



Langley Senior
RESOURCES SOCIETY

\$2

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

In the Loop

SEPTEMBER 2025



**Going to the
AGM?**

*Sign up and
reserve your spot!*

page 12

Tap Your Toes!

*Final Month for
Live Music in the
Lounge!*

page 19

David Suzuki

*here, at the centre
October 1st!
Read more*

page 7

GAME ON!

Find the perfect pastime.

*See inside for all our program and
recreational activities*

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

 (778)798-6011

 kelly@thehousemanteam.com



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Langley Senior
RESOURCES SOCIETY

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

Adult Day Program
20256 56 Avenue
778-328-2302

PLEASE NOTE:

**Our Centre will
be closed on the
following dates:**

**Labour Day
Mon., Sept. 1st**

**Truth &
Reconciliation Day:
Tues, Sept 30th**

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 55+ staff and benefits from the time and talents of over 180 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

David Chapates

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 | Volunteerism | 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

The leaves are turning, days are getting shorter, and pumpkin spice fills the air – Fall is right around the corner. September also brings our AGM – an opportunity for our members and community to hear about the health and progress of the organization. We have so much to be proud of and are grateful for our many partners who contributed to our success this past year.

LSRS will continue to grow and evolve to address the increasing needs of seniors in Langley.

Have you heard our cafe has a name? Thanks to all members for their suggestions, we had a terrific response and some very creative submissions. In the end, the Creekside Café was the overwhelming favourite. *Doesn't it have a nice ring to it?* It fits perfectly with our location. Watch for new signage arriving soon!

LSRS will celebrate National Seniors Day on October 1st by hosting Canadian academic, science broadcaster, and environmental activist David Suzuki who will speak about the climate crisis and its impact on older adults. Through his television and radio series, documentaries and books about nature and the environment, Dr. Suzuki is best known as host and narrator



Kate Ludlam,
Executive Director, LSRS

of the popular and long-running CBC tv program *The Nature of Things*. Every Sunday night, my family would sit down and watch this much-loved Canadian show, I bet there are many who have this same memory. I have a deep love of the outdoors and admiration for the wonder of our natural world, and I know this was sparked and fostered because of Dr. Suzuki. This is such an honour for LSRS. See page 7 for ticket details and more information.

Did you know many of our staff positions are funded through grants? This includes our entire Community Services team and our Volunteer Coordinator who are funded by United Way. And all our ADP staff are funded through our annual contract from Fraser Health. This month, I am pleased to welcome Monique Terwogt as an Enhanced Housekeeper with our Community Services team, Dary Chann as a new Recreation Assistant at our Adult Day Program, and Ihab Habob as our HR Generalist. The population we serve, and their needs, is growing rapidly and LSRS is facing increased pressures for more programs and services. Our new team members will help us continue to meet the need and we are happy to have them join us!

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
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.



Langley Senior
RESOURCES SOCIETY



SAVE THE DATE

SEPTEMBER 5

Please join us at our
Annual General Meeting
Sign up at the front desk

SEPTEMBER 17

Get your tickets soon!
End of Summer Dinner Dance
read more on page 8

SEPTEMBER 19

World Snooker Champion
Cliff Thorburn
First Canadian & Only Non-British Player to Win the Title
read more on page 20

OCTOBER 1

Mark Your Calendar!
David Suzuki
will be here on Wed. Oct. 1
read more on page 7

Join us for an inspiring talk with David Suzuki

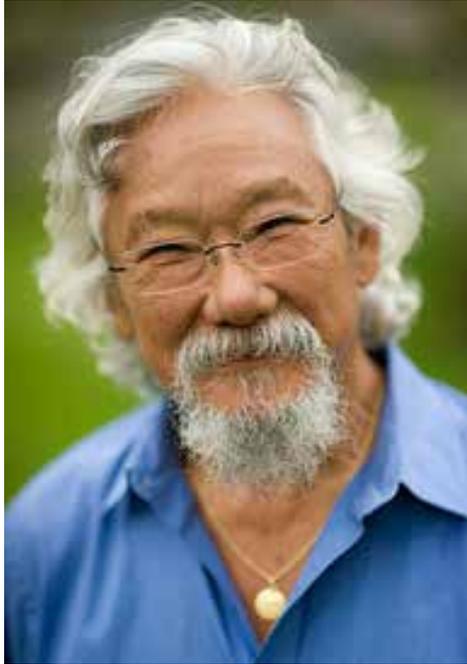
Don't miss this unique opportunity to engage with one of Canada's most influential voices on the environment

The Langley Senior Resources Society is proud to host an extraordinary event featuring acclaimed environmentalist, scientist, and broadcaster David Suzuki. Join us Wed., Oct. 1, from 1pm-3pm at the LSRS Main Hall.

The afternoon will begin with a special screening of the short documentary *'Later Is Too Late'*, a participatory climate documentary by Nancy Nicol and Seniors for Climate.

A visually powerful and emotionally charged film that addresses the escalating urgency of climate change. Through stunning footage, expert insights, and compelling storytelling, the film challenges audiences to confront the undeniable truth – that delaying action will have irreversible consequences for our planet. *'Later Is Too Late'* is not just a warning, but a rallying call for immediate, collective responsibility to protect the Earth for future generations.

Following the screening, David Suzuki will take the stage for an engaging discussion and audience Q&A. With a career spanning over five decades, David Suzuki has become one of Canada's most recognized and respected voices on environmental issues. A geneticist by training and host of CBC's long-running



'The Nature of Things', he has authored more than 50 books, received numerous awards, and been honoured with the Order of Canada. David Suzuki's tireless advocacy for environmental stewardship has inspired millions to take action in the fight against climate change.

Attendees will also have the rare opportunity to participate in an exclusive book signing of *'The Sacred Balance'*, David Suzuki's internationally celebrated exploration of humanity's deep connection

to nature. The signing will take place from 2:15pm-3pm, and is available only with book purchase. Quantities are limited.

Tickets:

\$25.00 – LSRS Members

\$35.00 – Non-Members

\$55.00 – Members with Book & Signing

\$65.00 – Non-Members with Book & Signing

Tickets are available at the Langley Senior Resources Society front desk **Monday through Friday, 9am-4pm,**

or by phone at **604-530-3020 ext. 0.**

Everyone is welcome to attend this inspiring afternoon. Seating is limited, so early ticket purchase is recommended.

LSRS Special Event: Dinner & Dance

SPECIAL EVENT DINNER & DANCE

Octoberfest Dinner & Dance

WITH FEATURED GUEST PERFORMERS

S-BAHN

It doesn't get more fun than this!
Celebrate Oktoberfest with a lively oompa band and a traditional German menu!



Wednesday, October 22nd

4:30 – 8:00pm

*Members: \$45.00 | *Non-members: \$50.00

ON THE MENU:

**Chicken Schnitzel, Bratwurst Sausages
Braised Cabbage, Mixed Roasted Veggies
Mashed Potatoes and Gravy, Mustards
German Chocolate Cake**

Vegetarian option available, please request at time of booking.

*Cancellations accepted
until October 15th



Langley Senior
RESOURCES SOCIETY

Save the Date
for our
November
Pub Lunch
Tues, Nov. 18
Details to follow
in our October
newsletter.

Registration
opens Oct. 6
for members

TICKETS:
LSRS Members \$25
Non-Members \$30

Like the Seasons of the Year

It's late summer – early fall. A wonderful time of year. I know it's cliché to compare life with the seasons of the year but bear with me. I hope to bring something fresh to the analogy.

So, yes, life is like the seasons of the year. Springtime is like ages 0 – 30. Everything is fresh and exciting, but it's time to sow the seeds. Summertime is like ages 30 – 60 - It is a time for doing the main work in life – applying oneself to the responsibilities of work and family (following the analogy, the weeding, fertilizing, and watering). And then there's fall, the time we are in. The main work is done, and it is time to enjoy the harvest.

What's your harvest? You've plugged away at life, fulfilling responsibilities, doing your part to maintain society, and in some cases making this world a slightly better place. Maybe you can look back at something you created, or at a life or two that you touched, or programs that you supported. You've participated in the economy, and you have paid your taxes. And with your taxes, you can look at that hospital, that school, that road, and say, "I did that."

Of course, some of us are still producing. Celebrate the past and the present, and if you are not content with your fruits, there's still time. I just planted some kale that I will harvest into December. Thanksgiving is coming up soon in this harvest season. Take time to be thankful for the fruits of your life. You've done well. You have made a difference.

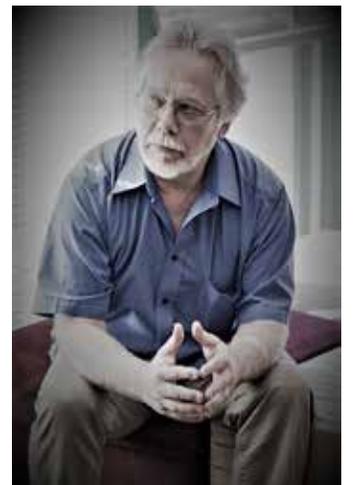
P.S. Canadian Thanksgiving is about harvest; The first U.S. Thanksgiving was about surviving stupid decisions. Maybe some of us would feel that to be an appropriate holiday to observe as well.



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.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



United Way helping seniors remain independent.

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.



Supporting the non-medical needs of older adults in BC

Contact Community Services for more information

604-530-3020 ext. 0

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: 9:30am

Call to Order: 10am

Pre-registration appreciated!

Register at Front Desk or
phone: 604-530-3020 ext 0

**FREE CONTINENTAL
BREAKFAST**

FEATURED GUEST SPEAKER



**Dan
Levitt,**
*BC's Senior
Advocate*

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 or a hard copy of these documents (AGM Package) may be obtained at the Langley Seniors Centre and the Adult Day Care Centre.

AGM documents include:

- Agenda
- September 6, 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 for those who have pre-registered.

About the Advocate

Dan Levitt has tirelessly championed the rights of seniors for 30 years at the provincial, national and international levels.

Prior to his appointment as BC's Seniors Advocate, Dan held leadership positions in senior-living and long-term care homes in the Lower Mainland for more than ten years where he helped shape a dementia-friendly future for seniors and their loved ones.

He was an adjunct professor of gerontology at both Simon Fraser University and a former sessional instructor at the British Columbia Institute of Technology. He has also been a surveyor with Accreditation Canada, reviewing quality improvement and person-centred care at long-term care homes and community-based service providers across the country.

Creekside Café

New Name – Same Great Food!



For years we have just referred to our cozy little in-house café as 'The Café'. Over the past few months we ran a member survey asking for some new name suggestions. The results are in and we are happy to announce the winning selection is Creekside Café! Although the name is new, the staff and volunteers have the same welcoming smiles, and of course the food is still top-notch! Come in for a quick coffee and muffin, lunch, or one of our frozen meals-to-go. The menu changes every week and is posted on our bulletin board as well as on our Facebook page: facebook.com/seniorslangley

The Creekside Café is open from 9am-2pm, Monday-Friday. Lunch is served from 11am to 2pm on weekdays. We are open Saturdays from 9am-2pm but with self-serve options only.

Daily Offerings:

- Fresh-baked muffins and pastries
- Hot and cold beverages
- Chef's daily specials
- Homestyle soups
- Fresh salads
- Made-to-order sandwiches
- Classic comfort foods



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



Walk + Fundraise September 20, 2025 Langley Meals on Wheels

Join the family-friendly fundraising walk where we gather for local charities who support seniors and their families, happening all across Canada this fall!



 **Aldergrove**
British Columbia

1 (877) 743.3413
thegrandparade.org
life is grand.

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

Next Clinic:

Tuesday, September 9

11:30am-1pm

No appointment necessary



FOOT CARE CLINIC

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, calluses, 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 | 30-minute 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.

Next Clinic: Monday, September 29

Call our front desk to book: 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

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 46.



**NEXT LSRS BREAD BASKET DATES:
Tuesdays:
September 9 & 23**

Please limit amount you take to 2 ITEMS so more can enjoy this fresh bread!

BREAD AVAILABLE BY DONATION
Supporting the LSRS HOPE FUND

More information at mensshedlangley.ca



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

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



Community Partnerships

Make a Will Week – October at LSRS

MacCallum Law Group have become a valuable partner with the Langley Senior Resource Society by providing free legal clinics to our members. Members appreciate the experience and approachability of the MacCallum legal team.

MAKE A WILL WEEK - OCTOBER 7-10

Our 'Make a Will Week', sessions are set for 60 minutes, and includes time for questions and answers. Each session will be short and simple (*and fun wherever possible*) covering the topics that many of our members ask during regular legal clinic sessions.

MAKE A WILL WEEK SCHEDULE:

October 7-10, register at front desk, no charge

October 7: 10am-11am

Planning 101 - Taking it Back to the Basics

What if the unexpected happens? Are you prepared? This session provides a general overview for getting your legal affairs in order and addresses common questions for wills and other important documents that provide peace of mind and protection. Planning can make all the difference in an emergency and at the end of life.

'Make a Will Week' CONTINUED ON PAGE 19



Legal Clinic with MacCallum Law Group

Working Together

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

NEXT CLINIC:
Monday, September 8 | 1pm- 3pm
October through December, regular schedule is first Monday of the month.

FUTURE DATES:
Oct 6, Nov 3, Dec 1 | 1:00 pm-3:00 pm

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



LIBRARY For you

Library For You™ provides materials to people who are unable to visit the library due to illness or disability. Find the right service for you.

Email: libraryforyou@fvrl.bc.ca

Web: www.fvrl.ca/library-you

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

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



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



Arnie's Bistro



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

Make a Will Week

'Make a Will Week' CONTINUED FROM PAGE 17

October 8: 10am-11am

Planning 102 – Wealth Preservation

Do you know how to reduce or defer taxes when writing/updating your will? This session focuses on death and taxes and the advantages of wealth preservation planning to strategically lower future probate fees, taxes, and expenses.

October 9: 10am-11am

Planning 103 - Guide for Executors

There are many responsibilities and tasks expected when a person is selected or appointed to administer another person's estate. In this session, we explore the roles and responsibilities an executor must fulfill in the technical, detail-oriented, and often

emotional process of estate administration and review important items to consider when selecting your own executor. Bring your executor for this informative session.

October 10: 10am-11am

Planning 104 – Your Legacy Your Way

Have you considered the legacy you want to leave behind? Did you know you can support the Langley Senior Resources Society through a gift in your will or estate planning? In this session, we discuss the options you may want to consider when it comes to giving back through your estate and learn how you can use your estate planning to leave something behind and continue supporting the causes that mean the most to you.

Final Month For Live Music In The Lounge!



Kick off your weekend with live entertainment every Friday in the Lounge at the Langley Seniors Resource Society's Recreation and Resource Centre! Performances run from 1pm-2-pm. We've got a full roster of top-notch performers to entertain you during the month of September. No tickets required, the Friday entertainment is open for both members and non-members alike to enjoy. See you in the Lounge!

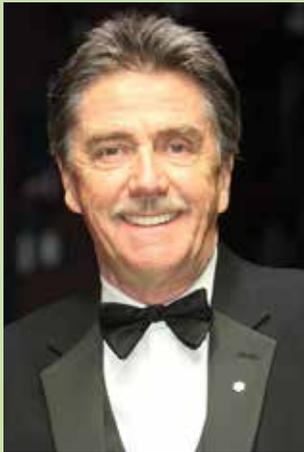
September 5
September 12
September 19
September 26

RC SAX Quartet
Edward Stehr *Magician / Balloon Animals!*
Barely Brassy *Classical Duet*
Dan Beer *Celtic Seabillys*

CLIFF THORBURN

Friday, September 19 Live Snooker Exhibition with Canadian Legend Cliff Thorburn

**DON'T MISS OUT!
LIMITED SPACE
AVAILABLE!**



- Cliff Thorburn was born in Victoria, BC
- **Most Successful Professional Snooker Player in Canadian History**
- Winner of 27 Professional Tournaments Worldwide
- 13 Canadian Championship Titles (Open & Invitational)
- **WORLD SNOOKER CHAMPION** – First Canadian & Only Non-British Player to Win the Title
- **Member of the Order of Canada** for Sports Achievements
- **THREE PERFECT 147 BREAKS** in just Eight Days
- **First Player in World Championship History** to Achieve a Perfect 147 During the Event

EXHIBITION start time and finish 1:00 P.M. - 4:00 P.M.

TICKETS: \$30 LSRS Members | \$35 Non-Members

Tickets are on sale at the front desk of the LSRS Recreation and Resource Centre,
or phone 604-530-3020 EXT. 0

Want to Stay 'In The Loop?'

Sign up for our Free Email Newsletter
and don't miss another event, activity, or update.
Send an email to marketing@lsrs.ca and get your name
added to the subscriber list today!

Fabulous Finds at the Thrift Boutique!

Downsizing? We'll find a good home for your household items

Consider donating your household items and housewares to the LSRS Tuk Shop. If you are downsizing, decluttering, have recently bought new pots and pans our very own Tuk Shop would love to accept donation of your items. As we are a volunteer operated and staffed shop, all money goes directly back to helping our senior community.

Did you know you don't need to be a member to shop at the Tuk Shop? We have become something of a hidden gem to local *in-the-know* shoppers but we welcome new buyers and donators to come in. Help us spread the word! Let your friends and neighbours know that our Tuk Shop is open not only for shopping, but we accept donations as well.

We accept debit or credit, and of course cash! 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. We cannot accept large furniture due to space limitations and no electronics please.



Tuk Shop volunteers Ann and Maxine with a pair of donated vintage lamps. You never know what you'll find or who you'll meet at the Tuk Shop!





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Adam Wejkszner R.D.
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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*).

Upcoming events at Langley Seniors Village



Coming of age beautifully, OPEN HOUSE

Langley Seniors Village turns 18

We've grown into a warm, welcoming community where every day feels like home. So, we'd like to show off our community to you. Celebrate 18 years of inspired senior living with us. Refreshments will be served. Cake is on the menu.

12
SEPT

2:00 pm – 4:00 pm



We're observing World Mental Health Day

With special guest, Michelle Taschereau, CBIST

Michelle brings over 20 years of experience in brain health and rehabilitation. This is an interactive workshop that might help you improve the quality of your life. It will also build awareness of mental health, how it impacts you and provide practical tools you can use to support those who live with mental health issues. Please RSVP to Michael A. as space will be limited.

08
OCT

1:00 pm – 2:30 pm

20363 65 Ave., Langley
retirementconcepts.com

Parking is available on the street in front of the building.

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



LANGLEY
SENIORS VILLAGE

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: 1pm-3pm
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: 9am-12pm
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: 10am-1pm
Sept. 12 - Oct. 31
Activity Room

8 Sessions | \$88

Cancel/Refund: Sept. 5



Consider expanding your art skills with an art class! Fridays in the Activity Room

Singing Social Choir

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: 10am-12pm

Sept. 12 - Dec. 12

Main Hall | \$40

(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: 9am-11am

Sunroom | Free

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: Sept. 4 - Oct. 9

10am-11am: guided dance lesson

11am-12pm: extra help and practice time

6 Sessions | Free

Spots are limited. Register at front desk.

Cards, Games, and BINGO!

LSRS membership is required to participate in these programs.

Bridge - Partners

Mondays: 1pm-4pm
Sunroom | Free

Bridge

Fridays: 1pm-4pm
Sunroom | Free

Canasta

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

Traditional Euchre

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

Mexican Dominoes

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

Chess

Wednesdays 10am-1pm
Lounge | Free

Samba

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

Cribbage

Wednesdays: 1pm- 3pm
Main Hall | Free

Shanghai Rummy

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

Cribbage

Fridays: 10am-12pm
Lounge | Free

Whist

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

10 Card Cribbage

Players wanted

Saturdays: 10am-12pm
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-serve basis



Players enjoy Traditional Euchre in the lounge on Wednesdays



Don't be shy — Mexican Dominoes is easy to learn and play! Wednesdays and Fridays

Regular Programs at a Glance – September

Monday

- Movement & Balance with Jennifer**
9am-10am pg.30
- Monday Morning Talk Show**
10am-11am pg.38
- Table Tennis**
10am-12pm pg.31
- Circle of Friends**
11:30am-12:30pm..... pg.33
- Jam Session**
1pm-3pm pg.28
- Bridge Partners**
1pm-4pm pg.25
- Snooker**
9am-4pm pg.29

Tuesday

- Fit and Fab with Stacey**
9am-10am pg.28
- Active Chair Yoga**
10:15am-11:15am..... pg.28
- Flying Solo**
11am-12pm pg.33
- Senior Pride Social Group**
Third Tuesday of each month
11:30am-1:30pm..... pg.33
- Line Dancing**
11:30am-12:30pm..... pg.29
- Canasta**
12:30pm-4pm pg.29
- Carpet Bowling**
1pm-3pm pg.31
- Caregiver Support Group: Men**
1:15pm-2:15pm
(Adult Day Program location)
..... pgs.11, 33
- Snooker**
9am-4pm pg.29

Wednesday

- Tim's Bits Woodcarving**
9am-11am pg.24
- Seated Movement & Cardio Health with Stacy**
9am-10am pg.28
- Walking Group**
10am-11am pg.31
- Table Tennis**
10am-12pm pg.29
- Chess**
10am-12pm pg.25
- Changing Gears**
First Wednesday of each month
10:30am-12pm..... pg.33
- Traditional Euchre**
12:30pm-3pm..... pg.25
- Mexican Dominoes**
12:30pm-4pm..... pg.25
- Shanghai Rummy**
12:30pm-4pm..... pg.25
- Cribbage**
1pm-3pm pg.25
- Snooker**
9am-4pm pg.29



Gardening Circle

meets seasonally
Monday to Friday
See page 29 for more information

Snooker

Monday to Friday: 9am-4pm
Saturdays: 9am-2pm
See page 29 for more information



Regular Programs at a Glance – September

Thursday

- Fit and Fab with Stacey**
9am-10am pg.28
- Knit Together**
9am-12pm pg.24
- Ballroom Dance**
10am-12pm pg.24
- Chair Yoga Plus with Stacey**
10:15am-11:15am..... pg.28
- Whist**
12:30pm-4pm pg.29
- Book Club**
First Thursday of each month
12:30pm-2pm pg.33
- Carpet Bowling**
1pm-3pm pg.31
- Caregiver Support Group**
1pm-2:30pm pgs.11, 33
- Snooker**
9am-4pm pg.29

Friday

- Walking Group**
10am-11am pg.31
- Cribbage**
10am-12pm pg.25
- Choir**
10am-12pm pg.24
- Art**
10am-1pm pg.24
- Samba**
11am-3pm pg.25
- Mexican Dominoes**
12:30pm-4pm pg.25
- Bridge**
1pm-4pm pg.25
- Snooker**
9am-4pm pg.29
- Live Music in the Lounge**
1pm-2pm pg.19

Saturday

- Saturday Social**
9am-2pm pg.27
- Snooker**
9am-2pm pg.29
- Card & Board Games**
9:15am-1:45pm pg.25
- Table Tennis**
9:30am-11:30am pg.29
- 10 Card Cribbage**
10am-12pm pg.25
- Adaptive Chair Yoga with Kelli**
11am-12pm pg.29
- Adaptive Mat Yoga with Kelli**
12:15pm-1:15pm pg.29
- Bingo**
12pm-1pm pg.25

Join us for Bingo

Saturdays: 12-1pm
See page 25 for
more information



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

Kelli

offers two adaptive yoga
classes every Saturday!
See page 29 for details

Health • Fitness • Sports

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

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: Sept. 2 - Oct. 28

10:15am-11:15am | Main Hall

8 Sessions | Members \$56 | Non-Members \$66

Max. 30 people (No class Sept. 30)

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: Sept. 4 - Oct. 30

10:15am-11:15am | Main Hall

9 Sessions | Members \$56 | Non-Members \$66

Max. 30 people (No class Oct. 23)

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: Sept. 3 - Oct. 29

9am-10am | Activity Room

9 Sessions | Members \$63 | Non-Members \$73

Max 15 people

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

9am-10am | Main Hall

10 session punch cards

Members \$60 | Non-Members \$75

Drop-in \$7.50

Max. 36 people (No class Sept. 30)

Notes to fitness participants:

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

Health • Fitness • Sports

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

SATURDAY YOGA CLASSES:

Adaptive Chair Yoga with Kelli

Seated yoga class.

Saturdays: Sept. 6 - Oct. 25

11:15am-12:15pm

Activity Room

7 Sessions

Members \$49

Non-Members \$59

Max. 15 people

(No class Sept. 20)

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: Sept. 6 - Oct. 25

12:30pm-1:30pm

Activity Room

7 Sessions

Members \$49

Non-Members \$59

Max. 15 people

(No class Sept. 20)

Cancel/Refund by Sept. 5

Carpet Bowling

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

Tuesdays and Thursdays

1pm-3pm | 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

11:30am-12:30pm | Main Hall

7 Sessions | \$49 members | \$59 non-members

(No class Sept. 30)

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: 10am-12pm

Saturdays: 9:30am-11:30am

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: 9am-4pm

Saturdays - 9am-2pm

Snooker Room | \$30/year

One reserved table for ladies only on Mondays, 9am-12pm

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

Health • Fitness • Sports

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

Movement and Balance with Jennifer

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: Sept. 8- Oct. 27

9am-10am | Activity Room

7 Sessions | Members \$49 | Non-Members \$59

Max. 12 participants (No class Oct. 13)

NEW LOCATION IN FORT LANGLEY!

Movement and Balance with Jennifer

Tuesdays: Oct. 7-Dec. 9

9am-10am

St. Georges Anglican Church

9160 Church St,

Fort Langley

9 sessions

\$63 Members

\$73 Non-Members

Pre-register



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”



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home care services

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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



Monday, September 29: Truth & Reconciliation Walk

Meet at Recreation & Resource Centre 20605 51B Avenue at 10:30 am
for a Walk to Derek Doubleday Arboretum see page 44

WEDNESDAYS at 10am

September 3

Fort to Fort Trail

Meet at Bedford Plaza
23285 Billy Brown Road

September 10

Brae Island

Meet at 9451 Glover Road

September 17

Walk to Sendall Gardens via Pleasantdale Creek Trail

Meet at Recreation & Resource Centre
20605 51b Avenue

September 24

Derek Doubleday Arboretum

Meet at Recreation & Resource Centre
20605 51b Avenue

FRIDAYS at 10am

September 5

Campbell Valley Park

Meet at 8th Avenue Parking Lot
23285 Billy Brown Road

September 12

Langley Regional Park

224 Street & 5th Avenue

September 19

Derby Reach

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

September 26h

Langley Lane Greenway

Meet at North Langley Comm. Church
21015 96 Avneue

Conversation, Social, and Education Programs

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

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!*

Register at the front desk or 604-530-3020 ext 0

Tuesday, September 2 - 6pm

Pasta Polo

19665 Willowbrook Drive

Come join us at Pasta Polo's enclosed patio for casual Italian dining with homemade pasta, pizza, salads, and more!



Tuesday, October 7 - 6pm

Langley Vietnamese Cuisine

5521 203 Street

Informal restaurant offering classic Vietnamese fare, pho, and much more!



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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(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.

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.

First Wednesday of each month

10:30am-12pm

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: 11:30am-12:30pm

Brock Douglas Room

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: 11am-12pm

Brock Douglas Room

Book Club

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

First Thursday of each month | 12:30pm

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.

Caregiver Support Group

This support group is open to all.

Thursdays 1pm-2:30pm

Recreation and Resource Centre location

Men's Caregiver Support Group

This support group is open to men only.

Tuesdays 1:15pm-2:15pm

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.*

Third Tuesday of each month

Sorry, this group is not for allies.

11:30am-1:30pm

Recreation & Resource Centre

Please contact:

seniorpride.lsr@gmail.com

for schedule and more information

QMUNITY
QUTS LGBTQ2S+ TRADG AND YOUNG 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. 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 11:15am-12:30pm
Activity Room**

Saturday Social

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

Saturdays • 9:00am - 2:00pm, Lounge

LSRS membership not required for Saturday Social



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
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- Transportation



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

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Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.ca

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

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

Conversation, Social, and Education Programs



Monday Morning **TALK SHOW**

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

SEPTEMBER 1

Closed for Labour Day!

Enjoy your day

SEPTEMBER 8

**Metro Vancouver
Crime Stoppers**

Learn about scams be it online, phone, or identity fraud.

Melissa Bautista, Tip Analyst

SEPTEMBER 15

Self Management

Learn skills & build confidence on how to live well with one or more chronic conditions.

John Murphy

SEPTEMBER 22

**Total Hip & Knee
Replacement Surgery**

This is a big decision. Join us as we discuss the the surgery and if it may be necessary or not.

Dan Silverton, Pure Form Physio

SEPTEMBER 29

**Truth & Reconciliation
Walk**

Join us as we walk together to honour Truth & Reconciliation. Wear orange if you can. Meet at 10:30am to begin our walk to Derek Doubleday Arboretum. Refreshments to follow.

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

**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

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

COQUIHALLA CANYON PARK - Fri, Sept. 5

8:30am-5pm | ~~\$89 Members~~ **\$109 Non-Members**

The Coquihalla 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

FORBIDDEN VANCOUVER TOUR Mon, Sept 22

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

A DAY IN VICTORIA - Mon, Oct. 6

7:15am-7:45pm | **\$79 Members** | **\$99 Non-Members**

Escape to Victoria for a day of charm! Wander through Cook Street Village's shops and cafes. Take time to explore historic Government Street, the Inner Harbour and many restaurants (Dutch Bakery recommended). Level: Easy

Additional \$36 ferry fee for 64 years and under

PACKAGE INCLUDES:

- Cook Street Village
- Victoria Free Time
- Bus Ferry Fees
- Restaurants recommendations

Bus Trips and Excursions

HARRISON RIVER SALMON RUN - Fri, Oct. 17

7:30am-5pm | \$69 Members | \$89 Non-Members

In 2025 British Columbia is anticipating a record-breaking run of pink salmon with an estimated 27 million pink salmon returning. See pink, coho, chum, sockeye and chinook at various viewing locations. Take free time in Harrison Hot Springs (lunch not included). Level: Easy

PACKAGE INCLUDES:

- Weaver Creek Spawning Channel
- Chehalis River at the Hatchery
- Inch Creek Hatchery
- Harrison Hot Springs

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
8233 140th Street, Surrey, BC V3W 5K9

Spotlight on Learning



Make & Take

Dry Soup in a Jar

Tuesday, October 21

11am-12:30pm | Sunroom

\$5.00 each | Limited Registration

All ingredients are included. \$5.00/person
Soup in a Jar makes a great gift, or make it enjoy yourself! Soup ingredients are added into jars in layers — pretty and delicious! This is a fun, easy way to make someone's day. We will be preparing 2 different soups during this session. Our Make & Take days are fun and social — come out and join us!

Lunch & Learn: October 7

Are you having more difficulty hearing your friends and family? Are your kids insisting its time to get your hearing tested? Do you find hearing aid information confusing?
Join Kim Galick, Owner of Ears Hearing Clinics for an information session and FREE LUNCH at LSRS. Come and learn about the latest news in hearing care! We'll discuss hearing loss, hearing aids, hearing aid technology, communication strategies and what you should know and look for before starting the hearing aid trial process.



Tues, Oct. 7 | 10am-1pm

Recreation & Resource Centre,
20605 51B Avenue

Must register to be included for lunch.

RSVP: 604-427-2828

www.earshearinglangley.com



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



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.



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604-530-6488 HendersonsLangleyFunerals.com



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HEALTHY LIVING TIPS

2 conditions that can affect aging eyes

(NC) Canada's population is aging, and with that comes a greater risk of health ailments, including vision problems. As we get older, our eyes become more susceptible to vision-threatening conditions.

Understanding how our eyes change over time can help inform us of proactive steps to protect and maintain our eye health. Here are three of the most common conditions that can affect your vision as you age:

Cataracts:

Cataracts are a part of aging and happen when the lens inside your eye becomes cloudy. After the age of 60, most everyone will develop cataracts. Symptoms include blurred vision, increased sensitivity to light, double vision and dulling of colours.

Cataracts are treatable, usually beginning with an update to your eyeglass or contact lens prescription. If the cataracts progress, your eye doctor may recommend removing them surgically, depending on their severity.

Glaucoma:

Glaucoma is the name for a group of eye diseases that lead to vision loss by damaging the optic nerve, which carries signals from your eyes to your brain. The risk of glaucoma increases after age 55, with symptoms that may include seeing halos around lights, blurred vision, eye pain and redness.

Although glaucoma is irreversible, regular eye exams can result in early detection and there are several treatments, including medications and surgery, that can be used to prevent optic nerve damage and vision loss.



Lunch & Learn

LET'S DO LUNCH!

Are you having more difficulty hearing your friends and family?
Are your kids insisting its time to get your hearing tested?
Do you find hearing aid information confusing?

Join Kim Galick, Owner of Ears Hearing Clinics for an information session and **FREE LUNCH**. Come and learn about the latest news in hearing care! We'll discuss hearing loss, hearing aids, hearing aid technology, communication strategies and what you should know and look for before starting the hearing aid trial process.

Come with all of your questions!

RSVP Today!
604-427-2828

Date: Tuesday, October 7 Time: 10:00AM – 1:00PM
Location: Langley Senior Resources Society
20605 - 51B Avenue
**Must register to be included for lunch.*

Kim Galick
RHIP/Owner
26 years of experience

RSVP - 604-427-2828
www.earshearinglangley.com



KIM GALICK
EARS HEARING CLINICS

Part of the WorkSafe BC Provider Network

Upcoming Events

Langley Senior Resources Society
presents

TRUTH & RECONCILIATION 2KM WALK



Monday, September 29

Join us as we
walk together in
a sea of orange
to honour Truth &
Reconciliation

WALK BEGINS:
10:30am

MEETING POINT:
Langley Senior Resources
Society parking lot
20605 51B Avenue

WALK FINISHES:
11am
Derek Doubleday Arboretum:
21177 Fraser Highway

PLEASE JOIN US FOR
REFRESHMENTS:
11am-1pm

Wear Orange to show your support

Refreshments, Entertainment & Community
Gathering after the walk

Dogs welcome!

Washrooms on site

Together, we honour the past, acknowledge
the truth, and walk toward reconciliation



Langley Senior
RESOURCES SOCIETY

Everyone Welcome!

Volunteer Opportunity

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.

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.

Email sherrim@lsrs.ca call 604-530-3020 ext. 303

- 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?



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!



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

Ways to Support the Langley Senior Resources Society

“

Every day,
donors just
like you leave
meaningful
footprints
on our world
through
legacy gifts.”

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 Ludlam at 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.

continued next page

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

Ways to Support the Langley Senior Resources Society

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!*

Three ways to give:

1 *Call us at: 604-530-3020*

2 *Mail your donation to:
20605 51B Avenue,
Langley, BC V3A 9H1*

3 *Visit us online at:
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 or phone 604-530-3020**

Adult Day Program



20256 56 Avenue, Langley, BC V3A 3Y5

778-328-2302

Monday - Saturday 9am-4pm

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 in the hydrosound bathing room at the Adult Day Program

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, 1:15pm-2:15pm (open to MEN)
at our Adult Day Program location -
20256 56th Avenue

Thursdays, 1pm-2:30pm (open to ALL)
at the Recreation and Resource Centre -
20605 51B Avenue



Snapshots of some fun times at the Adult Day Program



How do we get things done?
Piece by piece!



Always some fun times here



All set up for shuffleboard.

Recreation and Resource Centre

20605 51B Avenue,
Langley, BC V3A 9H1

604-530-3020

Mon-Fri: 9am-4pm; Sat: 9am-2pm
Closed Sundays & Holidays

Tuk Shop Thrift Boutique & Creekside Cafe:

Mon-Sat: 9am-2pm



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

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bookkeeper@lsrs.ca

HUMAN RESOURCES COORDINATOR

Boni Thomas - on leave

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Che Mosely

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KITCHEN AND CATERING SERVICES MANAGER

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FACILITIES MANAGER

Brandon Judd

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brandonj@lsrs.ca

FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

**For Adult Day Program Staff and
information please see page 48**

THE PROS & CONS — OF — HOME CARE



“Staying happy and healthy at home is what we all want,” says Jane Bryce, General Manager of Magnolia Gardens in Langley City. ‘Home care support makes an impact on your health and happiness, make sure it’s the right kind of impact.’

Here are some pros and cons to consider:

PROS

EXTENDED INDEPENDENCE

A little help with bathing, dressing, or medication can keep seniors living independently without relying too heavily on family.

RECOVERY SUPPORT

After a hospital stay, home care can smooth the transition back to your everyday routines.

RELIEF FOR CAREGIVERS

Visits from paid caregivers can ease the emotional and physical burden on spouses and adult children.

CONS

UNHEALTHY ROUTINES

While your house holds fond memories,

home visits can’t replace opportunities for exercise, socializing, and nutritious meals.

• INCONSISTENT CAREGIVERS

Many seniors see a rotation of aides, unlike the consistent, family-like support found in senior living communities.

• DANGER OF ISOLATION

A couple of short visits can’t replace friendships, activities, and community connections that keep seniors thriving.

“Home care may be a good solution for you,” reflects Jane, “but it’s not the only solution. Choose a lifestyle that doesn’t just maintain your quality of life but improves it.”

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



MAGNOLIA
GARDENS
A BRIA COMMUNITY



SUNRIDGE
GARDENS
A BRIA COMMUNITY

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

