



Langley Senior
RESOURCES SOCIETY

Programs &
Services for
Adults 50+



In the Loop

\$2

MARCH 2026

BOOK 'EM

Judy

Meet Judy & Judy
our LSRS
librarians.

Upcoming
Events you
won't want
to miss!
pages 9-10

Take a look at
Fort Langley
programs &
events!
page 36-37

Be Like
the Band!
*Listening, timing,
and mutual, non-
competitive
support...*
page 21

Big Registration Edition!
Members: Monday, March 2
Non-Members: Thursday, March 5



Kelly Blouin REALTOR®

YOUR TRUSTED LOCAL LANGLEY SENIORS REAL ESTATE SPECIALIST



LET'S CONNECT!

Helping people find the perfect home and making the transition seamless is my specialty.

Downsizing from a longtime family home is a big decision, and it takes time. From our first conversation to the moment you settle in, I'll be by your side every step of the way.

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✓ No Pressure

✓ Local Expertise

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 www.thehousemanteam.com

 kelly@thehousemanteam.com



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Langley Senior RESOURCES SOCIETY

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

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

REMINDER:

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



**Now Serving
BREAKFAST!
Every Monday
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 operate the largest, free-standing, and independently-owned recreation centre in B.C., 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

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 welcome the arrival of spring, there's a renewed sense of energy and possibility in the air. The brighter days and budding trees remind us that growth and renewal are all around us. I would especially like to thank our dedicated gardeners who have already begun preparing our garden areas for the season ahead. Your hard work, planning, and care ensure that our outdoor spaces remain vibrant, welcoming, and therapeutic for everyone who visits. We are so grateful for the time and love you invest in keeping our gardens flourishing.



Kate Ludlam,
Executive Director,
LSRS

I also want to extend heartfelt thanks to all the volunteers and participants who represented our organization at the Fort Langley Historic Half Marathon. Whether you walked, ran, cheered from the sidelines, or helped behind the scenes, your enthusiasm and community spirit were truly inspiring. Events like these not only raise funds and awareness but also strengthen the connections that make our community so special.

This season also brings exciting new recreation opportunities! We are pleased to introduce our new Fitness Circuit program and

a Zumba Gold class designed to provide more flexibility and variety for members. These programs are a wonderful way to stay active, connect with others, and try something new. Be sure to learn more on page 35.

Inspired by David Suzuki's visit to LSRS, we're also launching a new Eco-Awareness 101 discussion group for those interested in exploring environmental topics and practical sustainability ideas together. You can find all the details on page 29. Our Fort Langley schedule now offers 2 weekly regular fitness classes, caregiver support groups, a Fall Prevention Clinic, and a monthly Pharma Day – check out the schedule on page 36.

Have you had a chance to try breakfast with us yet? As we expand our menu offerings, we warmly welcome your feedback. Your input helps us shape a dining experience that reflects the tastes and preferences of our community.

As we approach the end of our fiscal year, I'm reminded that we are a complex organization with many moving parts. Growth and evolution bring exciting opportunities, but they also place added demands on our teams—especially Finance. I want to sincerely thank our Finance Department for their diligence, expertise, and steady support. Your work behind the scenes keeps everything running smoothly, and we deeply appreciate all that you do.

Here's to a vibrant and fulfilling spring season ahead!

Looking for **HEARING AIDS**



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

KIM GALICK
EARS HEARING CLINICS

604-427-2828 • earslangley.com
Unit C, 20568 - 56th Avenue, Langley



Proudly Canadian,
Locally Owned
& Operated!



Kim Galick
RHP/Owner
Over 25 Years of Experience

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



Memberships are \$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.

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

Please call Janet at 604-530-3020 ext. 312 or email janetm@lsrs.ca.



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

Meet Judy and Judy, our LSRS Librarians

Have you ever flown above the ground in a balloon, cruised around the world being chased by pirates, found a dead body on a train, climbed Mount Ararat, had a romance with a handsome stranger?

Many of these adventures await you in a book in the LSRS library! From romance to the popular mystery/thriller genre, your interests are guaranteed to be on our shelf.

Our two LSRS volunteer librarians, Judy O’Keefe, and Judy Darey, only request that you return the borrowed book in good order.

Judy Darey recommends reading a mystery/thriller novel because it keeps your mind active as you

try to solve the story. There are easy mystery books and more challenging ones for those interested.

And as part of the Fraser Valley Regional Library’s outreach program, we have two shelves dedicated to their books that are changed every three months.

Judy and Judy are also always looking for book donations to build our library and keep it up-to-date on interesting reads.

The library is in the lounge on the back wall and features a good selection, organized by category.

They keep the library of books current and bring in fresh selections frequently along with several large print books.



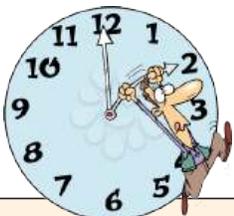
Judy Darey and Judy O’Keefe keep the LSRS bookshelves in good shape.

From romance to the popular mystery/thriller genre, your interests are guaranteed to be on our shelf.

SAVE THE DATE

MARCH 8

Daylight Savings Time starts – change your clocks!



APRIL 3 / 6

We will be closed for Good Friday on April 3, and Easter Monday on April 6



APRIL 22

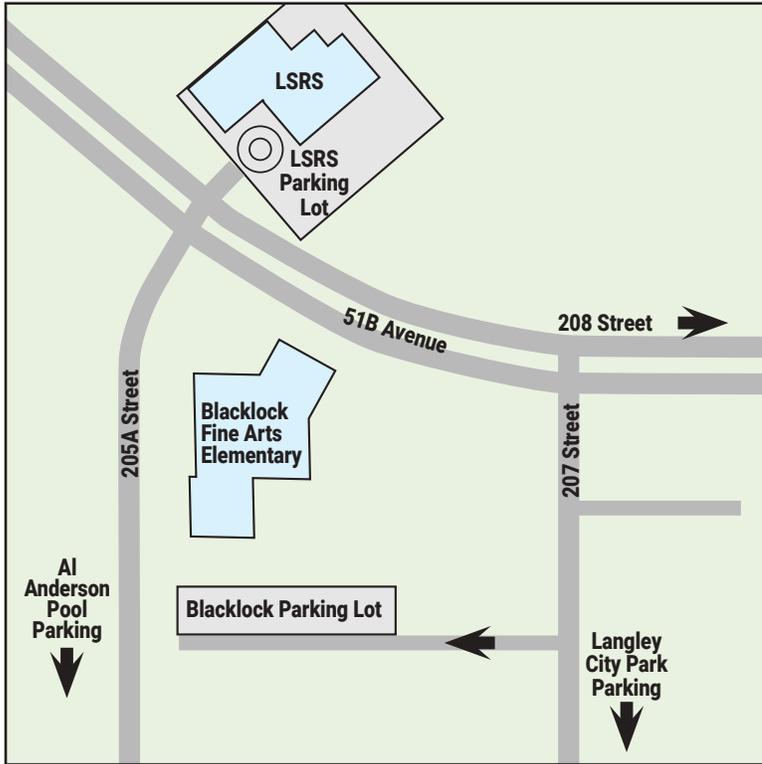
Earth Day 2026
Act locally, impact globally.



MAY 23

Start collecting your papers for our Big Spring Shredding Event!
Dispose of your expired documents safely and securely

Parking at Langley Senior Resources



Many of our members have mobility issues and require the parking spots at our centre. To help out, we request that if you are able to please take advantage of street parking on 51B Avenue or 205A Street. There is also parking at the Al Anderson Pool, Blacklock Elementary (outside school hours), and the Langley City Park lot.

Taking a fitness class? Consider parking a bit further and using it as a warm-up / cool-down! Dropping off at the Tuk Shop? Park temporarily at the side door and unloading with cart and then proceed to park on street if you are able.

Thank you for your consideration!



Ready to explore RETIREMENT LIVING?

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CHARTWELL LANGLEY GARDENS 8888 202nd Street

UPCOMING EVENTS



Make & Take

SOLD OUT!
Wait list only



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



MARCH DINNER & DANCE



FEATURING MUSIC BY:

The Seabilly's

Tuesday, March 17

4:30 - 8:00 pm

Slow Roasted Corned Beef,
Mashed Potatoes
Braised Cabbage, Seasonal Vegetables,
Dinner Rolls, Dessert

*Please request our vegetarian option at the time of booking



Langley Senior
RESOURCES SOCIETY

Tickets available at the Front desk,
or phone 604-530-3020, ext. 0

LSRS Members \$45 | Non-Members \$50

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

APRIL PUB LUNCH

Wednesday, April 8
11:30am - 1:30pm

Cheeseburger
(or Veggie Burger)
& Fries,
plus Dessert



Langley Senior
RESOURCES SOCIETY

FEATURING MUSIC BY:
the Goldie Oldie Trio



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

20605 51B Avenue, Langley | lsrs.ca | facebook.com/seniorslangley

Four legged visitors

*Oh where, oh where has my little dog gone?
Oh where, oh where can he be?**



Roo



Henry



Leo



Sophie



Charlie



Teddy



Brida



Hazel

**Hint: check J.M.'s office*

MCGREGOR SAYS - MARCH CAN BE A FICKLE MONTH

By the end of February, we have had it with the cold, damp, and grey days and Seasonal Affective Disorder has set deep into our bones and brains. We are desperate for a reprieve.



Mother Nature senses our despair and decides she should do something to soothe our souls. After all, Mothers are kind and nurturing and that's what they do.

By the middle of March, the weatherman will predict that we will see an unseasonable weekend coming up with temperatures in the high teens, twenty inland, with three days of sunshine.

The gardeners will come out of hibernation, dig through their closets for their old, comfy jeans, shirts, shoes and gloves. They will head to the garden center and purchase bedding plants, spring bulbs, fertilizer, and edging materials to begin digging, pruning, weeding, and planting.

By Sunday afternoon they will have transformed

their yard into a landscape worthy of a magazine cover. Now, with sore knees and backs and dirt under their fingernails they will stand back and admire their work, forgetting it is March.

Monday it will start to rain, heavy, Tuesday the temperature will drop, and Wednesday the rain has turned to snow. By the weekend, the ground is covered with slush, slop, and ice. The despondent gardener will look at all their work gone down the drain, plants wilted and dead and beds underwater.

Mother Nature however, chuckles at her practical joke saying, "I can't believe I can pull this off, year after year." It seems she has a sense of humor as well.

This year, when you hear that favorable forecast, leave the garden tools and pressure washer in the shed, wipe off your patio furniture, and sit in the sun, reading or visiting. Trying to push the seasons never works.

Enjoy the sunshine.

~ Jim McGregor, Langley writer

because HOME

is where the best care happens



- Alzheimer's & Dementia Care
- Parkinson's Care
- Home Nursing Care
- Companionship & Personal Care
- Respite Care
- Surgery Recovery
- Transition Assistance and Much More!

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 seniorhelpers.ca/bc/langley





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

Teens bring energy and fun

This year, LSRS proudly expanded its volunteer program to include an exciting new initiative: the Teen Volunteer Program. As part of our pilot run, we welcomed four amazing teens — Julia, Gorden, Riley, and Caroline — who quickly became a vibrant part of the LSRS community.

These young volunteers have been making a big impact by providing tech support to our members and clients. Whether it's setting up a new smartphone, navigating an iPad, or troubleshooting a laptop, their patience and tech-savvy skills have been invaluable.

But their contributions don't stop there. On Saturdays, Gorden and Riley bring energy and fun to the centre



by hosting a lively and interactive BINGO game, much to the delight of everyone who joins. Meanwhile, Caroline has been an enthusiastic volunteer in our Adult Day Program, engaging clients in meaningful conversations and activities that brighten their day.

The Teen Program has been a resounding success — a true win-win. Our teens are gaining hands-on experience, developing important life skills, and building

confidence. At the same time, they're forming genuine connections and learning from the wisdom and stories shared by our older generation.

We're excited to continue and grow the Teen Program this fall, offering even more Langley youth a unique opportunity to contribute, connect, and build a foundation for their future — all while enriching the lives of those in our community.

~ Jude Henders



Get Involved

Ask our front desk staff for a volunteer application.



Langley Senior
RESOURCES SOCIETY

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, March 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

YOUR HEALTH

DENTAL CLINIC

Next Clinic: **Monday, April 27**



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., Mar. 21** | 10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

Seniors Teeth Cleaning on Site!

Bleeding Gums, Sensitive Teeth, Redness, or Swelling?



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



Langley Senior
RESOURCES SOCIETY

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!



- Direct Bill Dental Insurance; *including Canadian Dental Care Plan*
- Focused Seniors Dental Care
- Digital X-rays
- Dental Cleanings, Denture Cleanings, and Teeth Examination on-site
- We make it convenient and come to you!

Limited spots – book at the front desk, or call 604-530-3020

New food allergies after 50?

What to watch for

“Shellfish and fish are particularly common in adults developing allergies for the first time,” says Dr. Kim. “You could have enjoyed lobster your whole life and suddenly develop an allergy at 58.”

(NC) It’s one thing to be cautious about cholesterol and blood pressure after 50, but what if a favourite food suddenly leaves you gasping for breath or covered in hives?

Surprisingly, adult-onset food allergies are more common than you might think, according to Dr. Harold Kim, an allergist and immunologist. “It’s not unusual to see someone in their 60s react to shellfish or

nuts. Your immune system evolves with age, and that can mean new sensitivities.”

Common triggers and symptoms

The most common food allergens include crustaceans, tree nuts, peanuts, milk, eggs, soy, wheat, sesame and fish. “Shellfish and fish are particularly common in adults developing allergies for the first time,” says Dr. Kim.

continued on next page

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
LANGLEY TOWNSHIP - FRASER HEIGHTS

4769 222nd St. Suite 104
604-534-5955
tako.vanpopta@parl.gc.ca

The LSRS Bread Basket

Next Lsrs Bread Basket Dates:
Tuesdays
March 10 & 24

COBS BREAD

BREAD AVAILABLE BY DONATION
Supporting the LSRS HOPE FUND

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

Adult-onset food allergies, *continued*

“You could have enjoyed lobster your whole life and suddenly develop an allergy at 58.”

Symptoms can vary from mild to severe, typically appearing within minutes to two hours after eating. Watch for tingling or itching in the mouth, hives or rash on the face or throat, vomiting, or shortness of breath or wheezing.

If you’ve recently experienced these symptoms after a meal, don’t shrug it off—experts

recommend seeing your doctor promptly. “Don’t wait for a second reaction,” urges Dr. Kim. “The next one may be more severe.”

What to do next

Diagnosis involves food history, blood tests and sometimes supervised food challenges. While avoidance is key, having an emergency plan is crucial, including carrying a safety device like an EpiPen, which delivers epinephrine used to treat a

severe or life-threatening allergic reaction.

For anyone at risk of anaphylaxis, quick access to epinephrine is critical, but especially for older individuals with other health conditions.

You can also make lifestyle adjustments, including reading labels, wearing a medical ID and asking about ingredients when you eat out. You can find more tips and information at epipen.ca.



This is my happy place

Book your tour today!

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.

Call today!
Michael Amirani
M. 604-307-9066

 **LANGLEY SENIORS VILLAGE**
MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT

20363 65 Ave., Langley
retirementconcepts.com



Goodbye, worry. Hello, peace of mind.

Our monthly legal clinics at LSRS give you direct access to a lawyer for personalized, practical advice.

Bring your questions—big or small—and any relevant documents (copies or originals) or send them ahead of time so we can make the most of your 30 minutes together.

Beyond the clinic, LSRS members enjoy discounted legal services with MacCallum Law Group LLP. If you need support outside our practice areas, we'll assist you with a trusted lawyer.



NEXT LEGAL CLINIC

Monday, March 2 | 1pm – 3pm

- Register at the LSRS front desk or call 604.530.3020 EXT 0.
- Appointments are popular. Pre-registration recommended.
- Open to LSRS Members only.

UPCOMING CLINICS

April 13, 2026 | May 4, 2026 | June 1, 2026

**PRACTICAL ADVICE.
TRUSTED GUIDANCE.
PEACE OF MIND.**

- Estate Planning & Wealth Preservation
- Probate & Estate Administration
- Real Estate & Conveyancing
- Business Law



Proud long-time supporters of the LSRS

604.546.6345 | 6345 197 Street, Langley, BC V2Y 1K8 | maclg.com



Monday Morning **TALK**

Mondays at 10:00 am
EVERYONE WELCOME!

Generously sponsored by



Bria

COMMUNITIES

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

Everyone is welcome!

MARCH 2

Burt the Airport Cat

Join the adventure of this black cat separated from his family at the airport.

Christine Henry, author

MARCH 9

Lower Limb Mobility

Learn about foot orthotics, knee braces, and ankle-foot orthotics.

*Auzsha & Travis,
Fit Ortho Studio*

MARCH 16

After Death Care

Learn about the differences in funeral homes and cost effective options.

*Anna Christian,
Surrey Monument*

MARCH 23

New Mystery Novel

Local author will share her new mystery novel and details of her writing journey.

Alyssa Hall, author

MARCH 30

Enjoyable Cycling in the Langleys

Learn about safe routes as well as the laws and best practices that support enjoyable cycling.

Louise Smith and John Evanochko, HUB Cycling



NOW SERVING BREAKFAST EVERY MONDAY!
from 9am - 10am

Enjoy breakfast at the **Creekside Café** before the Monday Morning Talk Show – Breakfast followed by the Talk Show – a great way to start your week!



A Message from Mayor Eric Woodward Township of Langley



A real plan for Willoughby Elementary and a long needed community centre in Willoughby at 208th Street and 80th Avenue is now publicly moving forward.

We have finalized a new memorandum of understanding with the Ministry of Infrastructure and School District 35. This MOU sets the foundation to replace the aging Willoughby Elementary next to the Langley Tennis Centre and locate a new, proposed Willoughby Community Centre where the school sits today.

As Willoughby and Willoughby Town Centre have grown these past 20 years, there is no doubt that the school's location that just doesn't work long-term. Access points were not designed for finished arterial roads. Much of the daily pickup and drop-off now happens on the north side of 80th Avenue. As a rural school, it was built for a few hundred students, and has more than 550. Hundreds of students remain in portables. It hasn't seismically upgraded.

On Council last term, it was painfully obvious that there was no plan whatsoever for a new pool and community centre for more than 100,000 current and future residents in Willoughby, with the Walnut Grove Community Centre expected to serve up to 150,000 residents. Swimming lessons well beyond capacity. No seniors centre for a growing, aging population. No location. No urgency. No plan. We have now changed that.

I want to thank Minister Bowinn Ma and the Ministry of Infrastructure that helping make this possible. Thank you to the Board of Education for endorsing this new direction. And thank you to Council, as we have advocated for this outcome for nearly three years now. It's a great step forward.

The next step now will be to just get it done. We need to advance the proposed Willoughby Community Centre from a plan to a reality. And we must ensure that this site is for the community land, not sold off by the next Council for more housing. For Willoughby. For all of Langley.

Eric Woodward
Mayor, Township of Langley

Langley Senior Resources Society does not tolerate bullying, intimidation, harassment, or gossip. This applies to behaviour between all volunteers, staff, and community members.

Be like the band

The analogy between musicians and getting along respectfully centers on the idea that both require a balance of individual expression and collective harmony, often referred to as “collaborative chemistry”. Just as a band consists of different instruments, our community consists of different people, and successful interaction requires listening, timing, and mutual, non-competitive support.

Let’s take these cues from musicians and create some harmony:

The role of listening

Musicians: A band is a conversation set to music. The best musicians listen to each other, adapting to the tempo and tone of the group, rather than just playing as loudly as they can.

The Rest of Us: Getting along requires active listening, not just waiting for your turn to speak. Respect means hearing the other person’s perspective before reacting.

Finding your Groove

Musicians: A group finds “the groove” when everyone works together, creating a tighter, more cohesive sound.

The Rest of Us: “Getting along” is finding common ground and a shared rhythm of consideration, which allows people to work and interact together harmoniously.



Knowing when to Solo

Musicians: A skilled soloist knows when to take the spotlight and when to yield it back to the band. They do not dominate the song with endless, self-indulgent playing.

The rest of us: Respecting others means knowing when to lead, when to follow, and when to let someone else shine, rather than always dominating the conversation or situation.

Different Instruments

Musicians: A band needs the bass, drums, and vocals to work together, even though they sound entirely different. A drummer doesn’t try to be a guitar player.

The rest of us: Getting along means accepting that people have different strengths, personalities, and perspectives, and that these differences make the “final song” (the community or team) richer.

In summary “the same rhythm that keeps a band tight also keeps our LSRS community united and strong”.



BELLEVUE PARK
— SENIOR LIVING —

WELCOME HOME

At Bellevue Park Senior Living, we pride ourselves in 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 access to services or require Full Care, we have tailored solutions to accommodate each stage.

1 & 2 BEDROOMS AVAILABLE

- ❖ 3-course lunch, dinner & hot continental breakfast
- ❖ Weekly housekeeping & linen services
- ❖ Utilities, cable, television, & landline
- ❖ Recreation programs, group outings & events
- ❖ And more..

Our Independent Living provides residents with the perfect balance of autonomy and support, offering assistance with daily tasks such as cooking while promoting an active and fulfilling lifestyle through our recreational programs.

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.



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

Your day, Your way.

Book your tour today!

604-329-3664

2882 – 272 Street Aldergrove | www.bellevuepark.ca

Program, Event and Trip Cancellation Policy

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

- Membership is required to participate in most of our programs, unless otherwise noted.
- Please register at the Centre's Front Desk or call 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

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

AdultCognitiveWellnessCentre.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.

July 9 – 15, 2026

BOOK YOUR NEXT Journey

Limited spaces available for June 28-July 4 trip

Supernatural Haida Gwaii

18 Meals: 6 Breakfast, 6 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.

ENJOY THE JOURNEY

Langley Senior RESOURCES SOCIETY

PLAN YOUR NEXT BUS TRIP



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

\$129 Members • \$149 Non-Members

MYSTERY TOUR

This fun and entertaining mystery tour takes you to unknown destinations filled with 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

Sold out - wait list only

PACKAGE INCLUDES:

- Mystery Attractions
- Lunch
- Mystery Stops
- Prizes

Wednesday, April 8 | 7:15am - 7:45pm

\$149 Members • \$169 Non-Members

SOOKE POTHOLES WITH DREA HARRISON

Local guide Drea to shares her knowledge of unique rock formations created by glaciers about 15,000 years ago. See striking geological features on scenic trails to amazing viewpoints. Mother Nature at its best! Level: Easy

Additional \$36 ferry fee for 64 years and under

PACKAGE INCLUDES:

- Sooke Potholes Local Guide
- 2 Hours Sooke Potholes Park
- Mile 17 House Pub Lunch
- All Ferry Fees

Friday, April 17 | 8:45am - 4:30pm

\$129 Members • \$149 Non-Members

HARRISON TULIP FESTIVAL

Tiptoe through designated pathways adorned with 10 million tulips and the new 2-1/2 acre show garden at the Harrison Tulip Festival. Includes lunch at River's Edge Restaurant and a stop at Golden Ears Cheesecrafters.

PACKAGE INCLUDES:

- Harrison Tulip Festival Admission
- Rivers Edge Restaurant Lunch
- Golden Ears Cheesecrafters



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

REGULAR PROGRAMS AT A GLANCE

Monday

Monday Morning Talk Show

10am-11am..... pg.20

Riverside Ramblers

10:00am start pg.39

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.33

Snooker

9am-4pm pg.31

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.30

Flying Solo

11am-12pm..... pg.29

Senior Pride Social Group

Third Tuesday of each month

11:30am-1:30pm..... pg.31

Line Dancing

11:30am-12:30pm..... pg.30

Canasta

12:30pm-4pm pg.33

Carpet Bowling

1pm-3pm pg.28

Caregiver Support Group: Men

1:15pm-2:15pm
(ADP location) pg.29

Snooker

9am-4pm pg.31

Wednesday

Tim's Bits Woodcarving

9am-11am.....pg.32

Seated Movement & Cardio Health with Stacey

9am-10ampg.35

Walking Group

10am-11am.....pg.39

Table Tennis

10am-12pmpg.32

Chess

10am-12pmpg.33

Changing Gears

First Wednesday of each month

10:30am-12pmpg.29

Traditional Euchre

12:30pm-3pmpg.33

Mexican Dominoes

12:30pm-4pmpg.33

Shanghai Rummy

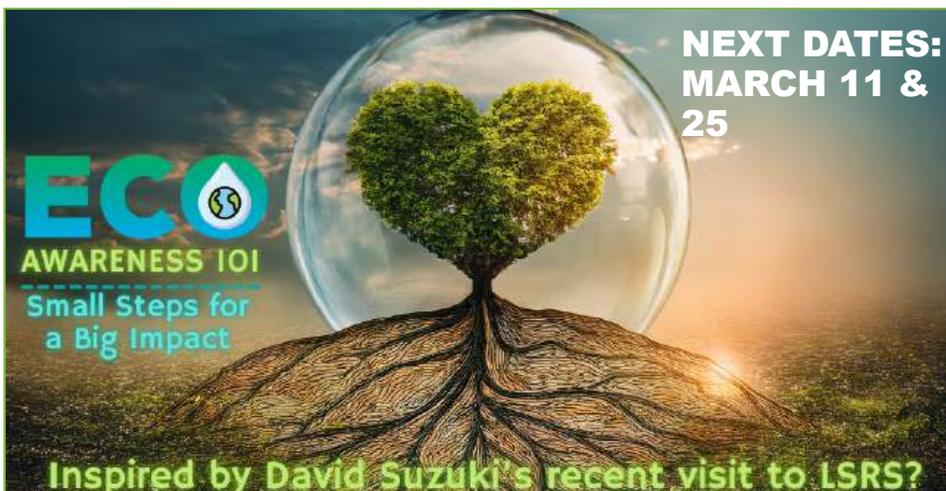
12:30pm-4pmpg.33

Cribbage

1pm-3pmpg.33

Snooker

9am-4pmpg.31



ECO AWARENESS 101
Small Steps for a Big Impact

**NEXT DATES:
MARCH 11 &
25**

Inspired by David Suzuki's recent visit to LSRS?

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

Chair Yoga Plus with Stacey

10:15am-11:15am..... pg.34

Whist

12:30pm-4pm pg.33

Book Club

First Thursday of each month

12:30pm-2pm pg.28

Carpet Bowling

1pm-3pm pg.28

Caregiver Support Group

1pm-2:30pm pg.29

Snooker

9am-4pm pg.31

Friday

Walking Group

10am-11am..... pg.39

Cribbage

10am-12pm pg.33

Art

10am-1pm pg.28

Samba

11am-3pm..... pg.33

Mexican Dominoes

12:30pm-4pm pg.33

Bridge

1pm-4pm pg.33

Snooker

9am-4pm pg.31

Singing Social Choir

10am-12pm pg.31

Saturday

Saturday Social

9am-2pm pg.31

Snooker

9am-2pm pg.31

Card & Board Games

9:15am-1:45pm pg.33

Table Tennis

9:00am-11:00am..... pg.32

Fitness Circuit with Dawn

9:30am-10:30am pg.35

10 Card Cribbage

10am-12pm pg.33

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: Apr. 10 - June 26

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

BINGO

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

Saturdays

12-1:30pm | Lounge | Free

BOOK CLUB

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

First Thursday of each month

12:30pm | Activity Room

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.

Thursdays

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

CAREGIVER SUPPORT GROUP — MEN ONLY

This support group is open to men only.

Tuesdays

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

CARPET BOWLING

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

Tuesdays and Thursdays

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

PROGRAMS

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

CHANGING GEARS

Come join this group of young-minded individuals who enjoy socializing, good conversation, and making new friends while finding their 'new normal' adapting to changes in their lives.

First Wednesday of each month

10:30am-12pm | Brock Douglas Room

CIRCLE OF FRIENDS

A casual, welcoming, upbeat gathering of people making and growing friendships. We share common interests and personal stories and get together for a meal outside the Centre once a month.

Mondays

11:30am-12:30pm | Brock Douglas Room

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, March 3 | 5:00pm | Andreas Restaurant

20227 56 Ave., Langley

Longtime Langley favourite featuring authentic Greek & Italian cuisine.

Tuesday, April 7 | 5:00pm | Sushi Ami

20151 Fraser Hwy. (Save On Foods Mall)

Take your tastebuds on a gastronomic journey with Japanese and Korean cuisine.

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

PROGRAMS

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

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

1:00pm-3:00pm | Brock Douglas Room | Free | Members only

KNIT-2-GETHER

Bring your own creations to work on in a social setting. Knitting, crocheting, embroidery and more. Come for conversation, friendship, and sharing ideas.

Thursdays

9am-12pm | Sunroom | Free | Members only

LINE DANCING

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

Tuesdays: April 7 - June 30 | 13 Sessions

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

12 Sessions | \$91 Members | \$101 Non-Members

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

LSRS 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!

**\$67 Anually –
that's less than
\$1.30 a week!**

PROGRAMS

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

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: April 13 - June 29 | 11 Sessions

10:00am-11:00am | Activity Room

\$77 Members | \$87 Non-Members (no class May 18)

PRIDE — SENIOR PRIDE SOCIAL GROUP

Sorry, this group is not for allies.

QMUNITY
BC'S QUEER, TRANS, AND TWO-SPIRIT RESOURCE CENTRE

A space for folks over 50 in the LGBTQ2S+ community to gather, connect and engage in meaningful conversation. An environment where we can make connections and memories with our like-spirited neighbours with informal fun, guest speakers, and lunch companionship. LSRS membership not required. Please contact: seniorpride.lsr@gmail.com for schedule and more information.

Third Tuesday of each month

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

SATURDAY SOCIAL

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

Saturdays

9:00am - 2:00pm | Lounge

SINGING SOCIAL CHOIR

A social sing-a-long group with no auditions or requirement to read music. Participants enjoy singing old favourites together and learning new songs. New members welcome - join anytime.

Fridays: April 10 - June 26

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

PROGRAMS

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

SNOOKER

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

Monday - Friday: 9:00am-4:00pm | Saturdays - 9:00am-2:00pm

Snooker Room | \$40/year

SPANISH LESSONS – CONVERSATIONAL

Join LSRS volunteer Lu Borja and learn to speak Spanish! Lessons are FREE for LSRS members! No need to register. Learning to speak Spanish, or any new language, offers a wide range of benefits for older adults, including cognitive, social, emotional, and practical advantages.

It also stimulates the brain, improving memory, attention, and problem-solving skills.

Mondays: April 13 - June 29

11:15am-12:30pm | Activity Room (no class May 18)

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: 9:00am-11:00am

Main Hall | \$15/year

TECH HELP

Need some help with your phone, tablet, or computer? Talk to one of our friendly tech-savvy volunteers for some help or advice. 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

9:00am-11:00am | Sunroom | Free



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

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: April 7 - June 23 | 12 Sessions

10:15am-11:15am | Main Hall | Members \$84 | Non-Members \$94
Max. 30 people

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: April 9 - June 25 | 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

9:00am-10:00am | Main Hall | 10 session punch cards available
Members \$70 | Non-Members \$85 | Drop-in \$8.50
Max. 36 people

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: April 8 - June 24 | 12 Sessions

9:00am-10:00am | Activity Room | Members \$84 | Non-Members \$94
Max 15 people

ADAPTIVE CHAIR YOGA WITH KELLI

Seated yoga class.

Saturdays: April 11 - June 27 | 11 Sessions

11:15am-12:15pm | Activity Room | Members \$77 | Non-Members \$87
Max. 15 people (no session May 23)

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: April 11 - June 27 | 11 Sessions

12:30pm-1:30pm | Activity Room | Members \$77 | Non-Members \$87
Max. 15 people (no session May 23)

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: April 18 - June 27 | 8 Sessions

(No session May 23)

9:30am - 10:30am | Activity Room | Members \$56 | Non-Members \$66



Reminder there is no late entry into fitness or yoga classes.

Please arrive with enough time to set up your practice space before class starts.

Thank you for your consideration.

Registration for Fort Langley programs is at the
Recreation and Resource Centre: 20605 51b Avenue
or phone: 604-530-3020 ext 0

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

GENTLE YOGA FOR MOVEMENT AND BALANCE WITH JENNIFER

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

Tuesdays: April 14 - June 30 | 9am-10am

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

FALL PREVENTION CLINICS

Join in for an educational discussion, some brief and easy group exercises, plus a short question and answer session. Presented by CBI Health. Everyone welcome. Sessions are free but registration is required.

Tuesdays: March 24, 31, April 7, | 12:30 -1:30pm

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

***Are you having more difficulty hearing your Friends & Family?
RSVP to Ears Hearing: 604-427-2828 for Lunch & Learn! April 16 in Fort
Langley. Registration required to be included for lunch.***



Save the Date!
Earth Day
Event
April 21
1-3pm
Fort
Langley

Sponsored
by LEPS &
BC Hydro

FORT LANGLEY PROGRAMS

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

Life Challenges Group

Not every struggle is the same — and not every challenge is dementia-related. This weekly support 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. Led by a Certified Facilitator.

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 – 12:00

St Georges Anglican Church,
9160 Church St, Fort Langley

Dementia Caregiver Support Group

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.

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

St Georges Anglican Church
9160 Church Street Fort Langley.

REMINDER: this Lunch & Learn is at our Fort Langley location

Lunch & Learn

LET'S DO LUNCH!

Fort Langley

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

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

Come with all of your questions!

RSVP Today!

604-427-2828

Date: Thursday, April 16 • Time: 12:30 – 2:30PM

Location: St. George's Anglican Church, main hall
9160 Church Street, Fort Langley

**Must register to be included for lunch.*



Kim Galick

RHIP/Owner
26 years of experience

RSVP - 604-427-2828

www.earshearinglangley.com



KIM GALICK
EARS HEARING CLINICS

Part of the WorkSafe BC Provider Network



Retirement living in the Park



Looking for a perfect home? Look no further.

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

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

Looking for activities?

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

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

Need Extra Assistance? No problem

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

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

CALL TODAY TO BOOK YOUR TOUR.



604-599-9057 • Info@BearCreekVilla.com
8233 140th Street, Surrey, BC V3W 5K9

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

MARCH 4: PLEASANTDALE CREEK TRAIL

Meet at LSRS Centre, 20605 51B Avenue, walk To Sendall Gardens

MARCH 11: DERBY REACH

Campground Parking Lot, 21801 Allard Crescent

MARCH 18: CAMPBELL VALLEY PARK

Walk to South Park, Meet at 16th Avenue Parking lot

MARCH 25: LANGLEY REGIONAL PARK

Meet at 224th Street & approximately 5th Avenue

Fridays at 10:00 am

MARCH 6: BRAE ISLAND

Meet at 9451 Glover Road

MARCH 13: CAMPBELL VALLEY PARK

Perimeter & Ravine Trail, meet at 8th Avenue Parking Lot

MARCH 20: FORT TO FORT TRAIL

Meet at Bedford Plaza, 23285 Billy Brown Road

MARCH 27: DEREK DOUBLEDAY ARBORETUM

Meet at Derek Doubleday, 21177 Fraser Hwy. Walk to McLeod Park

WALKING GROUP

Meet the Riverside Ramblers

Every Monday morning at 10:00am the Riverside Ramblers walking club does a slow paced walk from the LSRS Centre. Walks are approximately 2km long and are appropriate for people with walkers. *For more information please email Dale at dalleen@telus.net.* LSRS Membership is required to participate. Please park off-site



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Denturist

Darren Sailer R.D.
Denturist

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Accepted



Congratulations LSRS Rock Stars



Our scheduling coordinator Brenda Ebosele was recently presented with our Rock Star Award. This is an informal award – the trophy is a painted rock – that recognizes employees who are making a difference in our community. Brenda has been a scheduling coordinator for a little over a year after starting in the Creekside Café as a prep cook. She is doing an outstanding job and loves to see firsthand the positive effects the centre has with the senior community.

In this photo we see previous award winner Leanne Hunt who is our Enhanced Housekeeper as she passes on the award to Brenda.

Chicks with Sticks



Wendy Rachwalski, Manager of Community Services along with LSRS volunteer Pat Wilson recently took part in a fun hockey game with their team, 'Chicks with Sticks'. This was part of Langley Counselor Tim Bailee's annual community ball hockey tournament to raise awareness for homelessness. Funds raised through the tournament helped *Raising The Roof* – a national charitable organization that prevents homelessness, and local homeless shelters and community organizations.

Best wishes, Nicole



The Community Services Team came together to wish a fond farewell to Social Prescriber Nicole.

Happy New Year!



Thank you to our Volunteer Jenny, New Directions English Language School & the Langley Chinese Arts & Cultural Association. Our Lunar New Year Celebration was a big hit. We loved the entertainers!

How good is your digital hygiene?

(NC) Digital technology can be wonderful, letting you talk face-to-face with friends and family from far away, and even manage your finances from the comfort of home. But it can also be dangerous, with criminals looking to steal your information, money or even identity.

One of the best ways to stay safe online is by practising good digital hygiene. Like physical hygiene, it's all about building simple habits. Here are four questions to ask yourself:

Who can access your accounts? If anyone with your username and password can get in, you're not secure. Services like your banking apps have the option of multi-factor authentication (MFA). It adds a step to your login where you confirm it's you, usually through your email or phone. For a criminal to access an MFA account, they'd also need to break into another account or steal a physical device.

When was the last update you ran? Cyber criminals are constantly finding new tricks, exploits and weak spots, and operating system (OS) providers are working to stay ahead of them. Make sure you install OS updates as soon as they're available. When the notification pops up, don't hit snooze—let



the update run right away if you can, or schedule it for when you'll be done your current session.

Where are your important files? If the answer is just "on my device," you're at risk. Regularly backing up your data by saving it in a second location like a cloud drive or USB stick is an important digital hygiene practice. It helps keep your personal data that can't be replaced safe from ransomware or being accidentally deleted or altered. Try setting a schedule for data backups, possibly once a month.

How carefully are you reading your email? One way cyber criminals gain access is with a tactic called phishing. They send a communication that looks like

it's from somewhere you trust, like your bank, with some urgent call to action. Logging in through this fake message gives your information right to the fraudster. Be critical of any communication and think before you click links or download attachments. Setting regular times for software updates and file backups, making sure your important accounts have MFA and being more skeptical of the communication you receive are all simple steps. But taken together they can add up to a digitally healthier, and safer, you.

Find out more at getcybersafe.ca.

CROSSWORD PUZZLE 'WATER LOGGED'

Across

- 1 "Begone!"
- 5 Soft shoes
- 9 Bit of baby talk
- 13 Like some hair
- 14 Double-reed instruments
- 16 Genesis locale
- 17 Saloon selections
- 18 Young quahog
- 20 Entrance
- 22 Terminal info
- 23 Neighbor of Ger.
- 24 Actor Wallach
- 25 Stock page letters
- 26 Sei halved

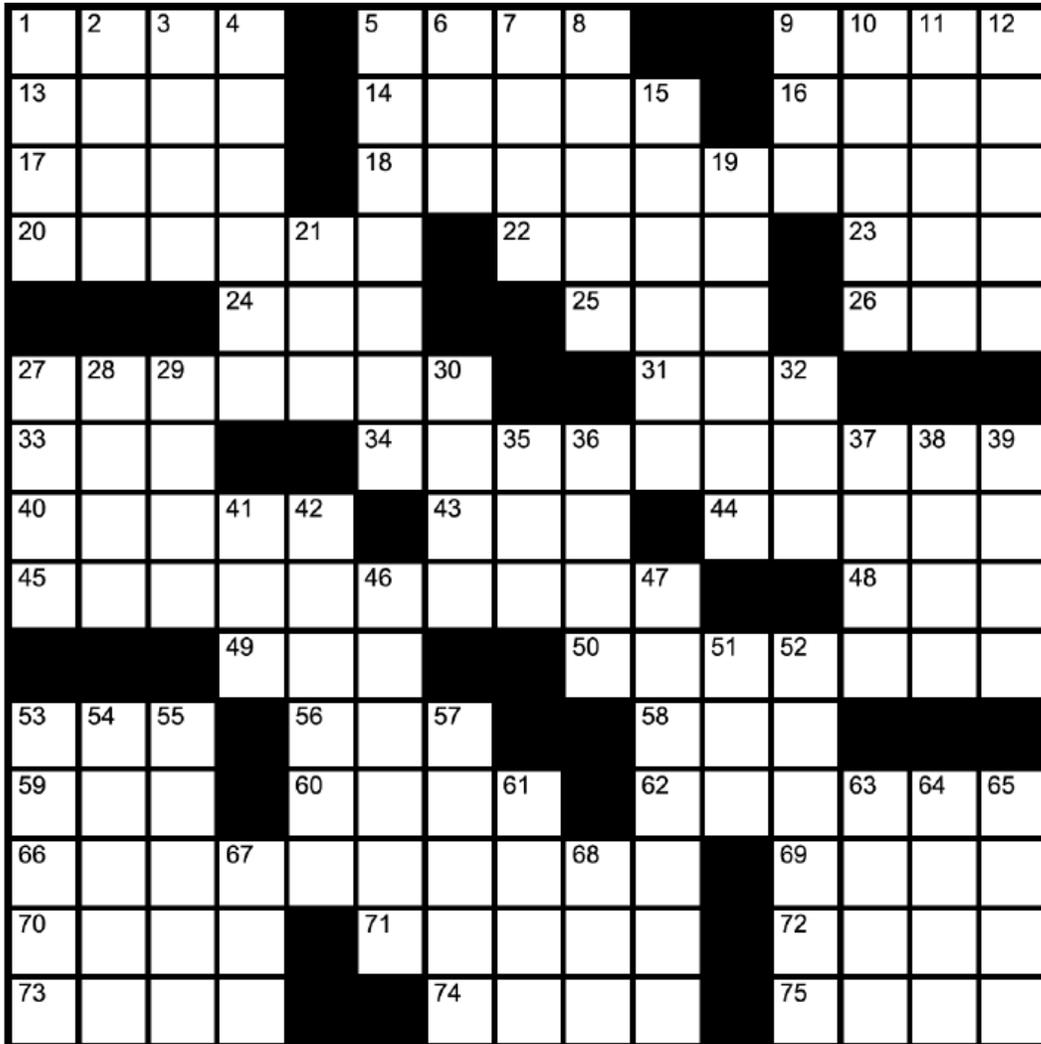
- 27 Kind of reef
- 31 Historical period
- 33 Flamenco shout
- 34 Sea urchin
- 40 Princess topper
- 43 Perceive
- 44 Brideshead Revisited author
- 45 Bonnet shark
- 48 Writer Rosten
- 49 Madrid Mrs.
- 50 Crew housing
- 53 French direction
- 56 "____ show time!"
- 58 Hawaii's Mauna ____ Volcano

- 59 Extinct flightless bird
- 60 Physics class topic
- 62 Common allergen
- 66 Ten-armed oval-bodied cephalopod
- 69 See 9 Across
- 70 Son of Rebekah
- 71 Hindu sage
- 72 Leave out
- 73 Take home
- 74 Egyptian solar deity
- 75 Roman Emperor

- 3 Before bite or bearing
- 4 Bluepoint
- 5 Topminnows
- 6 Kimono tie
- 7 Pigeon's home
- 8 Brawl
- 9 Lion's home
- 10 Highly skilled
- 11 Designer's concern
- 12 It's just over a foot
- 15 Scheduled
- 19 Real estate agreement
- 21 Actress MacGraw
- 27 Two out of two
- 28 Others, to Ovid
- 29 500 sheets
- 30 Rubella symptom
- 32 Fla. neighbor
- 35 Her name back then
- 36 Like Beethoven
- 37 Quiet time
- 38 Arthur of "Hoop Dreams"
- 39 Sorority letters
- 41 Classified abbr.
- 42 Antenna
- 46 Terrier, for one
- 47 Porpoise pal
- 51 Dove's sound
- 52 Sockeye
- 53 Roast host
- 54 The March King
- 55 Golden Horde member
- 57 Bulgaria's capital
- 61 Visibility reducer
- 63 Poor, as excuses go
- 64 Mideast potentate
- 65 Defense grp.
- 67 Wine cask
- 68 That vessel

Down

- 1 Kind of meet
- 2 Sainly glow



WORD SEARCH PUZZLE "WIND AND WEATHER"

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

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.

- | | | |
|-----------|-----------|------------|
| BLANKET | FROSTY | QUILT |
| BLIZZARD | GARNET | RESOLUTION |
| BLUSTERY | HIBERNATE | SKI |
| BOOTS | ICE | SNOW |
| CARNATION | JANUARY | STORMS |
| EARMUFFS | MITTENS | WINTER |
| FROSTBITE | PARKA | WOOLENS |

HIDDEN MESSAGE:

By Jimmy and Evelyn Johnson - 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

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.

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



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.

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





**Better
at Home**

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

ADMINISTRATIVE LEAD

Michelle Van Ieperen

778-328-2302 ext. 1 | michellev@lsrs.ca

LEAD NURSE

Paul Richenberger

778-328-2302 ext. 2 | paulr@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 Michelle Van Ieperen at 778-328-2302 for more details.

COMMUNITY 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.



Langley Senior
RESOURCES SOCIETY



Charitable Registration Number: 121924229RR0001

Learn more about supporting Langley Seniors through estate giving.

Please email katel@lsrs.ca or phone 604-530-3020

Recreation and Resource Centre

20605 51B Avenue,
Langley, BC V3A 9H1

604-530-3020 ext. 0

Mon-Fri: 9am-4pm;

Sat: 9am-2pm

Closed Sundays & Holidays

Tuk Shop Thrift Boutique & Creekside Cafe

Mon-Sat: 9am-2pm



EXECUTIVE DIRECTOR

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604-530-3020 ext. 321,

katel@lsrs.ca

ACCOUNTING OFFICE

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Senior Finance Manager

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accounting@lsrs.ca

Diya Gupta,

Junior Bookkeeper

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bookkeeper@lsrs.ca

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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



Gospel & More Concert

A Free Inspirational Afternoon Concert for Seniors (65+)
Featuring Elvis Tribute Artist Steve Elliott

MONDAY, MARCH 16 | 2:00 - 3:00 pm

TOWN + FIELD CHURCH | 20719-48 Ave Langley

Tickets are free and by
reservation only.

Call **604.510.5091** to
reserve yours today.

BriaCommunities.ca/Gospel

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GARDENS**

A BRIA COMMUNITY



**MAGNOLIA
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Looking for HEARING AIDS

Tired of saying “Pardon Me”?

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



SUPPORT LOCAL SMALL BUSINESSES

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



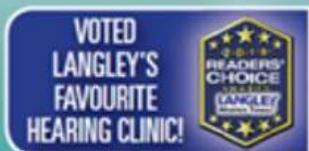
Kim Galick
EARS HEARING CLINICS

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



CALL US FOR YOUR FREE HEARING ASSESSMENT!

(604)-427-2828



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

Veteran's TAPS Cards Accepted

Part of the WorkSafe BC Provider Network