

# In the Loop

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

DECEMBER 2025 : \$2



## OUR HEARTS ARE FULL

**Santa to a Senior — Success!**

**almost 200 Seniors Helped!**

**'Twas the Week Before Christmas**

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**Make & Take Bone Broth**

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**Santa to a Senior**  
page 10

**'A Gift of Music'**  
presented by  
LSRS Choir  
and Friends  
page 38

**Even more Fort Langley Programs**

pages 36

**Big Registration Edition!**  
January - March program  
registration starts:  
9am, Mon, Dec. 1 for Members  
& Thurs, Dec. 4 for 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



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



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## LSRS: STAFF DIRECTORIES

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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

## HOLIDAY HOURS:

**Christmas Eve**  
 Wed. Dec. 24 ..... 9am-12pm

**Christmas Day**  
 Thurs. Dec. 25 ..... CLOSED

**Boxing Day**  
 Fri. Dec. 26 ..... CLOSED

Sat. Dec. 27 ..... 9am-2pm

Sun. Dec. 28 ..... CLOSED

Mon. Dec. 29 ..... 9am-4pm

Tues. Dec. 30 ..... 9am-4pm

**New Year's Eve**  
 Wed. Dec. 31 ..... 9am-12pm

**New Year's Day**  
 Thurs. Jan. 1 ..... CLOSED

Fri. Jan. 2 ..... 9am-4pm

Sat. Jan. 3 ..... 9am-2pm

# 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.

## 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 the year draws to a close, I am filled with gratitude and joy for all that we've shared together in 2025. We hope you will take pride in our win at the recent Greater Langley Chamber of Commerce Business Excellence Awards where LSRS was named Langley's "Non-Profit of the Year"!



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

This incredible honour belongs to everyone – our staff, members, clients, volunteers, and community partners—whose spirit, kindness, and dedication make our organization such a special place.

This December, we're keeping the celebration going with plenty of holiday activities. We kicked off the festivities on November 22 with our annual Holiday Market which saw hundreds of shoppers getting an early jump on their Christmas shopping.

Our 2025 *Season to Share* holiday fundraising campaign has launched as well. At this time of year, we ask members, clients and our community partners to support our efforts to help low-income and vulnerable seniors in our community. This year, you'll meet Charlotte and learn about the impact of the supports she receives from LSRS. At 94, she is a "senior" senior who needs a bit of help

to remain living safely and comfortably in her own home. The growth of the senior's population means more vulnerable seniors are turning to LSRS for assistance and donor support allows us to help them. For the third year in a row, our "Be a Santa to a Senior" initiative will bring the joy of the season to isolated seniors. With the help of volunteers and community partners, we deliver a gift and some Christmas cheer to make their season a little bit brighter – it's one of our most heart-warming seasonal activities.

Our "T'was the Week Before Christmas" tradition continues with holiday fun throughout the week including Make and Take activities, Live Music in the Lounge with special treats sprinkled throughout and even a Holiday-themed Bingo. We cap off the week with our "Christmas with Elvis" pub lunch.

I'd like to thank our incredible Board of Directors, a group of steadfast volunteers who give so much of their time to LSRS. As I reflect back on 2025, their commitment is humbling and so admirable. We are tremendously grateful for their dedication.

Let's close out this remarkable year together with laughter, friendship, and the warmth of the season. From all of us here at LSRS, thank you for being part of our wonderful community. Phil and I wish you and your loved ones a very Merry Christmas, Happy Holidays, and a joyful New Year!

## Looking for HEARING AIDS



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

**KIM GALICK**  
EARS HEARING CLINICS

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



Proudly Canadian,  
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& Operated!



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

# REMINDER: Membership Renewals are now open!

Talk to our friendly front desk volunteers in person or by phone and get ready for a bright 2026 full of fun, educational, and recreational programs at LSRS!

*New to LSRS Membership? Check out the benefits and join up for the year!*

\*Note: Club fees for 2026 are due as well. See individual club description for amount



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

Memberships \$67.00 (including GST) per year (Jan-Dec). Renewals start end of November 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 \$28,000 (single) or \$34,000 (couple) may be eligible for a membership subsidy from the City of Langley and the Township of Langley.

Please call Janet at 604-530-3020 ext. 312 or email [janetm@lsrs.ca](mailto:janetm@lsrs.ca).



### 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!*

Thank you to the City of Langley, and the Township of Langley for your support.



## LSRS BOARD OF DIRECTORS

Our Board of Directors serves as the guiding force behind LSRS, bringing together 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.



Left to right: Sherry Tingley, Loretta Solomon, David Chapates, Marlene Best, Lorna Dysart. Missing: Michael Chang

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

## Your Local Pharmacy That Provides EXCEPTIONAL SERVICE at the Guaranteed Lowest Cost



Great care shouldn't come at a high cost. That's why we guarantee the lowest prices on prescriptions and over the counter products backed by friendly, personal service and **free home delivery** anywhere in Langley.

Whether it's a custom compound, prescribing for a minor health condition, or just a refill-we make pharmacy care easy, local, and affordable



### MedMix Compounding Pharmacy

Unit 120-7920 St. Langley BC V2Y 3X1

Tel 778-366-4554 Fax 604-909-1787

Email [pharmacy@mymedmix.ca](mailto:pharmacy@mymedmix.ca)

Website [www.mymedmix.ca](http://www.mymedmix.ca)



## A Holiday Message from Mayor Eric Woodward Township of Langley



As the holiday season approaches, I want to extend my warmest wishes to all residents of the Township of Langley and to the members of the Langley Seniors Resource Society (LSRS).

The holidays are a time for connection, reflection, and gratitude. It affords us a moment to pause and appreciate the people, places, and moments that make our community truly special. Here in Langley, we are fortunate to live in a place where neighbours look out for one another, where volunteers give their time, and where local organizations like LSRS continue to make a real difference in people's lives.

Throughout the year, LSRS plays an important role in keeping our seniors active, engaged, and connected. The programs, activities, and friendships that grow here bring joy and belonging to so many and they reflect the very best of what community means. On behalf of the Township of Langley, thank you to the LSRS team, your volunteers, and your members for your dedication and all you do for our community every day.

As we look ahead to 2026, I remain proud of how far we've come together. We've made real progress on projects that strengthen our neighbourhoods, support families and youth, and ensure Langley remains a place where people of all ages can thrive. But I know there is so much more we can do, especially for seniors, and I am actively working to find more programming space for LSRS in different areas of our community, especially Willoughby.

I hope this holiday season bring you happiness and time spent with loved ones. Whether you are celebrating with family, enjoying one of the many great community events we have, or simply taking a quiet moment to reflect, I hope the spirit of the season fills your heart and home.

From all of us at the Township of Langley, happy holidays, and best wishes for a healthy and joyful New Year.

Warm regards,

Eric Woodward, Mayor, Township of Langley

# 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 is going on right now – let's make this year the brightest! Pick up your Season to Share fundraising package if you haven't already, and read how your donations have helped our senior community. *Together, we can create a stronger, more supportive community for Langley's seniors.*



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

### Three Ways to Give

1. online at [lsrs.ca](http://lsrs.ca)
2. call 604-530-3020
3. visit 20605 51b Ave, Langley



## “It takes a community to help a senior!”

~ Wendy Rachwalski, Coordinator for Santa to a Senior (and Manager of Community Services)

This year we had close to 200 seniors being helped with our annual **Santa to a Senior** initiative after we closed off applications in November. Thanks to overwhelming support from our community partners, volunteers, and local businesses, we are fulfilling Christmas wishes for all.

We could not do this alone, this is a community event and the support we get from the community is overwhelming. Everyone wants to help and we love it!

I have a saying that I like – “*It takes a community to help a senior!*” This has proven to be especially true during this Christmas season.

I would like to express our gratitude to everyone who came together to make this possible.

- We couldn't pull this off without our incredible volunteers who phone seniors for wish lists and help wrap gifts
- One volunteer is working with some friends to make a Christmas card for every senior
- Several volunteers/members of LSRS are making Christmas crackers for seniors
- Inclusion Langley – assisting with a majority of our deliveries and also making cards for the seniors
- Westminster Lift Truck
- RCMP-Integrated Forensic Identification Services
- Langley-Willowbrook MLA Jody Toor
- London Drugs
- MacCallum Law Group
- Local community members who pitch-in as needed
- Beta Sigma Phi – Langley Chapter – Gamma Beta Master
- Cascades Casino staff
- Soroptomist International of the Langleys
- Wrapping helpers: Magnolia Gardens & Sunridge Gardens
- and so many more!

**APPLICATIONS FOR SANTA TO A SENIOR ARE NOW CLOSED FOR 2025**

### SAVE THE DATE

DECEMBER 9

Holiday (Ugly?)  
Sweater Day!  
Show off your  
favourite festive  
sweater!

DECEMBER 23

Holiday Hat Day!  
We know you've  
been saving it all  
year just for Dec. 23  
at LSRS

JANUARY 14

Our first Pub  
Lunch of 2026!  
Entertainment by  
Caviar & Lace

JANUARY 22

Bard in the Valley  
*Macbeth*  
opens at LSRS!  
Tickets on sale now

## MAKE AND TAKE



### BONE BROTH

#### *French Onion Soup – Comfort in a Bowl*

Join Holistic Nutritionist Janice Doerksen for a cozy, hands-on class and learn to make rich, nourishing French Onion Soup from scratch. Discover simple techniques for deep flavor using wholesome ingredients. Each participant receives a jar of homemade bone broth to take home for future soup-making.



**We will supply the other materials.**

**Tuesday, December 9**

11am - 12:30pm | Sunroom

\$10.00 per person | Limited Space – Max. 20 people

## 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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# Brookwood Denture Clinic Ltd.

## DENTURE AND IMPLANT SOLUTIONS

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A+ Rating!

### OUR SERVICES INCLUDE:

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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

**604-530-9936**

102 – 20103 40th Avenue, Langley

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

Open Monday to Friday

*Call for a Complimentary Consultation*



All Dental Plans  
Accepted





'twas the Week Before Christmas...

JOIN US DECEMBER 15-19

Let's get together and enjoy some festive fun! Everyone Welcome!

sponsored by

**amplifon**

Hearing Care Experts

- MONDAY, DECEMBER 15 -

**10:00-11:00am**

Sunroom

**Monday Morning Talk Show**

Origins of Christmas with Brian Antonsen

**11:00-1:00pm**

Lounge

**Holiday Fun in the Lounge**

No Fee - Food Bank Donations gladly accepted

**1:00-2:00pm**

Lounge

**Live Music in the Lounge**

- TUESDAY, DECEMBER 16 -

**11:00-1:00pm**

Lounge

**Holiday Fun in the Lounge**

No Fee - Food Bank Donations gladly accepted

**1:00-2:00pm**

Lounge

**Live Music in the Lounge**

- WEDNESDAY, DECEMBER 17 -

**10:00-11:30pm**

Lounge

**Holiday Bingo!**

Wed. Dec. 17  
is  
Pajama Day!

**11:30-1:00pm**

Lounge

**Christmas Story by the Fire**

Enjoy a hot chocolate while listening to Langley's own Jim McGregor!

**1:00-2:00pm**

Lounge

**Live Music in the Lounge**

- THURSDAY, DECEMBER 18 -

**11:00-1:00pm**

Lounge

**Holiday Fun in the Lounge**

No Fee - Food Bank Donations gladly accepted

**1:00-2:00pm**

Lounge

**Live Music in the Lounge**

- FRIDAY, DECEMBER 19 -

**11:30-1:30pm**

Main Hall

**Pub Lunch**

Featuring Johnny Elvis

**Help us fill the sleigh for those in need!**

We are accepting Food Bank Donations all week

Drop off non-perishable items any time this week.



# Christmas Dinner & Dance



**Wednesday  
December 10  
4:30-8:00pm**

**Featuring  
Six Gun  
Romeo**

**Traditional  
Turkey Dinner  
with all your  
favourites!**

**Order your  
tickets now!**

**Tickets available at the front desk or by phone: 604-530-3020 ext. 0**



**Langley Senior**  
RESOURCES SOCIETY

**LSRS Members \$45.00 | Non-Members \$50.00**

# PUB LUNCH

Friday, December 19

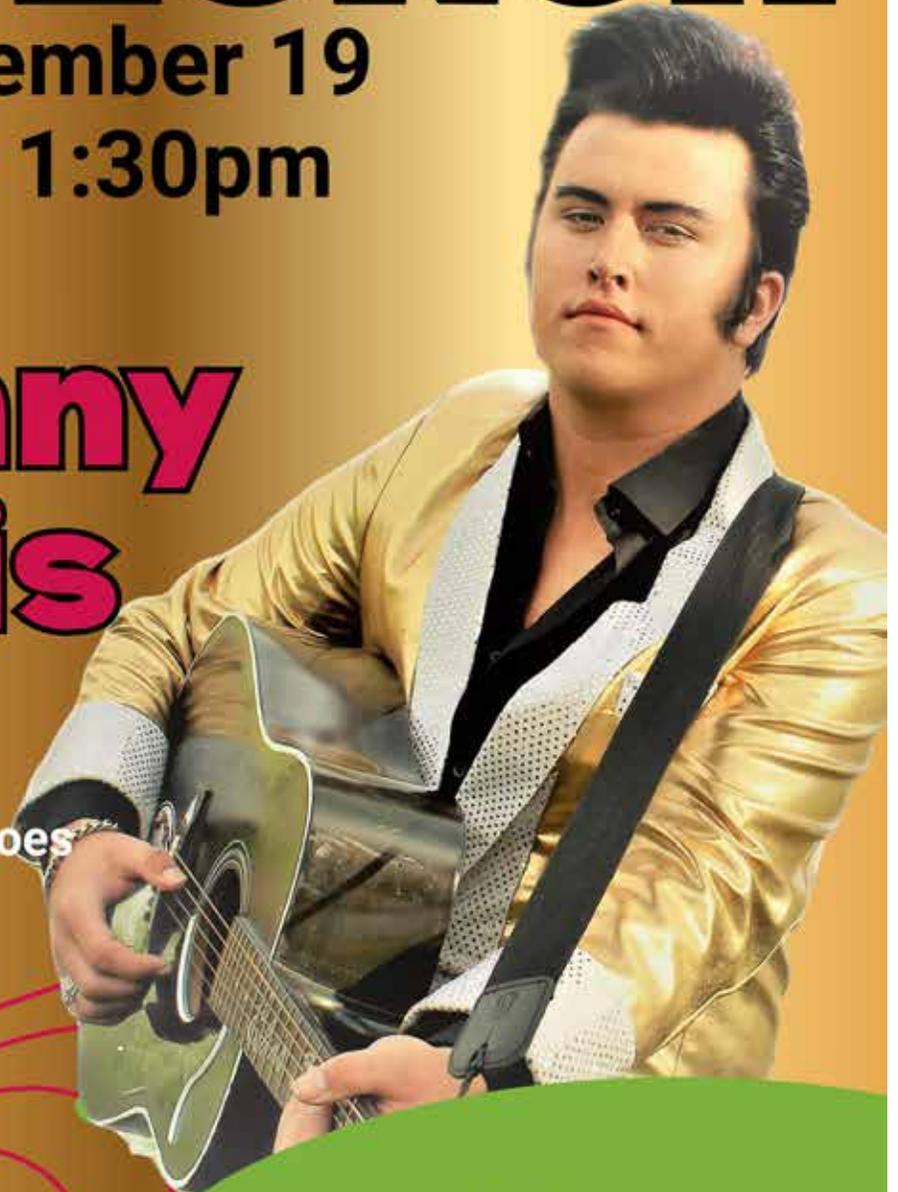
11:30am - 1:30pm

Featuring

# Johnny Elvis

MENU:

Baked Ham  
Scalloped Potatoes  
Veggies  
Fresh Buns  
Dessert



Get your tickets now!  
at the LSRS Front desk,  
or phone 604-530-3020  
LSRS Members \$25  
Non-Members \$30



Langley Senior  
RESOURCES SOCIETY

20605 51B Avenue, Langley | [lsrs.ca](http://lsrs.ca) |

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

## 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, December 9

11:30am-1pm

No appointment necessary



## FOOT CARE CLINIC

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, 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

## MINOR AILMENT CLINIC

Medmix Compounding Pharmacy will be offering a minor ailment clinic here at LSRS in the wellness room where they can treat and prescribe for minor ailments. Clinic is no charge and open for everyone. Call front desk for an appointment.

Tues., Jan. 6 | 10am-2pm

## 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, December 29

Call our front desk to book: 604-530-3020

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

Members and Non-Members  
welcome



## 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, December 6  
10:30am -12:30pm  
Wellness Room

Free | Members Only

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**

## NEW VAN IS ON THE ROAD – THANK YOU!

### Thank you to everyone who contributed to our new van!

We are grateful to the incredible generosity of our supporters who helped us purchase a much needed van. Our last van suffered a roadside breakdown which was not repairable. The van is used to transport food from our LSRS kitchen to the clients at our Adult Day Program. Thank you for making this possible!

We would like to thank these donors:

- Rotary Club of Langley,
- Rotary Club of Langley Sunrise,
- Rotary Club of Langley Central,
- Ralph and Lucas Giuriato – Harrison Point and Harrison Landing,
- Cheryl Blaney – Next Chapter Senior Services,
- Debbie Mozelle – Debbie Mozelle Designer Optical,
- Kim Galik – Ears Hearing Clinic,
- Mr. Patrick Doiron and Elisa Young – Industrial Works Ltd.



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

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

Thank you for considering the Langley Senior Resources Society in your estate planning.

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



**Langley Senior**  
RESOURCES SOCIETY



Charitable Registration Number: 121924229RR0001

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

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

## Honour Someone Special

### ***In Honour or Tribute giving:***

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

## The Hope Fund

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

## Monthly Giving Donors

### ***Consider Becoming a Monthly Donor***

Monthly giving allows you to continue your support easily and make a difference year-round.

You only need to sign up once and can spread your donations out over the year, receiving one consolidated tax receipt in February. You are able to change or cancel your payments at any time!

Your monthly gifts also provide us with a consistent source of funding, allowing us to plan programs and initiatives with the comfort of knowing that we have a stable flow of donations. This helps us deliver the best programs and support we can to seniors in our community.

## Other Sponsorship Opportunities

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

## *Giving is easy!*

### **Three ways to give:**

- 1 Call us at: 604-530-3020**
- 2 Mail your donation to:  
20605 51B Ave, Langley, BC V3A 9H1**
- 3 Visit us online at: [www.lsrs.ca](http://www.lsrs.ca)**



**Langley Senior**  
RESOURCES SOCIETY

# Caregiver & Life Challenges Support Group

Not every struggle is the same – and not every challenge is dementia-related. The Langley Senior Resource Centre is offering a weekly support group in Fort Langley for caregivers, family members, and community members.

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.

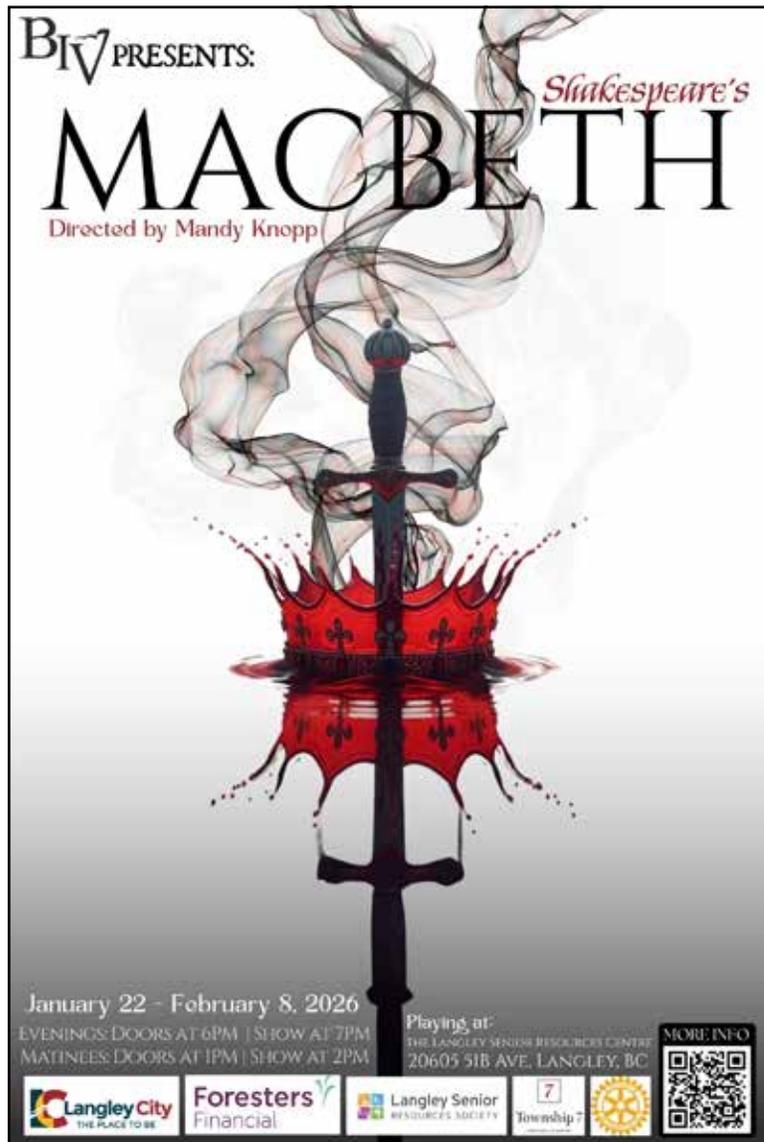
## What to Expect

- A welcoming, non-judgmental environment
- Share your story—or simply listen
- Helpful resources, and encouragement
- A community that understands

There is no charge to attend this group. 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 St, Fort Langley



## The LSRS Bread Basket

COBS  
BREAD

Next LSRS BREAD BASKET DATES:

**Tuesdays**

**December 2, 16, 30**

**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:**  
**Next Clinic: Monday, December 1, 1:00-3:00pm**  
 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.

**2026 Clinic Dates:**  
 Monday, January 5 | 1:00-3:00pm  
 Monday, February 2 | 1:00-3:00pm  
 Monday, March 2 | 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**



# Monday Morning TALK SHOW

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

Generously sponsored by



Janice Miller, Marketing Manager of Bria Communities presents the monthly prize draw to our lucky November winner. Enjoy your Baileys Irish Cream!

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

## DECEMBER 1

### Hearing Health

Understanding hearing loss as you age. Jeremy will be here to discuss any questions you may have.

~ presented by Jeremy of Amplifon Canada

## DECEMBER 8

### Learned, not inborn

We've been programmed by families, friends and society to focus on our differences. rather than the many things we have in common.

~ presented by local author Bill Carpenter

## DECEMBER 15

### Where did Santa come from?

Join us for this entertaining discussion on the origins of Christmas and Santa Claus.

~ presented by Brian Antonson

## DECEMBER 22

### Story Hour

Settle in and enjoy some Christmas stories read to you by Jacquelynne Garden, Community Library Supervisor, FVRL.

~ presented by FVRL

## DECEMBER 29

### A Look Ahead

Kate Ludlam, Executive Director of LSRS will be giving you some insight into our 2026 plans.

~ presented by Kate Ludlam

## 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.

**FOOTCAREANDMASSAGECANCELLATIONS:** 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).

## Wishing you a season filled with comfort and cheer

Celebrate the season with warmth and community at Langley Seniors Village. Call today to learn about our suites and welcoming lifestyle for the new year.



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

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

## PLAN YOUR NEXT BUS TRIP

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**

**Supernatural Haida Gwaii**  
June 28 - July 4, 2026

## Supernatural Haida Gwaii

16 Meals: 6 Breakfast, 4 Lunch, 6 Dinner  
Per Person Rates: Double \$4449 | Single \$4949

The moody, misty islands of Haida Gwaii, previously called the Queen Charlotte Islands have developed in isolation from the rest of the province and were spared the effects of the ice that covered the rest of BC until 10,000 years ago. As a result, the coastal rainforests, wetlands, sand dunes, beaches, rugged mountains, streams and lakes of Haida Gwaii nurture an extensive population of plants and animals that exist nowhere else on earth.

*Full itinerary and booking information.*

ENJOY THE JOURNEY

Langley Senior  
RESOURCES SOCIETY

## PLAN YOUR NEXT BUS TRIP

**Tuesday, February 10 | 7:15am - 8:00pm**

**\$159 Members • \$179 Non-Members**

### WILDLIFE PHOTOGRAPHER OF THE YEAR

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum in 2026 with 100 new incredible photos showcasing the best from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour. Level: Easy

*\*Additional \$36 ferry fee for 64 years and under\**

#### PACKAGE INCLUDES:

- Royal BC Museum Admission
- Wildlife Photographer Of The Year Exhibit
- Lunch Steamship Grill
- All Fees and Taxes

**Wednesday, February 18 | 8:15am - 5:15pm**

**\$139 Members • \$159 Non-Members**

### GULF OF GEORGIA CANNERY

Step back in time on the Gulf of Georgia Cannery Tour! Take an entertaining and educational guided tour of this National Historic Site, wander charming Steveston Village and Wharf, explore Britannia Shipyards, and savor a relaxed lunch at O'Hare's GastroPub. History, sights, and local flavors await! Level Easy

#### PACKAGE INCLUDES:

- Gulf of Georgia Cannery Tour
- Britannia Shipyards
- Steveston Village & Wharf
- Lunch O'Hare's GastroPub



**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

## Supernatural Haida Gwaii Itinerary • June 28 – July 4, 2026

**See front desk for full itinerary.**

#### HIGHLIGHTS:

##### June 28

- Black Car Home Pick up
- Flight to Haida Gwaii
- Alliford Bay (Morseby Island) Ferry
- Skidegate Haida Gwaii

##### June 29

- Balance Rock Beach
- Tlell
- Sitka Studios
- Haida Heritage Centre
- Free time Queen Charlotte Village and Harbour

- Traditional Haida Feast

##### June 30

- Village of K'uuna Llnagaay
- Ancient Haida sites
- James Williams Eagle Eye Cultural Tours

##### July 1

- Carving Demonstration
- Port Clements Museum
- Golden Spruce Trail

##### July 2

- Masset free time
- Naikoon Provincial Park
- Agate Beach

- Delkatla Wildlife Sanctuary

- Dixon Entrance Maritime Museum

- Gin Kuyaas-Haida Art Studio

##### July 3

- Rainforest drive / walk
- Hiellen Longhouse Village
- Forest / Ocean Boardwalk
- Old Masset Longhouse
- Leslie Brown Family Haida Performance

- Haida Salmon Dinner

##### July 4

- Pacific Coast Airlines
- Black Car home drop off

# Monday

- Ukulele**  
9am-11am ..... pg.33
- Monday Morning  
Talk Show**  
10am-11am ..... pg.22
- Mindful Meditation  
with Vicky**  
10:15am-11am ..... pg.31
- Table Tennis**  
10am-12pm ..... pg.32
- Spanish**  
11:15-12:30pm ..... pg.32
- Circle of Friends**  
11:30am-12:30pm ..... pg.29
- Jam Session**  
1pm-3pm ..... pg.30
- Bridge Partners**  
1pm-4pm ..... pg.39
- Snooker**  
9am-4pm ..... pg.32

# Tuesday

- Fit and Fab with Stacey**  
9am-10am ..... pg.34
- Active Chair Yoga  
with Stacey**  
10:15am-11:15am ..... pg.34
- Men's Shed Social**  
10:00am-12:30pm ..... pg.31
- Flying Solo**  
11am-12pm ..... pg.30
- Senior Pride Social Group**  
*Third Tuesday of each month*  
11:30am-1:30pm ..... pg.31
- Line Dancing**  
11:30am-12:30pm ..... pg.31
- Canasta**  
12:30pm-4pm ..... pg.39
- Carpet Bowling**  
1pm-3pm ..... pg.29
- Caregiver Support Group:  
Men**  
1:15pm-2:15pm  
*(ADP location)* ..... pg.29
- Snooker**  
9am-4pm ..... pg.32

# Wednesday

- Tim's Bits Woodcarving**  
9am-11am ..... pg.33
- Seated Movement &  
Cardio Health with Stacey**  
9am-10am ..... pg.35
- Walking Group**  
10am-11am ..... pg.37
- Table Tennis**  
10am-12pm ..... pg.32
- Chess**  
10am-12pm ..... pg.39
- Changing Gears**  
*First Wednesday of each month*  
10:30am-12pm ..... pg.29
- Traditional Euchre** .....  
12:30pm-3pm ..... pg.39
- Mexican Dominoes**  
12:30pm-4pm ..... pg.39
- Shanghai Rummy**  
12:30pm-4pm ..... pg.39
- Cribbage**  
1pm-3pm ..... pg.39
- Snooker**  
9am-4pm ..... pg.32



**Welcome  
Dawn Munro!**  
Dawn will lead  
our new Saturday  
morning **Fitness  
Circuit** classes.

**DID YOU KNOW?**  
**We have added to our  
programs in Fort Langley**  
*See page 36.*

## REGULAR PROGRAMS AT A GLANCE

# Thursday

- Fit and Fab with Stacey**  
9am-10am ..... pg.34
- Knit Together**  
9am-12pm ..... pg.30
- Ballroom Dance**  
10am-12pm ..... pg.28
- Chair Yoga Plus  
with Stacey**  
10:15am-11:15am..... pg.34
- Whist**  
12:30pm-4pm ..... pg.39
- Book Club**  
*First Thursday of each month*  
12:30pm-2pm ..... pg.28
- Carpet Bowling**  
1pm-3pm ..... pg.29
- Caregiver Support Group**  
1pm-2:30pm ..... pg.29
- Snooker**  
9am-4pm ..... pg.32

# Friday

- Walking Group**  
10am-11am ..... pg.37
- Cribbage**  
10am-12pm ..... pg.39
- Singing Social Choir**  
10am-12pm ..... pg.32
- Art**  
10am-1pm ..... pg.28
- Samba**  
11am-3pm ..... pg.39
- Mexican Dominoes**  
12:30pm-4pm ..... pg.39
- Bridge**  
1pm-4pm ..... pg.39
- Snooker**  
9am-4pm ..... pg.32

# Saturday

- Saturday Social**  
9am-2pm ..... pg.32
- Snooker**  
9am-2pm ..... pg.32
- Card & Board Games**  
9:15am-1:45pm ..... pg.39
- Table Tennis**  
9:00am-11:00am ..... pg.32
- Fitness Circuit  
with Dawn**  
9:30am-10:30am ..... pg.35
- 10 Card Cribbage**  
10am-12pm ..... pg.39
- Adaptive Chair Yoga  
with Kelli**  
11:15am-12:15pm ..... pg.35
- Adaptive Mat Yoga  
with Kelli**  
12:30pm-1:30pm ..... pg.35
- Bingo**  
12pm-1:30pm ..... pg.28

## 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



## PROGRAMS

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

### 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: Jan. 16 - Mar. 27**

10am-1pm | Activity Room | 12 Sessions | \$132

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### 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!

**Limited space. Beginners welcome.**

**Thursdays: Jan. 8-Mar. 26\***

*Guided Dance Lesson:* 10am-11am | Activity Room

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

10 Sessions | Free | Members only

*\*please note there will be no sessions Feb. 5 or 12 due to instructor vacation*

---

### BINGO

Come out and enjoy this fun social activity in the LSRS lounge on Saturdays. Everyone is welcome to play for some fun prizes. LSRS membership is not required.

**Saturdays**

12-1:30pm | Lounge | Free

---

### BOOK CLUB

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

**First Thursday of each month**

12:30pm | Activity Room

---

**Twas the  
★Week★  
Before  
Christmas**  
to benefit  
local food  
banks

**Help us fill the sleigh for those in need.**

Drop off non-perishable items any time this week during the week of December 15-19



**Langley Senior**  
RESOURCES SOCIETY



## PROGRAMS

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

### **CAREGIVER SUPPORT GROUP – OPEN TO ALL**

Support groups are free and open to members and non-members. They are for anyone caring for an adult family member or friend with a chronic physical or cognitive health condition. The demands and responsibilities of caregiving can be overwhelming and stressful and speaking with others can help you cope. LSRS membership not required.

For more information, contact Alicia Koback at 778-328-2302 ext. 1, or [aliciak@lsrs.ca](mailto:aliciak@lsrs.ca).

#### **Thursdays**

1pm-2:30pm | Recreation and Resource Centre

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### **CAREGIVER SUPPORT GROUP – MEN ONLY**

This support group is open to men only.

#### **Tuesdays**

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

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### **CARPET BOWLING**

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

#### **Tuesdays and Thursdays**

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

---

### **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

---

## 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, Dec. 2 | 6pm | Dublin Crossing Pub**

18789 Fraser Hwy #101, Surrey, BC V3S 7Y3

Enjoy the warmth and charm of an authentic Irish Pub known for its great food and warm and inviting atmosphere.

**Tuesday, Jan. 6 | 5pm | Montana's BBQ & Bar**

20100 Langley Bypass, Langley, V3A 9J7

Canadian comfort food and BBQ. *Please note the time change to 5:00pm*

---

### **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

---

### **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. Everyone is welcome. LSRS membership is not required. This is a seasonal group.

Please inquire at front desk for details.

---

### **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 | Members only

---

### **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 | Members only

---

## PROGRAMS

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

### LINE DANCING

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

**Tuesdays: Jan. 6 - Mar. 31 | 12 Sessions**

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

12 Sessions | \$72 Members | \$82 Non-Members

(No class Jan. 20)

---

### MEN'S SHED SOCIAL GROUP

Everyone is welcome – LSRS membership is not required. Come join us for coffee and conversation.

**Tuesdays**

10:30am-12:30pm | Sunroom | Free

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### 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: Jan. 5 - Mar. 30 | 12 Sessions**

10:15am-11am | Activity Room

\$84 Members | \$94 Non-Members

(no class Feb. 16)

---

### PRIDE – SENIOR PRIDE SOCIAL GROUP

*Sorry, this group is not for allies.*

**QMUNITY**  
QUT'S GENDER, TRASH, AND YOUTH-SPIRIT RESOURCE CENTRE

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.lsr@gmail.com](mailto:seniorpride.lsr@gmail.com) for schedule and more information.

**Third Tuesday of each month**

11:30am-1:30pm | Recreation & Resource Centre

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## PROGRAMS

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

### **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

---

### **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. New members welcome - join anytime.

#### **Fridays: Jan. 9 - Mar. 27**

10am-12pm | Main Hall | \$40 | 12 Sessions

---

### **SNOOKER**

Play a game of snooker with friends in the best snooker room in Langley! No food. Drinks with lids only.

#### **Monday - Friday: 9am-4pm | Saturdays - 9am-2pm**

Snooker Room | \$40/year

---

### **SPANISH LESSONS – CONVERSATIONAL**

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

---

### **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 until Dec. 31 (\$15/year effective Jan. 1)

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## PROGRAMS

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

### TECH HELP

Need some help with your phone, tablet, or computer? Talk to one of our friendly tech-savvy volunteers for some help or advise. Membership not required.

#### Saturdays

10-12:00pm | Lounge | Free

### TIM'S BITS WOODCARVING

Woodcarving is a time-tested hobby that many find both relaxing and fun. Come and find out what it is all about. Beginners are welcome. Bring your own tools and projects.

#### Wednesdays

9am-11am | Sunroom | Free

### UKULELE

For players that want to learn ukulele playing or advance their skills. 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: Jan. 5 - Mar. 20

9am-11am | Brock Douglas Room | 12 Sessions \$35 Members | \$45 Non-Members  
*Please bring your own ukulele, or rent one before start date. (No class Feb. 16)*



Langley Senior  
RESOURCES SOCIETY

## Langley seniors need your help!

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.

## Volunteer Drivers Needed



#### 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 our volunteer coordinator for more information.*

*Phone 604-530-3020 ext. 322, or email [JudeH@lsrs.ca](mailto:JudeH@lsrs.ca)*

**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: Jan. 6 - Mar. 31 | 12 Sessions**

10:15am-11:15am | Main Hall | Members \$84 | Non-Members \$94  
 Max. 30 people (No class Jan. 20)

**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: Jan. 8 - Mar. 26 | 12 sessions**

10:15am-11:15am | Main Hall | Members \$84 | Non-Members \$94  
 Max. 30 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 available  
 Members \$84 | Non-Members \$94 | Drop-in \$8.50 effective Jan. 1, 2026  
 Max. 36 people (No class Jan. 20)

**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.

**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: Jan. 7 - Mar. 25 | 12 Sessions**

9am-10am | Activity Room | Members \$84 | Non-Members \$94  
Max 15 people

**ADAPTIVE CHAIR YOGA WITH KELLI**

Seated yoga class.

**Saturdays: Jan. 10 - Mar. 28 | 12 Sessions**

11:15am-12:15pm | Activity Room | Members \$84 | Non-Members \$94  
Max. 15 people

**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: Jan. 10 - Mar. 28 | 12 Sessions**

12:30pm-1:30pm | Activity Room | Members \$84 | Non-Members \$94  
Max. 15 people

**FITNESS CIRCUIT WITH DAWN MUNRO**



This is a standing-based fitness program, ideal for those seeking a safe, effective, and energizing workout that supports real-life strength, flexibility, and vitality. Stay strong, confident, and capable with a full-body, 60-minute circuit-style class. You'll move from station to station through a guided sequence of exercises designed to enhance balance, endurance, and mobility for daily living.

**Saturdays: Jan. 10 - Mar. 28 | 12 Sessions**

9:30am - 10:30am | Activity Room | Members \$84 | Non-Members \$94

**CHAIR PILATES WITH GAYLENE - FORT LANGLEY ONLY**

**Thursdays: Jan. 8 - Mar. 26**

9am-10am | Fort Langley  
St. Georges Anglican Church, 9160 Church St, Fort Langley  
12 Sessions | \$84 Members | \$94 Non-Members

**CAREGIVER & LIFE CHALLENGES SUPPORT GROUP**

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.

**Tuesdays | 10:30 – 11:30 AM**

St Georges Anglican Church, 9160 Church Street, Fort Langley  
Everyone welcome – Membership not required | Free

**DEMENTIA CAREGIVER SUPPORT GROUP**

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.

**Thursdays | 10:30 – 11:30 AM**

St Georges Anglican Church, 9160 Church Street Fort Langley.  
Everyone welcome – Membership not required | Free

**CHAIR PILATES WITH GAYLENE**

**Thursdays: Jan. 8 - Mar. 26 | 9am-10am**

St. Georges Anglican Church, 9160 Church St, Fort Langley  
12 Sessions | \$84 Members | \$94 Non-Members

**MOVEMENT AND BALANCE WITH JENNIFER**

**Tuesdays: Jan. 6 - Mar. 24 | 9am-10am**

St. Georges Anglican Church, 9160 Church St, Fort Langley  
12 Sessions | \$84 Members | \$94 Non-Members

Registration for Fort Langley programs is at the  
Recreation and Resource Centre: 20605 51b Avenue or phone: 604-530-3020



**Christmas Bazaar**

**SATURDAY, DECEMBER 6 • 10am-3pm**

**St. George's Anglican Church, 9160 Church St, Fort Langley**

Homemade Soup & Bun • Puzzles/Books • Treasure/Trinkets  
Handcrafted Cards • Wine Wall • Donut Wall • Wildlife Photography  
Home Baking • Honey • Christmas Wreaths • Greenery

## Walking Group

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. Our walking group leaves punctually at 10:00am. Walking Group Leader is Al Frost: Landline (Preferred): 604-534-1798 Cell phone: 604-240-3607

### Wednesdays at 10:00 am

#### **DECEMBER 3: FORT TO FORT TRAIL**

Meet at Bedford Plaza. 23285 Billy Brown Road

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#### **DECEMBER 10: DERBY REACH TRAIL**

Meet at Campground Parking lot. 21801 Allard Crescent

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#### **DECEMBER 17: CAMPBELL VALLEY PARK**

River Loop & Racetrack. Meet at North Valley entrance parking lot at 16th Avenue

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#### **DECEMBER 31: DEREK DOUBLEDAY ARBORETUM**

21177 Fraser Highway

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### Fridays at 10:00 am

#### **DECEMBER 5: NOEL BOOTH PARK**

20302 36th Avenue

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#### **DECEMBER 12: CAMPBELL VALLEY PARK**

Ravine Trail - Meet at 8th Ave. Parking Lot

---

#### **DECEMBER 19: BRAE ISLAND**

Meet at 9451 Glover Road

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#### **DECEMBER 26: LANGLEY LANE GREENWAY**

Meet at Church 21015 96 Avenue

---

#### **JANUARY 2: LANGLEY REGIONAL PARK**

224 Street & 5 Avenue

---

**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 misty fall weather with us.**

# LSRS CHOIR & FRIENDS PERFORMANCE

## LSRS *Singing Social* **CHOIR**

*& friends*

*invite you to join us for*

# *a Gift of Music*



**Friday, Dec. 12**

**10:45am - 12:00pm**

**LSRS Main Hall**

**Everyone welcome!**

*Free performance – though donations to the choir to assist with piano expenses, music costs, etc. are greatly appreciated.*



**Langley Senior**  
RESOURCES SOCIETY

**We welcome new members to our choir!**

*No auditions, no try outs, no pressure – just a shared love of singing.*

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

## Home Support Tailored To Your Individual Needs



### We offer:

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

 **Safe Care  
Home Support**

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

ICBC Claims Accepted



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

## Dementia - Friendly Adult Day Program

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



**Adult Cognitive  
Wellness Centre**  
Recreation Rehab Respite

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

To Learn More & Register

**778-549-6413** or

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

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



**BRIDGE**

**Fridays**

1pm-4pm | Sunroom | Free |  
Membership Required

---

**CRIBBAGE – 10 CARD**

**Saturdays**

10am-12pm | Sunroom | Free |  
Membership Required

---

**BRIDGE - PARTNERS**

**Mondays**

1pm-4pm | Sunroom | Free |  
Membership Required

---

**EUCHRE – TRADITIONAL**

**Wednesdays**

12:30pm-3pm | Lounge | Free |  
Membership Required

---

**CANASTA**

**Tuesdays**

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

---

**MEXICAN DOMINOES**

Wednesdays and Fridays

12:30pm-4pm | Lounge | Free |  
Membership Required

---

**CHESS**

**Wednesdays**

10am-12pm | Lounge | Free |  
Membership Required

---

**SAMBA**

**Fridays**

11am-3pm | Brock Douglas Room | Free |  
Membership Required

---

**CRIBBAGE**

**Wednesdays**

1pm- 3pm | Main Hall | Free |  
Membership Required

---

**SHANGHAI RUMMY**

**Wednesdays**

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

---

**CRIBBAGE**

**Fridays**

10am-12pm | Lounge | Free |  
Membership Required

---

**WHIST**

**Thursdays**

12:30pm-4pm | Sunroom | Free |  
Membership Required

---



**BELLEVUE PARK**  
— SENIOR LIVING —



## WELCOME HOME

*At Bellevue Park Senior Living, we pride ourselves on offering a comprehensive range of living options to cater to the diverse needs of our residents. Whether you're seeking the freedom of independent living with added services or require full-care options, we have tailored solutions to accommodate every stage of life.*

*Our independent living with services provides residents with the perfect balance of autonomy and support, offering assistance with daily tasks while promoting an active and fulfilling lifestyle.*

*Bellevue Park aims to create a warm, inviting, and supportive environment where residents can thrive and enjoy their life with **dignity and peace of mind.***

- Weekly housekeeping & linen services
- 3-course chef-inspired lunch & dinner
- Hot continental breakfast
- All utilities including heating, electricity cable, television, & landline
- Fitness, wellness & life enrichment programming
- Special events & outings, and more..

*Call today to learn more about Bellevue Park Senior Living and how to make*

***Your day, Your way.***



***Suites are limited. Book your tour today!***

**604-329-3664**

2882 – 272 Aldergrove | [www.bellevuepark.ca](http://www.bellevuepark.ca)

# ESTATE PLANNING

FLANN FINANCIAL GROUP WITH  
SUN LIFE GLOBAL INVESTMENTS

## THE EMOTIONAL AND FINANCIAL COST OF SETTLING AN ESTATE

Worried about how your legacy will be handled? Flann Financial Group invites you to an exclusive information session tailored for seniors.

Settling an estate is more than paperwork – it's emotional, overwhelming, and costly when things aren't planned properly. Join us for a free information session with Sun Life Investments to learn how to protect your family, avoid unnecessary stress, and make sure your legacy is handled the way you intend.

- ✓ Free to attend
- ✓ RSVP Only - Registration required
- ✓ Q&A session included
- ✓ Light refreshments provided

*Limited spaces available!*



BROCK DOUGLAS ROOM  
LANGLEY SENIOR RESOURCE SOCIETY



10:00 am  
JANUARY 28, 2026



Register by phone  
604-881-1200



Register by email  
INFO@FFGCANADA.CA

GUIDING YOUR FUTURE WITH  
CLARITY & CARE

GORD FLANN, WEALTH ADVISOR & FOUNDER



PENNY ROWAN, WEALTH ADVISOR





# *Retirement living in the Park*



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

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

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

## Looking for activities?

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

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

## Need Extra Assistance? No problem

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

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

**CALL TODAY TO BOOK YOUR TOUR.**



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

Everyone  
Welcome

*You are  
invited to a*

# Free Christmas Dinner

Thursday, December 25th

4:00-8:00pm

St. Joseph's Parish

20676 Fraser Hwy. Langley

Do you need a ride? Call 604-534-3303  
or email: [christmasdinner.sjl@gmail.com](mailto:christmasdinner.sjl@gmail.com)

**Twass the Week Before Christmas**

Help us fill the sleigh  
for those in need.



Accepting  
Food Bank Donations  
December 15-19



Drop off non-perishable  
items any time this  
week.



to benefit local food banks



Langley Senior  
RESOURCES SOCIETY



## Ready to explore RETIREMENT LIVING?

Our Retirement Living Consultants can help.



**BOOK A TOUR TODAY!**

1-855-461-0685 | [CHARTWELL.COM](http://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.*



**Dignity**<sup>®</sup>  
MEMORIAL

∞ LIFE WELL CELEBRATED<sup>®</sup> ∞

**HENDERSON'S LANGLEY**

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

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



<sup>1</sup>Registered Trademark of CARP, used under license.  
Dignity Memorial is a division of Service Corporation International (Canada) ULC.

## 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								
					2			3
				3			7	
6	7							
	4	8			5			
		6	7		3	5		
			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				

# Look at me.



I want to age  
at home.



**Nurse Next Door®**  
*home care services*

**Community Services are available for free to adults 60 years of age and older who live in Langley.**

**Call 604-530-3020 for appointments & more information.**

## Information and Referral

Our Community Services staff advocate for all seniors in the Township and City of Langley (not just members) – free of charge. To learn more about how we can help you, please call the Centre or visit our website at [www.lsr.ca](http://www.lsr.ca).

## Social Prescribing

Enables health care professionals to refer older persons to local community-based programs and services to support their health and wellness (e.g., social and recreational programs, supports for aging in place at home, mental health and nutrition services, etc.)

## Navigation Support

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

*Examples are*

- Understanding subsidized housing, independent living, assisted living, long term care
- Support 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**

# 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*





## 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



Enrico serves up a smile along with the daily special at the Creekside Café



Making rain fun with a great umbrella!



A visit from LAPS



Men's Club Social Group meets on Tuesdays at 10:30am



We love our puppy visitors!

**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**

**Kate Ludlam**

604-530-3020 ext. 321,  
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**FACILITIES AND GROUNDS  
WORKER**

**Connor Kahle**

connork@lsrs.ca

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



# *We'll be Home for Christmas!*

You could be too! Come join us for a happy New Year in 2026. Stop in for a tour, and we'll treat you to lunch, too.

Call Keri today

**604.351.8668**



**SUNRIDGE  
GARDENS**

A BRIA COMMUNITY



**MAGNOLIA  
GARDENS**

A BRIA COMMUNITY

**RETIREMENT. LIVING!**

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

# Looking for HEARING AIDS

Tired of saying “Pardon Me”?

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

## MEET KIM GALICK OF EARS HEARING CLINICS

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



## SUPPORT LOCAL SMALL BUSINESSES

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



*Kim Galick*  
EARS HEARING CLINICS

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



CALL US FOR YOUR FREE HEARING ASSESSMENT!

**(604)-427-2828**

Unit C 20568 56 Ave, Langley • [www.earslangley.com](http://www.earslangley.com)

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network

