



# In the Loop

\$2

FEBRUARY 2026

## PA Woodward Foundation Makes a Splash at ADP!

Staff at the LSRS Adult Day Program bid farewell to the old tub as the PA Woodward Foundation has donated funds for a new state-of-the-art HydroSound® Therapy Tub. *More on page 7.*



*ADP Health Care Aids Simar, Alma, Sarita, and Raj join Mirarie (in tub) and Facilities Manager Brandon as they removed the old tub in preparation for new HydroSound® therapy tub. Photo by Michelle Van Ieperen*

**Lunar New Year Celebration and a Happy Hour are on the calendar!**

**page 9**

**Haida Gwaii - don't miss it!**  
*June trip is sold out but a new tour date has been added!*  
**page 22**

**REMINDER**  
TIME TO  
RENEW YOUR  
MEMBERSHIP

### REGISTRATION DATES:

**Members: Monday, February 2**  
**Non-Members: Thursday, February 5**  
**REMINDER: Centres will be closed Monday, February 16 for Family Day**

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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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## Langley Senior RESOURCES SOCIETY

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

**Adult Day Program**  
20256 56 Avenue | 778-328-2302

**REMINDER:**  
This is a reminder  
to renew your  
membership to keep  
enjoying member-only  
pricing and access to  
programming.



**Now Serving  
BREAKFAST!  
Every Monday  
beginning February 2nd  
9:00am - 10:00am**

# 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 close the chapter on our holiday season, I am filled with deep gratitude and pride for what our community has accomplished together. Thanks to your extraordinary generosity, our holiday fundraising campaign raised \$81,165, surpassing our \$60,000 goal by a remarkable margin. This achievement is more than a number – it is a powerful affirmation that our mission matters and that our seniors are surrounded by a community that truly cares. We are honoured to recognize our donors who gave this year - turn to pages 24-25 and be prepared to be amazed at the kindness of our donors.



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

To everyone who gave, shared our message, or encouraged others to participate: thank you from the bottom of my heart. Your gifts – large and small – make a tangible difference in the lives of older adults who rely on our services every day. Because of you, we can extend our reach and deepen our impact, especially for seniors who are most frail, isolated, and vulnerable. Your generosity helps ensure they receive nourishment, connection, dignity, and care.

I also want to extend heartfelt thanks to the volunteers who made this campaign possible. We were hindered by limited services from Canada Post, and, thanks to our volunteers, we adjusted our process and delivered our Season to Share packages by hand. This not only allowed us to save money on postage but also allowed us to have personal conversations with our members about our campaign and its impact. Our volunteers commit time, energy, and compassion and these are invaluable. We simply could not do this work without our volunteers, and we are profoundly grateful for your commitment to our seniors and our mission.

Inspired by this momentum and your continued interest in our programs, I am pleased to share we will be launching a new breakfast service every Monday from 9:00–10:00 a.m. Beginning in February, café customers will be able to choose from 3 menu options, designed to be nourishing, welcoming, and enjoyable. This breakfast program is a trial, and we are eager to learn as we go. Your feedback will be essential as we explore whether and how this service can best meet the needs of our members, clients and community.

Thank you again for your trust, your generosity, and your belief in our work. Together, we are building a stronger, more compassionate community for older adults – today and for years to come.

## Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.  
Visit her **Tues, Feb. 10 - 11:30am-1:00pm**  
in the *LSRS Lounge*

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

# 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).

*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)

## \$62,000 Grant brings big impact

The Langley Senior Resources Society is proud to announce it has received a \$62,000 grant from the PA Woodward Foundation to purchase a new HydroSound® Therapy Tub, significantly enhancing the organization's Community Bathing Program for older adults with mobility challenges.

For many older adults, limited mobility, chronic pain, and balance issues make personal hygiene difficult—or even impossible—without assistance. As a result, individuals may go days or weeks without bathing, impacting not only physical health, but also dignity, confidence, and overall quality of life.

The new HydroSound® Therapy Tub will allow LSRS to provide safe, accessible, and deeply therapeutic bathing experiences for older adults who struggle to bathe independently. The tub combines warm water immersion with gentle sound wave therapy, helping to reduce pain, ease joint stiffness, improve circulation, and promote relaxation—all while ensuring safety and comfort.

“Our Community Bathing Program is about so much more than hygiene,” says Kate Ludlam, Executive Director. “It’s about restoring dignity, comfort, and a sense of normalcy for older adults who want to care for themselves but face physical



*L-R: Fundraising Director Bonnie McDonald, P.A. Woodward Foundation Executive Director Don Hickling, LSRS Member Sandra Reams, LSRS Board Director David Chapates, LSRS Board President Loretta Solomon, LSRS Executive Director Kate Ludlam, ADP Community Bathing Supervisor Mirarie Fosana, and LSRS Board Director Michael Chang*

barriers. This generous support from the PA Woodward Foundation allows us to meet a critical and growing need in our community.”

Demand for bathing assistance continues to rise as the population ages. Many participants in the program live with arthritis, neurological conditions, or limited strength and balance. Without specialized equipment, traditional bathing environments can pose serious fall risks or be entirely inaccessible.

*continued on next page*

# PA Woodward Foundation grant allows dignity, comfort



The PA Woodward's Foundation's investment ensures that LSRS can continue serving older adults with compassion and innovation, expanding access to services that support independence and well-being. "The PA Woodward Foundation has supported healthcare in British Columbia for 75 years and is now proud to partner with the Langley Senior Resource Society's Adult Day Program to provide specialized care and recreation for adults with unique needs," says Don Hickling, Executive Director.

For more information about the Community Bathing Program or how to support the Langley Senior Resources Society, please visit [www.lsr.ca](http://www.lsr.ca) or contact 604-530-3020.



*P.A. Woodward Foundation Executive Director Don Hickling (left) presenting cheque to with LSRS staff and board members*



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## UPCOMING EVENTS

# LUNAR NEW YEAR CELEBRATION

Wednesday, February 11

11:30am - 1:00pm | in the Lounge

Join us to celebrate the Lunar New Year with  
dessert and green tea.

The Creekside Café will feature a special  
Asian dish on the menu



Langley Senior  
RESOURCES SOCIETY

No Registration needed.  
Everyone welcome!

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

# Join us for HAPPY HOUR

FEATURING MUSIC BY:

*Alyssa Nielsen*

Thursday, February 26

4:30 - 6:30pm

HAPPY HOUR MENU:  
Shepherd's Pie with Gravy,  
Green Salad  
& Chocolate Cheesecake

*Tickets on sale Feb. 2nd*

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



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Remember Elementary school at Valentine’s Day? At some point during art class, we would make some sort of large envelope to capture all our expected cards. The project began with cutting pasting and folding construction paper then decorating the outside with hearts or designs.



At home, we would spread the valentines out on the kitchen table. With scissors and glue and a sharp pencil at hand we would begin the task of selecting the proper card for the right classmate.

You had to be careful when selecting the cards. Some might have the right picture for a certain classmate, but the wording would be wrong, and you didn’t want to send a wrong message to a girl or get thumped by a boy. But after some sorting, it began to work out. First the guys, then the girls.

But then came the most delicate situation of this task. Picking out the Valentine for ‘Him’ or ‘Her.’ A crush in grade four is a very serious thing indeed. You can’t let any of your friends know you like this person because they will ridicule you mercilessly and worse yet, maybe tell them. You certainly can’t tell them because what if they don’t feel the same way about you? Then you would have to ask your parents to move to another town.

On the big day, you carefully open your envelope to see if they left one for you. You read the message, look at the picture and the writing to see if they have left a clue for you. After you are pretty sure they did, you keep that Valentine separate from the rest.

Take some time, send a special message to your Valentine this year. Pretend they’re that special one who sits three rows over and two seats down.

~ Jim McGregor, Langley writer

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# Why eye exams matter for seniors

(NC) Maintaining good eye health is important at all ages, but particularly as we get older. It's important to consider ways we can protect our sight and help others who are facing vision loss. Here are three things to keep in mind:

## Get your eyes examined regularly

Adults over 40, those with diabetes or anyone with a family history of eye disease should be extra diligent. Many serious eye conditions, including glaucoma, cataracts and diabetic retinopathy, show no early signs. Diabetic retinopathy, a complication of diabetes, is one of the leading causes of preventable blindness in Canada.

"If you have diabetes, early detection of diabetic retinopathy is the best protection against vision loss," says Dr. Mona Dagher, an ophthalmologist. "Nearly 60 per cent of patients with Type 2 diabetes in Canada will develop DR within 20 years of diagnosis. That's why annual screening is key to early detection and timely intervention."

This is why getting a comprehensive, dilated eye exam is important: it lets your eye doctor see inside the back of your eye and detect damage early.

## Good vision is key to preventing falls

Chronic health conditions can also affect vision in other ways. Stroke survivors may experience visual field loss, while people with Parkinson's

disease or multiple sclerosis may have difficulty with eye coordination or focus. These challenges extend beyond eyesight, impacting mobility, independence and overall well-being.

## Your lifestyle impacts your eyesight

Regular physical activity helps prevent conditions like diabetes and high blood pressure, which are linked to vision-threatening diseases. You can also support eye health with foods high in nutrients, such as leafy greens, colourful fruits and vegetables and foods rich in omega-3s. Other lifestyle changes, like quitting smoking, can significantly reduce your risk of developing serious eye problems.

## Practice daily eye protection

Always wear sunglasses that fully block UVA and UVB radiation, even on cloudy days and in the winter. When using tools or doing home improvement projects, wear safety glasses to prevent eye injuries. For those who wear contact lenses, proper handling and cleaning are essential to prevent infections.

## Medical Services Plan coverage

In British Columbia, the Medical Services Plan (MSP) covers one routine eye exam annually for seniors aged 65 and over, plus medically necessary exams for all ages. While prescription glasses or contacts aren't covered by MSP, some benefits exist for those on income/disability assistance.

## SAVE THE DATE

FEBRUARY 16

LSRS will be closed Monday, Feb. 16 for BC Family Day Holiday

FEBRUARY 22

Walk, Run, Volunteer, or Cheer! Fort Langley Historic Half, 10km, or 5km

FEBRUARY 26

Our First Happy Hour special event dine & dance with Alyssa Nielsen 4:30-6:30

MARCH 17

St Patrick's Day Dinner & Dance featuring The Seabillys! tickets on sale March 1st

# Congratulations John!

LSRS member John (Bruce) Nolte recently celebrated 50 YEARS of donating blood. MLA Jody Toor presented John with a BC Challenge Coin. The coin is a provincial honour for individuals who have acted in a particularly generous or selfless manner for the common good.

PHOTOS: MLA Jody Toor presenting BC Challenge Coin to John

John cutting cake with his sister Joy.



**New year,  
new me**

# This is my happy place

At Langley Seniors Village, enjoy all-inclusive maintenance-free living, thoughtfully crafted dining, exceptional service, and a welcoming community where friendships grow, laughter is shared, and time finally feels like your own.

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

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20363 65 Ave., Langley  
retirementconcepts.com

## 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, February 10

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

## Bone Health Clinic

Osteoporosis is common. 1 in 3 women & 1 in 5 men will break a bone due to this disease. Clinic will consist of two 2-1/2 hour sessions. Participants need to attend both sessions.

Thursday, March 19 | 1:30–3:30pm

Friday, March 20 | 1:30–3:30pm

Maximum 12 persons.

Free for LSRS Members

## DENTAL CLINIC



Next Clinic: **Monday, March 30**

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.*

## 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 date: Sat., Feb. 14 | 10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

# Lunch & Learn

# LET'S DO LUNCH!

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

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

## Come with all of your questions!

**RSVP Today!**  
**604-427-2828**

Date: Tuesday, February 24 • Time: 10:00AM – 1:00PM  
Location: Langley Senior Resources Society  
20605 - 51B Avenue

*\*Must register to be included for lunch.*



**Kim Galick**  
RHIP/Owner  
26 years of experience

**RSVP - 604-427-2828**  
[www.earshearinglangley.com](http://www.earshearinglangley.com)



Part of the WorkSafe BC Provider Network

# How eating the rainbow can help reduce

(NC) One of the simplest and most powerful ways to reduce inflammation and support joint health, especially if you're living with arthritis, is to "eat the rainbow". This means adding a variety of colourful fruits and vegetables to your plate every day. Each vibrant colour signals the presence of specific nutrients and natural compounds that can help calm inflammation, protect cells and nourish your body in different ways.

Here's how each hue in your produce aisle can help your body:

## Red

Red fruits and vegetables are rich in lycopene, a powerful antioxidant that may help protect cells from damage. Lycopene has been linked to a reduced risk of prostate cancer and stroke.

*Found in: tomatoes, watermelon, strawberries, cherries, red peppers*

## Orange and yellow

These foods are high in carotenoids, including alpha-carotene and beta-carotene. Your body converts these into vitamin A, which supports vision, cell growth and hormonal balance.

*Found in: carrots, sweet potatoes, mangoes, peaches, yellow peppers*

## Green

Green vegetables get their colour from chlorophyll. While chlorophyll may not have proven direct health benefits, green vegetables are packed with key nutrients that support heart health, including vitamin K, folate, magnesium and potassium.

*Found in: spinach, kale, broccoli, Brussels sprouts, asparagus*

## Blue and purple

While no foods in nature are truly blue, these

**My office is here to help!**

If you are having issues with a federal agency such as:

- Service Canada
- Canada Revenue Agency
- Immigration and Citizenship
- Veterans Affairs

... contact me!

**TAKO VAN POPTA MP**  
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# The LSRS Bread Basket

Next Lsrs Bread Basket Dates:  
**Tuesdays**  
**February 10 & 24**

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

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

# inflammation and support joint health

foods' different hues of purple are caused by anthocyanins, a group of antioxidants that may help lower the risk of cardiovascular disease by protecting cells from damage. Research suggests potential benefits for brain health and cognitive function in older adults, although more study is needed.

*Found in: blueberries, blackberries, purple cabbage, eggplant, plums*

## White and brown

Neutral-coloured produce often contains flavones, which have antioxidant and anti-inflammatory properties. Some, like garlic, also contain unique compounds such as allicin, known for its anti-inflammatory and antimicrobial effects.

*Found in: garlic, onions, cauliflower, potatoes, bananas, mushrooms*

**A note on nightshades:** Tomatoes, peppers, potatoes and eggplants belong to a group of plants called nightshades, which contain naturally occurring compounds like solanine. Some believe these compounds may worsen inflammation or arthritis symptoms. But they are commonly found in the leaves and stems, and not the parts we eat.

Research has not found any evidence that nightshades have a negative effect on joints nor can they make arthritis worse. In fact, many nightshade vegetables are rich in nutrients and antioxidants that may help reduce inflammation.

As always, listen to your body. If you think a specific food may be triggering symptoms, speak with a healthcare provider or registered dietitian.

Find more wellness tips from Arthritis Society Canada at [arthritis.ca](http://arthritis.ca).

**MacCallum Law Group LLP**

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**Upcoming Legal Clinics:**  
**Next Clinic: Monday, February 2, 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. LSRS Members only

**2026 Clinic Dates:**  
 Monday, March 2 | 1:00-3:00pm  
 Spring dates TBA

*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)**



## A Message from Mayor Eric Woodward Township of Langley



With 2026 upon us, there are a number of issues that Council will be faced with in the year ahead. One of them is housing mandates from the Province of BC.

The Township of Langley is required to pre-approve up to 20,000 additional housing units. This number is driven by manufactured, made-up targets without much basis in the reality of actual housing delivery. The Township has also been required to allow mini apartment buildings on every urban, single family lot, including within older subdivisions where infrastructure and better road networks don't exist to support it.

Earlier in 2025, for Willowbrook SkyTrain, the Province imposed minimum high-rise densities on each and every lot. As a result, the new Willowbrook Community Plan planning process has been undermined.

A better approach can still be for the Province to set clear, realistic expectations for housing approvals. And then allow local governments to grow in a way that make sense for each of city. Growth, infrastructure, facilities and livability must go hand in hand

Warm regards,

**Eric Woodward**

Mayor, Township of Langley



# Monday Morning TALK SHOW

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

Generously sponsored by



Every month Bria Communities raffles a bottle of Irish Cream to a participant of the Monday Morning Talk Show. Here is our lucky January winner Judy (left) with Keri from Bria.

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

**Everyone is welcome!**

## FEBRUARY 2

### Community Shuttle

Delta has a seniors shuttle service and Langley is looking at creating one  
~ Presenter Paul Crump, Langley Seniors in Action

## FEBRUARY 9

### Funeral Planning

There are many advantages to planning ahead.  
Discussing your options is a great place to start.  
~ Tricia McIvor, Dignity Memorial

## NEW!

Creekside Café will be serving breakfast starting Feb 2. on **MONDAYS ONLY** from 9am - 10am. Stop in before the Monday Morning Talk Show – Breakfast followed by the Talk Show – a great way to start your week!

## FEBRUARY 16

### Closed for BC Family Day

## FEBRUARY 23

### Artificial Intelligence

Artificial Intelligence (AI) and you. Will this be the next great option for enhancing your golden years?  
~ Alan Cadwell

## 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 604-530-3020, ext. 0 to register with a credit card.
- You can register yourself and one other person for all programs except fitness programs.

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

**IF WE CANCEL:** In the event we have low registration or extenuating circumstances, we will either cancel or re-schedule and full refunds will be given.

**IF YOU CANCEL:** A refund and cancellation deadline is set for every program, event or trip. To receive a refund, cancellation must be completed on or before the specified date. A \$5.00 service charge will be deducted.

**FOOT CARE AND MASSAGE CANCELLATIONS:** For a full refund, 48 hours notice is required for change or cancellation of appointments.

**HOW YOU WILL BE REFUNDED:** Refunds will be given via the same method by which payment was received (cash, cheque, debit, or credit).

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

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



**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)

## 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.

**NEW DEPARTURE ADDED!**  
July 9 - 15, 2026

**BOOK YOUR NEXT**  
**Journey**

## Supernatural Haida Gwaii

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

*July 9-15 tour has limited spots for the Skedans tour (boat tour), which will be offered on a first-come, first-served basis. We are happy to answer any questions regarding the Skedans tour or the alternative land excursion.*

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

**Almost Sold Out: 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*



# 2025 Donors

January 1, 2025 - December 31, 2025

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## **BENEFACTORS \$10,000-\$24,999**

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**The Langley Senior Resources Society is deeply grateful to our donors and funders whose generosity in 2025 made it possible for us to serve seniors with dignity, care, and connection. Their support strengthened our programs, expanded our reach, and meaningfully improved the lives of older adults in our community. We salute you!**



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## REGULAR PROGRAMS AT A GLANCE

# Monday

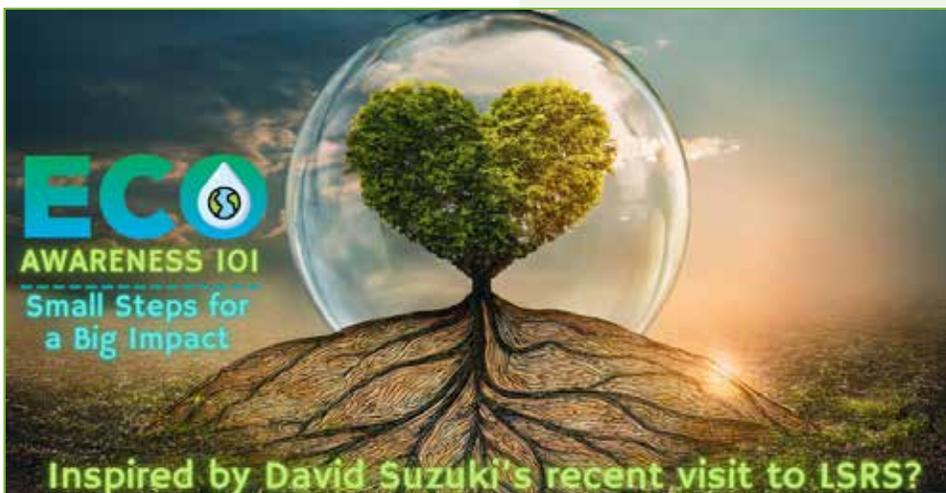
<b>Ukulele</b>	9am-11am ..... pg.33
<b>Monday Morning Talk Show</b>	10am-11am ..... pg.20
<b>Mindful Meditation with Vicky</b>	10:15am-11am ..... pg.31
<b>Table Tennis</b>	10am-12pm ..... pg.32
<b>Spanish</b>	11:15-12:30pm ..... pg.32
<b>Circle of Friends</b>	11:30am-12:30pm ..... pg.29
<b>Jam Session</b>	1pm-3pm ..... pg.30
<b>Bridge Partners</b>	1pm-4pm ..... pg.37
<b>Snooker</b>	9am-4pm ..... pg.32

# Tuesday

<b>Fit and Fab with Stacey</b>	9am-10am ..... pg.34
<b>Active Chair Yoga with Stacey</b>	10:15am-11:15am ..... pg.34
<b>Men's Shed Social</b>	10:00am-12:30pm ..... pg.31
<b>Flying Solo</b>	11am-12pm ..... pg.30
<b>Senior Pride Social Group</b>	<i>Third Tuesday of each month</i> 11:30am-1:30pm ..... pg.31
<b>Line Dancing</b>	11:30am-12:30pm ..... pg.31
<b>Canasta</b>	12:30pm-4pm ..... pg.37
<b>Carpet Bowling</b>	1pm-3pm ..... pg.29
<b>Caregiver Support Group: Men</b>	1:15pm-2:15pm (ADP location) ..... pg.29
<b>Snooker</b>	9am-4pm ..... pg.32

# Wednesday

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



### ECO AWARENESS 101

We are carrying on the conversation in this informal literary discussion group. Please join in, everyone welcome!

2nd & 4th Wed. each month  
10:30am-12:00pm  
Activity Room | Free

## 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*

---

### **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

---

## 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

---

### **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, 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

**Tuesday, Mar. 3 | 5:00pm | Andreas Restaurant**

20227 56 Ave., Langley

Longtime Langley favourite featuring authentic Greek & Italian cuisine.

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

### ECO-AWARENESS 101

Inspired by the recent visit of David Suzuki? We are carrying on the conversation in this informal literary discussion group. Please join us!

**2nd and 4th Wednesday every month**

10:30am-12pm | Activity Room

**NEW!**

### 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 | Activity 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

## PROGRAMS

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

### **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

---

### **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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## PROGRAMS

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

### **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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### **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

---

### **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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## PROGRAMS

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

### 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)

### 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)*



## 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

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

**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 – Noon**

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 – Noon**

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**

Pilates is known for building strength, stability, and alignment, and Chair Pilates brings these benefits into a supportive, joint-friendly seated format (with some optional standing). With attentive breathing, core conditioning, lengthening, and stretching, each class helps you feel steady, energized, and confident in daily life.  
St. Georges Anglican Church, 9160 Church St, Fort Langley  
12 Sessions | \$84 Members | \$94 Non-Members

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**MOVEMENT AND BALANCE WITH JENNIFER**

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

Led by experienced instructor Jennifer, this gentle yet effective class focuses on exercises that improve balance, strength, flexibility, and body awareness—key components in helping to reduce the risk of falls. Movements are low-impact and can be adapted to suit different levels of ability  
St. Georges Anglican Church, 9160 Church St, Fort Langley  
12 Sessions | \$84 Members | \$94 Non-Members

---



**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

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**EUCHRE – TRADITIONAL**

**Wednesdays**

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

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**CANASTA**

**Tuesdays**

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

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**MEXICAN DOMINOES**

Wednesdays and Fridays

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

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**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

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**SHANGHAI RUMMY**

**Wednesdays**

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

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**CRIBBAGE**

**Fridays**

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

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**WHIST**

**Thursdays**

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

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# LSRS Fitness Instructor publishes book!

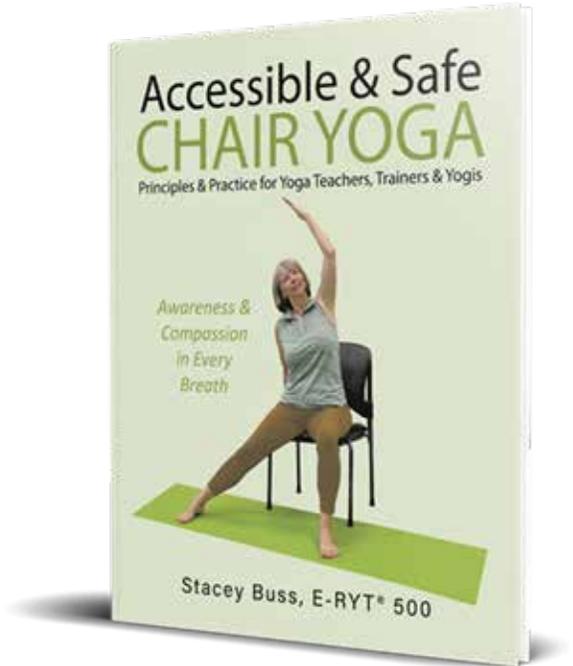
Stacey Buss is a Registered Yoga Teacher, a trainer of yoga teachers, a certified chair yoga instructor, and an older adult fitness leader.

After retiring, she discovered a renewed passion for yoga and was quickly drawn to the heart, accessibility, and compassion of chair yoga. Her focus during her classes is to share welcoming, empowering practices that honour shifting abilities and celebrate each participant's presence. She always includes a dash of humour and real-life perspective and her classes are a favourite with LSRS members.

Stacey wrote this book after struggling to find reference books for chair yoga that were well illustrated, had clear description, and most importantly - focused on who is in the class, their safety and their awareness.

Congratulations Stacey on bringing your project through to completion.

'Accessible & Safe Chair Yoga Principles & Practice' is available from Indigo.ca, Amazon.ca or your favourite on-line book retailer, or reach out to Stacey for a copy by emailing her at [yogaonly@telus.net](mailto:yogaonly@telus.net).



“Chair yoga is more than poses done on a chair – it’s a thoughtful, adaptable path grounded in care and mindfulness.”  
~Stacey Buss



## Make & Take

### MARCH 18 MAKE & TAKE

Everyone welcome. Limited space. Pre-registration Required.

All ingredients are included but please bring a quart size (946 mL) canning jar. \$5.00/person

#### **CRANBERRY OATMEAL COOKIES IN A JAR**

Cranberry-Oatmeal Chocolate Chip Cookies in a Jar, so easy to make, ridiculously delicious – and the finished jars look pretty and also make a nice gift! Our Make & Take days are fun and social – come out and join us!

**Wednesday, March 18**

1:00-3:00pm | Sunroom

# 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

### **FEBRUARY 4: BRAE ISLAND**

Meet at 9451 Glover Road

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### **FEBRUARY 11: FORT TO FORT TRAIL**

Meet at Bedford Plaza

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### **FEBRUARY 18: CAMPBELL VALLEY PARK, RAVINE TRAIL**

8th Avenue Parking Lot

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### **FEBRUARY 25: MEET AT THE CENTRE**

Walk to Derek Doubleday Arboretum

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## Fridays at 10:00 am

### **FEBRUARY 6: WALK TO BRYDEN LAGOON**

Meet at Sendall Gardens, 20166 50 Avenue

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### **FEBRUARY 13: LANGLEY LANE GREENWAY**

Meet at North Langley Community Church 21015 96 Avenue

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### **FEBRUARY 20: DERBY REACH**

Meet at Campground Parking Lot, 21801 Allard Crescent

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### **FEBRUARY 27: CAMPBELL VALLEY PARK, RIVER LOOP & RACETRACK**

Meet at 16th Ave Parking Lot

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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

## FORT LANGLEY SUPPORT GROUPS

For more information about either group, or to register (*not required*) phone 604-530-3020 ext. 0

### Caregiver & Life Challenges 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 – 12:00 PM**

St Georges Anglican Church  
9160 Church Street Fort Langley.

## 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)



# Brookwood Denture Clinic Ltd.

## DENTURE AND IMPLANT SOLUTIONS

All Dental Plans Accepted – including the Canadian Dental Care Plan.



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A+ Rating!

### OUR SERVICES INCLUDE:

- COMPLETE DENTURES
- 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

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**CANADIAN DENTAL CARE PLAN.**  
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Accepted



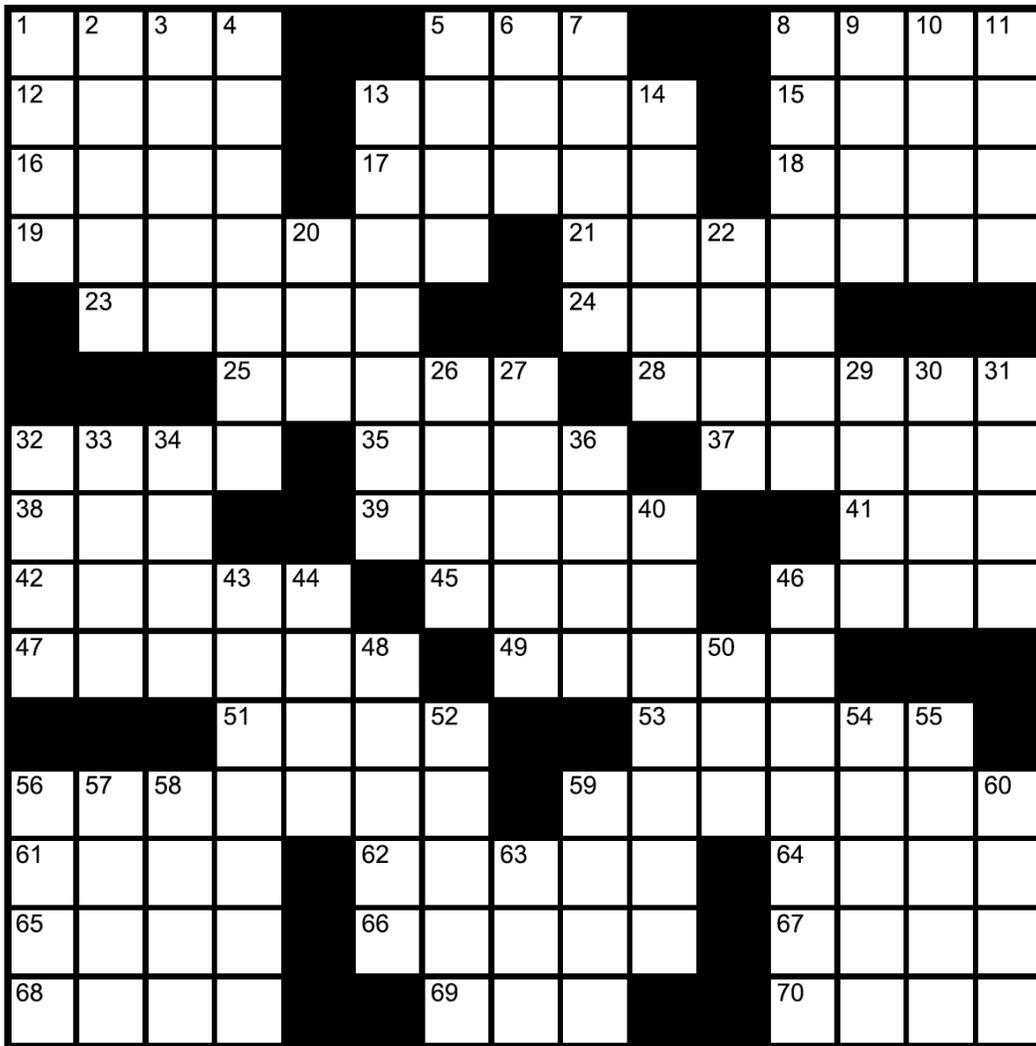
# CROSSWORD PUZZLE 'THE NAME GAME'

## Across

- 1 "You\_\_?"
- 5 Comic Conway
- 8 Off yonder
- 12 Seed coat
- 13 Pandemonium
- 15 Pianist Peter
- 16 Townshend of the Who
- 17 Yoga practitioner
- 18 Half-moon tide
- 19 Gene of the links
- 21 1967 Oscar winner Parsons
- 23 Gets licked
- 24 Shopping place
- 25 Like draft beer
- 28 Revolutionary Hale
- 32 Stable color
- 35 Dutch export
- 37 Annoy
- 38 Riviera season
- 39 Bacon or Mudd, e.g.
- 41 Plunder
- 42 Itsy-bitsy bits
- 45 Antitoxins
- 46 Farm females
- 47 Colman of "Random Harvest"
- 49 Former CIA director George
- 51 Knight's neighbor
- 53 Because of

- 56 Moore of "The Lone Ranger"
  - 59 Dionne of music
  - 61 Throw, as dice
  - 62 Part of a spur
  - 64 Debate side
  - 65 Exchange premium
  - 66 Jim-dandy
  - 67 Critic Rex
  - 68 Bridges of "The Fabulous Baker Boys"
  - 69 Safety device
  - 70 Makes lace
- Down**
- 1 Emulates Eminem
  - 2 "He's\_\_\_\_\_nowhere man" (Beatles lyric)

- 3 Hot rod propellant
- 4 Jackie of TV fame
- 5 Watered down
- 6 Golfer Woosnam
- 7 Computer add-on
- 8 One of the original Mouseketeers
- 9 Sense
- 10 Shrinking Asian sea
- 11 It may be skipped
- 13 "Dick Tracy" cartoonist Gould
- 14 Sarandon of film
- 20 Spiritual path
- 22 Links hazard
- 26 Commotions
- 27 "Love Me Tender" actress Debra
- 29 Sizable sandwich
- 30 Declare openly
- 31 Beaks
- 32 Kind of admiral
- 33 One of the Ringling Brothers
- 34 2005 Theron adventure, "\_\_\_Flux"
- 36 Trifling
- 40 Tony of TV's "The Odd Couple"
- 43 Olympian Retton
- 44 Token taker
- 46 Jimmy of many films
- 48 Opportunities, to speak
- 50 Where Lux. is
- 52 Identified
- 54 Skin problem
- 55 Santa's reindeer, e.g.
- 56 Complain
- 57 Theater box
- 58 Others, to Ovid
- 59 Whip mark
- 60 Youngsters
- 63 Minuscule



## WORD SEARCH PUZZLE "WIND AND WEATHER"

I C A N N O C T C H A N G E  
 T D R I Z Z L E S U N N Y H  
 H E S R E W O H S D S I Y A  
 W A R M R E U C T L I W O Z  
 N O G F T H D T E E O W Y E  
 T W I N N D Y E O N B D U Y  
 E O Y T I I T Z S R N C N A  
 W B G T N T A D E I N I J U  
 S N G T H M L C W E A A Y S  
 A I O I G U H E L R R S D T  
 O A F U A I N L M W A B Y O  
 S R S R L E A D C E C I H M  
 Y T D L E S T I E D O O L F  
 Y N Y A T I O N Q R J N N D

Find the words in the grid. **When you are done, the unused letters in the grid will spell out a hidden message.** Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

BREEZY	HAZE	SNOWY
CHILLY	ICE	SUNNY
CLOUDY	MELTING	THUNDER
DRIZZLE	RAINBOW	TORNADO
FLOOD	RAINY	WARM
FOGGY	SHOWERS	WET
GUSTY	SLEET	WINDY

HIDDEN MESSAGE:

\_\_\_\_\_

\_\_\_\_\_

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

# Look at me.



I want to age  
at home.



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

### 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)**



**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

### COMMUNITY BATHING SUPERVISOR

**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 Fosana,  
Community Bathing Supervisor*

## 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.



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

**ACCOUNTING OFFICE**

**Sunny Choung,  
Senior Accountant**

604-530-3020 ext.314,  
accounting@lsrs.ca

**Diya Gupta,  
Junior Bookkeeper**

604-530-3020 ext. 313,  
bookkeeper@lsrs.ca

**HUMAN RESOURCES COORDINATOR**

**Boni Thomas - on leave**

604-530-3020 ext.310,  
bonit@lsrs.ca

**MANAGER OF PROGRAMS & MEMBER ENGAGEMENT**

**Sherri Martin**

604-530-3020 ext. 303,  
sherrim@lsrs.ca

**MEMBER SERVICES SUPERVISOR**

**Janet Madden**

604-530-3020 ext. 312,  
janetm@lsrs.ca

**VOLUNTEER COORDINATOR**

**Jude Henders**

604-530-3020 ext. 322,  
judeh@lsrs.ca

**COMMUNITY FUNDRAISER**

**Bonnie McDonald**

604-530-3020 ext. 323,  
bonniem@lsrs.ca

**MANAGER OF COMMUNITY SERVICES**

**Wendy Rachwalski**

604-530-3020 ext. 305,  
wendyr@lsrs.ca

**COMMUNITY SERVICES NAVIGATORS**

**Lisa Gordon**

604-530-3020 ext. 318,  
lisag@lsrs.ca

**Debbie Pauls**

604-530-3020 ext. 304,  
debbiep@lsrs.ca

**Aferdita Kelmendi**

604-530-3020 ext. 309,  
aferditak@lsrs.ca

**COMMUNITY SERVICES COORDINATOR**

**Carol Meister**

604-530-3020 ext. 307,  
carolm@lsrs.ca

**SOCIAL PRESCRIBING COMMUNITY CONNECTORS**

**Nicole Garfias**

604-530-3020 ext. 319,  
nicoleg@lsrs.ca

**Che Mosely**

604-530-3020 ext. 306,  
chem@lsrs.ca

**KITCHEN AND CATERING SERVICES MANAGER**

**John Zaminskis**

604-530-3020 ext. 315,  
johnz@lsrs.ca

**FACILITIES MANAGER**

**Brandon Judd**

604-530-3020 ext. 302,  
brandonj@lsrs.ca

**FACILITIES AND GROUNDS WORKER**

**Connor Kahle**

connork@lsrs.ca

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



# SIX SIMPLE TIPS FOR DECLUTTERING

Decluttering isn't about getting rid of everything—it's about making space for what truly

matters. A calm, organized home can reduce stress, improve safety, and make everyday life feel simpler and more enjoyable.

## PHYSICAL BENEFITS OF A DECLUTTERED HOME

- Rooms become easier to navigate
- Fall risks are decreased
- Reduces mould and allergens

## MENTAL BENEFITS OF A DECLUTTERED HOME

- Key items are easier to locate
- Supports those living with memory challenges
- Simplifies daily routines
- Creates a sense of control
- Improves peace of mind

## SIX DECLUTTERING TIPS

**1. Start small** and focus on one area at a time. Celebrate when you finish!

**2. Reduce paper clutter:** Recycle junk mail, organize important documents, and switch to electronic billing.

**3. Clean out closets:** If you haven't worn it in two years, consider donating to a family member, consignment store or charity.

**4. Clear kitchen cupboards:** Remove unused and duplicated implements and utensils, as well as expired fridge and pantry items.

**5. Ask for help:** Family or friends can offer support and encouragement, and a sober second thought.

**6. Save sentimental items for last.** These are the hardest to sort through. When you're ready, ask yourself a simple question: Does this bring me joy? If yes, keep it. If not, it may be time to let it go.

Discover the caring community and care-free lifestyle at **Sunridge Gardens** and **Magnolia Gardens Seniors' Communities.** Contact Keri: **604.351.8668**



[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!

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