



Langley Senior
RESOURCES SOCIETY

\$2

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

In the Loop

NOVEMBER 2025



Men's Week
November 17-21
*Fun, educational,
and beer tastings
too!*

page 11

Bus Trips
*Esquimalt Naval
Museum, Winter
Markets, and more!*
*You have the fun,
we do the driving!*

page 39


GREATER LANGLEY
CHAMBER OF COMMERCE

**29TH ANNUAL
BUSINESS
EXCELLENCE
AWARDS**

**LSRS is honoured to be awarded the 2025
Non-Profit Organization of the Year Award**

Read more on page 21

New Program Registration: Members: 9am Mon, Nov. 3 | Thurs, Nov. 6: Non-Members

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®



DAKEMYN®

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 for
Remembrance Day
Tuesday, November 11
Lest We Forget

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

- Marlene Best

TREASURER

- Lorna Dysart

DIRECTORS

- David Chapates

- Michael Chang

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

As we step into the month of November, I want to take a moment to reflect on the meaningful occasions and exciting plans ahead. This month, we honour Remembrance Day, a time to remember and honour those who have sacrificed so much for our freedom and peace

– this seems especially appropriate with all the current strife in the world. I encourage everyone to participate in our commemorative activities, including a special Remembering our Veterans on Monday, November 10th. A heartfelt thanks to members from the Langley RCMP for joining us and to our wonderful choir for their performance.

Looking forward, we're excited to kick off our Season to Share fundraising campaign. Your generous support helps us enhance our programs and services, bringing vital resources to our community during the holiday season and beyond. We are mindful of the ongoing Canada Post strike and encourage members to personally pick up your Season to Share package at our recreation centre – we'll have friendly



Kate Ludlam,
Executive Director, LSRS

volunteers handing these out starting mid-November. Together, we can make a real difference in the lives of our most vulnerable seniors.

We're also pleased to announce the expansion of our offerings, including new programs and services designed to enrich your experience and meet diverse needs. New programs such as ballroom dance lessons, mindful meditation, Make & Take, chair pilates, ukulele lessons, and therapeutic touch. We have new partnerships with the Langley Men's Shed, the Langley Primary Care Network, and Homecare West. And thanks to a partnership with the St. George's Anglican Church, we have expanded into Fort Langley, opening new opportunities for engagement, support programs, and community connection.

I want to extend my heartfelt thanks to our dedicated programs team – Sherri, Janet, Jude, Millie, Michelle, and Kyler whose hard work and passion make many of our new initiatives possible. Their commitment ensures we provide a vibrant, active, and engaging environment for all.

And thanks to our members, clients, volunteers, and supporters for your ongoing dedication and participation. Together, we're building a thriving, caring community where everyone feels valued.

Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.
Visit her **Tues, Nov. 18 - 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.



Membership Drive November 24-28

Renew your membership during our 5-day drive and be entered to Win a **FREE MEMBERSHIP!**

Draw to be held end of day November 28

Membership has its Benefits!

- Reduced fees for events and programs
 - Early registration times
 - Reduced prices for Meals to Go from Creekside Cooler
 - Member-only activities & programs
 - Bus Trip Member-only pricing
- and much more!*

SAVE THE DATE

DECEMBER 10

Special Event
Christmas
Dinner & Dance
with 6 Gun Romeo!

DECEMBER 15-19

Join in the
Festive Fun!
Five Days of
Christmas

DECEMBER 16

First Capital
Chorus will
be here with
some beautiful
Christmas
harmonies

DECEMBER 19

Pub Lunch with
Johnny Elvis!

Welcome New Board Director, David Chapates



David Chapates,
Director

David has a Master of Business Administration degree and has chosen Langley as his new home in early retirement. David has family who have lived in the Lower Mainland since the 1970's including an older sister here in Langley. He comes to us with a lengthy career background in technology and software Product, Program and People management and looks forward to contributing to the continued success of the LSRS. David has already begun volunteering with LSRS as the Co-Chair on the planning committee of this year's successful Langley Pride Day event held at the LSRS on August 9th, 2025. He is looking forward to joining the Board and getting to learn more about LSRS and how he can make a positive difference in Langley.

Our Board of Directors serves as the guiding force behind LSRS, bringing together up to twelve dedicated volunteers who shape our organization's future through strategic planning and policy development. Meeting monthly, these committed individuals also participate in various committees, ensuring our society continues to meet the evolving needs of Langley's senior community.

Volunteer Drivers Needed



Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle. Mileage paid for driving is 72 cents per kilometer.



Langley seniors need your help!

Qualifications

- Minimum 21 years old
- Criminal Record Check
- Drivers Abstract
- Class 5 and own vehicle

Duties may include

Picking up client from their home and take to appointment.
Drive client back home.

Please contact Jude for more information

📞 604-530-3020 ext. 322 ✉️ judeh@lsrs.ca

WE WILL

remember
them.

Join us in the Main Hall

**Monday, November 10
at 10:45 am**

as we

Remember Our Veterans

**Reminder:
We will be closed
Tuesday, November 11**



Langley Senior
RESOURCES SOCIETY



Thank you for helping us help seniors

Impact of Your Support

Your involvement with LSRS helps:

- Provide essential services to seniors
- Maintain affordable program costs
- Support community outreach
- Enhance social connections
- Enable aging with dignity
- Create meaningful experiences

There are many meaningful ways to support and engage with Langley Senior Resources Society.

Join our vibrant community: Become a member: LSRS membership opens doors to exclusive programs, events, and benefits while supporting our mission to enrich

seniors' lives.

Volunteer. Share your time and talents! Our volunteers are the heartbeat of LSRS, helping in countless ways to support our programs and services.

Tuk Shop: Support LSRS while finding unique treasures at our Tuk Shop. All proceeds help fund our programs and services for Langley seniors. Donations of household goods are always welcome.

Make a Donation: Our annual Season to Share fundraising campaign launches Monday, November 17! Make sure to pick up your Season to Share fundraising package and read firsthand the impact of your support.

Together, we can create a stronger, more supportive community for Langley's seniors.

Launching
November 17!

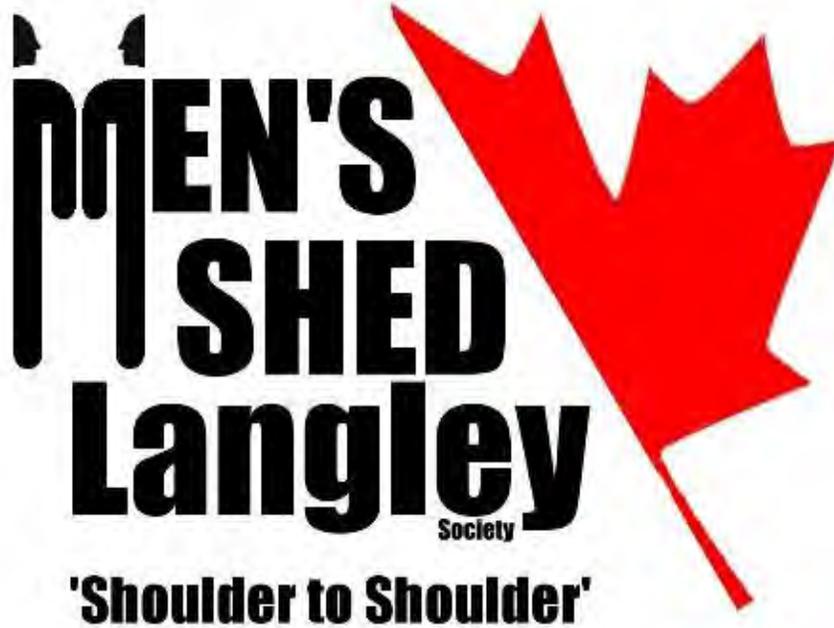
Season to **SHARE**



Your donation helps us help them. **Give today.**

Three Ways to Give

1. online at lsrs.ca
2. call 604-530-3020
3. visit 20605 51b Ave, Langley



Creating a positive impact on the lives of senior men



***Please join our MSL SHOWCASE
in the MAIN HALL, 17th November,
1.00 pm – 4.00 pm***

We will share who we are, what we do, & how to join

- *Free Refreshments*
- *Photo displays*
- *Product displays*
- *ID the wood competition*
- *Live entertainment*
- *Meet the Shedders*
- *Coffee & Muffins*
- *Video Histories*
- *Browse or buy*
- *Prizes*
- *Barbershop Quartet*
- *Discuss achievements*



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

Men's Week at LSRS

International Men's Day is November 19

International Men's Day is a global awareness day for many issues that men face, including abuse, homelessness, suicide, and violence, It takes place annually on November 19.

Men's Week schedule of events at LSRS

■ **Monday, November 17**

The Shed Effect | 1:00-4:00pm | Main Hall

Join our local Men's Shed group for '*The Shed Effect*' and learn some of the positive outcomes that Men's Shed provides. Our group is open and friendly, everyone is welcome. Come out and discover all we offer!

■ **Tuesday, November 18**

Medix Boxing | 1:00-3:00pm | Activity Room

Activity Room. Our evidence-based programs use boxing to enhance mobility, strength, cognitive function, and emotional resilience, improving cardiovascular health and overall well-being. Pre-register, limited space available.

Snooker | 9am-4pm | Snooker Room

This is your opportunity to try Snooker! Everyone welcome. Expert help will be available to answer questions and help with gameplay.

Men's Shed Social | 10:30-12:30 | Sunroom

We are excited to launch the new Men's Shed Social group at LSRS! Join us on Tuesdays in the Sunroom for coffee and coversation. We're a friendly bunch and everybody is welcome.

■ **Wednesday, November 19**

Tim's Bits Woodcarving | 9am-11am | Sunroom

Drop by and meet the woodcarvers, see our current projects, ask questions, get inspired! Newcomers are always welcome!

■ **Thursday, November 20**

Locality Brewing | 1:00-3:00pm | Sunroom

We will have Locality Brewing here to showcase some of their locally brewed products. Join us for some tastings! Pre-register, limited space available.

JOIN US!
2025
HOLIDAY
CRAFT MARKET

Admission
by
donation

Saturday, November 22
9:30am-3pm

Over 30 vendors offering unique
Christmas crafts, stocking stuffers,
baked goods, and more!



Visit the
Holiday
Tuk Shop
Thrift
Boutique!

Creekside Cafe
will be open for
Breakfast
& Lunch

Exciting
New Vendors –
and your
favourites will
be back
too!

Raffle Draw
with Great
Prizes!

Free
Prize Draw!
in the Activity
Room



Langley Senior
RESOURCES SOCIETY

LSRS.CA

overflow parking available at
Blacklock Elementary School

wheelchair
accessible

Save the date for these upcoming events

Our popular Pub Lunch returns in November along with the Damn Chandelier band. If you don't have tickets yet order soon!

And there is much more to look forward to in December:

Our Pub Lunch December 19 features Johnny Elvis. First Capital Chorus will be entertaining us in December as part of our 5 Days of Christmas which runs December 15-19 – there will be crafts, music and festive activities and events. Lots of fun for everyone!

Join us on Wednesday, December 10 at our Christmas Dinner & Dance! Tickets for this sell out fast so remember to get yours at the front desk, or phone 604-530-3020 ext.0.

Entertainment will be Six Gun Romeo who put on a fantastic live show, and our chefs will be serving up a traditional turkey dinner with all the fixings.

Registration starts Monday, November 3 for Members, and Thursday, November 6 for Non-Members

Tickets: \$45 for LSRS Members, and \$50 for Non-Members.

Looking forward to seeing you!

Watch our bulletin boards for details, follow us on Facebook, or sign up for our newsletter at LSRS.ca to get email updates sent directly to your inbox!



PUB LUNCH
 Wednesday, November 19 at 11:30am

FEATURING MUSIC BY:
Damn Chandelier
 playing music from the 70s and up – music we love!

MENU: Chicken Pot Pie
 Country Cut Fries
 Caesar Salad
 Chocolate Mousse

Tickets available at the LSRS Front desk, or phone 604-530-3020, ext. 0
 LSRS Members \$25 | Non-Members \$30

Langley Senior RESOURCES SOCIETY
 20605 51B Avenue, Langley | lsrs.ca | [facebook.com/seniorslangley](https://www.facebook.com/seniorslangley)



Christmas Dinner & Dance
 Wednesday December 10
 4:30-8:00pm

Featuring **Six Gun Romeo**

Traditional Turkey Dinner with all your favourites!

Langley Senior RESOURCES SOCIETY
 LSRS Members \$45.00 | Non-Members \$50.00
 Tickets available at the front desk or by phone: 604-530-3020 ext. 0

LSRS membership is required to participate in these programs unless otherwise noted.

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, November 18

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, 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 | 30-minute Sessions

Call the Front Desk for availability

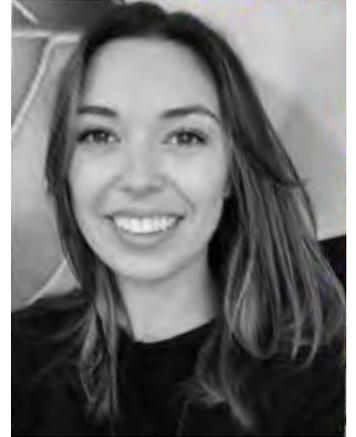
Members \$53 | Non-Members \$60

**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

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, November 24

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



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. Sessions last 15–20 minutes, and participants remain fully clothed.

Next Session:
Saturday, November 8
10:30am -12:30pm
Wellness Room

Free

Please register at Front Desk for an appointment.



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 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 filling 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



Langley Community Services Society



Stepping Stone Community Services Society





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

OKTOBERFEST DINNER & DANCE PHOTOS



Stacey and Matt tend the bar



Janet delivers a prize basket to our lucky winner!



Program Director Sherrri wears it well!



S-Bahn as much fun to watch as they are to dance to!



S-Bahn



Always a fun time with this crew!

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

The LSRS Bread Basket

COBS BREAD

Next LSRS BREAD BASKET DATES:
Tuesdays: November 4 & 18

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

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



Dementia Caregiver Support Group

The Langley Senior Resource Centre is now offering a Dementia Support Group in Fort Langley. Caring for someone with dementia can feel overwhelming – you don't have to face it alone.

Join us each week in a safe and welcoming space where caregivers, family members, and friends can connect, share, and support one another. This group is led by a Certified Facilitator.

What to Expect

- A supportive environment to share experiences and challenges
- Practical tips and caregiving resources

- Encouragement from others who understand
- Compassion, connection, and community

There is no charge to attend this group and it is open to all looking for support. Registration is appreciated but not required.

Thursdays | 10:30 – 11:30 AM

St Georges Anglican Church
9160 Church Street Fort Langley.
(across the street from the post office)

For more information, please call Sherri at 604-530-3020 Ext 303

MacCallum Law Group LLP

Working Together
Proudly serving Langley for over 40 years

- Real Estate Law
- Estate Planning
- Estate Administration
- Corporate Law
- Commercial Law
- Mortgage Investment Corporations

Upcoming Legal Clinics:

Book your free 30 minute appointment at the LSRS front desk, or call 604-530-3020, ext. 0. Appointments are popular, and we strongly encourage you to pre-register in advance.

Next Clinics: Monday, November 3, 1:00-3:00pm | Monday, December 1, 1:00-3:00pm

MacCallum Law Group values our partnership with the Langley Senior Resources Society

MacCallum Law Group LLP | 6345 – 197th Street, Langley | 604-546-6345 | www.maclg.com

BRING OUT YOUR INNER ARTIST!

Try this easy-to-learn, relaxing, and fun method of drawing and create your own beautiful pattern art.



Make & Take

No
experience
necessary!

Come and join us in a cozy setting!
We will explore a variety of patterns
which can also be used to make
greeting cards, or as a meditative
pastime.

November 18 & 25 | 1:00-2:30pm

\$5.00 | Limited Registration

Please bring:

- A black HB or B pencil
- A notebook
- Reading glasses if needed

We will supply all other materials.



Register at LSRS front desk, 604-530-3020 ext.0

In the October Make & Take we made Dried Soup in a Jar. Here are some of the participants with their finished soups.



LSRS honoured by Chamber recognition

It was an honour to have been nominated for a Business Excellence Award, and to have won the Non-Profit Organization of the Year Award is incredible. Awards in the non-profit world are never won because of the work of an individual – they are always won as the result of teamwork. Thank you to our committed Board of Directors, Executive Director, staff, volunteers and members. This award was the result of all of you and your tremendous, focused efforts these past few years as we have intentionally moved our Centre forward toward a leadership role in aging.

Thank you to Cory Redekop and the Langley Chamber of Commerce. We turn to you and the members frequently for support and advice and we readily receive it.

Above all else, to have been nominated alongside four leading Langley non-profit organizations has been humbling.

Loretta Solomon BSN MSN, President, Board of Directors, Langley Senior Resources Society



Loretta and Kate with the Chamber award

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



Arnie's Bistro



5-Hole Putting Green



Beautiful, Spacious Apartments



Welcoming Community Spaces



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.

*“I should have
done this sooner!”*

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

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

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

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

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

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



*Interested in getting a better feel for our vibrant community?
Why not join us at one of our Free Coffee & Conversation Events!*
Visit our website to see upcoming event schedule.

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

Program, Event and Trip Cancellation Policy

Cancellations 7 days before start date for refund unless otherwise noted. \$5.00 administration fee will be charged for all cancellations. Health Clinics require 48 hours notice for cancellation.

- 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 except fitness programs.

LSRS is committed to maintaining affordable programs, events and trips.

IF WE CANCEL: In the event we have low registration or extenuating circumstances, we will either cancel or re-schedule and 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).

Tea & Tour at Langley Seniors Village

The perfect way to warm up this fall

You're invited to warm up with Langley Seniors Village this fall. Give us a call or stop by anytime – the kettle's on, and there's always something freshly baked waiting for you. Then, join us for a tour of our warm and welcoming community and find out why the residents here are so happy with their decision to make Langley Seniors Village their home.



Book your spot today!
Michael Amirani
M. 604-307-9066

20363 65 Ave., Langley
retirementconcepts.com



LANGLEY
SENIORS VILLAGE

MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT

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: Nov. 7 - Dec. 12

10am-1pm | Activity Room
5 Sessions | \$55
(no session November 21)

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: Sept. 12 - Dec. 12

10am-12pm | Main Hall | \$40
(no session November 21)

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!

Spots are limited.

Thursdays: Nov. 6-Dec. 11

Guided Dance Lesson:

10am-11am | Activity Room

Extra Help/Practice: 11am-12pm | Activity Room

6 Sessions | Free



LEARN UKULELE

For beginning ukulele players starting with no knowledge and completing with a few songs in 2-3 keys. The focus is on hands-on playing with a minimal amount of theory to better understand the music flow. No music book is required; each lesson will be tailored to the needs and requests (where feasible) of the group with handouts for each day. Students will need to supply a ukulele. Local music stores can rent ukuleles with a week or more notice.

Mondays: Nov. 3 - Dec. 22

9am-11am | Brock Douglas Room | 8 Sessions
\$25 Members | \$35 Non-Members

(please bring your own ukulele, or rent one before start date)

CARDS • GAMES • BINGO

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

BINGO

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

Saturdays

12-1pm | Lounge

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-12pm | Lounge | Free

SAMBA

Fridays

11am-3pm | Brock Douglas Room | Free

CRIBBAGE

Wednesdays

1pm- 3pm | Main Hall | Free

CRIBBAGE

Fridays

10am-12pm | Lounge | Free

SHANGHAI RUMMY

Wednesdays

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

WHIST

Thursdays

12:30pm-4pm | Sunroom | Free

10 CARD CRIBBAGE

Saturdays

10am-12pm | Sunroom | Free



Cards & board games are available every Saturday on a first-come, first-serve basis

Monday

- Movement & Balance with Jennifer**
9am-10am pg.29
- Ukulele**
9am-11am pg.24
- Monday Morning Talk Show**
10am-11am pg.37
- Mindful Meditation with Jennifer**
10:15am-11am pg.29
- Table Tennis**
10am-12pm pg.30
- Spanish**
11:15-12:30pm pg.35
- Circle of Friends**
11:30am-12:30pm pg.34
- Jam Session**
1pm-3pm pg.24
- Bridge Partners**
1pm-4pm pg.25
- Snooker**
9am-4pm pg.30

Tuesday

- Fit and Fab with Stacey**
9am-10am pg.28
- Active Chair Yoga with Stacey**
10:15am-11:15am pg.28
- Men's Shed Social**
10:30am-12:30pm pg.34
- Flying Solo**
11am-12pm pg.34
- Senior Pride Social Group**
Third Tuesday of each month
11:30am-1:30pm pg.35
- Line Dancing**
11:30am-12:30pm pg.30
- Canasta**
12:30pm-4pm pg.25
- Carpet Bowling**
1pm-3pm pg.30
- Caregiver Support Group: Men**
1:15pm-2:15pm
(Adult Day Program location)
pg.35
- Snooker**
9am-4pm pg.30

Wednesday

- Tim's Bits Woodcarving**
9am-11am pg.24
- Seated Movement & Cardio Health with Stacey**
9am-10am pg.28
- Walking Group**
10am-11am pg.32
- Table Tennis**
10am-12pm pg.30
- Chess**
10am-12pm pg.25
- Changing Gears**
First Wednesday of each month
10:30am-12pm pg.34
- 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.30



Fit and Fab with Stacey



Try out Carpet Bowling
Tuesdays and Thursdays



Shanghai Rummy

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.25

Book Club.....
First Thursday of each month
12:30pm-2pm..... pg.34

Carpet Bowling
1pm-3pm..... pg.30

Caregiver Support Group
1pm-2:30pm..... pg.35

Snooker
9am-4pm..... pg.30

Friday

Walking Group
10am-11am..... pg.32

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.30

Saturday

Saturday Social
9am-2pm..... pg.36

Snooker
9am-2pm..... pg.30

Card & Board Games....
9:15am-1:45pm..... pg.25

Table Tennis
9:00am-11:00am..... pg.30

10 Card Cribbage
10am-12pm..... pg.25

Adaptive Chair Yoga with Kelli
11:15am-12:15pm pg.29

Adaptive Mat Yoga with Kelli
12:30pm-1:30pm pg.29

Bingo.....
12pm-1:30pm..... pg.25



NEW: Men's Shed Social Group meets in our sunroom on Tuesdays at 10:30am



Our Snooker room is open 9am-4pm Monday - Friday, and 9am-2pm on Saturdays

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.

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.

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: Nov. 4 - Dec. 16 | 6 Sessions

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

Members \$42 | Non-Members \$52

Max. 30 people (No class Nov. 11)

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: Nov. 6-Dec. 18 | 7 sessions

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

Members \$49 | Non-Members \$59

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: Nov 5. Dec. 17 | 7 Sessions

9am-10am | Activity Room

Members \$49 | Non-Members \$59

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 Oct. 23 and Nov. 11)

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

ADAPTIVE CHAIR YOGA WITH KELLI

Seated yoga class.

Saturdays: Nov 1-Dec. 20 | 7 Sessions

11:15am-12:15pm | Activity Room
 Members \$49 | Non-Members \$59
 Max. 15 people
 (No class Nov. 22)

Kelli

teaches
 our
Saturday
 classes.



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: Nov. 1-Dec. 20 | 7 Sessions

12:30pm-1:30pm | Activity Room
 Members \$49 | Non-Members \$59
 Max. 15 people (No class Nov. 22)

MOVEMENT AND BALANCE WITH JENNIFER

Join us for this 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: Nov. 3 - Dec. 15 | 7 Sessions

9am-10am | Activity Room
 Members \$49 | Non-Members \$59
 Max. 12 participants

MINDFUL MEDITATION WITH VICKY

NEW!

This class will focus on bringing more awareness and connection to your breath, body, and mind in a safe, comfortable, and calming environment. There will be some gentle movements, breath awareness and different guided visualization practices each week. Our main theme will centre around our connection to the healing powers of water, the nourishment that water provides, and the peace it brings. The practice will be in a seated posture in a chair with soft music playing throughout. You will feel empowered by taking time for yourself and bringing more stillness into your life.

Mondays: Nov. 3-Dec.15 | 7 Sessions

10:15am-11am | Activity Room
 \$49 Members | \$59 Non-Members

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

CARPET BOWLING

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

Tuesdays and Thursdays

1pm-3pm | Main Hall | \$13/year

LINE DANCING

Get 'yer boots scootin' with Darlene. When you STUMBLE make it part of the dance!

Tuesdays: Nov. 4-Dec. 16 | 6 Sessions

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

7 Sessions | \$42 Members | \$52 Non-Members

(No class Nov. 11)

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: 9am-11am

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.

Reserved for ladies on Mondays: 9am-12pm

Monday - Friday: 9am-4pm

Saturdays - 9am-2pm

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



Line Dancing class enjoying some moves! Get 'yer boots scootin' with instructor Darlene.

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

Welcome to Fort Langley!

Have you tried Chair Pilates?

Pilates is known for building strength, stability, and alignment, and Chair Pilates brings these benefits into a supportive, joint-friendly seated format (with some optional standing). With attentive breathing, core conditioning, lengthening, and stretching, each class helps you feel steady, energized, and confident in daily life.

If you've enjoyed Chair Yoga, you'll find a familiar sense of flow and accessibility here—yet with a different focus. Chair Pilates emphasizes core support, posture, and controlled movement, making it a wonderful way to complement your routine or simply enjoy on its own.

CHAIR PILATES WITH GAYLENE

Thursdays: Oct. 30-Dec. 18

9am-10am | Fort Langley

St. Georges Anglican Church

9160 Church St, Fort Langley

8 Sessions

\$56 Members | \$66 Non-Members

Pre-registration required



Gaylene teaches our new Chair Pilates classes in Fort Langley

MOVEMENT AND BALANCE WITH JENNIFER

Tuesdays: Oct. 7-Dec. 9

9am-10am | Fort Langley

St. Georges Anglican Church

9160 Church St, Fort Langley

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

Pre-registration required

(No class Nov. 11)

Jennifer is our Movement and Balance Class instructor



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

Walking Group: November

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

Walking Group Leader is Al Frost:

Landline (Preferred): 604-534-1798

Cell phone: 604-240-3607

Now that Fall is here we would like to let you know that we walk rain or shine! We invite you to come out and enjoy the beautiful Autumn colours with us.



Wednesdays at 10:00 am

NOVEMBER 05

Brae Island

Meet at 9451 Glover Road

NOVEMBER 12

Campbell Valley Park

Perimeter & Ravine Trails

*Meet at 8th Avenue Parking Lot
20285 8th Avenue*

NOVEMBER 19

Walk to Sendall Gardens

via Pleasantside Creek Trail

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

NOVEMBER 26

Fort to Fort Trail

*Meet at Bedford Plaza
23285 Billy Brown Road*

Fridays at 10:00 am

NOVEMBER 07

Walk to Bryden Lagoon

*Meet at Sendall Gardens
20166 50th Avenue*

NOVEMBER 14

Derby Reach

*Meet at Campground Parking Lot
21801 Allard Crescent*

NOVEMBER 21

Meet at Derek Doubleday Arbouretum

21177 Fraser Highway

NOVEMBER 28

Noel Booth Park

20302 36th Avenue

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, November 4 | 6pm
ADRIAN'S AT THE AIRPORT**

5385 216 Street, Langley
Located at the Langley Airport
Reasonably priced food and beverages that satisfy a variety of palates: steak, pasta, seafood, schnitzels, Greek food, and more.

**Tuesday, December 2 | 6pm
DUBLIN CROSSING PUB**

18789 Fraser Highway
An authentic Irish Pub with traditional Irish Pub food. Great atmosphere and cozy interior.

This time of year, Seniors are being Celebrated and **Men's Shed Langley** wants to do our part and show you what we offer.

Join us on November 17th. at LSRS, for...

The SHED Effect

CELEBRATING THE IMPACT OF CANADA'S MEN'S SHEDS



*We'd love to see you in the
Main Hall, from 1-4 PM.
Purchase, Win or
Suggest a Project.*

Check us out, online, at: MensShedLangley.ca



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

Look at me.



I want to age at home.



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CONVERSATION, SOCIAL, AND EDUCATION PROGRAMS

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

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

MEN'S CAREGIVER SUPPORT GROUP

This support group is open to men only.

Tuesdays

1:15pm-2:15pm | Adult Day Program Building

MEN'S SHED SOCIAL GROUP

Everyone is welcome. Come join us for coffee and conversation. New to LSRS.

Tuesdays

10:30am-12:30pm | Sunroom

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

SENIOR PRIDE SOCIAL GROUP

Sorry, this group is not for allies.

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

Third Tuesday of each month

11:30am-1:30pm

Recreation & Resource Centre

QMUNITY
QUEER, TRANSGENDER & GENDER DIVERSE COMMUNITY

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

CONVERSATION, SOCIAL, AND EDUCATION PROGRAMS

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

Join us on Saturdays - 9am-2pm!

Bingo, Cards and Games, Social Lounge, Creekside Café – lots of relaxing social activities happening here.

SATURDAY SOCIAL

A self-run hangout for folks who want to chat and make connections. LSRS membership not required for Saturday Social – everyone is welcome!

Saturdays

9:00am - 2:00pm | Lounge

PHOTOS: The Saturday Social folks recently had fun on 'Hat Day'



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- Meal Preparation
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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



Monday Morning TALK SHOW

Mondays at 10:00 am
EVERYONE WELCOME!



Every month Bria Communities holds a draw for a lucky participant at the Monday Morning Talk Show. Congratulations to Judy, last month's winner. Enjoy your Baileys Irish Cream.

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

NOVEMBER 3

Brain Health

Maintain or improve your brain health! Topics include natural aging changes, dementia, and more.

Alzheimer Society

NOVEMBER 10

No Talk Show due to Remembering Our Veterans Assembly

NOVEMBER 17

Genealogy - Family History 101

Curious about your ancestry or how to begin tracing your family tree? Join us to find out how.

Kay Burns, Cloverdale FVRL

NOVEMBER 24

Energy Use & Ways To Save Energy

Learn ways to save energy with some saving tips and Fortis BC rebate programs.

Rubeena Mokha, Fortis BC

Generously
sponsored by



Bria

COMMUNITIES

BUS TRIP INFORMATION

For the safety, concern and enjoyment of all passengers, volunteers and staff, please read the following information before booking a bus trip.

Accessibility

All passengers must be physically able to do the following in order to take a trip unaided:

- Walk a minimum of 2 km.
- Be able to walk up and down the bus stairs unaided.
- Have good balance so that uneven surfaces do not become a fall hazard.
- This includes boat ramps, walks outdoors and gravel pathways.
- Not require the use of a scooter.

If you require additional support, you must bring an aide with you. Bus capacity only allows for 2 walkers on a full bus. If you have not notified LSRS that you are bringing a walker, you may not be able to bring it. Tips for the driver are not included and much appreciated.

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 7 days notice is required for cancellations/refunds.



BOOK YOUR NEXT
Journey

Multi-day Tour

**Oaxaca
& Santa Cruz - Mexico**

February 14 - 23, 2026

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

ENJOY THE JOURNEY

Langley Senior
RESOURCES SOCIETY



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

ENJOY THE JOURNEY

Langley Senior
RESOURCES SOCIETY

BUS TRIPS FOR NOVEMBER / DECEMBER

CFB ESQUIMALT NAVAL TOUR –

Tuesday, November 18

7:15am - 7:45pm | \$139 Members | \$159 Non-Members

Travel to the CFB Esquimalt Naval Base for a guided tour of the CFB Esquimalt Naval & Military Museum. A Canadian Military guide charts the rich maritime history of the naval base. Enjoy a waterfront two course lunch at Spinnakers Gastro Brewpub. Level: Easy *Additional \$36 ferry fee for 64 years and under*

PACKAGE INCLUDES:

- CFB Esquimalt Naval Base
- Military Guided Museum Tour
- Lunch Spinnakers Gastro Pub
- All Ferry Fees

ARTS WHISTLER HOLIDAY MARKET –

Saturday, November 29

8:15am - 5:45pm | \$89 Members | \$109 Non-Members

Join this tour of Whistler's original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping.

PACKAGE INCLUDES:

- Squamish Adventure Centre
- Admission donation for Arts Whistler
- 3 hours of free time

TIMBERLINE COUNTRY CHRISTMAS –

Friday, December 12

12:45pm - 7:30pm | \$119 Members | \$139 Non-Members

Catch the holiday spirit at Timberline Ranch's Country Christmas at its 73-acre Horse Ranch. This is a "linear" event, in that you will progress from Christmas activity to activity, at your own pace. Finish at the Coquitlam Christmas Night Market and Lights at Lafarge. Level: Easy

NOTE: The restaurant has requested that guests choose their dish at the time of booking. Please pre-order when you book.

PACKAGE INCLUDES:

- Timberline Country Christmas
- Match Restaurant Langley
- Covered Wagon Ride
- Coquitlam Christmas Market
- Lights at Lafarge

HERITAGE CHRISTMAS & BRIGHT NIGHTS –

Thursday, December 18

3:45pm - 8:50pm | \$79 Members | \$99 Non-Members

Begin at Surrey's most amazing Christmas lights ~ Bright Nights displays at Cloverdale Fairgrounds feature millions of sparkling festive lights. Continue to Heritage Christmas at the Burnaby Village Museum featuring a 10 acre open air site, festive lights and dinner available at Mai's Cafe, (not included). Level: Easy

PACKAGE INCLUDES:

- 1 Hour Bright Nights Ticket & Donation
- 2 Hours Heritage Christmas
- Escorted Entry
- All Fees and Taxes



Register for bus tours at the front desk, or by calling 604-530-3020
Cancellation refunds are available up to 7 days prior to trip



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- PARTIAL DENTURES
- DENTURES ON IMPLANTS
- 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

Call for a Complimentary Consultation



All Dental Plans
Accepted



FUN TIMES AROUND THE CENTRE!



The Friday afternoon Bridge Players enjoying some banter during game play



Wendy, our Manager of Community Services greets a 4-legged friend



Riley, one of our youth volunteers



Noah, part of our maintenance team carving a pumpkin

We had a great time at our Diwali Celebration!





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

Do you have a Check-With Person?

Your Check-With person can be a trusted family member, neighbour, etc.

- 1 DON'T SHARE personal information (*Social Insurance Number, Bank or Credit-Card numbers, passwords*) on first contact
- 2 STOP & VERIFY before clicking or sharing information:
 - Is this an unexpected call, pop-up, text, or email asking for money or personal information?
 - Are you being pressured with urgency?
 - > HANG UP or CLOSE Email, Message, or Pop-up Window
 - > Then contact your Check-With Person.
- 3 ASK YOUR "CHECK-WITH" PERSON BEFORE ACTING:
Say: "Let me check with my _____ first."
Or: "Can you call my _____ and explain this?"

Your "Check-With" Person _____
e.g. partner, daughter/son, trusted techie

KEEP THIS INFORMATION NEXT TO YOUR COMPUTER / PHONE



Ready to explore
**RETIREMENT
LIVING?**

Our Retirement Living Consultants can help.



BOOK A TOUR TODAY!
1-855-461-0685 | CHARTwell.COM

CHARTWELL LANGLEY GARDENS 8888 202nd Street



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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HENDERSON'S LANGLEY

FUNERAL HOME

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604-530-6488 HendersonsLangleyFunerals.com



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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

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

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

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: Thursday, November 27 Time: 10:00AM – 12:30PM

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.earslangley.com



Part of the WorkSafe BC Provider Network

“
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

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



Thank you to Michelle Van Ieperen for capturing these fun moments at the Adult Day Program!



Elvis was in the building! Everyone enjoyed the singing and many danced.

Recreation and Resource Centre

20605 51B Avenue,
Langley, BC V3A 9H1

604-530-3020 ext. 0

Mon-Fri: 9am-4pm;

Sat: 9am-2pm

Closed Sundays & Holidays

Tuk Shop Thrift Boutique & Creekside Cafe

Mon-Sat: 9am-2pm



EXECUTIVE DIRECTOR

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

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Senior Accountant**

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Junior Bookkeeper**

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Boni Thomas - on leave

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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**



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



BriaCommunities.ca

Looking for HEARING AIDS

Tired of saying “Pardon Me”?

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



SUPPORT LOCAL SMALL BUSINESSES

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



Kim Galick
EARS HEARING CLINICS

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



CALL US FOR YOUR FREE HEARING ASSESSMENT!

(604)-427-2828

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

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network

