

# In the Loop

August 2025 \$2

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



Langley Senior  
RESOURCES SOCIETY



**LSRS Dinner  
Dances**  
*great food, great  
entertainment,  
lots of fun!*  
page 7

**Live Music in  
the Lounge  
Fridays**  
*fabulous & free!*  
page 21

**LSRS Tuk  
Shop**  
*our in-house  
Thrift Boutique!*  
page 20

**New Program  
Registration Begins**  
**Monday, Aug 11: members**  
**Thurs, Aug 14: non-members**  
**STARTING AT 9AM\***  
*\*please see note on page 28*

# Kelly BLOUIN REALTOR®

**YOUR LOCAL SENIORS REAL ESTATE SPECIALIST®**

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

- Janice McTaggart



SRES



DAKWYN REALTY

LET'S CONNECT!

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



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

 (778)798-6011

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



# Table of Contents

About the Langley Senior Resources Society .....4  
 Membership Information – Join us! .....6  
 Message from Executive Director.....5  
 Adult Day Program ..... 48-49

## COMMUNITY SERVICES

Hydrosound Bathing ..... 48  
 Caregiver Support Groups ..... 33  
 Housing Navigation Information..... 10  
 Better at Home ..... 11

## HEALTH & WELLNESS PROGRAMS

Dental Clinic ..... 15  
 Foot Care Clinic ..... 14  
 Hearing Clinic..... 14  
 Massage Clinic ..... 14

## COMMUNITY PARTNERSHIPS

COBS - The LSRS Bread Basket ..... 16  
 Library For You..... 17  
 Men’s Shed Langley..... 16  
 Monday Morning Talk Show ..... 36

## PROGRAMS

Registration Information ..... 23  
 Regular Programs at a Glance ..... 26-27  
 Arts, Crafts and Music ..... 24  
 Cards, Games, and Bingo..... 25  
 Diner’s Club ..... 34  
 Senior Pride..... 33  
 Yoga and Fitness ..... 28-30  
 Make and Take..... 24  
 Bus Trips ..... 37-39  
 Walking Group Schedule..... 31  
 Leave a Legacy: how you can support the LSRS ..... 46-47

## LANGLEY SENIOR RESOURCE SOCIETY: STAFF DIRECTORIES

Resource & Recreation Centre ..... 50  
 Adult Day Program ..... 48-49

**SIGN UP:  
 LSRS AGM  
 September 5**

*Free continental  
 breakfast*

**page 12**

*We have some new  
 Fall classes coming!*

**Movement for  
 Good Balance  
 and**

**Ballroom Dancing  
 page 30**



**Langley Senior**  
 RESOURCES SOCIETY

Recreation and  
 Resource Centre  
 20605 51B Avenue  
 604-530-3020

Adult Day Program  
 20256 56 Avenue  
 778-328-2302

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

## Vision

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

## Mission

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

## Values

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

Charitable Registration Number: 121924229RR0001



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.



## Thank you to our generous funders



Judy De Vries

Rono Holding  
Company Ltd.

# A Message from our Executive Director

## Happy BC Day!

August is Pride Month at LSRS, and we are excited to partner with the LSRS Senior Pride Social Group and the Langley Pride Society to expand our Pride Day. Once again, our day will start with City of Langley Mayor Nathan Pachal raising our Pride flag, and festivities continue with fun games and important learning opportunities. Added this year will be a vendor market, a screening of the film *"Pink Washing"*, and a 19+ dance event featuring Vancouver band *Queer As Funk*.



**Kate Ludlam,**  
*Executive Director, LSRS*

We continue to expand our partnerships and are pleased to welcome Bard in the Valley to the LSRS family. In early 2026, we will be hosting their winter production of *"Macbeth"* in our main hall. Our facility is a wonderful community resource, and we look forward to having the Bard in the House! PS – Stay tuned for special LSRS member ticket pricing.

Our AGM is right around the corner, and we hope you will join us to look back on our 2024 activities, learn about progress on our strategic priorities, and hear a few special announcements too! Stop by the front desk or give us a call at 604-530-3020 to RSVP. It's been a tradition for me to be the Monday Morning Talk Show guest just prior to our AGM to provide an overview of our operations and our focused efforts to foster a vibrant community where all seniors feel welcome, valued, and connected – I hope to see you in the MMTS audience.

I'd like to give a shout out to our hard-working kitchen and catering team – John, Josh, Tracey, Enrico, Peggy, Paul, Harley and Holly. We have asked them to help us grow our catering services and they have done a phenomenal job rising to the challenge. We will be able to continue expanding our programs and services because of their efforts, and I am tremendously grateful for their outstanding commitment and dedication. Thanks, team!

## Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.  
Visit her **Tues, Sept, 9th - 11:30-1:00pm**  
in the LSRS Lounge

**KIM GALICK**  
EARS HEARING CLINICS

604-427-2828 • [earslangley.com](http://earslangley.com)  
Unit C, 20568 - 56th Avenue, Langley



Proudly Canadian,  
Locally Owned  
& Operated!



**Kim Galick**  
RHP/Owner  
Over 25 Years of Experience

# Join Us! Become a Member of LSRS

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

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

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

## Membership Subsidy

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



Langley Senior  
RESOURCES SOCIETY



## PLEASE NOTE – CENTRE CLOSURES

### BC DAY:

Monday, August 4th

### LABOUR DAY:

Monday, September 1st

## Langley Pride

Saturday, August 9th

Some programs may be cancelled that day – please check schedules.

*Everyone is welcome to attend  
Pride Day Activities!*

# LSRS Special Event Dinner Dances

The Langley Seniors Resource Centre have become known for their on-site Special Event Dinner Dances, and Pub Lunches. These Special Events feature a winning combination of great food, entertainment, and a fun, social atmosphere. Like many events for our society, funds raised from them go towards supporting our senior community.

Our event planners take time to consider themes, select entertainment, and then matching a menu to the occasion. Food is freshly prepared by our excellent in-house kitchen team and served in the attached hall. There is a vegetarian option included in every menu which is appreciated by many as a way to explore new dining options even if they are not vegetarian.

We have managed to keep the prices at the same level for these events. It's a great value when you consider the quality food and entertainment package.

Tickets are \$45.00 for Members and \$50.00 for non-members. Order your tickets in person at the front desk or at 604-530-3020 after August 11th.

Wednesday, September 17 our dinner and dance features special guest performer **Alyssa Nielsen**. Doors will open at 4:30pm. Alyssa, a multi-talented performer with many awards and acting credits to her name, has been performing both locally and internationally and we have been fortunate to have her perform for us over the years. Her Patsy Cline tribute is epic!

The theme for the September Dinner is 'Summer Send Off Party', and we have Barbecue Chicken on the menu along with potato salad, corn on the cob, tossed salad, dinner rolls, and an amazing fruit crumble with whipped cream for dessert.

Here is a sneak preview for our *Oktoberfest* themed dinner & dance on Wednesday, October 22nd. We have booked **S-Bhan**, a popular Oompa Band that will have you tapping your toes and up on your feet! Stay tuned for our Oktoberfest menu.

*Have you been to one of our events yet? Don't be shy – according to our many repeat customers you won't be disappointed!*

REGISTRATION FOR OUR **SUMMER SEND OFF DINNER DANCE** STARTS AUG. 11<sup>TH</sup>

## SAVE THE DATE

**Please join us at our:**  
**Annual**  
**General Meeting**  
**September 5th**  
**SIGN UP AT FRONT DESK**

**Reserve Your Spot!**  
**End of Summer**  
**Dinner Dance**  
**September 17th**  
**see page 44 for details**

**Mark Your Calendar!**  
**National Seniors**  
**Day**  
**SPECIAL GUEST!**  
**October 1st**  
**Celebrate with Us!**  
**More info to come!**

## Volunteer Spotlight: Diane

# Sharing the Gift of Therapeutic Touch

Meet Diane, one of our dedicated volunteers who is offering a Therapeutic Touch session to LSRS members on Saturday, September 20 10:30 -12:30 in the Wellness Room – free of charge.

Diane moved to Langley from Ontario in July 2021 and joined LSRS in fall 2024 to play Bridge. She found LSRS welcoming and open to new ideas. When she suggested starting a chess group for her husband, staff supported the idea and promoted it. By January 2025, the Chess Group was up and running. With over 15 years of experience in Therapeutic Touch (TT), Diane previously volunteered with Hospice Wellington and helped promote TT in her Ontario community. After joining LSRS, she felt this gentle healing practice could benefit others here too. In May 2025, Diane and other practitioners offered an introductory TT session at LSRS, followed by a presentation during Seniors Week in June. The positive feedback led to her being invited to offer ongoing sessions – and she kindly agreed.



### What is Therapeutic Touch?

Therapeutic Touch is a safe, non-invasive holistic practice that supports the body's natural healing process. It complements other treatments and addresses physical, emotional, and mental well-being.

#### Benefits include:

Deep relaxation and a sense of calm

### Better sleep

Reduced anxiety and stress

### Pain relief

Sessions last 15–20 minutes, and participants remain fully clothed. Please register at Front Desk for an appointment

*Thank you, Diane, for sharing your time and talents with the LSRS community!*

## Spend Time in Nature

I used to hate going on business trips in the summer because I felt there is no better place in the world to be in July and August than British Columbia. I spent too many summer days sweltering in the hot, humid smog of Jakarta, Manila, or Bangalore knowing that I was missing the pristine summer days of the Lower Mainland.

We are indeed fortunate that we live in a setting of great natural beauty. Our home offers the ideal setting for a mental health treatment known as “forest bathing”. This is the practice of getting out into nature and quietly and mindfully experiencing it with all our senses. It is said to reduce blood pressure, depressive symptoms, stress, and it boosts the immune system.

But I find that forest bathing has another benefit...When I taught crisis counselling in university, I had students who were preparing to listen to clients’ horrific stories about their lives. Without perspective, it is easy to get overwhelmed by compassion fatigue. So, I would give them an assignment: Spend 10 minutes sitting quietly in nature and ask nature to give you its wisdom about life and death. I have found that nature always answers.

All too often we listen to our society that says the natural rhythms of life are tragic and must be subdued. Nature tells a different story. There is beauty in imperfection, scars give trees and landscapes character. And death may be rarely dignified, but the results of death are often life-giving. I look out on my forest-wild backyard...the flowers grow briefly and die, the trees are imperfect, and that the rich soil is a product of dead and decaying organisms. It is beautiful.

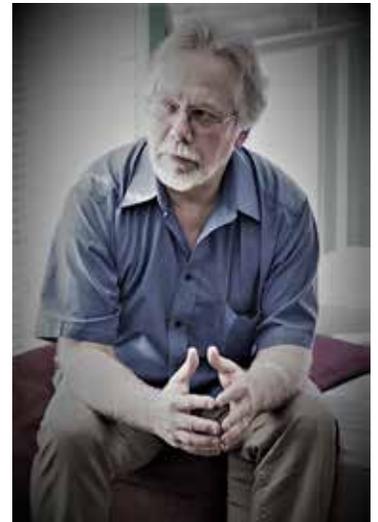
What might nature tell you about yourself at this stage of your life?

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

## Navigation Support

Trained staff can offer personalized guidance, working closely with seniors to help them access and meaningfully engage with the services they need. They provide localized and personalized navigation services for older adults in Langley who need one-to-one support to access needed services and government benefits

### **Examples are**

- Understanding subsidized housing, independent living, assisted living, long term care
- Support filing out housing applications
- Support with landlord and property manager concerns
- Food Security

## Form Filling:

- Handy Dart, SPARC
- Shelter Aide for Elderly Renters (SAFER) & BC Housing Registry
- Federal Dental Program
- BC Rebate for Accessibility Home Adaptation (BC RAHA)
- Government Benefits
  - Guaranteed Income Supplement (GIS) | Old Age Security (OAS) | Canada Pension Plan (CPP)
- Canadian Revenue Agency (CRA) for support to file late taxes, Disability Tax Credit Applications.
- Referrals to community partners (Meals on Wheels, Stepping Stones, Fraser Health Home Support)

Thank you to these partners

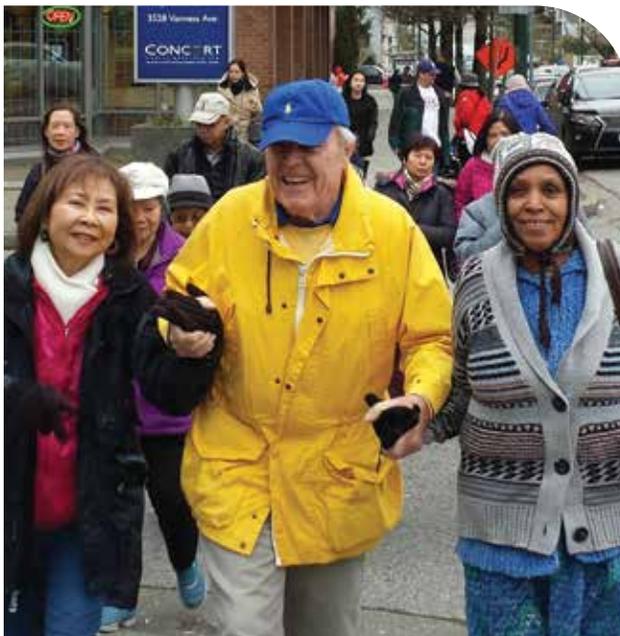


# Better at Home



**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.

**Contact Community Services for more information**

**604-530-3020**

# Annual General Meeting

## NOTICE

### LANGLEY SENIOR RESOURCES SOCIETY **ANNUAL GENERAL MEETING**

**Friday, September 5, 2025**

**Langley Recreation and  
Resources – Main Hall**  
20605 51B Avenue

Registration: 9:30 a.m.

Call to Order: 10:00 a.m.

*Pre-registration appreciated!*

Register at Front Desk  
or phone: 604-530-2030

**FREE CONTINENTAL  
BREAKFAST**

We invite you to attend the 2024/25 Annual General Meeting (AGM) of the Langley Senior Resources Society on Friday, September 5, 2025, to be held in the Langley Recreation and Resources Main Hall.

Digital copies of the following meeting documents will be available to you online at [lsrs.ca](http://lsrs.ca) or a hard copy of these documents (AGM Package) may be obtained at the Langley Seniors Centre and the Adult Day Care Centre **on or before Friday, August 15, 2025.**

AGM documents include:

- Agenda
- September 5, 2024 AGM Minutes
- Financial Statements as completed by DCML Chartered Professional Accountants
- Proxy Form

If you plan to attend, please phone the front desk at 604-530- 3020 or register at the Reception Desk at the Langley Seniors Recreation and Resource Centre.

A continental breakfast will be served.

If you have any questions that you wish to have addressed at the AGM, please drop your questions off at the Reception Desk attention Loretta Solomon, Board President, on or before 3 pm on Friday, August 29, 2025.

## Some happy faces seen around the centre



Social Prescriber / Communication  
Connector Nicole is a Rock Star!



Everyone loves Mickey!



Toots has a welcoming  
smile too!



Lorna always has a  
big smile!

## Spotlight on Learning



# VIRTUAL REALITY Experience

**Monday, August 11, 10:00am - 1:00 pm**  
**@ Langley Seniors Resource Centre**

Join Muriel Arnason Staff at the Langley Seniors Resource Centre! Come for Monday Morning Talk Show and sign up to play and observe Virtual Reality!

Step into another world with FVRL's Playground Virtual Reality! Using the Meta Quest 3 headset, participants can explore immersive environments—from deep oceans to outer space—or try creative, interactive experiences that support STEAM learning and digital literacy. It's hands-on, high-tech, and unforgettable fun for curious minds.

Explore, play, and learn in 3D! FVRL's Playground Virtual Reality experiences with Meta Quest 3 take you on immersive adventures that inspire creativity and curiosity.

Muriel Arnason Library  
130-20338 65 Avenue, Langley | 604-532-3590  
Read. Learn. Play. | [www.fvrl.ca](http://www.fvrl.ca)



# 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

*No clinic in AUGUST*

**Next Clinic:**

**Tuesday, September 9**

**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*

## 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

**Mondays**

**By Appointment Only**

**30-minute appointments**

Members \$63 | Non-members \$70

# Health & Wellness Clinics

## DENTAL CLINIC

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

Whats Included:

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

Price: \$279 or covered by dental insurance \$50

*Cancellation fee within 24 hours of your appointment.*

**Call our front desk for booking information:  
604-530-3020**

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

**Members and  
Non-members welcome**



## Oral health-care tips for seniors:

- Regularly visit a dental hygienist to receive preventive care.
- Have a consistent daily oral care routine that includes brushing and flossing twice daily.
- Use an antibacterial mouthrinse to help prevent issues like gum disease, cavities, and tooth loss.

## Tips for those with dentures:

- Your dentures require just as much care as natural teeth and should be cleaned after each meal.
- Rinse and brush dentures using a soft-bristled denture brush and mild liquid soap. Then, brush the gums, tongue, and roof of the mouth with a soft-bristled toothbrush.
- It is critical to remove dentures overnight to allow the gums to breathe. Place dentures in a container of water or mild denture-cleansing solution and rinse them well in the morning before putting them back in your mouth.



## 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

## The LSRS Bread Basket

We are proud to partner with Cobs Bread to bring you the LSRS Bread Basket.

### How it works:

Volunteers pick up the donated bread from Cobs Bread and then package it so it is ready for you at the Langley Seniors Recreation and Activity Centre. The 'LSRS Bread Basket' takes place on two Tuesdays every month – generally the second and fourth – but if you aren't sure of the date contact the front desk. Bread is available by donation while quantities last. The program has proven to be very popular and has raised some much needed funds for 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: August 12th & 26th**



**BREAD AVAILABLE  
BY DONATION**  
*Supporting the LSRS HOPE FUND*

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



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

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



# Community Partnerships

## Library For You™

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

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

**Hours of Operation:**  
**Monday-Friday • 8:30 am – 4:00 pm**



**An exclusive invitation for LSRS members and volunteers**

*The first one was so much fun, we're doing it again!*

Dear LSRS friends,

We're excited to invite you to our second 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 **Friday, August 22**, 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!



Independent Living | Assisted Living

For more info and to RSVP, please contact  
Michael Amirani  
M. 604-307-9066  
E. [michaelamirani@retirementconcepts.com](mailto:michaelamirani@retirementconcepts.com)

**Join Us!**

Friday, August 22  
10:00 am – 11:30 am

20363 65 Ave., Langley  
[retirementconcepts.com](http://retirementconcepts.com)



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](http://www.bellevuepark.ca)**

# The Café at LSRS

## Meals-to-Go are great option for healthy convenient dinners

The Café at the Recreation and Activity Centre has a selection of frozen meals available for purchase.

This is a convenient option for those times when you just don't want to cook, but still want a healthy meal.

Prices are \$7 for members, and \$8 for non-members.

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



## Drop by the Café for lunch or a snack!

The Café at the Langley Senior Resources Society is open from 9am-2pm Monday - Friday, and 9am-2pm on Saturdays.

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**

**Saturdays:**

- **Self-Serve,**
- **Limited Menu**

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



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

## The Tuk Shop – Thrift Boutique

# Keeping the displays chic and eye-catching

Nancy Rathgeber has been a volunteer at the Recreation & Resource Centre for 7 years and started out volunteering as a greeter and ambassador but has discovered her second calling as a volunteer in the Tuk Shop!

Her flair for merchandising the displays of clothing, purses, and shoes – *'The Fashion Stuff'* – draw shoppers in to our LSRS Thrift Boutique. Nancy also lends a hand sorting and pricing the donated items and is very involved in all the pop-up sales, parking lot sales & Holiday Market. She has been an active member since 2013.



## ***The LSRS Tuk Shop – aka The Fabulous LSRS 'Thrift Boutique'***

Everything from clothing and accessories, to housewares 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, and housewares are top of the list, as are puzzles. We cannot accept large furniture due to space limitations.

## Stay Connected.

Follow us on Facebook to discover more local events, classes, and activities that cater to seniors.



**Langley Senior**  
RESOURCES SOCIETY



[facebook.com/langleyseniors](https://facebook.com/langleyseniors)

## LSRS Entertainment – Friday Series



Kick off your weekend with live entertainment every Friday in the Lounge at the Langley Recreation and Activity Centre! Performances run from 1:00pm - 2:00pm.

We've got a full roster of top-notch performers to entertain you this summer. Dance Troupes, Musicians, and even a Magician are coming your way.

No tickets required, the Friday entertainment is open for both members and non-members alike to enjoy.

See you in the Lounge!

### FRIDAYS • 1:00pm-2:00pm

#### AUGUST

- August 1**    **Mexico Vivo Dancers**
- August 8**    **Silver Diamond Country Dancers**
- August 15**    **Danny Balan**  
*Musician*
- August 22**    **Ashley Pater**  
*Musician*
- August 29**    **Patricia Lynn**  
*Musician*

#### SEPTEMBER

- September 5**    **RC SAX Quartet**
- September 12**    **Edward Stehr**  
*Magician /*  
*Balloon Animals!*
- September 19**    **Barely Brassy**  
*Classical Duet*
- September 26**    **Dan Beer**  
*Celtic Seabilllys*



# 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:

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- DENTURE RELINES
- DENTURE REPAIRS WHILE YOU WAIT
- ONSITE DENTAL LAB



Colin Harty R.D.  
Denturist

Adam Wejkszner R.D.  
Denturist

Darren Sailer R.D.  
Denturist

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

*Celebrating over 30 years of Creating Great Smiles!*



**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS

Open Monday to Friday

**604-530-9936**

102 – 20103 40th Avenue, Langley

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

# Arts • Crafts • Music Programs

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

## 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

## 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. Please bring your own supplies.

**Fridays 1:00 - 3:00 pm**  
Sept. 12 – Oct. 31

**Brock Douglas Room**  
**8 Sessions | \$88.00**  
**Cancel/Refund: Sept. 5**

## 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: Sept. 12 – Dec. 12**  
**(no session November 21)**  
**Registration: September**

## 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



**Watch for our next  
Make & Take coming in OCTOBER!**

## Participants of our July Make & Take class made Freezer Jam with Denise!

Participants enjoyed the camaradery of cooking together and everyone took home a jar of jam. Make & Take June class made fresh Salsa. Next Make & Take will be October.



# Cards, Games, and BINGO!

LSRS membership is required to participate in these programs.

**Bridge - Partners**  
Mondays 1:00 - 4:00 pm  
Sunroom | Free

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

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

**Traditional Euchre**  
Wednesdays 12:30 - 3:00 pm  
Lounge | Free

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

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

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

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

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

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

**Whist**  
Thursdays, 12:30 - 4:00 pm  
Sunroom | 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

Come out and enjoy this fun social activity – everyone is welcome! Win prizes!

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



## Langley Pride Day

### Saturday, August 9th

Schedule of events for Recreation and Resource Centre  
20605 51B Avenue

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

DJ & LIVE MUSIC BY  
Soulful Guitarist  
Ernestine Day

UNDERCOVER BAND  
AND FEATURING  
**Queer as Funk**



Scan QR Code to Buy Tickets for Evening Performances

Presented By





SEE OUR WEBSITE:  
[www.LangleyPrideSociety.ca/PrideDay](http://www.LangleyPrideSociety.ca/PrideDay)  
FOR UPDATES AND MORE INFORMATION!

### EVERYONE WELCOME!

11:00-4:30	Vendors Market	Brock-Douglas Room
11:00-11:30	Opening Ceremony Flag Raising	Cul-de-sac/ main entrance
11:30-11:45	Sassy Sneakers performance	Cul-de-sac/ main entrance
12:00-3:00	Facepainting	
11:00-6:30	Hamburgers/Hotdogs/Fries	Cafe
1:00-2:00	Drag Bingo	Main Hall
2:30-3:15	Film screening: "No More Pink Washing"	Activity Room
3:15-4:00	Highlights of Vancouver: "Queer History with Glenn Tkach"	Sun Room
4:00- 4:45	Film screening: "No More Pink Washing"	Activity Room
4:00-5:00	Sharing Circle	Sun Room
<b>TICKETED EVENT – 19+</b>		
5:30-6:00	Soulful Guitarist Ernestine Day	Main Hall
6:00-7:00	Drag Show and Renegades Dance performance	Main Hall
7:00-8:00	Queer as Funk	Main Hall
8:30-10:00	Undercover Band	Main Hall

# Regular Programs at a Glance – August

## Monday

### Monday Morning Talk Show

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

### Table Tennis

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

## Jennifer

will be joining  
us in Septmeber  
with a new  
fitness class!  
See page



## Tuesday

### Fit and Fab

9:00 - 10:00 am .....pg.30

### Adaptive & Lively Chair Yoga

10:15 - 11:15 am .....pg.30

### Flying Solo

11:00 am - 12 pm .....pg.35

### Senior Pride Social Group

3rd Tue of Month:

11:30 am - 1:30 pm ....pg.35

### Canasta

12:30 - 4:00 pm .....pg.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 pm .....pg.31

## Wednesday

### Tim's Bits Woodcarving

9:00 - 11:00 am .....pg.28

### Walking Group

10:00 - 11:00 am .....pg.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 pm .....pg.34

### Traditional Euchre

12:30 am - 3:00 pm ....pg.29

### Mexican Dominoes

12:30 - 4:00 pm .....pg.29

### Shanghai Rummy

12:30 - 4:00 pm .....pg.29

### Cribbage

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

### Snooker

9:00 am - 4:00 pm .....pg.31



## Have Fun Learning New Skills

Look at our upcoming projects and workshops!

# Regular Programs at a Glance – August

## Thursday

### Fit and Fab

9:00 - 10:00 am .....pg.30

### Knit Together

9:00 am - 12:00 pm ....pg.28

### Fusion Chair Yoga

10:15 - 11:15 am .....pg.30

### Whist

12:30 - 4:00 pm .....pg.29

### Book Club

1st Thurs of Month:

12:30 - 2:00 pm .....pg.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 pm .....pg.31

## Gardening Circle

meets seasonally

Monday to Friday

see more info on page 31

## Snooker

Monday to Friday: 9am-4pm

Saturdays: 9am-2pm

See page 31 for more info

## Friday

### Walking Group

10:00 - 11:00 am .....pg.32

### Cribbage

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

### Samba

11:00 am - 3:00 pm ....pg.29

### Mexican Dominoes

12:30 - 4:00 pm .....pg.29

### Bridge

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

### Snooker

9:00 am - 4:00 pm .....pg.31

### Live Music in the Lounge

1:00 pm - 2:00 pm .....pg.21



## NEW! Bingo

Saturdays: 12-1pm

See page 29 for more info

## Saturday

### Saturday Social

9:00 am - 2:00 pm .....pg.27

### Snooker

9:00 am - 2:00 pm .....pg.31

### Card & Board Games

9:15 am - 1:45 pm .....pg.29

### Table Tennis

9:30 - 11:30 am .....pg.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**

# Health • Fitness • Sports

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

## New policy change, effective AUGUST 1, 2025:

*Due to popular demand members may register only for themselves for Fitness classes.*

### Active Chair Yoga with Stacey

This upbeat and accessible practice focuses on gentle yet active movement, mindful breath, and improving overall well-being. Enjoy a seated practice that increases flexibility, enhances mobility, and encourages balance—all at a comfortable pace. Balance practice may include standing with safety and comfort prioritized. Healthy movement patterns promote confidence, a greater sense of well-being and ongoing independence.

**Tuesdays: 8 Sessions | September 2 - October 28**  
*(No class Sept. 30th)*

10:15 - 11:15 am | Main Hall

**Max 30 people**

**Members \$56 | Non-Members \$66**

**Cancel/Refund by Aug. 26**

### Chair Yoga Plus with Stacey

An energizing seated class takes chair yoga to the next level that incorporates hand weights, resistance bands, and body-weight movements. Designed to build muscle tone, boost joint health, and improve balance, explore strength and stability in a safe, supportive environment. A standing balance option is included, always with safety and ease in mind. This class offers an empowering, mindful way to deepen strength and resilience through yoga.

**Thursdays: 9 Sessions: Sept. 4 - Oct. 30**

10:15 - 11:15 am | Main Hall

**Max 30 people**

**Members \$63 | Non-Members \$73**

**Cancel/Refund by Aug. 26**

### Seated Movement & Cardio Health with Stacey

Focused on rhythmic, seated movement set to lively music, this accessible, low-impact class supports heart health, strength, and flexibility. Come enjoy steady, enjoyable exercises that promote bone health and overall fitness. Options and modifications accommodate a wide range of abilities—including those who use mobility aids before moving into a chair—creating a safe and welcoming environment to move with confidence and ease.

**Wednesdays: 9 Sessions: Sept. 3 - Oct. 29**

9:00 - 10:00 am | Activity Room

**Max 15 people**

**Members \$63 | Non-Members \$73**

**Cancel/Refund by Aug. 25**

### Fit'n'Fab with Stacey

A lively, low-impact class designed primarily for standing activity — with seated options to suit all levels and abilities. Set to upbeat music, this energetic and fun workout focuses on aerobic fitness, strength, flexibility, and balance. Using resistance bands, hand weights, and balls, follow a full-body routine that builds endurance and stability. Enjoy safe, confident movement in a supportive environment.

**Tuesdays & Thursdays**

9:00 - 10:00 am | Main Hall

10 session punch cards

**Members \$60 | Non-Members \$75**

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

**(No class Sept. 30th)**

**Drop in available**  
**Max 36 people**

# Health • Fitness • Sports

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

## **SATURDAY YOGA CLASSES:**

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

Seated yoga class.

**Saturdays: 7 Sessions**

**September 13 -**

**October 25**

**11:00am - 12:00 pm**

**Activity Room**

**Max 15 people**

**Members \$49**

**Non-Members \$59**

**Cancel/Refund by Sept. 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: 7 Sessions**

**September 13 -**

**October 25**

**12:15 - 1:15 pm**

**Activity Room**

**Max 15 people**

**Members \$49**

**Non-Members \$59**

**Cancel/Refund by Sept. 5**

### **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: Sept. 9 - Oct. 28**

**11:30 am - 12:30 pm | Main Hall | 7 Sessions**

**\$49 members | \$59 non-members**

**(No class Sept. 30th)**

### **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: Mondays, 9:00 am - 12 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**

**NEW!**

## Health • Fitness • Sports

**NEW!**

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

### Ballroom Dance Lessons

Ready to hit the dance floor? Join us for fun and friendly Ballroom Dance Lessons—no experience needed! No partner required. Smooth-soled shoes recommended but no special shoes needed. Each session focuses on one classic dance style. By next year, you'll have mastered the Waltz, Foxtrot, and Jive!

**Thursdays: 6 Sessions: Sept. 4 - Oct. 9**  
**10:00 - 11:00 AM: guided dance lesson**  
**11:00 - 12:00 PM: extra help and practice time**

**Free for members**

Spots are limited. Register at front desk.

### Movement for Good Balance

Join us for this brand-new class designed to support better balance, coordination, and mobility. Led by experienced instructor Jennifer, this gentle yet effective class focuses on exercises that improve balance, strength, flexibility, and body awareness—key components in helping to reduce the risk of falls. Whether you're noticing changes in your mobility or simply want to stay active and maintain your independence, this class offers a supportive and encouraging environment. Movements are low-impact and can be adapted to suit different levels of ability.

**Mondays: 7 Sessions – Sept 8- Oct 27**  
**No class October 13th**  
**9:00 am – 10:00 am | Activity Room**  
**Max 12 participants**  
**Members \$49.00 | Non-Members \$59.00**

**Also in Fort Langley this October!**  
*watch for details*

## 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**

# Walking Group

## August 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. Membership required. Walking Group Leader is Al Frost:

**Landline (Preferred):**  
**604-534-1798**

Cell phone: 604-240-3607



*Al Frost enjoys exploring our local paths and trails with the walking group. The walkers go out rain or shine and many of them gather for coffee afterwards.*

*New walkers are always welcome to join in!*

## WEDNESDAYS at 10 am

**August 6th**

**Walk to Sendall Gardens**

*Meet at Recreation & Resource Centre  
20605 51b Avenue*

**August 13th**

**Brae Island**

*Meet at 9451 Glover Road*

**August 20th**

**Meet at Sendall Gardens**

**Walk to Bryden Lagoon**

*Meet at Sendall Gardens Parking Lot  
20166 50 Avenue*

**August 27th**

**Noel Booth Park**

*Meet at 36 Avenue Parking Lot*

## FRIDAYS at 10 am

**August 1st**

**Fort to Fort Trail**

*Meet at Bedford Plaza  
23285 Billy Brown Road*

**August 8th**

**Doubleday Arboretum**

*21177 Fraser Highway*

**August 15th**

**Langley Regional Park**

*224 Street & 5th Avenue*

**August 22nd**

**Derby Reach**

*Meet at Campground  
22 Trans Canada Trail (off Allard Cres.)*

**August 29th**

**Meet at Portage Park:**

**Walk to Bryden Lagoon**

*Meet at Portage Park  
204 Street & 51A Avenue*

# Conversation, Social, and Education Programs

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

## 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 is not required for our Saturday Social*



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!



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



## 6 Star Cleaning

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(778)885-3583 / (778)723-3583  
Email: 6starcleaning6@gmail.com



# Conversation, Social, and Education Programs

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

## 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.

**1st Tuesday of month | 12:30 pm**  
**Activity Room**

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

## Caregiver Support Group

This support group is open to all.

**Thursdays 1:00 - 2:30 pm**  
**Recreation and Resource Centre location**

## Men's Caregiver Support Group

This support group is open to men only.

**Tuesdays 1:15 - 2:15 pm**  
**Adult Day Program Location**

## 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.lsrs@gmail.com](mailto:seniorpride.lsrs@gmail.com)**  
**for schedule and more information**

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

# Conversation, Social, and Education Programs

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

## 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 month of 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.

It also stimulates the brain, improving memory, attention, and problem-solving skills.

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

## 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!

### Sushi Ami

**Tuesday, August 5th**

20151 Fraser Hwy #115

*(Located in Valley Centre Mall)*

A Diner's Club favourite!

## Home Support Tailored To Your Individual Needs



### We offer:

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



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

ICBC Claims Accepted



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

## Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

**778-549-6413** or

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

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

# KNOWLEDGE + SKILLS + CONFIDENCE

## Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

**FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain**  
*Family Members and Friends Welcome*

**DATES/TIME:** October 16, 2025 to November 20, 2025

**Thursdays, 10:00 a.m. to 12:30 p.m.**

**LOCATION:** Langley Senior Resources Society

**20605 51B Ave, Langley BC**

**TO REGISTER:** 604-940-1273 or Toll Free: 1-866-902-3767

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)**

*Connect with us:*

 [@SelfManagementBC](https://www.facebook.com/SelfManagementBC)

 [@SMPatUVic](https://twitter.com/SMPatUVic)



*\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\**



University  
of Victoria

Institute on Aging  
& Lifelong Health

**Self-Management**  
*British Columbia*



BRITISH  
COLUMBIA

Self-Management BC is supported by the Province of British Columbia



# Monday Morning **TALK SHOW**

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

**AUGUST 4**

**Closed for BC Day!**

*Enjoy your day*

**AUGUST 11**

**Virtual Reality**

Explore, play, and learn in 3D!  
FVRL's Playground Virtual  
Reality 3D experiences.

**Jacquelynn Garden,  
FVRL**

**AUGUST 18**

**An Introduction to brain health**

It's never too late to make changes  
for a healthier brain. Learn how  
to maintain or improve your brain  
health by exploring topics including  
natural aging changes, dementia,  
risk reduction, memory, brain  
training and more.

*presented by the Alzheimer's Society*

**AUGUST 25**

Annual LSRS Executive  
Director Presentation

**Kate Ludlam,  
LSRS Executive Director**

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

*Generously  
sponsored by*



**Langley Senior**  
RESOURCES SOCIETY

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

**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 38, or for the full list go to [www.enjoythejourney.ca](http://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

*Join us for an upcoming bus tour*

## **MANNING PARK - Mon, Aug. 11<sup>th</sup>**

**8:30am - 5:30pm | \$59 members | \$79 non-members**

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

## **PNE FAIR - Thurs, Aug. 28<sup>th</sup>**

**8:45am - 3:00pm | \$69 members | \$89 non-members**

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

## **COQUIHALLA CANYON PARK - Fri, Sept. 5<sup>th</sup>**

**8:30am - 5:00pm | \$89 members | \$109 non-members**

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

# Bus Trips and Excursions

## **FORBIDDEN VANCOUVER TOUR** Mon, Sept 22<sup>nd</sup> 8:30am - 5:30pm | \$149 members | \$169 non-members

Explore Vancouver’s dirtiest Prohibition-era secrets with a local guide. From mobsters and rum-runners to rioters and crooked politicians, this historical walking tour uncovers Gastown’s most historic streets – and most illicit stories. This walking tour is only a couple blocks long. Includes lunch at Steamworks Main Street and an afternoon visit to Spanish Banks. Level: Easy

### **PACKAGE INCLUDES:**

- Main Street Coffee Stop
- Forbidden Vancouver Guide
- 1.5 Hour Forbidden Tour
- Lunch at Steamworks
- Spanish Banks

**Registration starts Aug 11th for members – August 14th for non members**  
**Register for bus tours at the front desk, or by calling 604-530-3020**  
*Cancellation refunds are available up to 14 days prior to trip*



**BOOK YOUR NEXT Journey**

Multi-day Tour

**Oaxaca & Santa Cruz - Mexico**

February 14 - 23, 2026

**BOOK YOUR NEXT Journey**

Multi-day Tour

**The Treasures of Thailand**

January 5 - 21, 2026

To Book, Call  
Langley Senior Resources Society  
**604-530-3020** Ext.0



To Book, Call  
Langley Senior Resources Society  
**604-530-3020** Ext.0





# *Retirement living in the Park*



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

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

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

### Looking for activities?

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

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

### Need Extra Assistance? No problem

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

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

**CALL TODAY TO BOOK YOUR TOUR.**



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

## Wellness Calls

# 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**<sup>®</sup>  
MEMORIAL

∞ LIFE WELL CELEBRATED<sup>®</sup> ∞

**HENDERSON'S LANGLEY**

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

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



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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](mailto:sherrim@lsrs.ca) call 604-530-3020 Ext 303 or visit her office.



**Langley Senior**  
RESOURCES SOCIETY



# Upcoming Events

SPECIAL EVENT DINNER & DANCE

## Summer's End Dinner & Dance

WITH FEATURED GUEST PERFORMER

### Alyssa Nielsen



Join us to say farewell to Summer.  
Enjoy the music of Alyssa Nielsen  
as we say goodbye to Summer.  
*Please wear your favorite  
summer outfit!*

**Wednesday, September 17th**  
**4:30 – 8:00pm**  
\*Members: \$45.00 | \*Non-members: \$50.00

ON THE MENU:  
**BBQ Chicken, Potato Salad, Corn on the Cob,  
Tossed Garden Salad, Fresh Dinner Rolls  
Apple Crumble with Whipped Cream**  
Vegetarian option available, please request at time of booking.

\*Cancellations accepted  
until September 10



Langley Senior  
RESOURCES SOCIETY

SPECIAL EVENT DINNER & DANCE

## Octoberfest

### SAVE THE DATE:

## Wednesday, October 22



WITH FEATURED GUEST PERFORMERS

## S-Bhan

LIFE GIVES YOU

# Lemonade

Social Open House

**Saturday, August 23,**  
**from 2:00 to 3:30 p.m.**

## Squeeze the day

**Join Magnolia Gardens for a  
refreshing taste of senior living!**

Enjoy a complimentary afternoon sipping, socializing and finding out if Magnolia Gardens is a good fit for you. With live music by *Cheek to Cheek*, delicious lemon-themed appetizers made by Chef Scott and his team, and a luscious selection of lemonades and lemon cocktails. Check out our freshly renovated courtyard, and take a peek inside one of our suites.

Wear something yellow and you'll be entered to win a special door prize. Magnolia Gardens is located at 5840 Glover Road. Parking is available in the lots surrounding the building.

**RSVP before Friday, August 22,  
and we'll send you home with an  
extra little treat.**

Call Keri Severinski: 604-351-8668  
to tell us you're coming!



MAGNOLIA  
GARDENS  
A BRIA COMMUNITY

# 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

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

## Facing unexpected expenses in your retirement?

### Your home is your biggest asset.

*Why not use the equity in it?*

The CHIP Reverse Mortgage can help with:

- ✓ Debt elimination
- ✓ Increasing cash flow
- ✓ Home Renovations
- ✓ Early Inheritance
- ✓ and More, **with no monthly mortgage payments!**



**Gaby Olson**  
**604.897.0197**

golson@dominionlending.ca  
gabyolson.ca

Contact me and I can help you live retirement your way!



CHIP Reverse Mortgage   
by HomeEquity Bank

Dominion Lending Centres | Gaby Olson | DLC - Hilltop Financial | 604 897 0197

# 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](mailto: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 can-



You're invited to  
Chartwell Langley Gardens'  
Craft Market Fair

**Saturday, September 27th | 10 am - 3:30 pm**

From unique jewelry and home decor to delicious treats and cozy textiles, there's something for everyone!

To learn more, call **672-966-0593**



**CHARTWELL LANGLEY GARDENS**  
8888-202 Street, Langley

**CHARTwell.COM**

# Ways to Support the Langley Senior Resources Society

not afford to meet an urgent need which then puts their physical and mental well-being at risk.

## 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](mailto: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](http://www.lsrs.ca)

## At some point in our lives, we begin to think about the impact we will have on the world after we're gone.

Every day, people 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.

A legacy gift can change the lives of older adults not just now but in the future.



**Langley Senior**  
RESOURCES SOCIETY



Charitable Registration Number: 121924229RR0001

**Learn more about supporting Langley Seniors through estate giving.**  
Please email [katel@lsrs.ca](mailto:katel@lsrs.ca) or phone 604-530-3020

# Adult Day Program



20256 56th Avenue, Langley, BC V3A 3Y5

**778-328-2302**

**Monday - Saturday 9:00 am - 4:00 pm**

**Closed Sundays & Holidays**

**ADULT DAY PROGRAM  
MANAGER**

**Alicia Koback**

778-328-2302 ext. 1

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

**LEAD NURSE**

**Paul Richenberger**

778-328-2302 ext. 2

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

**ADP ADMINISTRATIVE  
ASSISTANT**

**Michelle Van Ieperen**

778-328-2302 ext. 7

[michellev@lsrs.ca](mailto: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.

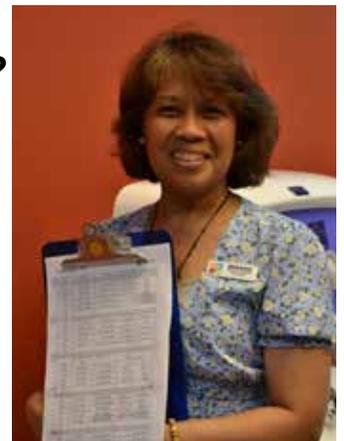
Contact Alicia Koback at 778-328-2302 for more details.

## 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 in the hydrosound  
bathing room 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



## Snapshots of some fun times at the Adult Day Program



Devinder & Andrea



How do we get things done?  
Piece by piece!



Yumi with one of the many dishcloths she has made and donated to the centre.



Axe throwing is another fun activity.

# Resource and Recreation Centre Staff Directory | lsrs.ca

## Recreation and Resource Centre

20605 51B Avenue,  
Langley, BC V3A 9H1

**604-530-3020**

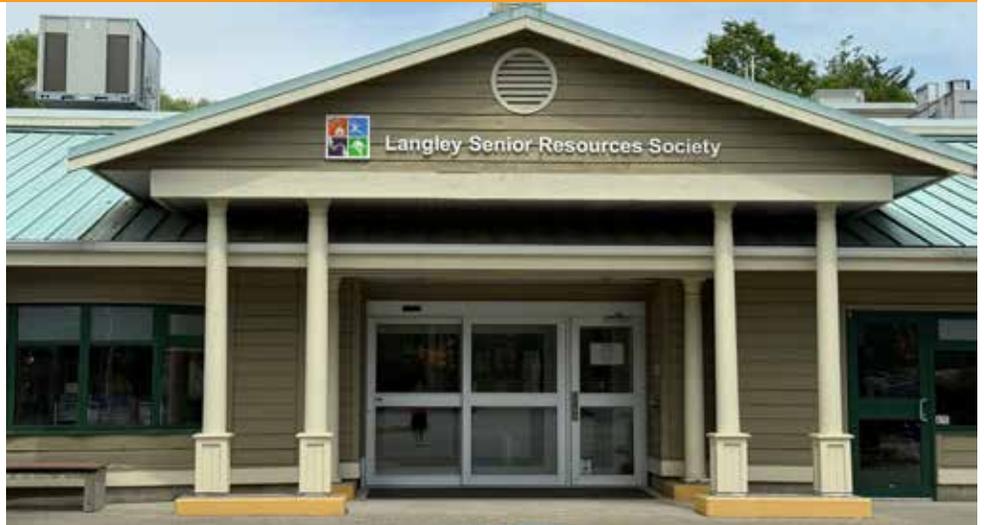
Mon-Fri: 9 am - 4 pm

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 48**



# WHAT'S INCLUDED IN ALL-INCLUSIVE RETIREMENT LIVING?

---

Retirement living communities are often compared to the cruise ship that never leaves shore—but like cruises, not everything is included.

## **INCLUDED IN THE PACKAGE**

### **Your Apartment**

A private, secure suite to furnish and decorate as you wish.

### **Meals**

Three delicious meals made in-house and overseen by a Red Seal Chef.

### **Housekeeping**

Regular cleaning and weekly linen laundry service.

### **Programs & Activities**

Health-focused classes, entertainment card games, clubs, bus trips and more.

### **Safety**

24/7 staff on-site, emergency alerts, walk-in showers, and grab bars.

### **Transportation**

Bus service for errands and outings, plus a courtesy shuttle.

## **EXTRAS THAT COST MORE**

### **Second Occupant**

Additional cost covers meals and services for a second person.

### **Personal Care**

Haircuts, medication reminders, personal and medical care and similar services.

### **Phone & WiFi**

These optional services are often charged separately.

### **Parking**

On-site parking isn't required by everyone and so often costs extra.

Every community is different—check what's included before you commit.

---

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



**Bria**

COMMUNITIES

[BriaCommunities.ca](http://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](http://www.earslangley.com)

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network

