



Langley Senior
RESOURCES SOCIETY

**Programs &
Services for
Adults 50+**



In the Loop

only \$2

MAY 2026

**LSRS volunteers
Willie and Peggy
are digging this
great gardening
weather!**

**Drive through
Shred Event
10am-1pm
Sat, May 23
by Donation**

**Visit our
Tuk Shop Sale
during the
Shred Event!
Sat, May 23**

**Make & Take
Wed, May 18
– join Daphne
for soap
creations**

Registration opens:

Members: Mon, May 4

Non-Members: Thurs, May 7



Kelly Blouin REALTOR®

YOUR TRUSTED LOCAL LANGLEY SENIORS REAL ESTATE SPECIALIST



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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

Fort Langley: Select Programs

St. George's Anglican Church
9160 Church Street

Tuesdays & Thursdays 10am-2pm

Info: LSRS.ca/fort-langley-programs

Closed
Monday, May 18
for Victoria Day

By Donation
Shredding Event
Saturday, May 23
10am-1pm



Now Open Saturdays!

Serving breakfast:

Mondays: 9am-10:30am

Saturdays: 9am-11:30am

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

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 month of May, I find myself reflecting on the quiet strength and resilience that defines our community. Even in challenging times, you continue to show up for one another with kindness, patience, and care. That spirit is the foundation of everything we do, and I am deeply grateful for your ongoing commitment to supporting seniors in our community. Thank you for being part of the LSRS community and for all the ways you support one another.



Kate Ludlam,
Executive Director,
LSRS

This spring, we are launching a new fundraising campaign called A Place to Sit. Our goal is to raise \$25,000 to replace the aging and well-worn chairs in our Adult Day Program and Recreation Center. These spaces are vital hubs of connection, comfort, and dignity for the people we serve – whether it be a card game or BINGO, for a recreation program, or just a social visit. Something as simple as a safe, comfortable chair can make a meaningful difference in someone's day. We hope you will consider contributing to this effort.

In addition, I invite you to think about joining

us as a monthly donor. Monthly giving provides predictable and sustainable funding that allows us to plan ahead, respond to emerging needs, and continue delivering high-quality programs without interruption. It is one of the most impactful ways to support our work over the long term.

I'm also pleased to share some exciting news from Creekside Café. Starting April 23, the café will now be open on Saturdays, creating more opportunities for gathering and connection. Even better, breakfast will now be served every day. Whether you stop in for a warm meal or a friendly conversation, our Creekside Café continues to be a welcoming space for all.

As our organization continues to grow and to respond to increasing needs, we remain firmly committed to managing our resources responsibly and thoughtfully. We recognize that these are economically challenging times for many, and we take seriously our responsibility to steward every dollar with care and transparency.

Finally, as the days grow longer and the air warmer, I encourage you to take a moment to enjoy the simple joys of the spring season – sunlight, fresh blooms, and time spent with others. These small moments matter more than ever.

Looking for **HEARING AIDS**



Kim is on site monthly for your hearing needs.
Visit her Tues, May 12 - 11:30am-1:00pm
in the LSRS Lounge

KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

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 \$67.00 (including GST) per year (Jan-Dec).
Renewals start end of November.
For more details, or to apply, please visit the Centre's Front Desk or call 604-530-3020.

MEMBERSHIP SUBSIDY

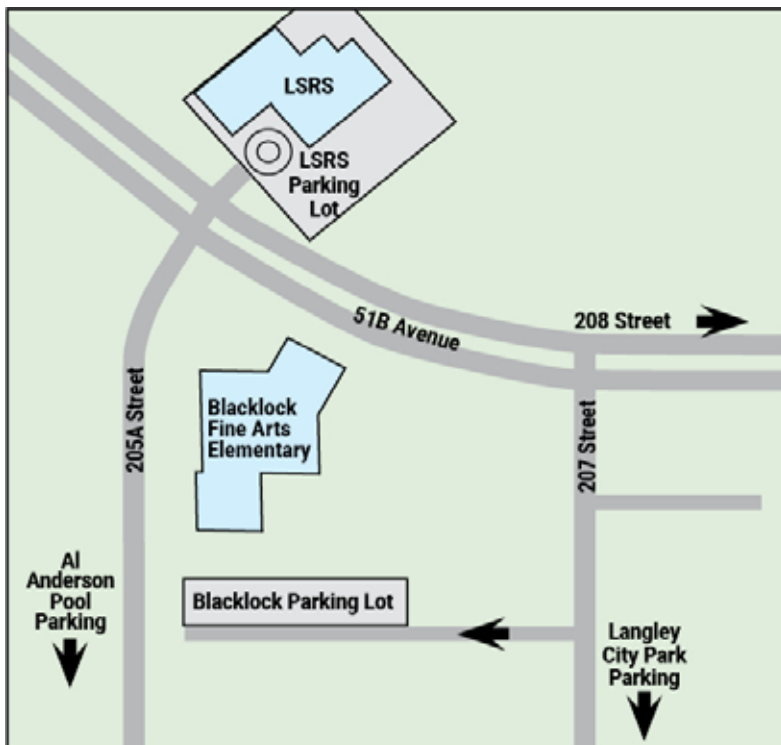
Seniors (50+) who have a total income less than \$28,000 (single) or \$34,000 (couple) may be eligible for a membership subsidy from the City of Langley and the Township of Langley.

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.



Parking at Langley Senior Resources Society



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!

Meet Judy!



This month, we are delighted to highlight Judy, a dedicated volunteer who has been with LSRS since November 2023.

Bringing a strong background in administration from her pre-retirement career, Judy joined our team as an Office/Admin Assistant supporting Volunteer Services. She quickly became an invaluable contributor, playing a key role in implementing our new volunteer database, Better Impact.

Judy has also demonstrated remarkable adaptability—stepping in to support our

fundraising team during a leave of absence, where she quickly learned and worked with the DonorPerfect system.

Her passion for learning and commitment to giving back are evident in all that she does. Beyond LSRS, Judy has been a long-time volunteer with the Langley Christmas Bureau since 2007 and Canadian Blood Services since 2019.

Judy truly embodies the spirit of altruism, and we are incredibly grateful to have her as part of our community.



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

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

MAY DINNER & DANCE

FEATURING MUSIC BY:

Damn Chandelier

Wednesday, May 20
4:30 - 7:30 pm

*Greek Chicken, Roasted Lemon
Potatoes, Greek Salad, Pita Bread
& 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

Mark your calendars for these future dates!

Save the date!

We aren't ready for registration, but we want you to know what's coming up so you don't miss out.

SUN. MAY 3

Get Active at
the 64th Annual
Langley Walk
12:30pm
Bedford Plaza,
Fort Langley
23285 Billy Brown Rd

MON. MAY 18

closed for
Victoria Day

WED. MAY 20

Dinner & Dance
featuring
Damn Chandelier

SAT. MAY 23

Drive-Thru
Shred Event
by donation

plus
Tuk Shop Sale!
10am-1pm

MON. JUNE 1

Kick off Senior's
Week with our
Rise & Shine
Breakfast
RSVP to front
desk

WED. JUNE 17

Dinner & Dance
featuring
the sounds of
Classic Rewind

THURS. JUNE 18

World Cup Watch
Party at LSRS
stay tuned –
more dates to
come

TUES. JUNE 30

Pre-Canada Day
Barbecue
with Steve Elliot

FRI. AUG. 21

Dust off that
caftan for our
Mrs. Roper Romp
fundraiser

Seniors' Week Rise & Shine Breakfast

Sponsored by
Flann Financial Group



Langley Senior
RESOURCES SOCIETY

Monday, June 1

8:30am - 10am

Enjoy the Seniors Special
\$10 Breakfast Buffet

*Scrambled Eggs, Sausages, Hash
Browns, Fruit & Assorted Juices*



*Our Rise & Shine Breakfast
speaker will be*

**BC Seniors Advocate,
Dan Levitt**

**Reserve your space at the front desk
or call 604-530-3020, ext 0**

We're celebrating our seniors at LSRS!

We are excited to invite you to join us in celebrating Seniors' Week, a special time dedicated to honoring the invaluable contributions that older adults make to our community. Throughout the week, we are offering opportunities to try out some programs, or to enjoy live entertainment and snacks in the lounge. We also have Bingo and fun Pictionary games on the schedule. LSRS member Angie will return with her delicious Mountain Madness dessert. She first created this dessert for our Christmas celebrations in the LSRS Lounge and we still talk about how good it was! Pre-register for the Marbling Wellness Art Workshop and create a lovely piece of marbled paper. We would like to thank Senior Week sponsors Flann Financial for the Rise and Shine Breakfast, and Venvi Retirement Living for sponsoring live entertainment in the lounge.

sponsored by:



www.flannfinancialgroup.ca



Schedule of events:

MONDAY, JUNE 1

8:30-10:00am, Rise & Shine Breakfast, LSRS Main Hall

Kick off the week with pancakes, sausage, scrambled eggs, fruit, and yogurt for just \$10 per ticket. Guest Speaker: Dan Leavitt, Seniors Advocate BC

1:00-2:00pm, LSRS Jam Session, LSRS Lounge

Live entertainment in the lounge from our LSRS musicians, with free snacks and refreshments

TUESDAY, JUNE 2

11:30-12:30pm, Mountain Madness Dessert, LSRS Lounge

Join us for a tasty treat made fresh by LSRS Member Angie!

1:00-2:00pm, Muscian Mike Kelly, LSRS Lounge

Guitarist / vocalist Mike Kelly will entertain us with some lively tunes!

WEDNESDAY, JUNE 3

10:30-12:30pm, Marbling Wellness Art Workshop, LSRS Lounge

Create beautiful marbled paper. Pre-registration required. \$5.00 material fee.

1:00-2:00pm, Silver Diamond Dancers, LSRS Lounge

Have some fun alongside this talented, energetic and very enthusiastic country line dance team!

continued on next page

JOIN US! JUNE 1 - 6 IS BC SENIORS WEEK

THURSDAY, JUNE 4

10:00-12:30pm, Lunch & Learn with Ears Hearing

Have some questions about your hearing? Get your answers at Ears Lunch & Learn! Registration required 604-427-2828.

11:00-1:00pm, Bingo, LSRS Lounge

Play some games and maybe win a prize!

1:00-2:00pm, Senior Opus Singers, LSRS Lounge

The Senior Opus Singers brings music and joy with their familiar, toe-tapping songs.

FRIDAY, JUNE 5

11:00-1:00pm, Pictionary, LSRS Lounge

Join us for a fun picture charades game with staff and members!

1:00-2:00pm, Danny Balan, LSRS Lounge

Danny Balan's music is a refreshing nod to the past, seamlessly blending vintage vibes with a modern twist.

SATURDAY, JUNE 6

12:00-1:30pm, Bingo, LSRS Lounge

Bingo games, prizes, and a fun atmosphere!

Marbling for Wellness: An Art Workshop for any skill level



Marbling Wellness

A Creative Journey of Healing

Inspiring Story of a Brain Tumour Survivor to
Community Artist: A Mission to share the joys
of Marbling with others.



10:30 AM, June 3rd



Langley Senior Resource Society



-Length: 80 Minutes

-Open to Anyone

.Learn to Create Marbled Art Mindfully

.Take your Marbled Art Home!

Pre-registration required at front desk.
\$5.00 material fee.

Moms Worry So We Don't Have To

As a mother and her son were leaving a restaurant the other day, he gave her a hug and said, "You worry too much Mom!" Holy smokes, where would be if Moms didn't worry, if they didn't fret and stew and wring their hands? What if moms didn't wrap their fears and anxieties for us in their prayers or scold us and counsel us for our own good? The world would be a mess if moms didn't worry.



Moms know that team pictures are at 10 AM at one park and the game is on the same day at 2PM across town. If Moms didn't worry about how we smelled or how we looked, hockey socks and gloves would rot in hockey bags and baseball uniforms would be one huge grass stain by the third game of the season.

Moms know when the dentist and eye appointments are and that the orthodontist is in a different building than the regular dentist. If moms didn't keep track of how often we practiced there would be a lot less singers and fewer pianists.

Remember when you used to come home after midnight? You could usually guarantee two things, Dad was sound asleep and mom was up.

I suppose it all started when she found out she was going to be a mom. There was a lot to worry about then. What were the right foods to eat, how much exercise should she get? Would there be weight gain or morning sickness, would the baby come premature or would it be overdue?

Yes, moms know when there is trouble at school or on the team or in the marriage. They intuitively know when something is wrong no matter how far away we are from them. They will quietly agonize over our trials and tribulations until they can nervously broach the subject at what always seems to be just the right time. That's usually just before Dad says, 'Huh, what's this all about?'

Happy Mother's Day to all the mothers out there, and thanks for all your prayers and encouragement.

~ Jim McGregor, Langley writer

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 Annually -
that's less than
\$1.30 a week!**

COMMUNITY SHREDDING

Saturday, May 23

10 am - 1 pm

DRIVE UP & DROP OFF
without leaving your vehicle!

Visit the **LSRS**

Tuk Shop

THRIFT BOUTIQUE

for their really

BIG Sale!

Sat, May 23

10am-1pm



*will be open with Hotdogs,
Burgers and more!*



Langley Senior
RESOURCES SOCIETY

20605 51B Avenue, Langley
604-530-3020 • lsrs.ca
facebook.com/seniorslangley

FUNDRAISING EVENT

All Shredding by Donation

What Can You Shred?

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

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GUIDING YOU EVERY STEP
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because HOME

is where the best care happens

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- 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**

SENIOR
Helpers



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, May 12

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 Jaclyn 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

YOUR HEALTH

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., May 9**
10:30am - 12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

DENTAL CLINIC

Next Clinic: **Monday, June 29**

Once a month, Cloud Dental Hygiene Clinic brings 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.***



Did you know?

Mental Health Week is May 11 – 17, 2026.



Did you know 1 in 5 seniors face mental health challenges like anxiety, depression, or dementia. Here are a few ways to support your well-being:

- Stay social—connection boosts emotional health.
- Keep active—movement helps mood and cognition.

- Talk often—conversation reduces loneliness.
- Consider community living—supportive environments enhance quality of life.

Mental health matters at every age. At Langley Seniors Village, we foster a caring, connected community to help you stay active, engaged, and supported.

Come for a tour and let's talk.
Michael Amirani
M. 604-307-9066



MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT

20363 65 Ave., Langley | retirementconcepts.com

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

*GUIDING YOUR FUTURE WITH
CLARITY & CARE*



**PENNY ROWAN, ELDER PLANNING COUNSELOR,
WEALTH ADVISOR**



CALVIN WARNEKE, CFP, WEALTH ADVISOR

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

**COBS
BREAD**

Next LSRS Bread Basket Dates:

**Tuesdays
May 5 & 19**

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

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



**Make
& Take**

Wednesday, May 13
Decorating Soap
with Daphne

Learn how to take something ordinary and make extraordinary. Bring your own item to work on or item will be supplied to take home.

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

Wednesday, May 13

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



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, May 4 | 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

June 1, 2026 | July 6, 2026

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

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



**MacCallum
Law Group** LLP

Proud long-time supporters of the LSRS

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

Get back to gardening after mobility loss

(NC) Whether it's due to arthritis, a life event or another cause, losing mobility can be a difficult adjustment. It can make simple but meaningful activities like gardening seem suddenly out of reach.

Here are some ways you can reclaim independence in your outdoor space:

Use safe techniques and posture. Avoid putting too much pressure or load on your smaller joints whenever possible. For instance, grabbing or pruning by pinching puts much more load on your thumb than the rest of your hand.

When lifting, put the load on your biggest, strongest joints, and use both hands whenever you can. Instead of lifting with your fingers, hook your palms, forearms or even elbows through handles, and always lift by bending at the knees, not the back.

Switch to more ergonomic tools. When choosing tools, look for lighter options—heavier tools take more muscle work and put more strain on the small joints in your hands.

By using tools designed to be user-friendly, you can do the same job with less effort and strain.

For example, a shovel that has a soft handle can be easier for someone with arthritis to use because the softer material reduces strain on the wrist. Kneeling on a cushion or strapping on knee pads will reduce strain on your knee joints, as well as fatigue.

Adapt your garden to be more accessible. Bending over for long periods to work in soil beds that are at ground level adds a lot of strain. One solution is to consider using tall planters that you're able to work in while standing or sitting in a tall chair or stool.

You can also consider using fabric planters. They're lighter than clay or plastic, even with wet soil, and many have broad handles on each side to move them more easily. You can place them on a bench or table so you can work without having to bend over. They're also easy to empty by flipping inside-out for quick mid-season transitions.

SAVE OUR SPOTS

**Parking is Limited
Let's Get Creative!**



**Carpool
with a pal!**

Together, let's make
visiting the Centre
healthier and more
environmentally
friendly!

Thank you!

 **Langley Senior**
RESOURCES SOCIETY

Our parking lot at Langley Seniors Centre fills up quickly, and we'd love your help keeping it accessible for everyone. If you can, please consider one of these easy alternatives

- Carpool with friends or neighbours.
- Take transit — there's a convenient bus stop right outside our doors.
- Walk if you're nearby — add some fresh air and movement to your day!
- Cycle — healthy, economical, and we always have space for bikes.
- Plan ahead — consider arriving a little earlier or later to avoid peak times.
- Use nearby street parking where permitted and safe to do so.



A Message from Mayor Eric Woodward Township of Langley



After years of advocacy and delays, transit service is finally coming for the businesses and employees of Gloucester Industrial Estates. The first proposed route would run east-west along 56th Avenue to Langley Centre, improving service for Salmon River residents as well. In addition to this first route, we need to see a direct connection to downtown Aldergrove and the Carvolth Transit Exchange as well, so workers can access Gloucester from throughout the region.

For many years, business and property owners in Gloucester have been collectively taxed upwards of \$2.5 million+ per year to TransLink on their annual property taxes, despite having no transit service. As approved by the Mayors' Council on Regional Transportation, we finally addressed this in the TransLink 2025 Investment Plan. It's now moving forward to public consultation.

There are significant benefits:

- Employers in Gloucester will have a larger potential pool of employees that can now use transit to get to work.
- Many industrial workers start early, finish late, and often need transit to lower transportation costs many cannot afford. This helps working people that need transit service, especially to where jobs are, reducing the reliance on driving as the only option.
- Fairness for property owners and businesses that are paying for transit service within the property taxes, a property tax system that ignores whether or not a property has access to transit service of any kind.

It's great to have this done, specifically included within the TransLink 2025 Investment Plan, working with my colleagues on the Mayors' Council. We finally have transit service to Gloucester Industrial Estates, almost done.

Warm regards,

Eric Woodward
Mayor, Township of Langley



Monday Morning **TALK SHOW**

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

May 4

High Risk Driving

Learn about the province's high-risk driving campaign happening this month.

**Leanne Cassap, ICBC
Sgt. Patrick Davies, BC Highway Patrol**

May 11

Therapeutic Touch

Discover how this evidence-based complementary therapy enhances existing treatment methods.

**Cheryl Larden, BCTTNA president,
Diane Gagnon &
Jean Ruttan, practitioners**

May 18



**Closed
for
Victoria Day**

May 25

MedWatch

Learn how this free tool helps first responders quickly access your critical medical information

**Jennifer Eaton,
Langley Division of Family Practice**



Langley Senior
RESOURCES SOCIETY

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

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Bria
COMMUNITIES

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:

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- 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@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.

Temporary fuel surcharge coming to bus trips

This information is from our bus trip partner *Enjoy the Journey*

We would like to share an important update regarding a temporary fuel surcharge of \$5.00 per person, which will apply to tours operating between April 27 and September 7.

As many of you have seen in the news, fuel prices have remained elevated. We have worked hard to absorb these increases for as long as possible, but in order to continue providing the high level of service and experience our guests value, we now need to introduce this small adjustment.

We truly appreciate your understanding and

partnership, and we will keep this process as smooth as possible:

For tours already booked:

For *Tourist in Your Town*, and *Squamish Canyon* tours our Tour Manager will collect the \$5.00 per person during the tour.

For tours not yet booked (*July, August, and September*): The additional \$5.00 per person will be included in the advertised tour price.

We are very grateful for your continued support and collaboration, and we remain committed to delivering enjoyable and well-organized experiences for your members.

PLAN YOUR NEXT BUS TRIP

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.

**\$5 fuel surcharge payable to driver*

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

**\$5 fuel surcharge payable to driver*

PACKAGE INCLUDES:

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

Wednesday, June 3 | 7:15am - 7:45pm
\$144 Members | \$164 Non-Members

BUTCHART GARDENS

A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure. Visit Sidney by the sea for a waterfront stroll or shopping prior to escorted entry to Butchart Gardens. Level: Easy *Additional \$36 ferry fee for 64 years and under

PACKAGE INCLUDES:

- Admission Butchart Gardens
- 3.75 Hours Butchart Gardens
- Sidney Waterfront
- All Fees and Taxes inc. fuel surcharge

Thursday, June 18 | 8:30am - 7:45pm
\$154 Members | \$174 Non-Members

MAJESTIC MAYNE

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration. *Additional \$36 ferry fee for 64 years and under

PACKAGE INCLUDES:

- Georgina Point Lighthouse
- Japanese Gardens
- Arbutus forest walk
- Lunch The Montrose Local
- Fernhill Shops
- Fuel Surcharge



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

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

 [@SMPatUVic](https://twitter.com/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!



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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

A large background image of a lush green forest with a wooden path. Overlaid on the left is a green rectangular box containing the event title. Below the title is a smaller inset photo of a woman in a forest.

Forest Meditation Pause and Presence Walk



Join us for a calming and peaceful **Forest Meditation Experience**

We invite you for an exploration of nearby local parks to experience this beautiful practice. Immerse yourself in the sights and sensations of nature.

Meet at Sendall Gardens: Monday, May 11

Meet at Nicomekl Park: Monday, June 8

12:00 - 1:30pm

Register at LSRS Front Desk or phone 604-530-3020 ext 0



Langley Senior
RESOURCES SOCIETY

Why can seniors be at risk of identity theft?

Scammers count on you to not question what you're told

(NC) There are many reasons why fraudsters target seniors: a belief that they have accumulated savings, an assumption that they aren't familiar with the technology scammers use or taking advantage of the fact that many seniors are socially isolated and may not have support to help them spot a scam or push back. Identity theft is a priority for many fraudsters, since they can use that information to enrich themselves in a variety of ways. Here are a couple of the biggest threats to watch out for:

Someone can pose as your bank to get your information. This is a technique called “*phishing*,” and it's one of fraudsters' favourite tactics. It works by sending a communication that seems like it's from your bank or another institution you trust—this could be a phone call, email or text. They'll claim there's some issue you need to resolve quickly, like a missed payment. They may even accuse you of fraud or ask for help with a fraud investigation. The strategy is to create a sense of urgency or even panic so that you follow the included link to log in or give your information over the phone. When you do, it provides that information to the fraudster, who can use it to compromise your account to get money or even more of your identity.

Tax return scams are more popular than ever. Posing as the Canada Revenue Agency (CRA) is a popular tactic of fraudsters for two reasons:

- People take their taxes seriously. Telling someone, especially a senior, who may be on a fixed income, that there's an issue with their tax return or benefits is an effective way to create panic.
- Tax information is valuable. If a fraudster can get you to give them access to your CRA account or your tax forms, they can use that information to steal your identity. To a scammer, your tax forms are a one-stop shop.

How can seniors protect themselves? There are digital security services that can help, at tax time and throughout the year. Using a tool like Telus Online Security can help protect your identity. It uses built-in device security that acts as a first line of defence against phishing attacks and scams, and can help you determine which messages are legitimate and which aren't. In the event that your identity is stolen, the service offers 24/7 access to support and identity theft specialists who can walk you through the recovery process.

It's important to be vigilant and trust your instincts. Scammers count on you not questioning what you're told, so question it. Ask yourself if any communication you receive makes sense. If all the emails you got from them in the past told you to log into your account directly, why does this one have a link to click?

The threat of identity theft has never been higher, but by protecting yourself and exercising caution and judgment, you can keep yourself safer.

REGULAR PROGRAMS AT A GLANCE

Monday

Monday Morning Talk Show

10am-11am.....pg.21

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

3:15-4pm.....pg.41

Snooker

9am-4pm.....pg.37

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.40

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.



Langley Senior
RESOURCES SOCIETY

Follow us on Facebook to discover more local events, classes, and activities that cater to seniors.



facebook.com/seniorslangley

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

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.31

Singing Social Choir

10am-12pm.....pg.36

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



Participants of Dawn's Saturday Fitness Circuit class show off their fitness. Classes at LSRS are known for their welcoming atmosphere and professional instruction that promote safe training.



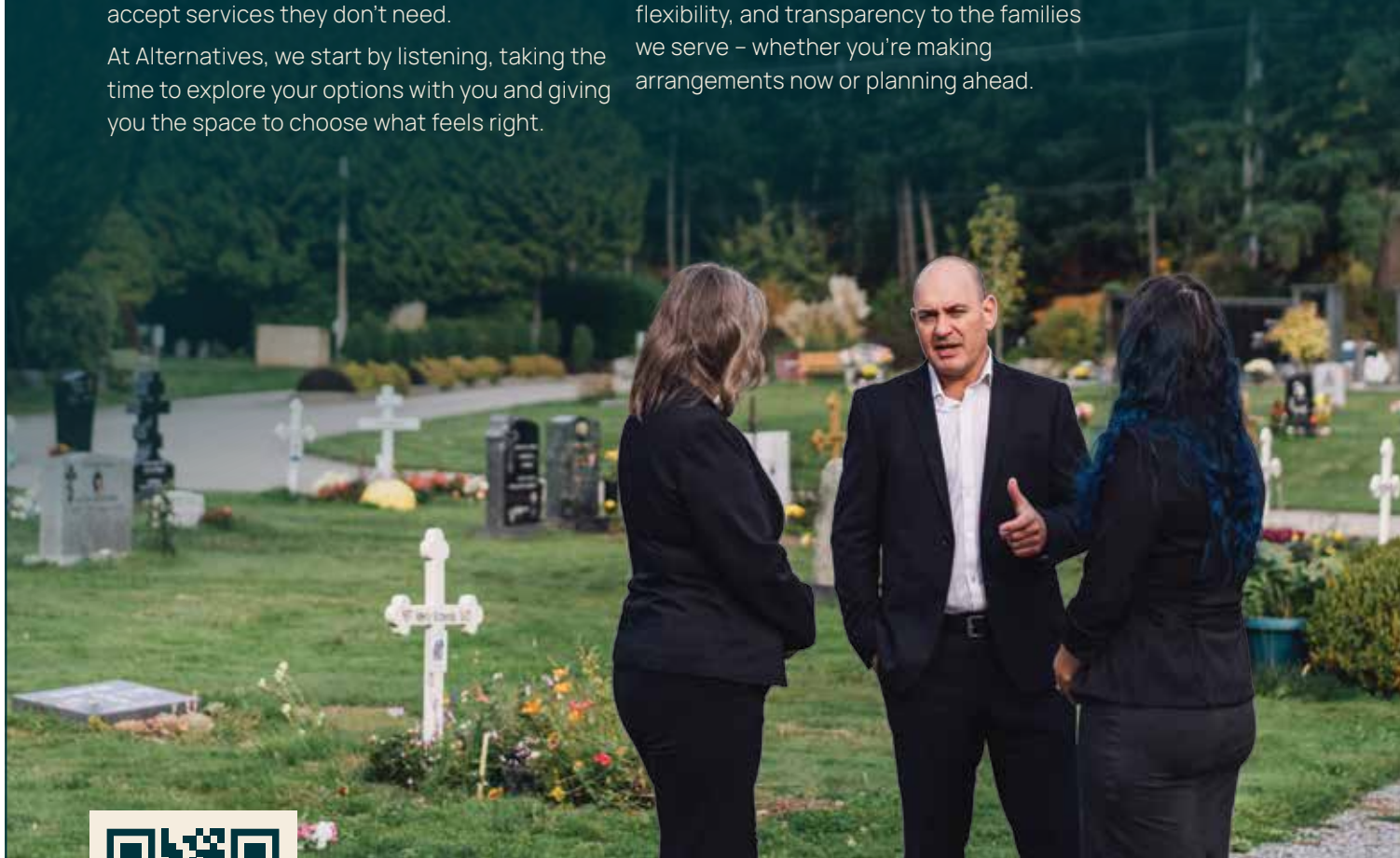
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In life's most difficult times, we believe families shouldn't feel pressured to make choices or accept services they don't need.

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As a locally owned, proudly Canadian provider, we are committed to offering compassion, flexibility, and transparency to the families we serve – whether you're making arrangements now or planning ahead.



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 FULL

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 FULL

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 Michelle Van Ieperenl at 778-328-2302 ext. 1, or michellev@lsrs.ca.

Thursdays | Pre-Registration required

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



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.

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8233 140th Street, Surrey, BC V3W 5K9

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 | Pre-Registration required

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, 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.

Tuesday, June 2 | 5:00pm | Sidebar Grill

20018 83A Avenue

Classic bar meets the inventive spirit of modern cuisine — designed to be both cozy and chic, with a warm, inviting atmosphere that makes every guest feel at home. Directions: drive north on 200 Street, turn right on 84 Avenue. At the second right (street) turn and drive to 83 then go across to the underground parking lot. Take elevator to top and follow path straight ahead to Sidebar Grill.



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Open Monday to Friday

Call for a Complimentary Consultation



All Dental Plans
Accepted



PROGRAMS

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

ECO-AWARENESS 101

We discuss ecological issues; however, our main emphasis is to help seniors feel comfortable in uncomfortable times. As there happens to be a lot of anxiety planet wide, we offer comfort and support.

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 | Main Hall | 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 – 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 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. 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. Contact: seniorpride.lsr@gmail.com for schedule or 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: 9am-4pm | Saturdays - 9am-2pm

Snooker Room | \$40/year

SPANISH LESSONS

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. Beginners or Intermediate classes. Limited spots available. No cancellations or refunds for these classes.

Mondays: May 4 - June 29 | 8 sessions *(no class May 18)*

INTERMEDIATE LEVEL: 11:30 - 1:00 | Activity Room | \$25 | 8 Sessions | Members only

BASIC LEVEL: 1:30 - 3:00 | Activity Room | \$25 | 8 Sessions | Members only

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. Book your timeslot at front desk. *(support for Apple products: macbooks, iPads, iPhones is available on Saturdays only)*

Fridays / Saturdays

10-12:00pm | Lounge | \$5.00

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



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**BRIDGE****Fridays**

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

BRIDGE - PARTNERS**Mondays**

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

CANASTA**Tuesdays**

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

CHESS**Wednesdays**

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

CRIBBAGE**Wednesdays**

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

CRIBBAGE**Fridays**

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

CRIBBAGE – 10 CARD**Saturdays**

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

EUCHRE – TRADITIONAL**Wednesdays**

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

MEXICAN DOMINOES

Wednesdays and Fridays

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

SAMBA**Fridays**

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

SHANGHAI RUMMY**Wednesdays**

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

WHIST

Looking for players.

Leave name at front desk if interested.

ACTIVE CHAIR YOGA WITH STACEY FULL

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 FULL

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

SEATED MOVEMENT & CARDIO HEALTH WITH STACEY FULL

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 **FULL**

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 **FULL**

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 11 - June 13 | 8 Sessions

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

(no session May 23)

ZUMBA GOLD® WITH YUDI

Zumba Gold is a modified, low-impact dance fitness class designed for beginners, active older adults, or those needing a slower-paced workout. It features easy-to-follow choreography focused on balance, range of motion, and coordination, while delivering a fun, Latin-inspired cardio experience.

EVENINGS: Tuesdays: May 19 - June 23 | 6:00-6:45pm | 6 Sessions

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

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.

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 | Pre-Registration required

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

DEMENTIA CAREGIVER SUPPORT GROUP **FULL**

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 | Pre-Registration required

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 **FULL**

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

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: May 14, June 18 | 9:00 -1:00pm

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.lsrsc.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: May 14

sponsored by



Meet the Riverside Ramblers – enjoy a slower pace and a shorter distance

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



PACIFICWEST ADULT DAY CARE

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

Our featured programs:

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

*Assistance arranging HandyDART

**Early Bird
Special
Pricing!
Book A Free
Assessment
Today!**

We also offer
**Home Support
& Respite**

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

pacificwestadulthooddaycentre.com

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



volunteers wanted

**Langley seniors
need your help!**

Volunteer positions:

**Front desk:
admin**

**Creekside Cafe:
cashiers**

**Tuk Shop:
cashiers & sorters**

**plus help with 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
email: judeh@lsrs.ca**

Walking Group

Enjoy treks through the beautiful trails in the City and Township of Langley. The walks take approximately one hour and the distance varies from 4 to 6 km 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

MAY 6: CAMPBELL VALLEY PARK, RAVINE TRAIL

Meet at 8th Avenue parking lot

MAY 13: BRAE ISLAND

Meet at 9451 Glover Road

MAY 20: MUCKLE CREEK & POWERLINE

Meet at Portage Park, 204 Street & 51A Avenue

MAY 27: DERBY REACH

Campground Parking Lot, 21801 Allard Crescent

Fridays at 10:00 am

MAY 1: PLEASANTDALE CREEK TRAIL, WALK TO SENDALL GARDENS

Meet at LSRS Centre, park offsite please

MAY 8: FORT TO FORT TRAIL

Meet at Bedford Plaza, off Billy Brown Road, Fort Langley

MAY 15: SENDALL GARDENS TO BRYDON LAGOON

Meet at Sendall Gardens, 50 Avenue & 201A Street

MAY 22: CAMPBELL VALLEY PARK, PERIMETER & RAVINE TRAIL

8th Avenue Parking Lot

MAY 29: LANGLEY REGIONAL PARK

224 Street & approx. 5th Avenue



BELLEVUE PARK
— SENIOR LIVING —

WELCOME HOME

At Bellevue Park Senior Living, we pride ourselves in offering a comprehensive range of living options that 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
- ❖ All utilities including heat, electricity, cable, internet & 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.

Availability is limited. Book your tour today!

604-329-3664 | 2882 – 272nd Street Aldergrove | www.bellevuepark.ca

CROSSWORD PUZZLE

Across

- 1 Necklace item
6 Draws nigh
11 Actress Bertinelli, to her buds
14 Hard to pin down
15 "Snowy" bird
16 Land in la mer
17 de cassis ____
18 Turbine part
19 Egg cells
20 Scottish hillside
22 Rings of color
24 Comptroller inits., usually
26 Cock-and-bull story
28 They're outs in baseball, briefly
29 Cheerleader's cheer

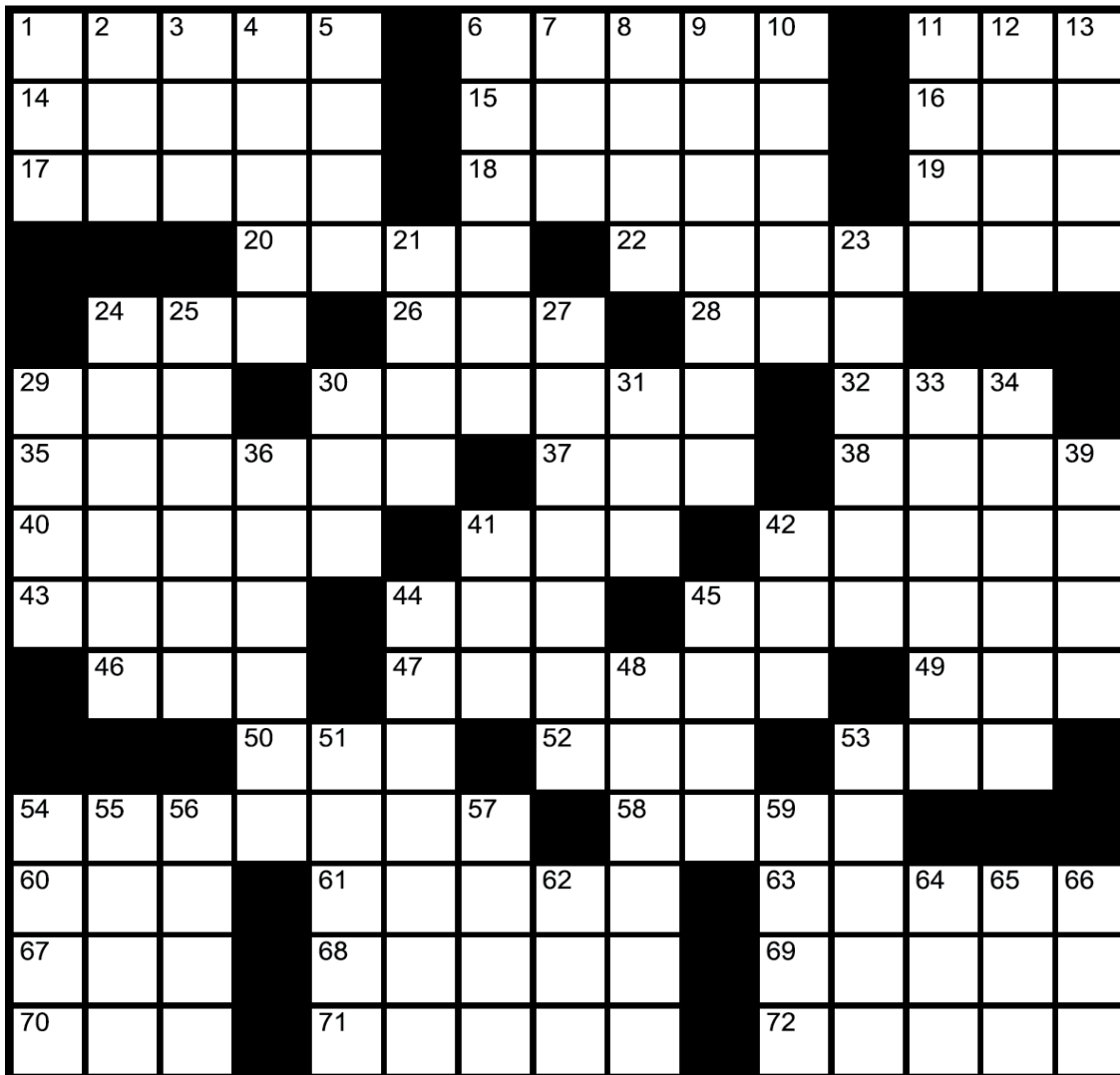
- 30 Put under
32 Drivel
35 Be that as it may
37 Patriotic org.
38 They're found on roadmaps (Abbr.)
40 Whorl of sepals of a flower
41 Tognazzi of film
42 Fish in a tank
43 Film director C. Kenton ____
44 Southwest Indian
45 Kind of pan
46 Family head
47 Distort
49 Haitian voodoo spirits
50 Happy ____ lark
52 Paltry amount

- 53 In a funk
54 Minifies
58 Adopted son of Claudius
60 She played Cecile in "Dangerous Liaisons"
61 Decorate
63 Torcher's misdeed
67 Kind of instinct
68 It's in both California and Nevada
69 Old photo colour
70 Compass pt.
71 High-hatter
72 Sacred hymn

Down

- 1 Rubber substitute, in brief
2 Keen perception

- 3 Biographical bit
4 Cuban dance
5 Goatish glance
6 Thetis, for one
7 Popinjay's problem
8 Ionian gulf
9 What to do when you run out
10 Antibiotic target
11 Six-stringed instrument
12 Thomas Edison's middle name
13 Pastoral expanses
21 Three or four
23 Fish hawk
24 Duck, on the Seine
25 Puff paste in Greek dishes (Var.)
27 They're tough little critters
29 Regatta
30 White or Red follower
31 Concept embodying yin and yang
33 Number one Hun
34 Anise liqueur (TM)
36 They "laugh" a lot
39 Multigenerational story
41 Tony-winning Hagen
42 Three, in Cremona
44 Jinja native
45 Chimney channel
48 Easter wear
51 Keisters
53 Tender spots
54 Big galoots
55 Flightless flock
56 Make content
57 London district
59 Coarse file
62 Pooh pal
64 Marienbad, for one
65 Painter's medium
66 '60s hot spot



TEASE YOUR BRAIN WITH SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

EASY CHALLENGE

		1	5				9	
		2	9	4	3	7		
		6		5				2
	9					8		
				2		3		
	4				6			
6							4	
8						5	1	

MEDIUM CHALLENGE

	8					1		
			5	2	6	7		3
			3					2
				7		2		8
	5	9						
				1			4	
	9	1						
7								
		3	4			6		

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

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



Langley Community
Services Society



Stepping Stone
Community Services Society





United Way helping seniors
remain independent.

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

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

Transportation to Appointments

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

Grocery Shopping

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

Light Housekeeping

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

Friendly Visits

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

Telephone Buddies

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



Supporting the non-medical needs of older adults in BC

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

ADULT DAY PROGRAM



20256 56 Avenue, Langley, BC V3A 3Y5
778-328-2302
Monday - Saturday 9am-4pm
Closed Sundays & Holidays

ADULT DAY PROGRAM MANAGER

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.

Pre-Registration required.

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

MANAGER OF PROGRAMS & MEMBER ENGAGEMENT

Sherri Martin

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

MEMBER SERVICES SUPERVISOR

Janet Madden

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janetm@lsrs.ca

VOLUNTEER SERVICES COORDINATOR

Jude Henders

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judeh@lsrs.ca

COMMUNITY FUNDRAISER

Bonnie McDonald

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wendyr@lsrs.ca

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Aferdita Kelmendi

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aferditak@lsrs.ca

COMMUNITY SERVICES COORDINATOR

Carol Meister

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carolm@lsrs.ca

SOCIAL PRESCRIBING COMMUNITY CONNECTORS

Che Mosely

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chem@lsrs.ca

KITCHEN AND CATERING SERVICES MANAGER

John Zaminskis

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

FACILITIES MANAGER

Brandon Judd

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

FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52

JOIN US FOR TWO A-MAY-ZING OPEN HOUSES



Tuesday, May 19

2:00-3:30 pm

5840 Glover Rd, Langley City

You're invited to a fiesta featuring live latin music, delicious food, margaritas, and tours of our courtyard, amenities and suites.

No passport required!

Space is limited! RSVP before May 18 for a tasty bonus gift.

Call 604. 514.1210 or email Hello@BriaCommunities.ca



MAGNOLIA
GARDENS

A BRIA COMMUNITY



Friday, May 22

2:30-4:00 pm

22301 Fraser Hwy, Murrayville

Join us for a 'berry' special afternoon tea featuring live music, decadent treats, and tours of our blooming courtyard garden, deluxe amenities and lovely suites.

Space is limited! RSVP before May 21 for a tasty bonus gift.

Call 604. 510.5091 or email Hello@BriaCommunities.ca



SUNRIDGE
GARDENS

A BRIA COMMUNITY

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, June 4

TIME: 10:00am – 12:30pm

LOCATION: LSRS

20605 51B Avenue, 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

www.earslangley.com

**EARS HEARING CLINICS
PROUDLY CANADIAN**