



Langley Senior
RESOURCES SOCIETY

**Programs &
Services for
Adults 50+**



In the Loop

\$2

APRIL 2026



**Eat, Dance,
and Be Merry!**
Check out our
upcoming
**Special Event
Dinner-Dances
& Pub Lunches**
pages 8-9

Registration for April special events:

Members: Tues, April 7
Non-Members: Fri, April 10

**IGNITE
VOLUNTEERISM**

Thank you
to our many
volunteers
and your
commitment
to Langley
Seniors!

**National
Volunteer Week
April 20-24**

PAGE 7

Get it Fixed!
Repair Café will
be here April 18

page 9

**Closed April 3
for Good Friday
and
April 6 for
Easter Monday**

Kelly Blouin REALTOR®

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REAL ESTATE SPECIALIST



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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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✓ Local Expertise

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 www.thehouseteam.com

 kelly@thehouseteam.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

Fort Langley: Select Programs
St. George's Anglican Church
9160 Church Street
Tuesdays & Thursdays 10am-2pm
Info: LSRS.ca/fort-langley-programs



REMINDER:

We will be closed
April 3 for Good Friday

&

April 6 for Easter Monday
open Saturday, April 4

NATIONAL VOLUNTEER WEEK

APRIL 20-24

Celebrate our volunteers! Page 7

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 welcome the arrival of spring, there is a renewed sense of energy and hope in our community. The longer days, warmer sunshine, and blossoming gardens remind us of the beauty of new beginnings. This season always brings a special kind of joy, and I hope you are finding moments to enjoy it—whether it's a walk outdoors, a shared conversation, or simply soaking in the fresh air.



Kate Ludlam,
Executive Director,
LSRS

April brings the start of a new fiscal year, and we are seeing rising costs and a growing demand for our programs and services. This is putting pressure on our resources, particularly as we support more low-income and vulnerable seniors than ever before. We are facing a difficult and painful reality: the need is growing faster than our ability to fund the response.

Despite the momentum we have built, despite the successes we have had — we are now being forced to scale back some of our plans. Not because the need has disappeared, but because we cannot raise revenue quickly enough to sustain the growth. It is one of the most difficult positions for a community organization like ours to be in: knowing the need exists, knowing the impact we can make, but not having the financial resources to move forward at the pace required.

These are not small hurdles — but they are

ones we are committed to facing with determination, creativity, and care. This moment calls on all of us — staff, volunteers, partners, and supporters — to stay connected to our purpose and to one another. We will continue to adapt and evolve to meet the needs of our community.

I want to extend heartfelt thanks to our hard-working Gardening Club. As the season shifts, they are busy preparing our outdoor spaces. The care, creativity, and effort they put into maintaining our gardens provide not only a lovely environment, but also a place of peace and enjoyment for everyone who visits. Our Friendship Garden is an oasis — it's amazing how a garden can lift spirits and create moments of calm and connection.

April also brings us National Volunteer Week, a time to celebrate the incredible individuals who give so generously of their time and care. To all our volunteers, please accept my deepest and most heartfelt thanks. Your compassion, patience, and commitment are the foundation of so much of what we do. You are companions, leaders, listeners, and friends. The impact you have on the lives of the seniors we serve cannot be overstated—you bring comfort, dignity, and joy in ways that truly matter.

As we step into April, and in the spirit of a little lighthearted fun for April Fool's Day:

Why did the scarecrow win an award? Because he was outstanding in his field.

FORT LANGLEY



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!



Kim Galick
RHIP/Owner
26 years of experience

RSVP Today!

604-427-2828

www.earslangley.com | Part of the WorkSafe BC Provider Network

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?

DATE: Thursday, April 16

TIME: 12:30 – 2:30PM

LOCATION: St. George's Anglican Church,

9160 Church St, Fort Langley

**Must register to be included for lunch.*



KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

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.

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

Did you Know?

Volunteering isn't just something to do—it's a powerful way to stay energized, connected, and purposeful at any stage of life. For older adults, it can transform retirement into a time of growth and fulfillment rather than routine or loss of direction.

By stepping into meaningful roles, you bring structure and purpose back into your days.

Whether you're mentoring, helping behind the scenes, or organizing events, you stay active—physically, mentally, and socially. This kind of engagement doesn't just feel good; it can support heart health, mobility, and overall well-being.

Volunteering also nurtures your emotional health. It lifts your mood, builds confidence, and

creates a deep sense of accomplishment. Many people find that giving their time sparks joy, reduces stress, and helps ease feelings of anxiety or depression.

Just as importantly, it keeps your mind sharp. Learning new skills, solving problems, and staying involved can strengthen memory and help protect against cognitive decline.

And perhaps most meaningful of all, volunteering brings people together. It opens the door to new friendships, shared experiences, and a strong sense of belonging—helping to ease loneliness and build a supportive community.

In short, volunteering isn't just about giving back – it's about living fully.

VOLUNTEER WEEK CELEBRATIONS

MONDAY, APRIL 20	TUESDAY, APRIL 21	WEDNESDAY, APRIL 22	THURSDAY, APRIL 23	FRIDAY, APRIL 24
Coffee & Muffins in the Lounge 10am-noon Jam Session	Coffee & Muffins in the Lounge 10am-noon TBA	Coffee & Muffins in the Lounge 10am-noon VOLUNTEER OPEN HOUSE: 10:00am- 2:00pm	Coffee & Muffins in the Lounge 10am-noon TBA	Volunteer Luncheon & Awards RSVP required by April 6

UPCOMING EVENTS

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 \$35

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

APRIL DINNER & DANCE



FEATURING MUSIC BY:

Blackthorn

Wednesday, April 22
4:30 - 7:30 pm

Roast Beef, Gravy, Potatoes,
Salad, Buns & Chef's Dessert



Langley Senior
RESOURCES SOCIETY

Tickets available
at the Front desk,
or phone 604-530-3020, ext. 0
LSRS Members \$45 | Non-Members \$55
Cash payments appreciated

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

UPCOMING EVENTS

Cinco de Mayo Pub Lunch

Wednesday, May 6 | 11:30 - 1:30 pm

FEATURED ENTERTAINMENT:
**Spanish Guitar and
Spanish Dancers**



What's On The Menu:
Enchiladas, salad,
and dessert




Langley Senior
RESOURCES SOCIETY

Tickets available
at the Front desk,
or phone 604-530-3020, ext. 0
LSRS Members \$25 | Non-Members \$35
Cash payments appreciated

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

REPAIR CAFÉ

 **LEPS**

LANGLEY ENVIRONMENTAL PARTNERS SOCIETY



**Saturday, April 18
10am-2pm**

20605 51B Avenue, Langley



Free repairs of small
appliances, basic bike
repairs, clothing, toys,
and more!
Knife sharpening
service available.

Note: If you
already have
the specific
piece for
your repair,
please bring
it with you.



If you are interested in volunteering
at this skill-sharing event,
contact: education@leps.bc.ca

Meet Norma!

Norma is a CGA and we are very lucky she has become a volunteer during our tax clinic. She has been volunteering at LSRS for 10 years.

Norma is a very warm and compassionate person and members ask for her by name at tax season because of her caring nature. Her patience and understanding make income tax paperwork less intimidating.

After retirement Norma was looking for something to do. LSRS Income Tax Clinics fit the bill perfectly! She loves being

able to help those who struggle with filling out the forms that have become second nature to her as a CGA.

Norma says *"LSRS is a nice place where people are MOSTLY friendly"* – 'wink-wink', as she looks to one of our Community Services Navigators, Debbie. Her gentle humour is yet another thing we love about Norma!

Norma loves the variety and great activities for members here at LSRS and encourages people to come out!



Ready to explore
**RETIREMENT
LIVING?**

Our Retirement Living Consultants can help.



BOOK A TOUR TODAY!
1-855-461-0685 | [CHARTwell.COM](https://www.chartwell.com)

CHARTWELL LANGLEY GARDENS 8888 202nd Street

It just takes patience and time

This is the time of year we have to deal with taxes, assessments, investments, RRSPs and TFSA's and other stressful financial issues. I had two pieces of advice when I was growing up that both served me well.



My Dad preached to always invest 'Low Risk, Low Yield,' don't gamble with your future. That strategy proved very positive and his family benefited very well. The other advice came from Will Rogers who said, "January is a bad month to invest in the stock market. Other bad months are February, March, April, May, June, July....etc.

But if I was to go back about five years ago, I would have invested in orange traffic cones. Surely that stock has skyrocketed. From Abbotsford to Vancouver and all in between, those cones, reflecting the yellow flashing lights of the construction equipment, have become part of our daily commute.

I have been re-directed into traffic slowing

single lanes, I have slalomed through them on the freeway like an Olympic downhill skier, I have been detoured by them onto unfamiliar back roads. It seems as if as soon as the crews see us moving again, they re-direct a back hoe or a gravel truck to shut us down.

If I had a child in High School, I would not encourage them to go into medicine or Engineering but to take a Safety Course and become a Flag Person. They will never be out of work. I drove into a confused site with no flaggers one day, I guess maybe they were working from home that day.

The politicians and City staff tell us this rebuilding is a "work in progress, we are rebuilding for the future, just wait and see how great it will be." Well, the Canucks have been saying that for the last thirty years and other teams are still skating around them like traffic cones too.

Patience is a virtue, and just remember, you can't get there from here.

~ Jim McGregor, Langley writer



Make & Take

Thursday, April 16
Shell Art

with Maxine

Our Make & Take days are fun and social – come out and join us! *Pre-registration required.*

Thursday, April 16

12:30 - 2:30pm | Sunroom | \$5.00

Everyone welcome.
Limited space.



Community Shredding Event



DRIVE UP & DROP OFF without leaving your vehicle

Saturday, May 23
10am - 1pm



20605 51B Avenue
Langley

Shred Event FAQs

Do I need to prepare paper in any way?

No, you don't even need to worry about staples or paperclips.

Will there be volunteers to take my shredding?

Yes! You don't even need to leave your car.

What is the cost?

Our shred event is a fundraiser for LSRS. Shredding is by donation.

When is the event?

Sat, May 23, from 10am-1pm

What Can You Shred?

Unwanted Paper | Tax Returns | Credit Card Statements | Anything with Personal Info (Staples & Paperclips OK)

RECORDX PRESS | STORE • SCAN • SHRED

sponsored by:

SCOUT
TECHNOLOGY GUIDES

Langley Senior RESOURCES SOCIETY

Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

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!



604-977-3235

seniorhelpers.ca/bc/langley

Sustainable fashion

The "30 wears rule" is a sustainable fashion guideline that encourages consumers to only buy clothing items they genuinely believe they will wear at least 30 times, shifting focus from fast fashion to quality, longevity, and conscious consumption by treating clothes as investments, not disposables. It helps reduce textile waste and overconsumption by prompting you to consider versatility and durability before purchasing. Key principles of the 30 wears rule:

Investment vs. Disposable:

Think of clothes as long-term investments, not items to be worn once and discarded.

Slow Fashion: It's a mantra to move away from the impulse buys of fast fashion towards a more thoughtful wardrobe.

Question Before Buying:

Before purchasing, ask yourself, "Will I wear this 30 times or more?".

Build a Lasting Wardrobe:

Focus on versatile, timeless, high-quality pieces that can be re-worn and restyled.

How to apply it:

Check for Versatility: Can the item be styled in multiple ways with other clothes you own?.

Consider Quality: Invest in well-made garments designed to last, reducing the need for frequent replacements.

Track Your Wears: Some people track their outfits to see how often they wear items, encouraging creativity and reducing buying.

Embrace Outfit Repeating: Wear your favorite pieces multiple times, styling them differently with accessories or layers.

LSRS EARTH DAY CELEBRATIONS



Fort Langley

Tuesday, April 21
11am - 2pm

Join us for presentations, visit information tables, and enjoy other Earth Day activities

Main Hall, St. George's
Anglican Church
9160 Church St. Fort Langley

LSRS

Wednesday, April 22
11am - 2pm

Join us for presentations, visit information tables, and enjoy other Earth Day activities

LSRS Recreation
and Resource Centre
20605 51B Avenue

Free Events • Everyone Welcome!

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, April 14

11:30am-1pm

No appointment necessary



FOOT CARE CLINIC

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, callouses, corns, dry and cracked skin, diabetic assessment, fungal nails, hammer or claw toes, and thickened toenails
- Cutting and filing of toenails
- Foot massage with essential oils
- Education for prevention of issues

If you intend on having your toenails cut, please do not cut them for 6 weeks prior to your appointment.

Thursdays & Fridays | 30-minute Sessions

Call the Front Desk for availability

Members \$53 | Non-Members \$60

**A \$5 fee will be charged for all cancellations*

MASSAGE CLINIC

The activities of daily living can be less painful. Our registered massage therapist Jacklyn Harvey can help!

Tailored treatment plans for your unique needs with an adjustable recliner, massage table and massage chair. Most insurers will cover massage. Don't forget to bring your receipt to your insurance provider.

Massage can help with many ailments including:

- Joint and muscle issues
- Rheumatoid arthritis and osteoarthritis
- Flexibility, balance and range of motion
- Posture and circulation
- Stroke recovery, sleep, digestion, and depression

Call the Front Desk for availability
Mondays | By Appointment Only
30-minute appointments

Members \$63 | Non-Members \$70

DENTAL CLINIC

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., April 11** | 10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.



DONATIONS NEEDED: *Housewares*
Knick Knacks
Kitchen Ware
Spring Cleaning?

Spring Cleaning Decluttering Tip #2:

Focus on the items you actually use regularly and that bring you joy or serve a purpose. Consider donating or discarding items. This approach helps maintain a clean and organized space while also promoting mindful consumption and reducing stress.

LSRS Tuk Shop

THRIFT BOUTIQUE

Located inside the LSRS Recreation & Resource Centre

Volunteer Operated. All proceeds help our seniors



Langley Senior RESOURCES SOCIETY

KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain
Family Members and Friends Welcome

DATES/TIME: May 7, 2026 to June 11, 2026
Thursdays, 10:00 a.m. to 12:30 p.m.

LOCATION: Langley Senior Resources Society
Brock-Douglas Room
20605 51B Ave, Langley BC

TO REGISTER: Call 604-940-1273 or Toll Free 1 866 902 3767
Email selfmgmt@uvic.ca
www.selfmanagementbc.ca



Connect with us:

 @SelfManagementBC

 @SMPatUVic

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!

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
April 7 & 21

BREAD AVAILABLE BY DONATION
Supporting the LSRS HOPE FUND

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



FROM TOSSED to TREASURED

Langley Seniors Village Presents!

Flea Market & Live Auction
in Support of the
Canadian Cancer Society's Daffodil Campaign

Find a hidden gem. Support a meaningful cause.

Join us at Langley Seniors Village for a special flea market event where one person's "tossed" becomes another's "treasure."

Browse unique finds, handcrafted items, and gently loved goods—all while supporting the Canadian Cancer Society's Daffodil Campaign. Every purchase helps make a difference. Refreshments and yummy treats will be served, and tours will be available for those who are interested.

A special invitation to Langley Seniors Resources Society members!
Wednesday, April 22, 10:30 am – 3:30 pm
Live auction starts at 1:30 pm!

For more information
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, April 13 | 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

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 SHOW

**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!



Every month Bria Communities raffles a bottle of Irish Cream at the Monday Morning Talk Show. Here is our lucky February winner Pat (left), with Keri from Bria.

APRIL 6

Closed for
Easter Monday



APRIL 13

Writing Process

Local authors share some of the helpful strategies they have developed over their writing careers.

*Bruce Kilby
& Ken Johnson,
authors*

APRIL 20

Retirement Expenses

Join us for an informative discussion on retirement expenses.

*Gaby Olson,
Dominion Lending*

APRIL 27

Getting Outdoors

A new Playground collection is available at the library which supports outdoor hobbies.

*Jacquelynne Garden,
Fraser Valley Regional Library*



A Message from Mayor Eric Woodward Township of Langley



Starting in 2026, to help address the usage differences between single-family homes and other properties like apartments or townhouses, we have now implemented significant reductions in water and sewer utility rates. Apartments and townhouses will see a combined rate cut of 17.6%. Single family homes on the flat rate system connected to both utilities will see a net cut of 3.4%.

For apartments and townhouses, these reductions also offset any property tax increases for several years. For those single family homes on the sewer utility, the 2026 adjustment also provides meaningful relief.

Council launched a voluntary residential water metering program. Property owners who choose to participate can transition towards paying only for the water they use. Without more universal water metering, detecting and stopping endless leaks is impossible, costing us all money. Expanded metering allows the Township to find and eliminate that invisible water loss cost.

Starting in 2025, utility costs were separated from the property tax statement. This enables a transition from a universal, mandated flat rate system to a hybrid that includes metering for those that want it. Beginning in 2027 and 2028, residents will have more billing options, including annual, quarterly, and eventually monthly cycles.

In 2026, we successfully unwound the Jericho Phase II Agreement with Metro Vancouver that previously required three payments of \$4 million dollars each. A total of \$12 million had been committed, now being returned to ratepayers through lower rates.

These efforts and results have delivered real savings in 2026, for affordability, infrastructure, and reduced water usage even as we continue to grow, especially in our western urban areas. With these programs underway, we can finally begin to see the real-world benefit, starting with these historic reductions in utilities costs in 2026, with more progress possible, and to be planned, in the years ahead.

Warm regards,

Eric Woodward
Mayor, Township of Langley



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



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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@adultcognitivewellnesscentre.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.

Supernatural Haida Gwaii  

PLAN YOUR NEXT BUS TRIP

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

Tuesday, May 5 | 8:00am - 5:30pm

\$149 Members • \$169 Non-Members

TOURIST IN YOUR TOWN

Take the Aquabus on a narrated cruise of False Creek from Olympic Village to Yaletown, spend ample time exploring VanDusen Botanical Gardens before a delicious lunch at Steamworks Mount Pleasant. Finish with the immersive FlyOver Canada experience. Level: Easy.

PACKAGE INCLUDES:

- Flyover Canada
- VanDusen Botanical Garden
- Aqua Bus Narrated Tour
- Lunch Steamworks Mount Pleasant
- Main Street Coffee Stop

Wednesday, May 20 | 8:00am - 6:00pm

\$139 Members | \$159 Non-Members

SQUAMISH CANYON

Experience the new Squamish Canyon – an immersive forest walk with towering boardwalks, a forest lounge, roaring Mamquam Falls, and interactive stories celebrating BC's wild beauty and culture. Level: Moderate* *Up to 80 stairs

PACKAGE INCLUDES:

- Squamish Canyon Ticket
- Lunch Watershed Grill
- Squamish Old Town
- Sp'akw'us Feather Park
- All Fees and Taxes



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



BOOK YOUR NEXT

Journey

Wednesday, April 15

LSRS Sunroom | 11:30am

Join us for a free presentation by
Troy Opper, *Enjoy The Journey*
on these upcoming multi-day tours!
Everyone welcome!

Supernatural Haida Gwaii

- July 9 - 15, 2026

Old Quebec City

- October 1 - 8, 2026

The Treasures of Thailand

- January 11 - 27, 2027



Langley Senior
RESOURCES SOCIETY

ENJOY THE JOURNEY

Soroptimist International of the Langleys present

POWER *of the* PURSE

APRIL 30TH, 6 - 9PM

Langley Senior Resources Society

20605 51b Ave, Langley

*tickets**

\$45



a fundraiser benefiting

Children of the Street, a program of PLEA Community Services

Shop gently used purses and jewelry. Help prevent sexual exploitation and human trafficking of children in BC.



Buy tickets on Zeffy

* Tickets include dinner and beverage
\$45 Early Bird (until March 20)
\$50 Regular
\$340 Table of 8

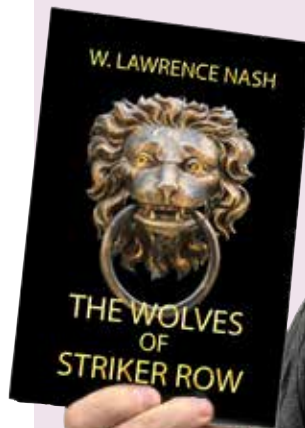
Author Larry Nash

Larry (W. Lawrence) Nash is a long-time member of the Langley Seniors Resource Centre and a past director of the resident choir, now called the Friendly Singers. He is a graduate of the University of Toronto and a member of the American Association for the Advancement of Science and the Cognitive Neuroscience Society. The *'Wolves of Striker Row'* is his ninth book.

Larry didn't start writing books until well after retirement. His naturally curious nature led him to wonder 'what if' after reading a series of unrelated news articles from around the world about a new virus strain. This was pre-covid but Larry saw the future coming and it inspired his first novel, *The Perfect Monster*.

Since then Larry has developed a curmudgeonly detective, Frank McCord, as a central character. *The Wolves of Striker Row* is the 5th book to feature Frank McCord. Hot off the press, it is now available on Amazon as both paperback and Kindle e-book versions.

As an interesting note, although this series takes place in a fictional place, Larry has based the town on White Rock, BC. Readers familiar with the city will recognize many local landmarks.



***There are wolves who hunt beneath the moon.
And there are wolves who dine beneath crystal chandeliers.***

Heather Wolff was born into privilege and power and when she is found dead in an alley, the truth is buried beneath money, reputation, and fear.

Frank McCord is hired to dig it up.

Nine suspects circle. Friends, lovers, family. All bound by wealth and silence. Each one capable of murder. Each one desperate to keep the pack intact. In their world, survival sometimes means devouring your own.

Striker Row is their den and McCord is inside it. Will he drag the killer into the light...or will the wolves close ranks and tear him apart. In Striker Row, the wolves don't just kill. They decide who gets eaten next.

'The Wolves of Striker Row' is available on Amazon, by W. Lawrence Nash.

Monday

- Monday Morning Talk Show**
10am-11am pg.19
- Riverside Ramblers**
10:00am start..... pg.44
- Mindful Meditation with Vicky**
10am-11am pg.36
- Table Tennis**
10am-12pm pg.37
- Spanish**
11:15-12:30pm pg.37
- Circle of Friends**
11:30am-12:30pm..... pg.33
- Jam Session**
1pm-3pm pg.35
- Bridge Partners**
1pm-4pm pg.39
- Zumba Gold**
3:15pm-4pm pg.41
- Snooker**
9am-4pm pg.31

Tuesday

- Fit and Fab with Stacey**
9am-10am pg.40
- Active Chair Yoga with Stacey**
10:15am-11:15am..... pg.40
- Men's Shed Social**
10:00am-12:30pm..... pg.36
- Flying Solo**
11am-12pm pg.35
- Senior Pride Social Group**
Third Tuesday of each month
11:30am-1:30pm..... pg.36
- Line Dancing**
11:30am-12:30pm..... pg.35
- Canasta**
12:30pm-4pm pg.39
- Carpet Bowling**
1pm-3pm pg.33
- Caregiver Support Group: Men**
1:15pm-2:15pm
(ADP location)..... pg.33
- Snooker**
9am-4pm pg.37
- Zumba Gold**
6:00pm-6:45pm pg.41

Wednesday

- Tim's Bits Woodcarving**
9am-11am pg.37
- Seated Movement & Cardio Health with Stacey**
9am-10am pg.41
- Walking Group**
10am-11am pg.45
- Table Tennis**
10am-12pm pg.37
- Chess**
10am-12pm pg.39
- Changing Gears**
First Wednesday of each month
10:30am-12pm..... pg.33
- Eco-Awareness 101**
10:30am-12pm pg.35
- Traditional Euchre**
12:30pm-3pm pg.39
- Mexican Dominoes**
12:30pm-4pm pg.39
- Shanghai Rummy**
12:30pm-4pm pg.39
- Cribbage**
1pm-3pm pg.39
- Snooker**
9am-4pm pg.37

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

Thursday

- Fit and Fab with Stacey**
9am-10am pg.40
- Knit Together**
9am-12pm pg.35
- Ballroom Dance**
10am-12pm pg.31
- Chair Yoga Plus with Stacey**
10:15am-11:15am..... pg.40
- Whist**
12:30pm-4pm pg.39
- Book Club – FULL**
First Thursday of each month
12:30pm-2pm pg.31
- Carpet Bowling**
1pm-3pm pg.33
- Caregiver Support Group**
1pm-2:30pm pg.31
- Snooker**
9am-4pm pg.37

Friday

- Walking Group**
10am-11am pg.45
- Cribbage**
10am-12pm pg.39
- Art**
10am-1pm pg.33
- Samba**
11am-3pm pg.39
- Mexican Dominoes**
12:30pm-4pm pg.39
- Bridge**
1pm-4pm pg.39
- Snooker**
9am-4pm pg.37
- Tech Help**
10:00am-12:00pm..... pg.37

Saturday

- Saturday Social**
9am-2pm pg.36
- Snooker**
9am-2pm pg.37
- Card & Board Games**
9:15am-1:45pm pg.39
- Table Tennis**
9:00am-11:00am pg.37
- Fitness Circuit with Dawn**
9:30am-10:30am pg.41
- 10 Card Cribbage**
10am-12pm pg.39
- Adaptive Chair Yoga with Kelli**
11:15am-12:15pm pg.41
- Adaptive Mat Yoga with Kelli**
12:30pm-1:30pm pg.41
- Bingo**
12pm-1:30pm pg.31
- Tech Help**
10:00am-12:00pm pg.37

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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In life's most difficult times, we believe families shouldn't feel pressured to make choices or accept services they don't need.

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www.MyAlternatives.ca | Phone: (604) 793-2222

We serve families across Metro Vancouver and the Fraser Valley, offering in-home and online arrangements for your comfort and convenience.

Administrative Office:
3070 275A Street,
Aldergrove, BC V4W 3L4

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: April 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

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: April 2 - June 25

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

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

13 Sessions | Free | Members only

BOOK CLUB: FULL

Our book club is currently at full capacity. 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



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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.

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

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PROGRAMS

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

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

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, 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.

Tuesday, May 5 | 5:00pm | The Old Spaghetti Factory

20077 91A Avenue (across from Colossus Theatre in Walnut Grove)

Features traditional Italian entrées amid turn-of-the-century decor.



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Denturist

Adam Wejkszner R.D.
Denturist

Darren Sailer R.D.
Denturist

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All Dental Plans
Accepted



PROGRAMS

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

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

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 volunteer application.

JAM SESSION

Bring your instruments, your voice, your ears and your enthusiasm. You can participate by bringing an instrument to play, singing, or just listening.

Mondays

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

KNIT-2-GETHER

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

Thursdays

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

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

PROGRAMS

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

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

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.



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

PROGRAMS

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

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

SNOOKER

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

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

Snooker Room | \$40/year

SPANISH LESSONS – CONVERSATIONAL

Join LSRS volunteer Lu Borja and learn to speak Spanish! Lessons are FREE for LSRS members! No need to register. Learning to speak Spanish, or any new language, offers a wide range of benefits for older adults, including cognitive, social, emotional, and practical advantages. It also stimulates the brain, improving memory, attention, and problem-solving skills.

Mondays: 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: 9am-11am

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

9am-11am | Sunroom | Free



PLANNING AHEAD IS SIMPLE.
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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 STRENGTH 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

9am-10am | 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

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

ADAPTIVE CHAIR YOGA WITH KELLI

Seated yoga class.

Saturdays: April 18 - 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 18 - 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

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 13 | 8 Sessions

9:30am - 10:30am | Activity Room | Members \$56 | Non-Members \$66
(no session May 23)

ZUMBA GOLD® WITH YUDI

Move, have fun, and enjoy Latine rhythms with easy, low-impact moves.

EVENINGS 1: Tuesdays: April 7 - May 12 | 6:-6:45pm | 6 Sessions

EVENINGS 2: Tuesdays: May 19 - June 23 | 6:-6:45pm | 6 Sessions

Main Hall | Members \$42 | Non-Members \$52

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

CHAIR YOGA

Led by new instructor Moe. A gentle, accessible practice that modifies traditional yoga poses to be performed while seated or using a chair for support.

Thursdays: April 9 - June 25 | 9am-10am

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



EARTH DAY EVENT, EVERYONE WELCOME!

Tuesday, April 21 • 11am-2pm

St. George's Church, 9160 Church St. Fort Langley (main hall)

FORT LANGLEY PROGRAMS

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

PHARMA DAYS

Everyone welcome! Pharma Day is a free, pharmacist-led service that helps older adults understand and manage their medications. Book your private appointment between the hours of 9am-1pm. 604 530 3020 ext 0.

Thursdays: March 19, April 16, May 14, June 18 | 9:00 -1:00pm

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

LUNCH & LISTEN

Are you having more difficulty hearing your friends and family? Join Ears Hearing for an educational and entertaining discussion. Light lunch provided. **Must pre-register to Ears Hearing Clinic 604-427-2828.**

Thursday, April 16 | 12:30 -2:30pm

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

New programs, events, classes are being added in our Fort Langley space at St. George's Anglican Church. Keep informed on current offerings on the Fort Langley schedule: www.lsr.ca/fort-langley-programs and remember to follow our Facebook page! facebook.com/seniorslangley

FORT LANGLEY



Pharma Days
Fort Langley

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

Book your appointment by phone: 604-530-3020 ext. 0
or register at Langley Senior Resource Centre front desk

- ✓ One-on-one private appointment
- ✓ Review of all your medications
- ✓ Easy-to-understand education
- ✓ Summary sent to your family doctor

Divisions of Family Practice
Thursdays - 9am-1pm
Next Date: April 16

sponsored by
Langley Senior RESOURCES SOCIETY | Langley Primary Care Network | fraserhealth

Langley seniors need your help!

VOLUNTEERS NEEDED

Volunteer positions:

- Front desk → admin
- Cafe → cashiers
- Store → cashiers & sorters and help in the information desk

If any of these positions sound like a good fit for you, please apply!



Langley Senior RESOURCES SOCIETY

Please contact Jude for more information

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

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 daleen@telus.net.

LSRS Membership is required to participate.

Please park off-site

PACIFICWEST ADULT DAY CARE

We specialize in Alzheimer's, Dementia, Autism & Parkinson's Care!

Our featured programs:

- Knitting
- Active chair yoga
- Walking group
- Dancing
- Board games
- Parkinson Punch
- Zumba
- Gardening
- Painting
- Karaoke
- Bingo

*Assistance arranging HandyDART



We also offer Home Support & Respite

Early Bird Special Pricing! Book A Free Assessment Today!

(604) 427- 4446
(778) 955 -7685

pacificwestaduldaycentre.com

#101 - 6360 202 Street, Langley, BC, V2Y 1N2

Langley Lawn Bowling Club

Sunshine | Sport | Social Time

New Season Begins Saturday, April 25

Giant Garage Sale Sat. April 18 9-3pm

LSRS Members 20% OFF Membership

Leagues Fun Days Social Events Drop-Ins & more!

Proudly supported by



Langley Senior RESOURCES SOCIETY

Register for Lessons at langleylawnbc@gmail.com
604.514.2695

20471 54th Avenue, Langley
(Southwest corner of Douglas Park)

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

APRIL 1: BRAE ISLAND

Meet at 9451 Glover Road

APRIL 8: MUCKLE CREEK & POWERLINE

Meet at Portage Park, 204 St & 51A Avenue

APRIL 15: DEREK DOUBLEDAY ARBORETUM

Walk to McLeod Park

APRIL 22: FORT TO FORT TRAIL

Meet at Bedford Plaza, 23285 Billy Brown Road

APRIL 29: PERIMETER TRAIL TO RAVINE

Meet at 200th St/ 10th Ave Parking Lot

Fridays at 10:00 am

APRIL 3: CAMPBELL VALLEY PARK, PERIMETER & RAVINE TRAIL

8th Avenue Parking Lot

APRIL 10: DERBY REACH

Campground Parking Lot, 21801 Allard Crescent

APRIL 17: CAMPBELL VALLEY PARK, WALK TO SOUTH PARK

Meet at 16th Ave Parking lot

APRIL 24: NOEL BOOTH PARK

20302 36 Avenue

MAY 1: PLEASANTDALE CREEK TRAIL, WALK TO SENDAL GARDENS

Meet at LSRS Centre, park offsite please

ESTATE PLANNING

FLANN FINANCIAL GROUP WITH
RICHARD BUELL SUTTON LLP

THE EMOTIONAL AND FINANCIAL COST OF SETTLING AN ESTATE

Worried about how your legacy will be handled?

Flann Financial Group invites you to an exclusive information session designed for seniors. Settling an estate is more than just paperwork – it can be emotional, overwhelming, and costly when plans aren't in place. Join us for a free information session where lawyers from Richard Buell Sutton LLP will be on hand to answer your questions and provide guidance on estate planning, protecting your family, and avoiding unnecessary stress.

Learn how to make sure your wishes are clearly documented and your legacy is handled the way you intend.

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



BROCK DOUGLAS ROOM
LANGLEY SENIOR RESOURCE SOCIETY



10:00AM -12PM
MAY 13, 2026



Register by phone
604-881-1200



Register by email
INFO@FFGCANADA.CA



PENNY ROWAN, ELDER PLANNING COUNSELOR
WEALTH ADVISOR



CALVIN WARNEKE, CFP, WEALTH ADVISOR

GUIDING YOUR FUTURE WITH
CLARITY & CARE

CROSSWORD PUZZLE

Across

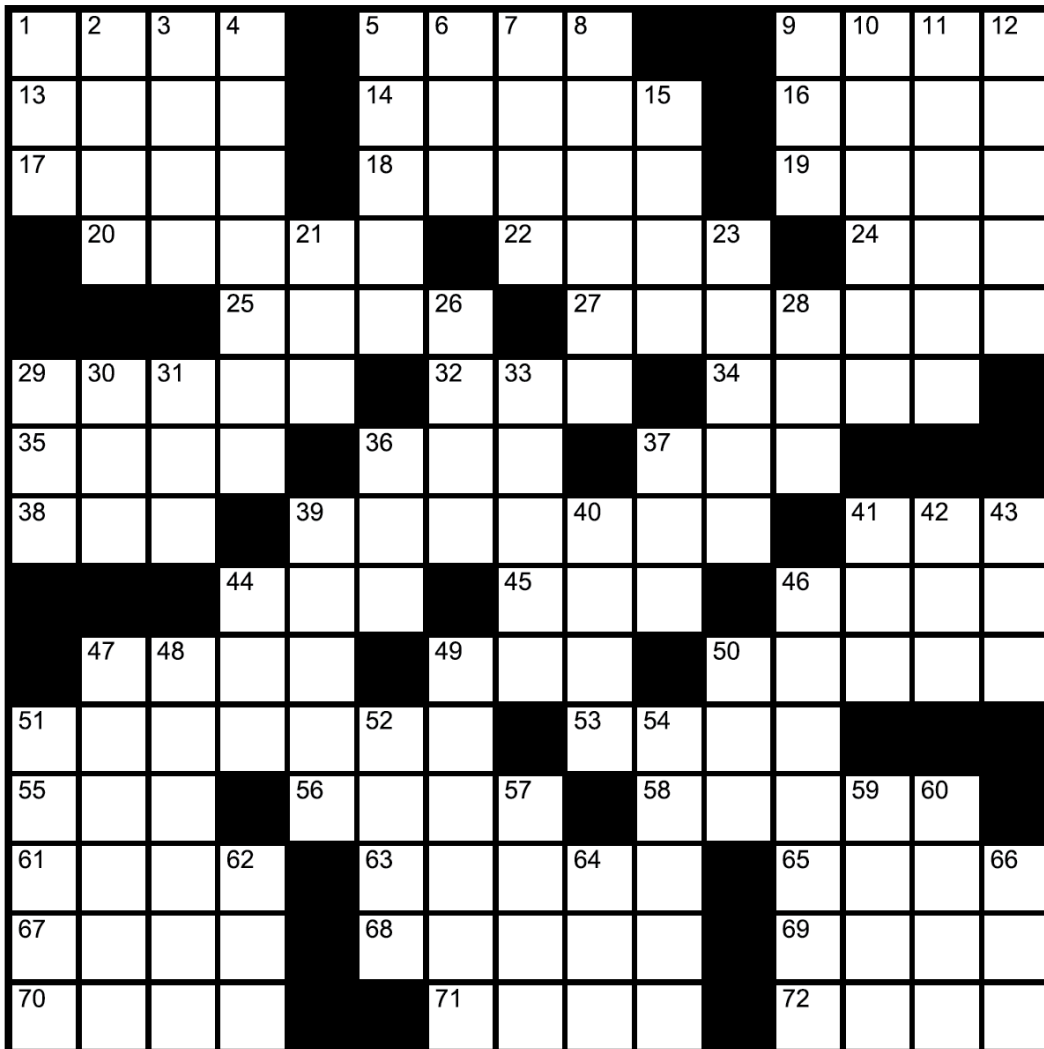
- 1 Princes, e.g.
 5 Brewer 's need
 9 Bonkers
 13 Cockeyed
 14 Terminate
 16 Heavenly glow
 17 Mexican moolah
 18 Hawaiian veranda
 19 Roasting rod
 20 Hollow rock
 22 Know-it-all
 24 ___ standstill
 25 Smooch
 27 Bring up
 29 Sheik's bevy
- 32 Happy ___ lark
 34 Mountain lake
 35 Old-time oath
 36 Draft choice
 37 Mediterranean tree
 38 ___ de guerre
 39 Wretched
 41 Reveal, poetically
 44 One of the Beverly Hillbillies
 45 Buddhism forerunner
 46 Aquatic bird
 47 Food thickener
 49 Pa. neighbor
 50 Marriage announcement
 51 Wood eater

Down

- 53 Lacking slack
 55 ___ pro nobis
 56 Arctic native
 58 Cuts back
 61 Hit the bottle
 63 Reef material
 65 Tooth part
 67 Genesis victim
 68 Swedish money
 69 "Born Free" lioness
 70 Discounted
 71 Makes lace
 72 Stash away
- 1 Easy mark
 2 Cassini of fashion

Across

- 3 Very slim margin
 4 Frightened
 5 Stags and colts, e.g.
 6 Goat hair fabric
 7 Yearn
 8 Accident result
 9 ___-relief
 10 Domestic
 11 Newt
 12 "Paradise Lost" figure
 15 Get bushed
 21 Faint
 23 Up to
 26 Seasoned sailor
 28 Children's game
 29 Female lobster
 30 Opposite of hence
 31 Ewe's mate
 33 Take by force
 36 Helping hand
 37 Good times
 39 Jeopardy
 40 Sensed
 41 Possess
 42 Prospector 's need
 43 Starfleet Academy grad.
 44 Gridlock
 46 Humorous works
 47 Organism
 48 Wine starters
 49 Repatriate
 50 Sticker
 51 Demolish
 52 Saddlery
 54 Greek Titan
 57 Outrigger canoe
 59 Shed feathers
 60 Just O.K.
 62 Noisy trains
 64 Relative of 51 Across
 66 Shooting marble



WORD SEARCH PUZZLE "WIND AND WEATHER"

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

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.

- | | | |
|-----------|---------|----------|
| Birds | Flowers | Showers |
| Blossom | Grass | Sprout |
| Breeze | Grow | Storms |
| Buds | Newborn | Sunshine |
| Butterfly | Plant | Thaw |
| Clouds | Rain | Warming |
| Cultivate | Rainbow | Wind |

HIDDEN MESSAGE:

By Jimmy and Evelyn Johnson - www.qets.com

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

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

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

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



Charitable Registration Number: 121924229RR0001

Learn more about supporting Langley Seniors through estate giving.
Please email katel@lsrs.ca or phone 604-530-3020

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**



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

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

Information and Referral

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

Social Prescribing

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

Navigation Support

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

Examples are

- Understanding subsidized housing, independent living, assisted living, long term care
- Support filling out housing applications
- Support with landlord and property manager concerns
- Food Security

Form Filling:

- Handy Dart, SPARC
- Shelter Aide for Elderly Renters (SAFER) & BC Housing Registry
- Federal Dental Program
- BC Rebate for Accessibility Home Adaptation (BC RAHA)
- Government Benefits - Guaranteed Income Supplement (GIS) | Old Age Security (OAS) | Canada Pension Plan (CPP)
- Canadian Revenue Agency (CRA) for support to file late taxes, Disability Tax Credit Applications.
- Referrals to community partners (Meals on Wheels, Stepping Stones, Fraser Health Home Support)

Thank you to these partners





United Way helping seniors remain independent.



Better at Home services help adults 65 years of age and older remain at home longer. These services are offered on a sliding scale based on your annual household income.

For more information, contact Community Services at 604-530-3020.

Transportation to Appointments

A volunteer driver picks you up at home and takes you to your appointment, then returns you home.

Grocery Shopping

A volunteer picks you up at home and takes you to the store of your choice, or they can pick up a shopping list and shop for you.

Light Housekeeping

A paid housekeeper will provide 2 hours of cleaning on a weekly, bi-weekly or monthly basis.

Friendly Visits

A trained volunteer will visit you at home to reduce isolation and loneliness. Free.

Telephone Buddies

Trained volunteers call an isolated older person for a free friendly chat.

Supporting the non-medical needs of older adults in BC

**Contact Community Services for more information
604-530-3020**

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*





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



Look at me.



I want to age at home.



Nurse Next Door®
home care services

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 Finance Manager

604-530-3020 ext.314,

accounting@lsrs.ca

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sherrim@lsrs.ca

MEMBER SERVICES SUPERVISOR

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janetm@lsrs.ca

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judeh@lsrs.ca

COMMUNITY FUNDRAISER

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wendyr@lsrs.ca

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Aferdita Kelmendi

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SOCIAL PRESCRIBING COMMUNITY CONNECTORS

Che Mosely

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KITCHEN AND CATERING SERVICES MANAGER

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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 52

FINDING YOUR SECOND WIND

How to Build Resiliency One Day At A Time



“Into every life a little rain must fall,” but some days can feel like a monsoon. Whether facing a health setback or a season of stress, remember that **resiliency is a muscle you can strengthen**. With a little effort, you can find the second wind to carry you through whatever life blows your way.

THE POWER OF ROUTINE When life feels chaotic, a predictable rhythm is your best friend. Sticking to a simple schedule—waking up at the same time or a set time for tea—provides a vital anchor, giving your mind the space it needs to reset.

KEEP MOVING Movement is nature’s mood booster. Even a stroll in the park or a bit of light stretching can release the “feel-good” chemicals our brains crave. A little physical motion helps you feel like yourself again.

FIND YOUR CIRCLE Resiliency grows when we’re surrounded by good people. Whether volunteering at the hospital, playing in a bridge club, or sharing a meal, connecting reminds you that you don’t have to weather the storm alone.

CULTIVATE A GRATEFUL HEART

When things go wrong, intentionally look at what’s going right. Keeping a simple gratitude list shifts your focus from the negative to the positive, building internal strength.

BE KIND TO YOURSELF Finding your second wind doesn’t always happen at high speed. Some days feel more like a slow crawl, and that is perfectly okay. Offer yourself the same grace you’d give a dear friend.

Finding your second wind is much easier when you aren’t alone. At **Magnolia Gardens** and **Sunridge Gardens Seniors’ Communities**, we see that spark of resiliency every day. When you have a community of friends who truly “get” this stage of life, you don’t just weather the storm—you find the wind in your sails to thrive.

Curious how life in a seniors community can give you a boost? Come for a tour and learn more.

Contact Keri:
604.351.8668



Bria

COMMUNITIES

BriaCommunities.ca

FORT LANGLEY

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: Thursday, April 16

TIME: 12:30 – 2:30PM

LOCATION: St. George's Anglican Church

9160 Church Street, Fort Langley

**Must register to be included for lunch.*



Kim Galick

RHIP/Owner

26 years of experience

Part of the
WorkSafe BC

Provider Network



KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

www.earslangley.com