



Langley Senior
RESOURCES SOCIETY

\$2

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

In the Loop

OCTOBER 2025



Monster Mash

Wear your costumes, dance, enjoy some witchy entertainment!

page 14

Fort Langley

We have new classes and groups moving in.

pages 18, 19, and 30

Holiday Craft Market

Bigger and Better for 2025!

page 15

Sovereign Medal

Has been awarded to two LSRS members!

page 10

Congratulations to our BC 55+ Games Competitors & Medalists!

read more on page 11

New Program Registration starts 9am Mon, Oct. 6 - Members / Thurs, Oct. 9 - 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



OAKWYN 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.



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(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

**Happy National
Seniors Day!**
Wed, Oct. 1
see page 9

PLEASE NOTE:
**Our Centre will be
closed on for
Thanksgiving**
Monday, October 13
Happy Thanksgiving!



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

The theme this month is gratitude - one of my favorite words! October kicks off with National Seniors Day - an opportunity to celebrate and be grateful for seniors in our community. LSRS is pleased to host one of Canada's most vibrant seniors, Dr. 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 truly a force of nature, and we are grateful that he will be with us on October 1. Read more about National Seniors Day on page 9. We take advantage of this grateful time of year to thank our donors for their generosity and unwavering support. Bonnie and I have been working hard to expand our circle of donors, and we look forward to honoring them this month at our annual donor recognition lunch. Through donor support, LSRS has been able to continue our evolution and build capacity to grow our programs and services.



Kate Ludlam,
Executive Director, LSRS

In partnership with McCallum Law, we will mark Make a Will Week by hosting a series of estate planning seminars. This is an opportunity to learn important information about wills, power of attorneys and medical representation agreements; wealth preservation and how to reduce and defer taxes; the duties of an executor; and the benefits of including charitable giving in your estate plan. Learn more about these free sessions and how to register on page 45.

I'd like to acknowledge our amazing Adult Day Program team. Every day, they bring their caring hearts and commitment to their work and provide a variety of meaningful therapeutic and supportive services to our clients and their families during what can be a very difficult journey. I am so proud of this team and the difference they make each and every day in the lives of our clients.

We have so much to be thankful for this year – we have made a complete recovery from our flood event, we are building new relationships and partnerships, adding new programs and services, and welcoming many new members and volunteers. A very Happy Thanksgiving and I hope you get to spend time with friends and loved ones.

"Gratitude is not only the greatest of virtues, but the parent of all the others." – Cicero

Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.
Visit her **Tues, Oct, 14 - 11:30-1:00pm**
in the LSRS Lounge



KIM GALICK | 604-427-2828 • earslangley.com
EARS HEARING CLINICS | 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

NOVEMBER 3

Haven't you always wanted to learn to play the
Ukulele?
Now's your chance!
See page 24 for more information

NOVEMBER TBA

Join us for
Movember Men's Health
You won't want to miss this one!
Details to follow

NOVEMBER TBA

Everyone's favourite:
Flu Shot Clinic
Here at the Recreation and Resource Centre

NOVEMBER 19

Save the Date!
Pub Lunch
11:30am-1:30pm
Wed. Nov. 19
details to follow

UPCOMING EVENTS

Save the Date for our
November Pub Lunch
Wed, Nov. 19
Details to follow.

We will be closed
November 11th
Please join us on
November 10th
as we honour
our veterans
Details to follow.



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 oompah 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
Braised Cabbage
Market Beer

SOLD OUT!
But we have a waitlist.
Contact the front desk to
add your name.

Langley Senior
RESOURCES SOCIETY

LEARNING EVENT: Frauds & Scams



Join us for this presentation with Seniors First BC to learn more about frauds and scams, the tools that fraudsters use, common schemes targeting elders and older adults, safety strategies, and resources to consult if someone you know has been scammed!

Everyone is welcome – pre-registration required

Thursday, October 23 | 12pm-1pm
Langley Senior Resources Centre
Caregiver Support Group

For more information and to sign up, please contact Karn Sahota at Karn@lsrs.ca





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



Colin Harty R.D.
Denturist

Adam Wejkszner R.D.
Denturist

Darren Sailer R.D.
Denturist

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Accepted



National Seniors Day is October 1

About National Seniors Day

Every year on October 1, Canadians pay tribute to all seniors who have helped shape our country and who continue to enrich our lives every day.

Why celebrate seniors

Older people have made-and continue to make-a profound contribution to Canada: at home, in communities and as part of the workforce. They represent a large and growing proportion of our population.

We can all think of a senior who has made a difference in our lives. They are our mentors, teachers, grandparents and loved ones. They are volunteers and role models. They have contributed generously, building our families, communities, workplaces and country.

Why get involved

National Seniors Day is an opportunity to recognize the important role seniors play in our society. It's also a great way to connect with the community, network with contacts and raise awareness of issues that matter to seniors.

Did you know

On December 14, 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons.

In Canada, the first National Seniors Day was celebrated on October 1, 2011.

October 1 is the day Canadians come together as a country to celebrate seniors.



Canada

Canadians born before 1945 contribute greatly to their communities through volunteering. In fact, they contribute the most volunteer hours on average, at 222 hours per year.^{Footnote3}

How to Celebrate National Seniors Day

National Seniors Day is your chance to do something special for the older people in your family, workplace or community. How you celebrate is up to you. However, if you choose to celebrate National Seniors Day, make sure your first consideration is the seniors themselves.

Simple ideas to celebrate

There are plenty of ways you can celebrate National Seniors Day. For example, you could reach out to a senior who plays an important role in your life via a phone or video call. You could also host a family game night or dinner with the seniors in your family. Or it can be as simple as just saying thank you to older people for what they do for you every day.

CONGRATULATIONS!

Carol Metcalfe and Joan Brown

recipients of the Sovereign's Medal for Volunteers – Governor General of Canada



Carol Metcalfe, left and Joan Brown, right are both recipients of the Sovereign's Medal for Volunteers

The Sovereign's Medal for Volunteers recognizes living Canadians who have made a significant, sustained and unpaid contribution to their community, in Canada or abroad. Non-Canadians are also eligible if their contribution brings benefit or honour to Canadians or to Canada. Only 61 of these medals were awarded across Canada in 2025.

We are proud of two members of LSRS who were awarded the Sovereign's Medal for Volunteers this year. You may recognize Carol Metcalfe and Joan Brown from around the centre where they enjoy taking part in Stacey's Active Chair Yoga classes. They also like to attend the special event dinner dances, and pub lunches.

Carol is a long-time volunteer with the Langley Care Society which is the governing body of the non-profit Langley Lodge. She has taken on a variety of roles, including as a director, and has been a leading force with the Lodge's fundraising.

On top of her outstanding work with the Langley Care Society Carol also finds time to knit scarves for Langley Meals on Wheels, and the Aldergrove Rotary Starfish Program – approximately 200 scarves annually Joan Brown was a long-time volunteer with the Canadian Cancer Society - BC & Yukon Division. As a cancer survivor herself, Joan provided invaluable support to others going through a similar cancer diagnosis, and also provided transportation for treatment as needed. Joan also spent many years volunteering with the Langley Memorial Hospital Auxiliary in a variety of roles with the gift shop and also served as a board director. Joan played a key part in the renovation and expansion of the gift shop – the updates resulted in an increase in revenue which helped purchase much needed hospital equipment.



55+ BC Games

Congratulations to our members who attended the games in Nanaimo

The 55+ BC Games are more than just a series of tournaments—they're a true multi-sport event that brings people together from across the province. Competition is at the heart of the Games, but the experience goes beyond the playing field. From the excitement of the Opening Ceremony to special events and social gatherings, Games Week is about connecting with others, celebrating achievements, and embracing the full spirit of the Games.

The British Columbia 55+ BC Games were held in Nanaimo from September 9–13, 2025.

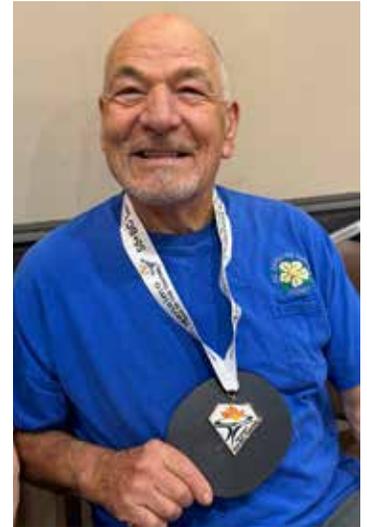
This year's Games attracted over 2,700 participants.



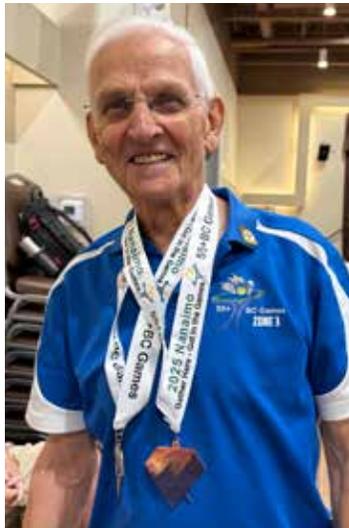
Bill Pike
Cribbage
SILVER



Arlene Pike
Table Tennis
GOLD - Doubles,
with Alice Kennedy



Nicolas Von Zill
Table Tennis
SILVER - Doubles with
Wayne Markel



Wayne Markel
Table Tennis
SILVER - Doubles with
Nicolas Von Zill;
BRONZE - Mixed Doubles
with Alice Kennedy



Alice Kennedy
Table Tennis
GOLD - Doubles with
Arlene Pike
BRONZE - Mixed Doubles
with Wayne Markel
SILVER - Singles 80+



Ron Trainor
Snooker

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





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

FREE EVENT: EVERYONE WELCOME!

FRIDAY, OCTOBER 31 – 2PM-4PM

MONSTER MASH

WEAR YOUR COSTUME!

MUSIC & DANCING!

BRING YOUR GRANDCHILDREN!

EVERYONE WELCOME!



Prizes for
Best
Costumes!

THE FORT LANGLEY
DANCING WITCHES
WILL BE PERFORMING
AT 3PM!



Spooky
Snacks &
Beverages



Langley Senior
RESOURCES SOCIETY

FREE EVENT!

HOLIDAY CRAFT MARKET – BIGGER AND BETTER FOR 2025!

HOLIDAY CRAFT Market



Saturday, November 22
9:30am-3pm
Admission by donation

Volunteers – and sisters – Lee and Lynn once again have the Holiday Craft Market on track to be another superb event – 2025 will be bigger and better than ever!

This will be the third year the sisters have taken charge of the popular market, building on connections with vendors, volunteers, and others to improve what was already a great event.

Vendor tables were booked well in advance due to the success of last year's market. There will be many returning vendors along with fun new additions.

This year is going to be huge – over 30 vendors will be here with Christmas Items, baked goods, jewelry, quilts – Sue Smith will be back with her handcrafted gnomes too!



Among the new vendors, popular local author Bruce Kilby will be here, with his new book series for young adults. Another new vendor will be a small batch craft distiller from Dewdney – Dragon Mist Distillery.

There will be raffle prizes, opportunities to shop at the one day Tuk Shop Holiday Thrift Boutique, breakfast and lunch specials at the Creekside Café, and perhaps even Santa will there!

HEALTH & WELLNESS CLINICS

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, October 14

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, October 27

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, October 11
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

Caregiver & Life Challenges Support Group

Not every struggle is the same—and not every challenge is dementia-related. The Langley Senior Resource Centre is now offering a weekly support group in Fort Langley for caregivers, family members, and community members facing a wide range of life challenges that are non-dementia related.

This group is a safe, understanding space for anyone who needs connection, encouragement, and a listening ear. Whether you're coping with stress, grief, health concerns, caregiving responsibilities, or just the ups and downs of life, you'll find support here. This group is led by a Certified Facilitator.

What to Expect

- A welcoming, non-judgmental environment
- The chance to share your story—or simply listen
- Helpful tools, resources, and encouragement
- A community that understands

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

Tuesdays | 10:30 – 11:30 AM

St Georges Anglican Church
9160 Church Street, Fort Langley

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

Discover a place where men can come together, share their skills, and form meaningful connections.

Men's Shed Langley offers a supportive environment where you can avoid isolation and contribute to the betterment of our community. Join us in advocating respect, decency, and friendship.

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



www.mensshedlangley.ca

The LSRS Bread Basket

COBS BREAD

**Next LSRS BREAD BASKET DATES:
Tuesdays: October 7 & 21**

**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

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: October 6
October through December, regular schedule is first Monday of the month.
FUTURE DATES:
Nov 3, Dec 1 | 1:00 pm-3:00 pm
MAKE A WILL WEEK: See page 45

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



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.

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Web: www.fvrl.ca/library-you

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MEET OUR VOLUNTEERS OF THE MONTH



Jan

Jan spent her working career with Veterans Affairs Canada where the majority of her clients were seniors. She didn't often have the time to listen to the stories the Seniors wanted to share so is very happy to be in a place where she can interact better now that she is volunteering. She appreciates having the opportunity to hear the seniors' stories and validate them.

Jan often lends her expertise helping seniors with government forms such as pension, and income tax but volunteering with the Farmers Market has been gratifying as well. She finds that volunteering overall is a great way to have a short visit and provide a greatly appreciated service.



Gail

Gail volunteers not only with the Community Farmers Market Team, but also as a volunteer driver. She has been a volunteer driver for 10 years, and has 4 years with the Farmers Market team. Originally from Lillooet, she moved to Langley 14 years ago. The small town atmosphere suits Gail's outgoing nature and she quickly discovered a welcoming community at the Senior Resources Society.

Despite some recent accidents Gail is back on her feet and back volunteering at full force. Upon meeting Gail you quickly realize nothing slows her down — we are happy to have her back with us!

Seasonal Items at the Thrift Boutique

Whether shopping or donating, keep us in mind!

Are you are looking for inspiration to look through your Christmas list early this year? Now is a great time to make a list of things you will need to replace, and to box up the items that no longer suit your needs.

The LSRS Tuk Shop Thrift Boutique will be expanding into the Sun Room with seasonal items during the Holiday Craft Market on November 22nd. Serving dishes and utensils, gently used decor, table linens, and more will all be on shopper's lists. We are volunteer operated and staffed, all money goes directly back to helping our senior community. Donations are accepted Monday-Friday from 9am-4pm. Assistance is available for heavier items.

You don't need to be a member or even 50+ to shop or donate to the Tuk Shop. We welcome new buyers and donators. Help us spread the word! Let your friends and neighbours know that our Tuk Shop is open to everyone.

We always need donations: good condition, clean clothing & accessories, and housewares. We cannot accept large furniture due to space limitations and no electronics please.

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.

WEDNESDAY OCTOBER 8, 1:00pm - 2:30pm

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



MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT



Arnie's Bistro



BELLEVUE PARK

— SENIOR LIVING —

Your Day. Your Way.

*“I should have
done this sooner!”*



5-Hole Putting Green

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.



Beautiful, Spacious Apartments

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.

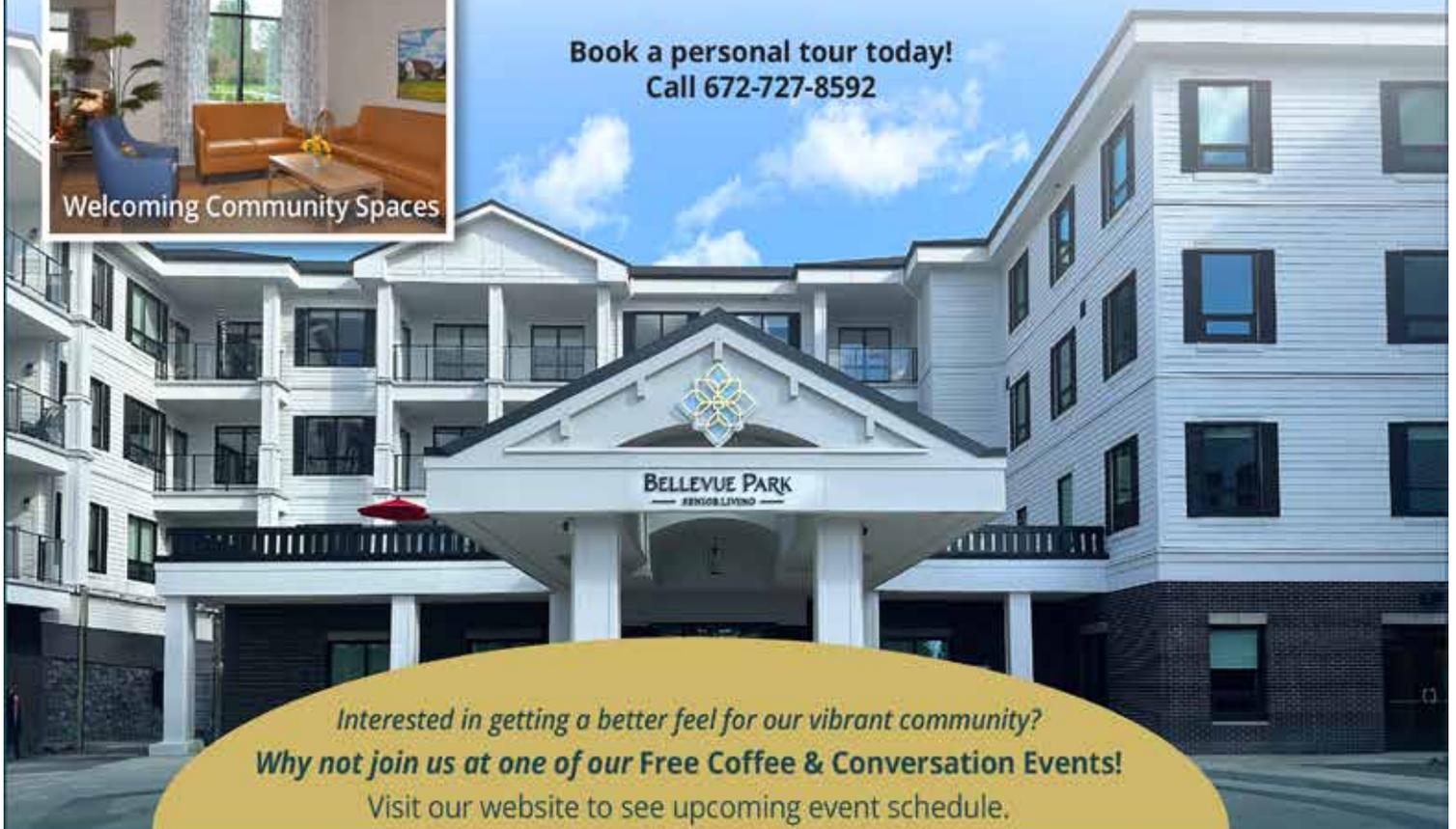
Rediscover the joy of living with peace of mind, knowing everything you need is at your doorstep. Say goodbye to worries and hello to simplicity, comfort and freedom.

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



Welcoming Community Spaces

**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).

September's Dinner & Dance in photos



Alyssa Nielsen put on a spectacular performance with some classic summer tunes



Guess who is waiting for the dancing to start!



Fabulous Chicken Buffet



Can't beat a summery cocktail... don't forget the umbrella!



Another sold out event!



Enjoying a nice evening out!



Lots of smiles and fun all around!



Cheers!

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: 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

NEW!

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.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 with Stacey**
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 Stacey**
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



Vicky
will be guiding our Mindful Meditation classes on Mondays starting November 3. Read more on page 29

Gardening Circle

Meets seasonally
Monday to Friday
See page 31 for more information



Stacey
leads our weekday classes. Read more on page 28

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

Saturday

- Saturday Social**
9am-2pm pg.27
- Snooker**
9am-2pm pg.29
- Card & Board Games**
9:15am-1:45pm pg.25
- Table Tennis**
9:00am-11:00am pg.29
- 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-1pm pg.25

Kelli

teaches our Saturday classes. See details on page 29



We have Fitness classes in Fort Langley at St. George's Anglican Church! See page 30 for details



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)

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)

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.

Saturday, October 11

10:30 -12:30 | Wellness Room
 Free
 Please register at Front Desk for an appointment.

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: Sept. 8- Oct. 27 | 7 Sessions

9am-10am | Activity Room
 Members \$49 | Non-Members \$59
 Max. 12 participants (No class Oct. 13)

MINDFUL MEDITATION WITH VICKY



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

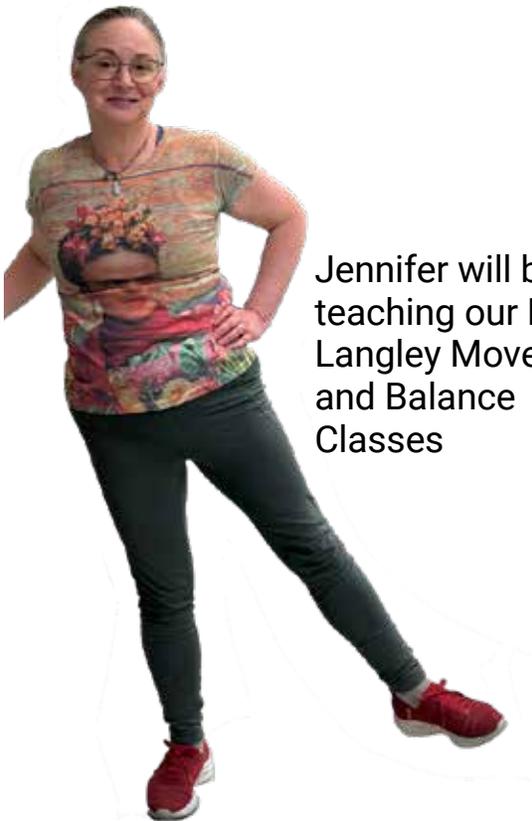
LSRS membership is required to participate in these programs, except where noted.

We have new offerings in Fort Langley!

The LSRS is happy to announce that we have secured space at St. Georges Anglican Church in Fort Langley for some new fitness classes, and also two new caregiver support groups!

Many of our seniors live on the north side of the freeway and find the Fort Langley location more accessible. There is parking outside the church and plenty of street parking.

St. Georges Anglican Church is at 9160 Church Street, Fort Langley. Below are the two fitness classes that are at Fort Langley. Information on the new caregivers groups are on pages 18 and 19.



Jennifer will be teaching our Fort Langley Movement and Balance Classes

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)

NEW!

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

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)



The Silver Dancers performance in our Lounge in September

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



Test Your Canadian Trivia Knowledge!

Which of the following is false?

- A. St. Paul, Alberta is home to the world's first UFO landing pad.
- B. In the winter the Rideau Canal in Ottawa becomes the world's largest skating rink.
- C. While vacationing in Barbados in 1965, future Prime Minister John Turner saw former Prime Minister John Diefenbaker struggling in the ocean and pulled him safely to shore.
- D. The Beatles performed their first North American show at Crescentwood Community Club in Winnipeg.

Did you get it right? Answer on page 36

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

Walking Group October Schedule

Enjoy treks through the beautiful trails in the City and Township of Langley. The walks take approximately one hour and the distance varies from 3.5 to 5 kilometers. Walking Group Leader is Al Frost:

Landline (Preferred):
604-534-1798

Cell phone: 604-240-3607



WEDNESDAYS at 10am

OCTOBER 1

Langley Regional Park

224th Street & approx. 5th Avenue

OCTOBER 8

Walk to Sendall Gardens via Pleasantdale Creek Trail

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

OCTOBER 15

Brae Island

Meet at 9451 Glover Road

OCTOBER 22

Langley Lane Greenway

*Meet at North Langley Comm. Church
21015 96th Avenue*

OCTOBER 29

Campbell Valley Park

*(Ravine trail, some hills)
Meet at 8th Avenue Parking Lot
20285 8th Avenue*

FRIDAYS at 10am

OCTOBER 3

BRYDEN LAGOON

*Meet at Portage Park
204th Street and 51A Avenue*

OCTOBER 10

Meet at Derek Doubleday Arboretum

21177 Fraser Highway

OCTOBER 17

Fort to Fort Trail

*Meet at Bedford Plaza
23285 Billy Brown Road*

OCTOBER 24

Noel Booth Park

20302 36th Avenue

OCTOBER 31

Derby Reach

*Meet at Campground Parking Lot
21801 Allard Crescent*

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, October 7 - 6pm

LANGLEY VIETNAMESE CUISINE

5521 203 Street

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

Tuesday, November 4 - 6pm

DUBLIN CROSSING PUB

18789 Fraser Highway

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



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



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



6 Star Cleaning

20586, 51A Ave, Langley, BC

(778)885-3583 / (778) 723-3583

Email: 6starcleaning6@gmail.com



CONVERSATION, SOCIAL, AND EDUCATION PROGRAMS

LSRS membership is required to participate in these programs, 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

Need Quality In-Home Care?

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



Nurse Next Door®
home care services

778-600-0680

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

NEW SUPPORT GROUPS IN FORT LANGLEY

See pages 18 and 19

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, AND TWO-SPIRIT RESOURCE CENTRE

Test Your Canadian Trivia Knowledge!

Which of the following is false?

- A. The first internet search engine, Archie (Archive without the V), was created by a graduate student at McGill University
- B. Moose can be found in every province or territory except for PEI.
- C. After her coronation, Queen Elizabeth's first international visit was to Canada, to attend the inaugural performance at the now world-renowned Stratford Festival.
- D. A 'bunny hug', another name for a hooded sweatshirt, is a term used in some parts of Canada.

Did you get it right? Answer on page 36

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



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



Test your Canadian Trivia Knowledge
Answer to page 31 test is D
Answer to page 35 test is C

Home Support Tailored To Your Individual Needs



We offer:

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- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
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FREE In-Home Consultation

ICBC Claims Accepted



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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!**

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

Generously sponsored by



OCTOBER 6

A Visit to India

Come join us and see all the wonders of India.

Brian Antonson

OCTOBER 13

Happy Thanksgiving!

The Centre will be closed for the holiday

OCTOBER 20

What is Senior Cohousing?

Learn all about cohousing and its benefits.

Alan Carpenter

OCTOBER 27

On The Trail 50 Years of Engaging with Nature

Learn how the book came about.

Lilianne Fuller, Author

Facing unexpected expenses in your retirement?

Your home is your biggest asset.

Why not use the equity in it?

The CHIP Reverse Mortgage can help with:

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



Gaby Olson
604.897.0197

golson@dominionlending.ca
gabyolson.ca

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

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

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

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 OCTOBER /NOVEMBER

A DAY IN VICTORIA – Monday, October 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
- Restaurant recommendations

HARRISON RIVER SALMON RUN – Friday, October 17

7:30am - 5:00pm | \$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

COQUIHALLA CANYON PARK – Tuesday, October 28

8:30am - 5:00pm | \$109 Members | \$129 Non-Members

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by The Othello Tunnels offering some of BC's most beautiful landscapes. Join an escorted flat 3.5 km return walk through the newly reopened 4 tunnels and enjoy a lunch at the local restaurant Home. Afternoon refreshments are served at Bridal Falls. Level: Moderate

PACKAGE INCLUDES:

- Escorted Walk Othello Tunnels
- Lunch at Home Restaurant
- Bridal Falls Afternoon Refreshments

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



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

TIM'S BITS WOODCARVERS



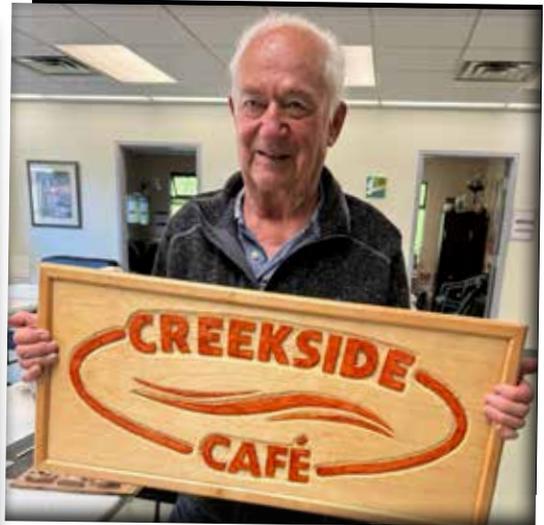
There is some fine things happening in this group. Intricate spoons, 3D wildlife carving, woodburning beautiful local scenes, finding hidden faces in cottonwood bark, and more. One of the members, Bert, has even carved a new sign for the Creekside Café!



Enjoying the carving



Carving intricate spoons takes focus



Thanks Milt – it's beautiful!



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



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



Come join us in the Sunroom kitchen for **Make & Take** — a relaxed, member lead no-bake food prep program where members of LSRS share their favorite recipes that we mix up and enjoy. Whether we're making fresh salsa, layered parfaits, or energy bites, it's all about sharing laughs, learning new ideas, and taking home something tasty. No experience needed. There is a \$5 supply fee.

DRY SOUP IN A JAR

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!

Tuesday, October 21

11am-12:30pm | Sunroom

Tuesday, October 28

11am-12:30pm | Sunroom

\$5.00 each | Limited Registration

Due to demand we have added a second date for Dry Soup In A Jar!



CREATIVE BOOKMARKS

Join Caroline as we create an attractive bookmark. Come and join us in a cozy setting as we learn some intriguing designs and patterns leading to the creation of a bookmark. You will learn a variety of patterns which can be used in other ways such as making greeting cards. No experience necessary. This *Make & Take* will require 2 sessions to complete your bookmarks. Please bring:

- A black HB or B pencil
- A notebook
- If you wear reading glasses you will need to bring them

We will supply the other materials.

November 18 & 25

1pm-2:30pm | Sunroom

\$5.00 each | Limited Registration





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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MEMORIAL

∞ LIFE WELL CELEBRATED[®] ∞

HENDERSON'S LANGLEY

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 HendersonsLangleyFunerals.com



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

UPCOMING EVENTS

MAKE A WILL WEEK – October 7-10

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. Register early as sessions are popular and fill quickly.

PLANNING 101

Taking it Back to the Basics
October 7 | 10am-11am
Free | Register at front desk

PLANNING 102

Wealth Preservation
October 8 | 10am-11am
Free | Register at front desk

PLANNING 103

Guide for Executors
October 9 | 10am-11am
Free | Register at front desk

PLANNING 104

Your Legacy Your Way
October 10 | 10am-11am
Free | Register at front desk

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

“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.



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 Leperen 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

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

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Senior Accountant

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Junior Bookkeeper

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bookkeeper@lsrs.ca

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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**

Celebrate National Seniors Day with Free Pie

DRIVE-THRU PIE GIVEAWAY

It's as simple—and delicious—as it sounds: pull up in your car, roll down your window, and if you're 65+, a Bria Communities Executive Chef will hand you a freshly baked pie to enjoy this Thanksgiving weekend!

Each pie is made in-house from scratch, featuring flaky crusts and bursting with sweet, local blueberries.

At **Sunridge Gardens** (22301 Fraser Hwy), Chef Roger is giving away 75 of his masterpiece: **Blueberry Bliss Mascarpone Pie**—a tangy and creamy blend of mascarpone and blueberries nestled in a golden crust.

At **Magnolia Gardens** (5840 Glover Rd, Langley), Chef Scott is offering 75 **Blueberry Sour Cream Streusel Pies**—a luscious sour cream custard swirled



Chef Roger's Blueberry Bliss Mascarpone Pie

with plump blueberries, topped with a buttery, sweet streusel.

The first 75 seniors to drive through each location on **Friday, October 10 at 2 pm** will receive a free 8" pie!

A few simple requests: No early birds, please. One pie per household. And choose just one location and one pie, so there's enough to go around.

Find out more: BriaCommunities.ca/pie



Chef Scott's Blueberry Sour Cream Streusel Pie



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

