

# In the Loop

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

**JANUARY 2026 \$2**

**WHAT A YEAR WE HAD!**



**REGISTRATION DATES:**

**Members: Monday, January 5 | Non-Members: Thursday, January 8**

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- Janice McTaggart



SRES



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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



**Jim McGregor is  
In the Loop!**

January is the start of his monthly column for us.

Read it on page 11



**Bard in the Valley volunteers will be on-site on select dates to sell tickets directly!**

Read more on page 9

# 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 we come to the close of 2025, I want to take a moment to reflect on what has been an incredible year for LSRS – and to say a heartfelt thank you to every member, volunteer, partner, and supporter who made it possible.



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

This past year has been one of meaningful growth. Our membership continues to increase, which tells us something important: more seniors in our community are seeking connection, purpose, and support—and they are finding it here. With that growth comes opportunity, but also responsibility. Like many organizations serving seniors, we are experiencing increasing pressures: higher demand for programs, rising operational costs, and the ongoing need to adapt to changing community needs. Thanks to your support and dedication, we have met these challenges with resilience and optimism.

2025 brought many accomplishments we can all be proud of. We successfully introduced new programs that reflect the

interests, creativity, and wellness goals of our members. We expanded our reach by delivering programs in Fort Langley, helping us connect with seniors who may not have been able to access our programs and services before. These steps strengthen our mission and ensure we remain responsive to the community we serve.

One of the most exciting milestones this year was the re-launch of our catering service. This initiative not only supports our organization financially but also creates opportunities for engagement, skill-building, and visibility in the broader community. It has been wonderful to see this service grow and receive such positive feedback.

None of this would have been possible without our amazing staff team and our incredible volunteers. Your time, compassion, and energy are the foundation of everything we do. To our members, thank you for bringing life, laughter, and connection into our programs every day. And to our partners and supporters, thank you for believing in our mission and walking alongside us.

As we look ahead to 2026, we are excited about the opportunities coming our way. There is much more to build, strengthen, and celebrate—and we are so grateful to have you along for the journey.

## Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.  
Visit her **Tues, Jan. 20 - 11:30am-1:00pm**  
in the LSRS Lounge



**KIM GALICK**  
EARS HEARING CLINICS

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# 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.



## SAVE THE DATE

**JANUARY 6**

**NEW**  
**Minor Ailment Clinic**  
No charge, but registration is required at the front desk

**JANUARY 14**

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

**FEBRUARY 11**

**Alyssa Nielsen will be the featured entertainer at our Valentine's Day Pub Lunch.**  
*Tickets on sale starting February 2*

**FEBRUARY 16**

**Reminder:**  
**our centre will be closed**  
**Mon. Feb. 16 for Family Day**

## LSRS BOARD OF DIRECTORS

*Wishing you a very Happy New Year!*

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.

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



## A Message from Mayor Eric Woodward Township of Langley



As we begin a new year, I want to extend my warmest wishes to everyone in the Township of Langley, and especially to the members, volunteers, and staff of the Langley Seniors Resource Society. January offers us a moment to look forward with clarity and intention, and to think about the kind of community we want to continue building together.

Each year, I am reminded of how important connection and belonging are to our sense of well-being. LSRS continues to play a meaningful role in strengthening those ties. Through your programs, support services, and the friendships forged here, you help keep seniors engaged and active, fostering the social connections that are vital to a vibrant community.

January is a pivotal month for planning and decision-making at the Township. Council is finalizing the 2026 Budget. As the Township continues to expand, we need to ensure that our investments in policing, transportation, parks, infrastructure renewal, and recreation facilities keep pace with community expectations.

Your input matters. As we continue the budget engagement process, I encourage residents, including LSRS members and their families, to share your feedback. Tell us which services are most important to you, where you see opportunities for improvement, and how we can better support the needs of all ages in our community. Your perspectives help guide decisions.

On behalf of the Township of Langley, thank you for your ongoing involvement and for contributing to a strong and connected community. I wish you a healthy start to 2026.

Warm regards,

**Eric Woodward**

Mayor, Township of Langley

## UPCOMING EVENTS

**Volunteers from Bard in the Valley will be at LSRS to sell tickets directly from 10:00am-1:00pm only on the below dates.**

**Monday, January 5 | Tuesday, January 6 | Monday, January 12 | Tuesday January 13**

*Discounts will apply for LSRS Members. Accepting credit, debit, cheque, and cash.*

*Tickets must be booked online outside of the above dates*

# Bard in the Valley kicks off 2026 at LSRS

## Macbeth — Jan 22 - Feb 8 at LSRS

Bard in the Valley is a charitable theatre company based in the Fraser Valley, dedicated to bringing Shakespeare to life through two annual productions. Bard in the Valley are putting on 3 productions in 2026. MacBeth will be the first of the season, and also the first time at the LSRS Creekside Hall. There will be a concession available with beer, wine, and locally sourced charcuterie boards.

## Macbeth Banter Sessions — Jan 22 & 29

Bard in the Valley is also hosting 2 free **Banter**

**Sessions:** Thursday, Jan. 22 5-6:00pm and Thursday Jan. 29, 5-6:00pm. *Banter is an informal conversation about Shakespeare's Macbeth. where they unpack the play's big themes—ambition, power, fate, and guilt—while sharing insights, questions, and interpretations on Bard in the Valley's rendition of the Scottish play. This relaxed discussion is all about exploring the story together, making connections, and enjoying the richness of Shakespeare in a friendly, welcoming setting'. Banter Session tickets are free for this but must be booked.*

# PUB LUNCH

Wednesday, January 14  
11:30am - 1:30pm

FEATURING MUSIC BY:

## CAVIAR & Lace



Michelle Carlisle



Sam Shoichet

Vocal and Instrumental Jazz Pop-clectica

Chicken Alfredo  
Caesar Salad  
Garlic Bread  
Tiramisu

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

Langley Senior RESOURCES SOCIETY

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



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Denturist

Adam Wejkszner R.D.  
Denturist

Darren Sailer R.D.  
Denturist

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# Keep Your New Year's Resolutions Simple

I was discussing New Year's resolutions with some others and we all had theories on why they are successful or why they don't last past January 15th. When we examined the positive resolutions, we noted that they were very simple, uncomplicated, and had very little to do with achieving world peace or stopping global warming.

For instance, one individual resolved to quit smoking and was doing fine until he went back to work. He watched his old smoking buddies as they headed outside for a smoke. He suddenly realized he would no longer know who was doing what to whom, He would no longer be in the loop.

Keeping your resolutions simple is the key. A few years back, a wise man told me if I wanted to have a successful year, I had to resolve that



every day I should Drink, Swear, Lie and Steal. Now, let me explain.

He said, "**Drink** in all of the knowledge that you can absorb, learn new things every day and teach when you get the opportunity.

**Swear** to do the best job you can do, an honest day's work for an honest day's pay. Do the best for your family, your friends, your neighbours.

**Lie** down for a moment and think about how blessed you are to live in this country, this province, this Langley community. Think of where you are, where you've been and where you're going. **Steal** some time for yourself each day, time alone to re-group, examine what went right what went wrong and say to yourself, "Hey, how's it going?"

January 1st is a blank page waiting for you to write a new story. Look after yourself, get your own house in order, be part of the solution, and next year will start to look pretty good.

Season to **SHARE**



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





**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.

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# Early signs of respiratory illness older Canadians shouldn't ignore

(NC) During respiratory virus season, it's especially important for older adults and their caregivers to stay alert to the health risks posed by circulating viruses. By recognizing early signs of illness and taking timely action, you can potentially prevent serious complications.

Some symptoms may seem mild at first, but deserve attention, especially for those over 60 or with chronic health conditions:

- Runny or stuffy nose
- Sore throat
- Mild fever
- Fatigue or tiredness
- Persistent cough
- Shortness of breath
- Chest discomfort or wheezing

There's a seasonal virus putting older adults at higher risk.

While anyone can experience the symptoms listed above, older adults often face additional risks if an illness worsens. Respiratory syncytial virus (RSV) is a common contagious virus affecting the lungs and breathing passages, and it can begin with cold-like symptoms. But, in people over 60 or those with chronic health conditions, it can quickly progress into something more serious.

Some seniors may downplay or normalize symptoms: chalking up a cough to dry air, or fatigue to a poor night's sleep. But it's important not to ignore even minor-seeming

symptoms. RSV can present light symptoms for some, then can lead to severe outcomes, including pneumonia and hospitalization.

Adults with chronic conditions such as diabetes, asthma, chronic obstructive lung disease (COPD) and heart failure are more likely to be hospitalized with RSV than adults without these conditions. As the virus progresses, watch for increasing difficulty breathing, chest tightness or weakness as signs of progression.

RSV can also lead to long-term loss of independence or make underlying health problems worse. The mortality rate for adults over 50 hospitalized with RSV is about one in nine —higher than for influenza. Re-admission is also more common due to complications or flare-ups of chronic conditions like COPD and heart disease.

Caregivers are often the first to notice when something isn't quite right. Watch for subtle changes like confusion, reduced appetite or difficulty with daily tasks. These could all be early indicators of a more serious illness taking hold.

Early action can make a difference. The National Advisory committee on Immunization recommends that adults aged 60 to 74 may consider RSV vaccination in consultation with a health care provider.

Staying alert, informed and proactive can help older Canadians, and those who care for them, navigate the season safely.

## 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, January 20

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

Next Clinic: **Monday, February 23**

Once a month, Cloud Dental Hygiene Clinic brings Dental Hygiene services by a Professional Dental Hygienist right to LSRS!

Whats Included:

- 40-45 minutes of professional teeth cleaning
- Dental Hygiene Exam
- 2 Digital X-rays
- **We accept the new Canadian Government Dental Plan.**
- **We provide on-site care at the Langley Senior Centre.**
- **We accept and direct bill all dental insurance plans for your convenience.**

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

*Cancellation fee within 24 hours of your appointment.*

*\*Since coverage varies, we will estimate the cost after reviewing the patient's coverage information.*

*\*\$279 for patients without dental insurance.*



## Seniors Teeth Cleaning on Site! *Bleeding Gums, Sensitive Teeth, Redness, or Swelling?*



These early signs of gum disease or tooth decay can lead to serious oral and systemic health issues if ignored.

*The good news? Prevention is possible with care from our team of Dental Hygienists!*

### Focused Seniors Dental Care

- Direct Bill Dental Insurance; including Canadian Dental Care Plan
- Digital X-rays
- Dental Cleanings, Denture Cleanings, and Teeth Examination on-site



**Onsite at LSRS once a month for your convenience!**

**we accept the new Canadian Government Dental Plan and direct bill**

Langley Senior RESOURCES SOCIETY

Book appointments at the LSRS front desk, or call 604-530-3020

## 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-2:00pm

## 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.

Sat., Jan. 10 | 10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

## KNOWLEDGE + SKILLS + CONFIDENCE

### Chronic Conditions Self-Management Program



- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

**FREE Six-Session Workshop for Adults with Chronic Conditions**

*Family Members and Friends Welcome*

**DATES/TIME:** February 5, 2026 to March 12, 2026

Thursdays, 10:00am to 12:30pm

**LOCATION:** Langley Senior Resources Society- Brock Douglas Rm

20605 51B Avenue, Langley BC

**TO REGISTER:** Call: 604-940-1273 or Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

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

Connect with us:  @SelfManagementBC



\*\*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!\*\*\*



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

## The LSRS Bread Basket



Next Lsrs Bread Basket Dates:

**Tuesdays  
January 13 & 27**

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

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



# Feeling disconnected? Social activities help

(NC) Having a strong support system and engaging in social activities is key to our physical and mental well-being. Social connections are especially important as we get older, as they can help lower blood pressure, reduce stress and boost longevity. If you're a senior looking for more ways to connect with others, check out these tips:

**Join an exercise group.** Double down on the health benefits of spending time with people by doing it while moving your body. No matter what level of physical activity you're comfortable with, chances are there's a class or club near you that's a great fit. Try a gentle yoga lesson at your community centre or join a pickleball league. Bringing a friend along can help maximize the benefit.

**Volunteer your expertise.** Many older adults get a real sense of satisfaction and fulfillment in retirement by volunteering in a role or at

an organization they've always been drawn to. Your local zoo or art museum could be looking for a volunteer tour guide or greeter, or an animal shelter may need someone to help care for resident cats and dogs.

**Look into your library's resources.** These days, libraries have a ton of options to help you try new things, meet other people and explore your neighbourhood. Look for a book club or author talk in a subject that interests you. See what free classes the library has, such as learning a new language or creative writing. Ask if they have free passes to check out cultural attractions in your municipality.

**Set up virtual hangouts.** Do you have friends or family living elsewhere? Keep in touch with them with virtual coffee dates. You can even plan to play a game together online or cook the same meal in your own kitchen and eat together.



## JANUARY EVENTS

To learn more about these and other library events, visit the Fraser Valley Regional Library website at [fvrl.me/events](http://fvrl.me/events).

**\*Registration required**

### **MORNING COFFEE CLUB**

Wednesdays, 9:45am-12pm – Murrayville Library

### **ADULT DUNGEONS & DRAGONS\***

Sat., Jan. 3, 1 - 3:00 pm, Sat., Jan. 17, 1 - 3 pm – Murrayville Library

### **MONDAY AFTERNOON BOOK CLUB**

Mon. Jan. 5, 2-3pm, Monday, January 26, 2-3pm – Aldergrove Library

### **NO-PRESSURE BOOK CLUB**

Thursday, January 8, 10:30 - 11:30 am – Muriel Arnason Library

### **SASSY STITCHING: TEA BAG BOOKMARK\***

Thursday, January 8, 6 - 7 pm – Muriel Arnason Library

### **MORNING BINGO**

Friday, January 9, 11 am - 12 pm – Murrayville Library

Happy New Year!

Wishing you and your loved ones all the best in 2026!

**TAKO VAN POPTA** MP  
LANGLEY TOWNSHIP - FRASER HEIGHTS

4769 222nd St. Suite 104  
Langley, BC  
604-534-5955

## Stay safe – 6 tips for

(NC) Enjoying a walk outdoors is one of the best ways to stay active and incorporate daily movement. But colder months can bring slippery sidewalks and freezing temperatures, making gentle walks a risky adventure.

Here are six tips from Arthritis Society Canada to make walking in a winter wonderland as safe as possible:

**Be weather wary:** Prepare for snow and ice by keeping a shovel, sand or de-icing salt handy at home to clear your path and avoid slipping on your way out. Pick a well-maintained and frequently travelled route and choose the warmest time of day to go on your walk.

**Gear up for comfort and safety.** Stay warm and cozy with insulated layers, socks, gloves and



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# walking safely this winter

a hat. For footwear, invest in supportive, warm boots with good traction and a low, wide heel for better balance. On icy or snowy days, consider ice cleats or ice grippers on your shoes. Ice grippers that fit over your shoes can be found locally at many pharmacies.

**Warm up, then walk.** Before you head out, do a quick warm-up to get your blood flowing. March in place and swing your arms or move your foot and ankle in circular motions to get your muscles ready for the cold.

**Walk like a penguin.** When navigating a slippery surface, channel your inner penguin and move slowly with small baby steps, like a shuffle. Bend your knees slightly to lower your center of gravity, keep your feet flat on the ground with toes pointed outward for better support and keep your arms out for stability—like penguin wings!

**Use caution when exiting vehicles.** Getting out of your car can be tricky on icy surfaces. Remember to move slowly, swing both feet

out and plant them on the ground first and hold onto the doorframe as you carefully stand up.

**Consider walking aids.** Handrails on stairs and ramps are your friends and can help reduce the risk of a fall. If you use a cane, consider attaching an ice tip to the bottom for better grip. You could also try walking sticks, including hiking poles, for added stability and balance.

Find more arthritis-friendly tips at [arthritis.ca](http://arthritis.ca).



**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, January 5, 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, 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](http://www.maclg.com)**



# Monday Morning **TALK SHOW**

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

Generously sponsored by



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



Every month Bria Communities raffles a bottle of Irish Cream to a participant of the Monday Morning Talk Show.

Here is our lucky December winner. Enjoy your Baileys Irish Cream!

## **JANUARY 5**

### **Benefits & Credits for Seniors**

Learn about benefits and credits that can be claimed on your income tax

~ Cindy Athwal, Community Volunteer Income Tax

## **JANUARY 12**

### **Energy Saving**

Learn how to read energy bills to discovering energy saving measures .

~ Anna Zhang, Empower Me

## **JANUARY 19**

### **Blue Zones 101**

The concept presented by Dan Sivertson on how lifestyle affects longevity

~ presented by Pure Form Physio

## **JANUARY 26**

### **End of Life Planning**

Learn financial planning, role of executor, CPP Survivor and death benefits plus more end-of life matters.

~ Jeremy May, Funeral Director

## 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).

## 20th Annual Fort Langley Historic

5K | 10K | Half Marathon

February 22nd, 2026 • Start time 9am • Mass Warm-up 8:45am

**JOIN:** by walking, running, or cheering us on!

**SUPPORT:** donate online at <https://lsrs.ca/donate/#donation> to support LSRS and walking group members

**VOLUNTEER:** Help us on race day! Contact [judeh@lsrs.ca](mailto:judeh@lsrs.ca) or call 604-530-3020 ext. 322

**Register and Donate Online NOW:** [www.tryevents.ca/fort-langley-historic-half](http://www.tryevents.ca/fort-langley-historic-half)



Langley Senior  
RESOURCES SOCIETY

PARTNER CHARITY

Race start/finish location:  
Bedford Plaza,  
23285 Billy Brown Road,  
Fort Langley



## 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.

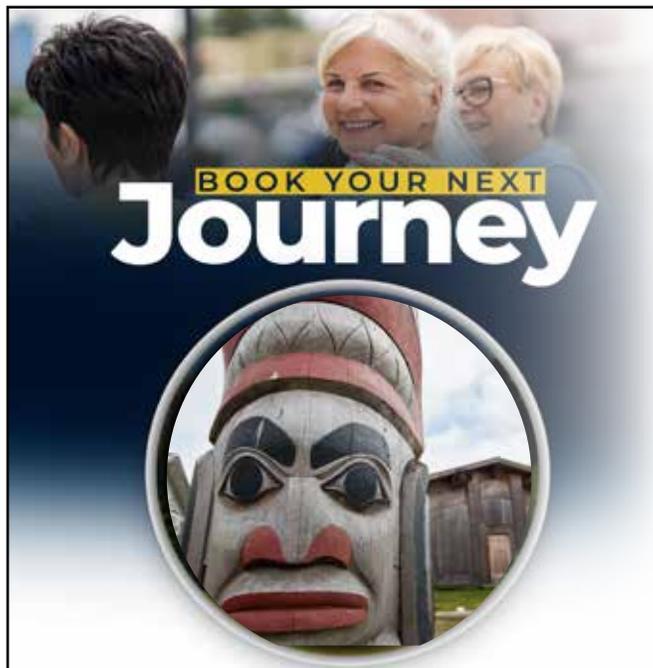
### Policies

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.



## 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.

## Supernatural Haida Gwaii

June 28 - July 4, 2026

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

**Friday, March 13 | 7:30am - 5:15pm**

**\$139 Members • \$159 Non-Members**

### **BEHIND THE SCENES**

Take part in this unique opportunity to tour a working television and radio facility, The CBC. Also see where your NHL favorite players and entertainers perform on the Rogers Arena Tour. Includes a relaxed lunch at the time-honored Sylvia Hotel. Level: Moderate

#### **PACKAGE INCLUDES:**

- CBC Newsroom Tour
- Rogers Arena Tour
- Lunch Sylvia Hotel

**Friday, March 27 | 9:00am - 4:15pm**

**\$129 Members • \$149 Non-Members**

### **MYSTERY TOUR**

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must-see attraction, it includes a great lunch and afternoon mystery stops. Use the Mystery stop clues correctly to win a variety of prizes! Level: Easy

#### **PACKAGE INCLUDES:**

- Mystery Attractions
- Lunch
- Mystery Stops
- Prizes



**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*



**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, FOUNDER & WEALTH ADVISOR



PENNY ROWAN, ELDER PLANNING COUNSELOR,  
WEALTH ADVISOR



# Monday

- Ukulele**  
9am-11am ..... pg.33
- Monday Morning  
Talk Show**  
10am-11am ..... pg.20
- 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.37
- 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.37
- 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.39
- Table Tennis**  
10am-12pm ..... pg.32
- Chess**  
10am-12pm ..... pg.37
- Changing Gears**  
*First Wednesday of each month*  
10:30am-12pm ..... pg.29
- Traditional Euchre** .....  
12:30pm-3pm ..... pg.37
- Mexican Dominoes**  
12:30pm-4pm ..... pg.37
- Shanghai Rummy**  
12:30pm-4pm ..... pg.37
- Cribbage**  
1pm-3pm ..... pg.37
- Snooker**  
9am-4pm ..... pg.32



## Welcome Dawn Munro!

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

## Tim's Bits Woodcarving meet in the Sunroom on Wednesdays.



## 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.37
- 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.39
- Cribbage**  
10am-12pm ..... pg.37
- Singing Social Choir**  
10am-12pm ..... pg.32
- Art**  
10am-1pm ..... pg.28
- Samba**  
11am-3pm ..... pg.37
- Mexican Dominoes**  
12:30pm-4pm ..... pg.37
- Bridge**  
1pm-4pm ..... pg.37
- 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.37
- Table Tennis**  
9:00am-11:00am ..... pg.32
- Fitness Circuit  
with Dawn**  
9:30am-10:30am ..... pg.35
- 10 Card Cribbage**  
10am-12pm ..... pg.37
- 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*

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### **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

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### **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

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## 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

## 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

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### **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

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### **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

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## 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, Jan. 6 | 5:00pm | Montana's BBQ & Bar**

20100 Langley Bypass, Langley, V3A 9J7

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

Please note that the  
Diners Club now starts  
at 5:00pm

**Tuesday, Feb. 3 | 5:00pm | Flourishing Chinese Restaurant**

20472 Fraser Hwy (on the one-way)

A culinary gem offering a vibrant array of traditional Chinese seafood dishes.

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### 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

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### 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.

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### 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

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### 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)

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### 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)

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### PRIDE – 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.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

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### **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

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### **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

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### **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

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### **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)*

## Volunteer Drivers Needed



### Langley seniors need your help!

**Qualifications**

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

**Duties may include**

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

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.

Please contact Jude for more information  
604-530-3020 ext. 322 | judeh@lsrs.ca



## Get Involved

Reach out to our front desk staff for a volunteer application.



**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 \$70 | Non-Members \$85 | 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**

**20th Annual Fort Langley Historic 5K | 10K | Half Marathon**

CHARITABLE PARTNER



**Langley Senior**  
RESOURCES SOCIETY

**Sunday, February 22, 2026**

**volunteers needed**

information session to be held January 2026.

*Stay tuned for more information.*



**RUN • WALK • VOLUNTEER • CHEER > Register online: [www.tryevents.ca/fort-langley-historic-half](http://www.tryevents.ca/fort-langley-historic-half)**



**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

## Dress for the weather this winter

**Wear layers:** Dress in moisture-wicking layers that can be removed as you warm up. Avoid cotton, which stays wet and heavy.

**Add a waterproof outer layer:** A breathable, water-resistant jacket will keep you dry and comfortable without causing you to overheat.

**Use a hat:** A hat with a brim will keep rain out of your face, improving visibility.

**Stay visible:** Wear reflective or bright clothing to ensure motorists can see you, especially in low-light conditions.

**Bring extra socks:** Carry dry socks to change into after your workout to prevent a chill.

**Prevent chafing:** Use anti-chafing products on any areas prone to rubbing from wet clothes.

**Choosing a safe route:** Stick to pavement – avoid slippery surfaces like mud, grass, or leaves by sticking to roads and paved paths.

**Avoid hazards:** Stay away from busy streets, deep puddles, and areas that may have poor drainage.

**Be aware of your surroundings:** Pay close attention to your footing and be extra cautious of your surroundings.

**Change immediately:** Change out of your wet clothes as soon as possible to avoid getting cold.

**Dry your shoes:** Make sure your shoes are properly dried out to prevent them from staying wet for your next workout.

### Home Support Tailored To Your Individual Needs



**We offer:**

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



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

ICBC Claims Accepted



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

### Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

**778-549-6413** or  
[info@adulthoodcognitivewellnesscentre.ca](mailto:info@adulthoodcognitivewellnesscentre.ca)

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

# 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 31: DEREK DOUBLEDAY ARBOURETUM

21177 Fraser Highway

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### JANUARY 7: DERBY REACH

Meet at Campground Parking Lot, 21801 Allard Crescent

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### JANUARY 14: DEREK DOUBLEDAY ARBOURETUM

21177 Fraser Highway

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### JANUARY 21: WALK TO SENDALL GARDENS

via Pleasantdale Creek Trail. Meet at LSRS Centre

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### JANUARY 28: CAMPBELL VALLEY PARK, PERIMETER TRAIL WALK

Meet at 200 Street / 10 Avenue Parking Lot. Approximately 6.5km

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## Fridays at 10:00 am

### JANUARY 2: LANGLEY REGIONAL PARK

224 Street & 5 Avenue

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### JANUARY 9: CAMPBELL VALLEY PARK

Meet at 16 Avenue Parking Lot

---

### JANUARY 16: BRAE ISLAND

Meet at 9451 Glover Road

---

### JANUARY 23: FORT TO FORT TRAIL

Meet at Bedford Plaza

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### JANUARY 30: NOEL BOOTH PARK

20302 36 Avenue

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# *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

**Across**

- 1. Workbench gripper
- 6. Take rudely
- 10. Con job
- 14. Lofty lair
- 15. Casino city
- 16. Hankering
- 17. Places for plaques
- 18. Familiar with
- 19. Bog fuel
- 20. Ace
- 22. Singer James or Jones
- 23. Demolition need
- 24. Let out, as fishing line
- 26. Daytona 500 org.
- 30. Boxing ring boundaries
- 32. Baltic Sea feeder
- 33. With cubes
- 35. Marsh plant
- 39. Edgar, painter of ballerinas
- 41. Mil. mail drop
- 42. Bald tire's lack
- 43. After-school
- 66-Across, e.g.
- 44. Stinging remark
- 46. Peddle in the bleachers
- 47. \_\_\_\_\_-face (show of affection)
- 49. Fuel provides it
- 51. Syrian city
- 54. Sis's sib
- 55. \_\_\_\_\_ sci (coll. major)
- 56. ACE
- 62. Place for a cooling pie
- 63. Horn sound
- 64. Stiller's mate
- 66. Twistable cookie
- 67. Slaughter in baseball

- 68. Passion
  - 69. Shipped off
  - 70. \_\_\_\_\_ a soul (no one)
  - 71. On the lam
- Down**
- 1. Crow's cry
  - 2. Wife of Jacob
  - 3. Folk's Guthrie
  - 4. Place for grist
  - 5. Barcelona buck
  - 6. Sty sound
  - 7. Taken-back car
  - 8. (Auth. unknown)
  - 9. Cram for an exam
  - 10. ACE
  - 11. Minotaur's home
  - 12. Playing marble

- 13. Heavy \_\_\_ music
- 21. Calvary letters
- 25. Digs made of twigs
- 26. Silent assents
- 27. Yemeni port
- 28. Nintendo rival
- 29. ACE
- 30. Satisfy, as a debt
- 31. Limburger emanation
- 34. Semi compartments
- 36. \_\_\_ "In the headlights" critter
- 37. "West Side Story" faction
- 38. Whirling water
- 40. Go directly from first to third grade, say
- 45. Titanic totaler
- 48. Use saddle soap on, say
- 50. 98.6°, body temperature-wise
- 51. Lhasa \_\_\_\_\_(Tibetan dogs)
- 52. River of Tours
- 53. Barkin or Burstyn
- 54. \_\_\_ Wetsy (old doll)
- 57. Scottish isle
- 58. The Koh-i-\_\_\_ diamond
- 59. Prefix with dyne or drome
- 60. Carpentry groove
- 61. Libidinous god
- 65. " \_\_\_ you for real?"

1	2	3	4	5		6	7	8	9		10	11	12	13
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51	52	53						54						
55						56	57	58				59	60	61
62						63					64			65
66						67					68			
69						70					71			

# 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

# 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**

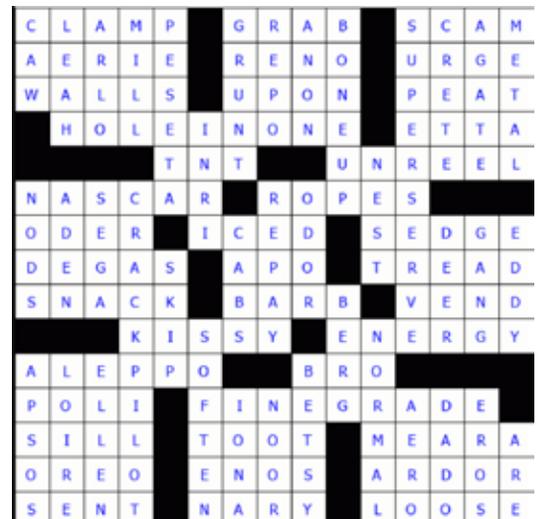
St Georges Anglican Church  
9160 Church Street Fort Langley.  
(across the street from the post office)



**Langley Senior  
RESOURCES SOCIETY**

## Get Involved

**Consider volunteering your time or services.**  
Reach out to our front desk staff for a volunteer application.





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



Marnie got a 'lil cheeky with her Christmas PJs



Jim McGregor's fireside stories were a hoot!



LSRS Staff in their jammies for our annual PJ Day



Our LSRS Singing Social Choir sang their hearts out for us. What a treat!

# Look at me.



I want to age at home.



**Nurse Next Door®**  
home care services

# HAPPY NEW YEAR 2026

I am deeply grateful for our neighbours, volunteers, and local businesses who help make our community such a welcoming and caring place.

Wishing you and your family a joyful 2026 filled with peace, happiness, and fresh beginnings.



**MLA**  
**JODY TOOR**

proudly serving  
Langley-Willowbrook



Constituency Office  
104-206011 Fraser Highway  
Langley, BC, V3A 4G4

604.514.8206  
Jody.Toor.MLA@leg.bc.ca

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

### 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

**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*



## 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



## 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

**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,  
katel@lsrs.ca

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Senior Accountant**

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Junior Bookkeeper**

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**FACILITIES MANAGER**

**Brandon Judd**

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**FACILITIES AND GROUNDS  
WORKER**

**Connor Kahle**

connork@lsrs.ca

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



# CONDO LIVING VS ALL-INCLUSIVE LIVING

---

When it's time to downsize, many seniors weigh the pros and cons of the type of living situation they want.

"Choose whatever offers the most independence and the least stress," suggests Keri Severinski, Residency Coordinator for Sunridge Gardens and Magnolia Gardens Seniors Communities in Langley. She identifies six key differences.

## GOOD NEIGHBOURS

"You don't want your ceiling to be someone else's dance floor," says Keri. Surround yourself with peers who have similar lifestyles.

## STRATA STRESS

Downsizing should simplify life, not complicate it. Beware strata committees that raise fees, add special levies, and love bureaucracy.

## MAINTENANCE CONCERNS

In a condo, you're responsible for light bulbs and leaky taps. Senior living communities handle these issues for you. Choose the best fit for you.

## COMPARE COSTS

All-inclusive living isn't always more expensive. "Compare condo expenses with a same-sized suite in a seniors community," Keri advises. You might be surprised.

## WELLNESS SUPPORT

Condos may have gyms, but seniors communities include coaches and programs to that address overall health and wellness.

## SECURITY SYSTEMS

Condos offer locked doors. Seniors communities add 24/7 staff and security monitoring—priceless peace of mind.

"These are your years to enjoy life," says Keri. "Choose a home that will enhance your quality of life rather than create more stress."

---

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



[BriaCommunities.ca](https://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

