guide discussions and therapeutic activities aimed at helping members process their emotions and find pathways towards healing.

THURSDAYS: JULY 3 – AUGUST 7 • 1:30-3pm

Langley Seniors Recreation and Resource Centre, 20605 51B Avenue

REGISTRATION REQUIRED

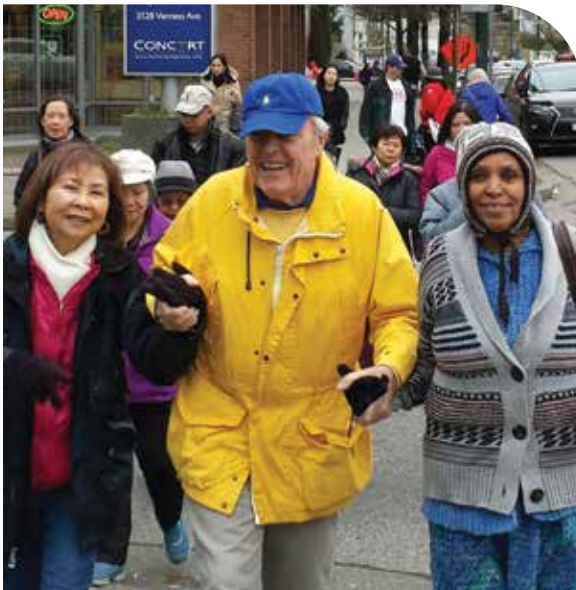
**Please call to register:
604-534-7921 Ext. #1240**



Better at Home



United Way helping seniors remain independent.



Supporting the non-medical needs of older adults in B.C.

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.



Canada Day Sale

MOBILITY SCOOTER BLOWOUT

OFFER VALID **JULY 1ST - JULY 8TH, 2025**



BUY PRE-OWNED,
SAVE UP TO
60%



CANADIAN OWNED
AND OPERATED

 20412 Fraser Hwy, Langley, BC  604-539-8200  comfortplusmobility.ca

Spotlight on Learning



Join Denise as we work together to make jam on Tuesday, July 22nd! 11:00am-1:00pm

Come join us in the sunny kitchen of the Sunroom for Make & Take —a relaxed, member lead no-bake food prep program where members of LSRS share their favorite recipes that we mix up and enjoy. Whether we're making fresh salsa, layered parfaits, or energy bites, it's all about sharing laughs, learning new ideas, and taking home something tasty. No experience needed. This is the second session of our new Mix & Mingle program. Register at the front desk — please register early to ensure we have enough supplies.

Participants will take home their own jar of freezer jam!

Please bring:

- Apron
- Potato masher
- Measuring cups
- Paring knife
- 1 medium sized bowl

We will supply everything else.



Participants of our first Make & Take class made fresh salsa with Bonnie!

Participants enjoyed the camaradery of cooking together and everyone took home some salsa. Here is Bonnie's Salsa recipe if you could not get to the class.

Bonnie's Salsa

- 10 roma tomatoes
- 1/4 onion, diced
- 2 cloves of garlic, diced
- 1/2 jalapeno pepper (seeded)
- 1 bunch cilantro
- salt and pepper
- Lemon juice

Makes four 500mL jars



Join us in the Sunroom for Make & Take! Register early — space is limited

LSRS membership is required to participate in Make & Take

Spotlight on Learning

LSRS membership is required to participate in these programs.

Keep your mind and body young by learning a new skill!

The Langley Senior Resources Society has a wide variety of programs that help our seniors to learn new activities in a fun and social environment.

Ladies Only Snooker

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

Come for the game, stay for the laughs!

Mondays from 9-11am

Conversational Spanish Lessons

Join LSRS volunteer Lu Borja and learn to speak Spanish! Lessons are FREE for LSRS members! No need to register. For the months of July and August Lu will be offering Spanish lessons for those beginners and anyone needing a refresher so they are ready for the September classes.

Learning to speak Spanish—or any new language—offers a wide range of benefits for older adults, including cognitive, social, emotional, and practical advantages.

- Improved Brain Health

Learning a new language stimulates the

brain, improving memory, attention, and problem-solving skills.

- Mental Agility

Language learning keeps the brain active and flexible, enhancing overall mental agility and cognitive resilience.

- Increased Social Interaction

Speaking Spanish opens up new opportunities to connect with Spanish-speaking neighbors, friends, or communities—promoting social inclusion and reducing isolation.

Mondays 11:15-12:30 • LSRS Activity Room

Watercolour Card Making

Watercolor Card Making with Ruth Anne Proudfoot.

Join Ruth Anne as she teaches you to make a beautiful watercolor card that you can give to a special someone.



**Limited space. Register at front desk.
No charge. All supplies included.**

ONE DAY ONLY:

**Tuesday, July 15th 10 am - noon
Sunroom**

Health & Wellness Clinics

LSRS membership is required to participate in these programs.

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, July 8

11:30 am-1:00 pm

No appointment necessary



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.

Thursdays & Fridays | 30min Sessions

Call the Front Desk for availability

Members \$53 | Non-Members \$60

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

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 July 21st

Book your appointment: 604-530-3020

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

**Members and
Non-members
welcome**



Become a VOLUNTEER DRIVER

Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle.

Mileage paid for driving is 72 cents per kilometer.

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

**Contact Jude by phone or email:
604-530-3020 EXT 322 • Judeh@lsrs.ca**

Health & Wellness Clinics

MASSAGE CLINIC

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:

- Joint and muscle issues
- Rheumatoid arthritis and osteoarthritis
- Flexibility, balance and range of motion
- Posture and circulation
- Stroke recovery, sleep, digestion, and depression

Call the Front Desk for availability

Biweekly on Monday's | By Appointment Only | 30-minute appointments

Members \$63 | Non-members \$70



Make a Difference with a smile!

Book an appointment for your teeth cleaning and oral check-up!

- **Convenient, private location right at the Seniors Resource and Activity Centre !**
- **We accept and direct bill dental insurance including the new CDCP: Canadian Government Dental Plan**

Limited spots available – book early!

Gary Khangura, Dental Hygiene Practitioner

Regular oral health assessments give your dental hygienist the opportunity to halt any signs of gum disease, screen for mouth cancer and offer advice on how to maintain and improve dental health.



Book your appointment today at the LSRS front desk or Call LSRS 604-530-3020

Community Partnerships

You are Welcome at Men's Shed

Men's Sheds Association of BC provides spaces for men to build friendships and engage in community activities, reducing the risk of social isolation and its negative impact. We are part of a global movement of men coming together for men's health and wellness. You can find men in over 65 communities around the province meeting regularly.

Men's Shed Association of BC is supported by the national organization Men's Shed Canada.

There is no therapist at the Shed. *But...*

- There is friendship, camaraderie, purpose, meaning, conversation, networking, productivity, dignity, and teamwork.
- It is a welcoming, safe, tolerant, helpful and low-pressure environment.
- There are shared experiences, shared responsibility and a sense of belonging.
- A low barrier to entry.

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

info@MensShedLangley.

Send us an email if you'd like to meet the guys.

info@MensShedLangley.ca

No obligation. No visit cost.

No pressure.

Just a lot of positive vibes, good conversation and great laughs, backed by purpose, commitment and understanding. We gather, teach and share skills with each other.

If membership turns out to be for you, we will arrange a visit and tour of our Shed after your second meeting. Talk it over a coffee with us. Find out what we are all about.

www.mensshedlangley.ca

The Men's Shed Association of BC is a non-profit organization that acts as the over-arching support for individual Men's Sheds across the province of British Columbia.



This planter was built by our Men's Shed Langley group and was given to the Langley Senior Resources Society for their gardens.

Photo: Member Services Coordinator, Janet Madden and Kate Ludlam, Executive Director.

Community Partnerships

Library For You™

Provides accessibility services to people who are unable to access the library due to illness or disability.

Here are some of those services:

Home Delivery

For eligible customers
Variety of library materials delivered monthly

Library Pickup

For eligible customers
Variety of library materials delivered monthly to your local library.

Audiobooks by Mail

For customers with perceptual disabilities
Audiobooks mailed free to your home

Audiobook Players

One-time loan
Demonstrations available

CELA (Centre for Equitable Library Access)

A collection of books, magazines and newspapers in multiple accessible formats, including audio, e-text and braille, for people living in Canada who have a print disability.

For more information contact:

Outreach Services Department

1-888-668-4141 extension 7076

or email: libraryforyou@fvrl.bc.ca

Hours of Operation:

Monday-Friday • 8:30 am – 4:00 pm



Scan this QR code for direct link to the Library For You™ page on the FVRL website

BY DONATION

Supporting the LSRS

HOPE FUND



**COBS
BREAD**

We are proud to partner with Cobs Bread to bring you the

LSRS Bread Basket

Bread is delivered to the Langley Senior Resources Society two Tuesdays every month. Pick up bread by donation.

All donations from this program to the **LSRS HOPE Fund**; which provides limited short-term financial assistance for urgent life-changing needs. The HOPE Fund fills an important gap.

Learn more about the HOPE FUND on page 48.

Next LSRS BREAD BASKET DATES:
Tuesdays: July 15th & 29th



Langley Senior
RESOURCES SOCIETY



Arnie's Bistro



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.

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



5-Hole Putting Green



Beautiful, Spacious Apartments



Welcoming Community Spaces

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

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

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

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

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

Book a personal tour today!

Call 672-727-8592



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

Visit our website to see upcoming event schedule.

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

The Café at LSRS

Name the Café – Announcement Coming Soon!

The Langley Senior Resources Society is excited to share that it's time to officially name our café! Over the past few months, staff and members were invited to submit name suggestions that reflect what our café offers—fresh and nutritious lunches, affordable meals for all, and catering services that support our programs.

We received many creative ideas and, with the help of a small committee, narrowed them down to the top ten. Members were then asked to vote for their favourite—and now, we have a winner!

The new café name will be revealed at our **Annual General Meeting on September 5th**.

Save the date—you won't want to miss it!



*Some of our regulars enjoying a coffee after their fitness class. The Café is a great choice for lunch — the daily specials sell out early most days!
Photo: left to right: Margaret, Jenny, Bennice, Renata, Barb, Kathy.*

The Best Kept Secret in Langley!

The Café at the Langley Senior Resources Society is open from 9am-2pm Monday through Saturday. Whether it is coffee and a pastry, or one of our gourmet daily specials, or even a simple sandwich, you won't be disappointed!

Watch for our new name
and logo to come!

**The Café
at LSRS**

**Prices range from
\$1.50 for pastries,
\$7 for sandwiches,
and \$9 & up for the
Daily Special!**



Langley Senior
RESOURCES SOCIETY



**Everyone
Welcome**

The Café has a fully equipped kitchen and professionally trained crew. We have recently branched out to offer catering services. For more information please visit our website at lsrs.ca

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

Giving Back

How small acts of hope can make a big difference

In these uncertain times, small acts of hope can positively impact the lives of those around you. Whether helping a neighbour with a small task, **volunteering with a local organization** or thanking someone with a handwritten note, here are some ways small acts of hope can make a lasting difference:

Boosting mental health. A hopeful act can brighten the receiver's day and release feel-good hormones that lower stress and improve mood. But the giver also

gets a mental health boost, as being kind to others can increase self-esteem and reduce feelings of isolation.

Creating a ripple effect.

When was the last time you experienced a small act of hope or kindness? Chances are, it encouraged you to pay it forward and share the love with others. This is how one act can create a chain reaction of positivity.

Building a sense of community. Research shows people who are more socially connected to others are



happier, healthier and live longer. Small acts of hope can create this sense of social connection and community and help those who may be isolated or lonely feel like they matter and are part of a group.

~ newscanada



Application Form

VOLUNTEERS NEEDED!

WE NEED YOUR HELP!



THERE ARE SENIORS IN LANGLEY NEEDING YOUR SERVICE.

Become a VOLUNTEER DRIVER

Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle. Mileage paid for driving is 70 cents per KM.

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

OTHER VOLUNTEER OPPORTUNITIES:

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

Contact Jude by Phone or Email
604-530-3020 x322 | Judeh@lsrs.ca



Langley Senior
RESOURCES SOCIETY

The Tuk Shop

Have you discovered our great little thrift shop?

Everything from clothing and accessories, to housewares and books all carefully sorted and tagged by our volunteers — you never know what treasures you'll find — all at exceptional prices!

The Tuk Shop is staffed entirely by volunteers and all revenue goes directly the Langley Senior Resources Society to help serve seniors. Last year the Tuk Shop raised over \$35,000! For purchases over \$10, we can accept debit or credit.

Donations are accepted Monday-Friday from 9am-4pm. Assistance is available for heavier items. We always need donations: good condition, clean clothing & accessories, books, and housewares are top of the list, as are puzzles. We cannot accept large furniture due to space limitations.



Tuk Shop volunteers left to right: Barbara, Pauline, Ann, and Maxine. Missing from photo: Noreen, June, Margaret, Genny, Marilyn, and Joanne.

**Volunteers
Needed!**

Explore our wide range
of available volunteer
opportunities!



Langley Senior
RESOURCES SOCIETY

Learn More: Contact Jude at 604-530-3020 EXT 322, or email judeh@lsrs.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

Open Monday to Friday

www.yourdenture.com

Call for a Complimentary Consultation



All Dental Plans
Accepted



Program • Event • Trip – Registration & Information

- Membership is required to participate in most of our programs, unless otherwise noted.
- Please register at the Centre's Front Desk or call the Front Desk at 604-530-3020, ext. 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.

Foot Care and Massage Cancellations: For a full refund, 48 hours notice is required for change or cancellation of appointments.

How You Will Be Refunded: Refunds will be given via the same method by which payment was received (*cash, cheque, debit, or credit*).



Ian Elliott

Culturally sensitive to your needs and traditions.

Arbutus Funeral Service is a local family owned business, caring for others.

107A - 20171 92A Avenue, Langley, BC V1M 3A5

24 HOUR ASSISTANCE

PHONE 604-888-9895

www.arbutusfuneralservice.com

Regular Programs at a Glance

Monday

Monday Morning Talk Show

10:00 am - 11:00 am ..pg.38

Table Tennis

10:00 am - 12 pmpg.31

Circle of Friends

11:30 am - 12:30 pm..pg.34

Jam Session

1:00 - 3:00 pm.....pg.28

Bridge Partners

1:00 - 4:00 pm.....pg.29

Snooker

9:00 am - 4:00 pmpg.31



Gardening Circle

meets seasonally

Monday to Friday

see more info on page 31



Tuesday

Fit and Fab

9:00 - 10:00 ampg.30

Adaptive & Lively Chair Yoga

10:15 - 11:15 ampg.30

Flying Solo

11:00 am - 12 pmpg.35

Senior Pride Social Group

3rd Tue of Month:

11:30 am - 1:30 pmpg.35

Canasta

12:30 - 4:00 pmpg.29

Carpet Bowling

1:00 - 3:00 pm.....pg.31

Caregiver Support Group: Men

1:15 - 2:15 pm

(Adult Day Program location)

.....pgs.11&35

Snooker

9:00 am - 4:00 pmpg.31

NEW! Bingo

Saturdays: 12-1pm

See page 29 for more info

Wednesday

Tim's Bits Woodcarving

9:00 - 11:00 ampg.28

Walking Group

10:00 - 11:00 ampg.32

Table Tennis

10:00 am - 12:00 pm..pg.31

Chess

10:00 am - 12:00 pm..pg.29

Changing Gears

1st Wed of Month:

10:30 am - 12 pmpg.34

Traditional Euchre

12:30 am - 3:00 pmpg.29

Mexican Dominoes

12:30 - 4:00 pmpg.29

Shanghai Rummy

12:30 - 4:00 pmpg.29

Cribbage

1:00 - 3:00 pm.....pg.29

Snooker

9:00 am - 4:00 pmpg.31



Snooker

Monday to Friday: 9am-4pm

Saturdays: 9am-2pm

See page 31 for more info

Regular Programs at a Glance

Thursday

Fit and Fab

9:00 - 10:00 ampg.30

Knit Together

9:00 am - 12:00 pmpg.28

Fusion Chair Yoga

10:15 - 11:15 ampg.30

Whist

12:30 - 4:00 pmpg.29

Book Club

1st Thurs of Month:

12:30 - 2:00 pmpg.35

Carpet Bowling

1:00 - 3:00 pm.....pg.31

Caregiver Support Group

1:00 - 2:30 pm.....pgs.11, 35

Snooker

9:00 am - 4:00 pmpg.31

Friday

Walking Group

10:00 - 11:00 ampg.32

Cribbage

10:00 am - 12:00 pm..pg.29

Samba

11:00 am - 3:00 pmpg.29

Mexican Dominoes

12:30 - 4:00 pmpg.29

Bridge

1:00 - 4:00 pm.....pg.29

Snooker

9:00 am - 4:00 pmpg.31

Live Music in the Lounge

FRIDAYS, 1:00pm-2:00pm:

July 4 Prickly Thistles

July 11 Troy Toma

July 18 Andrea Taylor

Saturday

Saturday Social

9:00 am - 2:00 pmpg.27

Snooker

9:00 am - 2:00 pmpg.31

Card & Board Games

9:15 am - 1:45 pmpg.29

Table Tennis

9:30 - 11:30 ampg.31

10 Card Cribbage

10:00 am - 12:00 pm..pg.29

Yoga with Kelli

11:00 am - 12:00 pm .pg.30

Adaptive Yoga

12:15 pm - 1:15 pm ...pg.30

Bingo

12:00 pm - 1:00 pm ...pg.29



50+
everyone welcome
Saturday Social!
Stop by for a visit
and enjoy coffee and
conversation
9am-2pm

Arts • Crafts • Music Programs

LSRS membership is required to participate in these programs.

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
Sunroom | 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
Sunroom | Free



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

Cards, Games, and BINGO!

LSRS membership is required to participate in these programs.

Bridge - Partners

Mondays 1:00 - 4:00 pm
Sunroom | Free

Samba

Fridays 11:00 am - 3:00 pm
Brock Douglas Room | Free

Bridge

Fridays 1:00 - 4:00 pm
Sunroom | Free

Cribbage

Wednesdays 1:00 - 3:00 pm
Main Hall | Free

Canasta

Tuesdays 12:30 - 4:00 pm
Brock Douglas Room | Free

Shanghai Rummy

Wednesdays 12:30 - 4:00 pm
Brock Douglas Room | Free

Traditional Euchre

Wednesdays 12:30 - 3:00 pm
Lounge | Free

Cribbage

Fridays 10:00 am - 12:00 pm
Lounge | Free

Mexican Dominoes

Wednesdays and Fridays
12:30 - 4:00 pm
Lounge | Free

Whist

Thursdays, 12:30 - 4:00 pm
Sunroom | Free

Chess

Wednesdays 10:00 am - 12:00 pm
Lounge | Free

10 Card Cribbage

Players wanted

Saturdays 10:00 am - 12:00 pm
Sunroom | Free

BINGO | Saturdays in the Lounge from 12:00 - 1:00pm

You asked for Bingo and we listened!

We are excited to bring Bingo games to members and non-members for fun games on Saturdays with prizes. Come out and enjoy this fun social activity — everyone is welcome!

We do not have a gaming license so there are no cash prizes.

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.

Lively Chair Yoga with Stacey

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

Tuesdays: 7 Sessions:

July 8, 15, 22, 29, Aug 5, 12 & 19

10:15 - 11:15 am | Main Hall

Max 30 people

Members \$49 | Non-Members \$59

Cancel/Refund by July 1

Fusion Chair Yoga with Stacey

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

Thursdays: 8 Sessions: July 3, 10, 17,

24, 31, August 7, 14 & 21

10:15 - 11:15 am | Main Hall

Max 30 people

Members \$56 | Non-Members \$66

Cancel/Refund by June 26

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 & Thursdays July 3 - August 21

9:00 - 10:00 am | Main Hall

10 session punch cards

Members \$60 | Non-Members \$75

Drop-in \$7.50 Max 36 people

SATURDAY CLASSES:

Adaptive Chair Yoga with Kelli

Seated yoga class.

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

11:00 - 12:00 pm | Activity Room

Max 15 people

Members \$42 | Non-Members \$52

Cancel/Refund by July 5

Adaptive Mat Yoga with Kelli

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

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

12:15 - 1:15 pm | Activity Room

Max 15 people

Members \$42 | Non-Members \$52

Cancel/Refund by July 5

Notes to fitness participants:

- No late entry into fitness or yoga classes; arrive with enough time to set up your practice space before class starts.
- All classes require wearing inside non-slip shoes, yoga socks or going barefoot.
- Yoga: having your own mat is suggested. Other props are available.

Health • Fitness • Sports

LSRS membership is required to participate in these programs.

Carpet Bowling

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

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$13/year

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

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



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 Members and non-members welcome

A SUPPORTIVE RETIREMENT LIFESTYLE
SENIORS INDEPENDENT LIVING

Avalon Gardens
at Murrayville

MOVE IN • ACTIVITIES • FUN WITH FRIENDS
JOIN THE FUN!
PEACE OF MIND • MEALS • HOUSEKEEPING

COMFORT IN EVERY SUITE full kitchen ♥ washer/dryer ♥ A/C ♥ heat

Call for a Tour (604) 546-3100
22323 - 48 Avenue, Langley, BC V3A 0C1

 www.avalon-gardens.com
 admin@avalon-gardens.com



July Walking Group Schedule

Enjoy treks through the beautiful trails in the City and Township of Langley. The walks take approximately one hour and the distance varies from 3.5 to 5 kilometers.

Walking Group Leader is Al Frost:

Landline (Preferred): 604-534-1798 • Cel 604-240-3607

Wednesdays at 10 AM

July 2nd
Doubleday Arboretum
21177 Fraser Highway

July 9th
Fort to Fort Trail
*Meet at Bedford Plaza
23285 Billy Brown Road*

July 16th
Municipal Nature Park
224 Street & Approx 5th Avenue
Car Park on east side of 224th

July 23rd
Derby Reach
*Campground Parking Lot
21801 Allard Crescent*

July 30th
Campbell Valley Park
Ravine Trail
Meet at 8th Avenue Parking Lot

Fridays at 10 AM

July 4th
Brae Island
Meet at 9451 Glover Road

July 11th
Noel Booth Park
20302 36th Avenue

July 18th
Campbell Valley Park
River Loop & Racetrack
16th Avenue Parking Lot

July 25th
Meet at Portage Park
Walk to Bryden Lagoon
4964 204 Street

August 1st
Fort to Fort Trail
*Meet at Bedford Plaza
23285 Billy Brown Road*

Fit 'n' Fab and More!

Stacey Buss brings fitness and fun to LSRS

I first tried yoga in my 20s, but I wasn't inspired. Life got busy, and I followed other paths. Years later, after retiring early from a career in association management and event planning, I had time on my hands. A friend asked me to join her at a class in the Township. I went—reluctantly—and was surprised to find a space filled with positivity, kindness, and respect. That fired a new light and direction.

What began as a personal journey quickly shifted. A single class booked at LSRS in 2014 motivated me to become a yoga teacher. That very day, I registered for training, earning my first certifications—RYT® 200 (Yoga Alliance) and Yoga Fitness Leader (BCRPA)—in 2016. Since then, I've continued studying, believing that the more we learn, the more we can share.

Between 2016 and 2022, I taught privately, co-led yoga teacher trainings with my mentor, and worked with the Township of Langley as a yoga instructor. I continue to lead workshops and private sessions, and I'm currently writing a book on chair yoga—and how to teach it with the same spirit that first welcomed me in 2012.

On July 13, 2022, I returned to LSRS—first offering chair and mat yoga, taking on Fit'n'Fab a few months later. Today, I'm a member, a volunteer, and honoured to offer yoga and fitness to this incredible, inspiring community.

RELATED CREDENTIALS:

- E-RYT® 500, YACEP®
- Teacher of Fitness Leaders (BCRPA TFL, Yoga)
- Older Adult Fitness Leader (BCRPA)
- LVCYT (Certified Chair Yoga Teacher)
- BoneFit™ Trained

My journey to LSRS began in 2012, it just took a while to end up here – and I'm so grateful.



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

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

Saturday Social

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

**Saturdays • 9:00 am - 2:00 pm
Lounge**

LSRS membership not required



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



GET 10%OFF

Dependable Cleaning Services for Seniors

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



6 Star Cleaning

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



Conversation, Social, and Education Programs

LSRS membership is required to participate in these programs.

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

Book Club

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

July 3rd | 12:30 pm

Activity Room

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. *LSRS membership not required.*

3rd Tuesday of every month

Sorry, this group is not for allies.

11:30 am – 1:30 pm

Recreation & Resource Centre

Please contact:

seniorpride.lsrsgmail.com

for schedule and more information

QMUNITY
BC'S GAY, LESBIAN, AND TWO-SPIRIT RESOURCE CENTRE

The Diners Club

Discover the dining delights of Langley with foodie-friends. We meet the first Tuesday of each month with a new location! Numbers are limited so register early!

Brodeurs Bistro

Tuesday, July 1st

20376 86th Avenue

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

Known for their smoked meat sandwiches!

Sushi Ami

Tuesday, August 5th

20151 Fraser Hwy #115

(Located in Valley Centre Mall)

A Diner's Club favourite!

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. *LSRS membership not required.* 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

Conversation, Social, and Education Programs

Come and Try Lawn Bowling!

- Leagues
- Fun Days
- Social Events
- Drop Ins & more!

Sunshine | Sport | Social Time



Langley Senior
RESOURCES SOCIETY

Langley Lawn Bowling Club

20471 54 Avenue, Langley
(SW corner of Douglas Park)

604.514.2695 | langleylawnbc@gmail.com

LSRS
Members
20% Off
Membership

Home Support Tailored To Your Individual Needs



We offer:

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

 **Safe Care
Home Support**

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

ICBC Claims Accepted



SafeCareHomeSupport.Ca

Dementia - Friendly Adult Day Program

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



**Adult Cognitive
Wellness Centre**
Recreation Rehab Respite

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

To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.Ca



Langley Pride Day

August 9th, 2025

Presented By



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

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

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

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

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

**UNDERCOVER BAND
AND FEATURING**

**Queer
as Funk**



Buy Tix Here



Follow us at www.LangleyPrideSociety.ca/PrideDay for updates!



Monday Morning TALK SHOW

**Mondays at 10:00 am
EVERYONE WELCOME!**

JULY 7

Enjoy the journey!

Learn about all the exciting upcoming bus tours directly from the tour operator. A fun-filled travel presentation with great photos and itinerary details.

*Troy Oppen,
Owner, Enjoy the Journey Tours*

JULY 14

Summer Impaired Driving & CounterAttack Campaign

A discussion on the annual provincial Summer Impaired Driving campaign and how we can help.

*Leanne Cassap - ICBC Road Safety & Community Coordinator;
Sgt. Patrick Davies - Operations NCO, BC Highway Patrol
- Fraser Coast Integrated Road Safety Unit*

JULY 21

What You Need To Know

Learn about what you need to know regarding the death care profession from wills and estates to the differences in funeral homes and cost effective options.

*Anna Christian,
Surrey Monument*

JULY 28

Emergency Preparedness 101

Learn how to create emergency plans for your household, where to find credible emergency information, the importance of home insurance and heat preparedness.

*Melanie LaPointe,
Emergency Management
Program Advisor*

LSRS membership is NOT required to participate in the Monday Morning Talk Show.



Langley Senior
RESOURCES SOCIETY

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

**Generously
sponsored by**


Bria
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.

We have some fun and exciting fall and winter trips that we can't wait to share with you!

We will be heading to Harrison twice — once to view the fall salmon run, and another to view the Bald Eagles — both outstanding favourite daytrips. In November we will tour CFB Esquimalt Naval Base followed by a lunch at Spinnakers Gastro Brewpub.

December has some Christmas Markets and Light Tours to get you in the holiday spirit.

See our next upcoming trips on page 40, or for the full list go to www.enjoythejourney.ca

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

Enjoy the Journey



THE TRAIN TOUR

Friday, July 25 • 10 am - 6 pm

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about Engine #374, the first passenger train to Vancouver in 1887. Enjoy lunch in a train car in Gastown and finish the day on the West Coast Express. Level: Easy

PACKAGE INCLUDES:

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

\$119 members | \$139 non-members

MANNING PARK

Monday August 11 • 8:30am - 5:30pm

Spend a Summer afternoon in Manning Provincial Park. Lightning Lake is a popular family day use and vacation destination. Bring your own lunch, or purchase at a morning stop for a group table cloth picnic. Stroll waterfront paths and enjoy the sights and sounds of Summer at the lake. Level: Easy

PACKAGE INCLUDES:

- Manning Park
- Lightning Lake
- Group Table Cloth Picnic
- Manning Park Resort Stop
- Hope Slide

\$59 members | \$79 non-members

PNE FAIR

Thursday August 28 • 8:45am - 3:00pm

Celebrate Labour Day at The PNE Fair! Visit the Marketplace, a Lumberjack show, the SuperDogs. PNE Pep Band, Comedy Corner, Live music stage, Cooking Stage demos, Prize Home display, agriculture displays, rides, games and all Fair food you can eat. Level: Easy

PACKAGE INCLUDES:

- PNE Fair Entrance Fee
- 4 Hours PNE Fair Free Time
- Professional Driver
- Convenient Drop Off / Pick Up Area

\$69 members | \$89 non-members

COQUIHALLA CANYON PARK

Friday September 5 • 8:30am - 5:00pm

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by The Othello Tunnels offering some of British



Columbia's most beautiful landscapes. Join an escorted flat 3.5 km return walk through the newly reopened 4 tunnels and enjoy a generous picnic table lunch at the park. Afternoon refreshments are served at Bridal Falls. Level: Moderate

PACKAGE INCLUDES:

- Escorted Walk Othello Tunnels
- Coquihalla Canyon Picnic Lunch
- Bridal Falls Afternoon Refreshments

\$89 members | \$109 non-members

ENJOY THE JOURNEY

Preparedness in Extreme Heat – Using Fans FAQ

Fans create a sense of coolness when pointed directly to your body. However, they do not meaningfully lower the core body temperature, especially for older people or other susceptible people (e.g. with pre-existing conditions including heart and lung disease*). Fans do not directly cool the air and should not be used as the primary source of cooling for susceptible people in hot indoor environments. Fans are best used to circulate or move air, specifically to bring cold air into a warmer area where people are located.

- Avoid using fans that blow air toward your body when indoor air temperatures are 35°C or higher. Fans do not cool the air, so do not blow hot air on yourself. This can actually cause your body to get hotter.
- When outdoor air temperatures are cooler than indoor air temperatures, use fans in windows to blow cooler air from outside into a room.
- Do not use a fan to bring outdoor air inside when outdoor temperatures are similar or higher than indoor temperature.
- It's important to stay hydrated and follow other tips to get cool. Relocate to a space with air conditioning or a cool green, shaded area outdoors, and use cool water to cool your body off.

When is it appropriate to use a fan?

Fans feel nice in hot weather, and they can help a little with cooling for younger people and at lower ambient temperatures. However, fans should not be used as the primary source of cooling for susceptible people in hot indoor environments over 35°C, because they cannot lower core body temperatures. One of the best use of fans is to move cooler air to where people are, for example to bring cool air inside when it is cooler outside or move air from a cooler room to a warmer one.

Can I use a bathroom or kitchen fan to cool my home?

Bathroom and kitchen fans are usually exhaust fans, which move air to the outside. Exhaust fans can be used to help cool your home when it is cooler outside than inside, overnight or in the early morning. Open the windows in your home during cool outdoor periods and use the exhaust fans to push warmer air to the outside, while also pulling cooler air in through the windows.

Are ceiling fans appropriate for cooling or not recommended?

These may be useful for comfort when the air is cooler than your skin, but are not advised when the temperature is above 35°C. As with other fans, ceiling fans do not provide any cooling of the air and should not be used as the primary sources of cooling for susceptible people in hot indoor environments.

Can you use ice bottles or ice cubes in front of a fan to help with cooling?

Once again, this may feel nice, but cannot help with core temperature cooling for susceptible people in hot indoor environments. Similarly, it does not cool the air in a room. While feeling more comfortable is important, it is equally important that the limitations of fans be clearly understood.

Can I use misting fans on my body?

Spraying cool water on your skin, wearing damp clothing, and taking cool showers or baths are all useful ways to cool down during hot weather. Standing in front of a fan with damp skin or wearing damp clothing can feel very nice. However, combining misting with fans cannot meaningfully reduce core temperature for susceptible people in hot indoor environments, and they should not be used as the primary source of cooling. Susceptible people should be in environments with cool, safe indoor temperatures.



Retirement living in the Park



Looking for a perfect home? Look no further.

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

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

Looking for activities?

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

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

Need Extra Assistance? No problem

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

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

CALL TODAY TO BOOK YOUR TOUR.



604-599-9057 • Info@BearCreekVilla.com
8233 140th Street, Surrey, BC V3W 5K9

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

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

Don't Let the Heat Beat You!

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

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

Go somewhere with air conditioning like a library, café, or a friend's home. During extreme weather, the LSRS Rec Centre welcomes anyone needing respite from the heat during our open hours:

Monday through Friday, 9am - 4pm and Saturdays 9am - 2pm.

We'll have ice water ready for you!

Other Ways to Stay Cool and Safe

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

During extreme weather, the LSRS Rec Centre welcomes anyone needing respite from the heat during our open hours:

**Monday - Friday,
9am - 4pm**

**Saturdays
9am - 2pm.**

We'll have ice water ready for you!



Langley Senior
RESOURCES SOCIETY





PLANNING AHEAD IS SIMPLE.
The benefits are immense.

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

Call today for your FREE Personal Planning Guide.



Dignity[®]
MEMORIAL

 **LIFE WELL CELEBRATED[®]** 

HENDERSON'S LANGLEY

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 HendersonsLangleyFunerals.com



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

CALL FOR VOLUNTEERS!



- Are you interested in helping to create programs for inner-city kids to run this fall in a local school?
- Are you interested in volunteering to help lead programs for kids in schools?
- Do you want to share your love of reading, baking, crafting, painting, gardening....With Langley's youth?

***We need your help,
knowledge, guidance,
and ideas!***

We will be running a focus group for those interested in joining us in the very first LSRS and Langley School District partnership to create out of school programming for elementary school age children in Langley!

We will be looking to assemble a committee to shape and guide us and we will need volunteers to help run programs for kids after school.

Please contact Sherri Martin Program Manager at the Langley Senior Resources Society if you are interested, and to sign up for our very first focus group in August.

Email sherrim@lsrs.ca call 604-530-3020 Ext 303 or visit her office.



Langley Senior
RESOURCES SOCIETY



PLANT LIFE!

WORD SEARCH – LEVEL 2

Find the words listed below and circle them.

L	S	P	O	L	L	E	N	Z	C	S	X	P	S
E	T	E	I	V	I	F	L	O	W	E	R	O	E
A	E	T	G	I	N	G	Y	V	M	I	L	L	E
V	M	A	M	S	F	R	O	U	P	L	S	L	D
E	M	L	G	P	R	O	Q	L	L	D	E	I	O
S	O	I	L	I	N	O	V	E	A	I	E	N	D
D	N	S	H	O	O	T	S	T	A	M	E	N	U
E	G	E	R	M	I	N	A	T	I	O	N	T	C
W	A	T	E	R	C	Y	C	L	I	F	E	E	E
P	H	O	T	O	S	Y	N	T	H	E	S	I	S

- SEED
- WATER
- ROOT
- POLLEN
- GERMINATION
- LEAVES
- PETAL
- STEM
- SHOOTS
- STAMEN
- FLOWER
- PHOTOSYNTHESIS
- LIFE
- SOIL
- OVULE

Brain Teasers

SUDOKU

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

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

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

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

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

Ways to Support the Langley Senior Resources Society

Leave a Legacy

Giving Through Your Estate

Legacy Giving can change the lives of older adults not just now but in the future. At some point in our lives, we begin to think about the impact we will have on the world after we're gone. What will people remember about us? Have we left our community a better place than when we arrived? How can we ensure the things that are important to us to carry on?

Every day, donors just like you leave meaningful footprints on our world through legacy gifts. Thank you for considering the Langley Senior Resources Society in your estate planning. For more information on how to Leave a Legacy contact our Executive Director Kate Ludlum 604-530-3020 ext. 321, or by email: katel@lsrs.ca

Honour Someone Special

In Honour or Tribute giving:

An 'in honour' donation is a meaningful way to pay tribute to the life of a loved one and honour their legacy through a gift made in their name to the Langley Senior Resources Society. We can help supply donation forms for use at memorial services and Celebrations of Life and also provide the next-of-kin with a list of those who have made a gift.

The Hope Fund

Many seniors live on a fixed or limited income and may face difficulties when an unanticipated expense occurs. In some cases, a senior may need immediate short-term support to help them manage in the moment. We have witnessed many occasions where a vulnerable senior cannot afford to meet an urgent need which then puts their physical and mental well-being at risk.

Make a Difference Today!



Left to right: Wendy, Norma, and Kate

Monthly Giving Donors

Consider Becoming a Monthly Donor

Monthly giving allows you to continue your support easily and make a difference year-round. You only need to sign up once and can spread your donations out over the year, receiving one consolidated tax receipt in February. You are able to change or cancel your payments at any time! Your monthly gifts also provide us with a consistent source of funding, allowing us to plan programs and initiatives with the comfort of knowing that we have a stable flow of donations. This helps us deliver the best programs and support we can to seniors in our community.

Other Sponsorship Opportunities

If you would like to sponsor a specific program or service or would like more information about any of these giving programs please contact our Community Fundraiser Bonnie McDonald. She can be reached by phone at 604-530-3020 ext. 323, or by email: bonniem@lsrs.ca

Giving is easy! 3 ways to give:

- 1 Call us at 604-530-3020
- 2 Mail your donation to:
20605 51b Ave., Langley BC V3A 9H1
- 3 Visit us online at www.lsrs.ca

Thriving as a Senior: Why LSRS feels like home

Becoming a senior is a privilege not everyone gets – and it opens the door to new opportunities for connection, wellness, and personal growth. At the Langley Senior Resources Society (LSRS), aging is embraced and celebrated in a warm, welcoming environment that feels like home.

A Place to Connect

As life changes, it's easy to feel isolated – but at LSRS, no one needs to go it alone. The Centre offers a vibrant and inclusive space where friendships are formed over lunch, in a fitness class, or during a creative workshop. Whether someone is newly retired, new to the community, or simply looking to reconnect, they'll find a place where they belong.

Wellness for Every Stage

Staying active and engaged is key to healthy aging. LSRS offers a variety of wellness programs for all abilities – from gentle yoga and strength training to line dancing and walking groups. These classes support physical health and boost emotional well-being, confidence, and connection. In addition to fitness, LSRS hosts support groups, educational seminars, and outreach services that address important life topics like caregiving, memory support, and healthy aging.

Bring a Friend – No Membership Required

One of the best ways to make a difference in someone's life is by inviting them along. At LSRS, you don't have to be a member to enjoy much of what's offered. The café, public events, and many programs are open to all. A simple invitation can lead to new friendships, healthier habits, and even a sense of belonging that someone didn't know they were missing.



This heart shaped rock is in one of the gardens at the Seniors Recreation and Resource Centre. It is one of many hidden delights in the garden and is a perfect example of the love and care that is everywhere in our community.

Affordable and Inclusive

LSRS is committed to keeping programs accessible to everyone. Modest pricing and supportive options help ensure that cost isn't a barrier to staying connected, healthy, and engaged. From affordable meals to low-cost classes, there's something for everyone.

A Place to Share Your Talents

LSRS encourages member-led programs and welcomes those who have something to share – whether it's a skill, a passion, or a bit of wisdom. Members are invited to lead activities, start groups, or teach others. This peer-led approach builds confidence, purpose, and community pride. In short, LSRS is more than a place to go – it's a place to grow.

It's where seniors come to thrive: to laugh, to learn, to lead, and to live life fully. If you or someone you know is looking for connection, purpose, and a true sense of community, Langley Senior Resources Society is the perfect place to begin.

Resource and Recreation Centre Staff Directory | lsrs.ca

Recreation and Resource Centre

20605 51B Avenue,
Langley, BC V3A 9H1

604-530-3020

Mon-Fri: 9 am - 4 pm

Sat: 9 am - 2 pm

Closed Sundays & Holidays

Tuk Shop Thrift Boutique

& **Cafe:** Mon-Fri: 9am - 2 pm



EXECUTIVE DIRECTOR

Kate Ludlam

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

ACCOUNTING OFFICE

Sunny Choung,
Senior Accountant

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

Diya Gupta,
Junior Bookkeeper

604-530-3020 ext. 313,
bookkeeper@lsrs.ca

HUMAN RESOURCES COORDINATOR

Boni Thomas

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

MANAGER OF PROGRAMS & MEMBER ENGAGEMENT

Sherri Martin

604-530-3020 ext. 303,
sherrim@lsrs.ca

MEMBER SERVICES SUPERVISOR

Janet Madden

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

VOLUNTEER COORDINATOR

Jude Henders

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

COMMUNITY FUNDRAISER

Bonnie McDonald

604-530-3020 ext. 323,
bonniem@lsrs.ca

MANAGER OF COMMUNITY SERVICES

Wendy Rachwalski

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

COMMUNITY SERVICES NAVIGATORS

Lisa Gordon

604-530-3020 ext. 318,
lisag@lsrs.ca

Debbie Pauls

604-530-3020 ext. 304,
debbiep@lsrs.ca

Aferdita Kelmendi

604-530-3020 ext. 309,
aferditak@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

connork@lsrs.ca

**For Adult Day Program Staff and
information please see page 9**



CONDO LIVING VS ALL-INCLUSIVE LIVING

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

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

GOOD NEIGHBOURS

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

STRATA STRESS

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

MAINTENANCE CONCERNS

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

COMPARE COSTS

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

WELLNESS SUPPORT

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

SECURITY SYSTEMS

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

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

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



Bria

COMMUNITIES

BriaCommunities.ca

Looking for HEARING AIDS

Tired of saying "Pardon Me"?

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



SUPPORT LOCAL SMALL BUSINESSES

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



Kim Galick
EARS HEARING CLINICS

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



CALL US FOR YOUR FREE HEARING ASSESSMENT!

(604)-427-2828

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

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network

