



Langley Senior  
RESOURCES SOCIETY

Programs &  
Services for  
Adults 50+



# In the Loop

only \$2

JUNE 2026

Having a blast  
outdoors –  
gardening  
brings joy to  
ADP clients

page

Happy National  
Seniors' Week -  
June 1-6  
PAGE 10-11

Classic Rewind  
will be  
entertaining at  
our June Dinner  
PAGE 8

Join us at our  
annual Canada  
Day Barbecue  
on June 30!  
PAGE 12

*Registration opens:*

**Members: Mon, June 8**

**Non-Members: Thurs, June 11**



# Kelly Blouin REALTOR®

## YOUR TRUSTED LOCAL LANGLEY SENIORS REAL ESTATE SPECIALIST



### LET'S CONNECT!

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

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

Thinking about something more manageable? Let's talk.

✓ Patient

✓ No Pressure

✓ Local Expertise

Ready to talk? Call today:

 **(778) 798-6011**

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

 [kelly@thehousemanteam.com](mailto: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](http://LSRS.ca/fort-langley-programs)

## Holiday Closure: Canada Day Wednesday, July 1st

Join us on June 30 for a  
pre-Canada Day barbecue and  
celebration. Event by donation.  
Everyone welcome!  
See page 12 for details.



**Join us for breakfast!**  
Serving breakfast:  
Mondays: 9am-10:30am

# 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 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

What a wonderful time of year this is! As we celebrate BC Seniors' Week, I am filled with immense pride and gratitude for every person who walks through our doors and contributes so richly to the fabric of our community.



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

This week, we are pulling out all the stops with a packed schedule of events and activities, and we want you to be part of every moment. We kick things off with our Rise & Shine Breakfast, where we are thrilled to welcome Dan Levitt, the BC Seniors Advocate, making this a particularly meaningful morning of conversation and community. Seats are filling up fast, so please sign up early and bring a friend!

From there, the week is brimming with programs, performances, social gatherings, and experiences crafted with you in mind. Whether you are joining us for the first time or have been part of our community for awhile, there is something here for you. Check out page 10 and our bulletin board for our complete schedule. Seniors' Week is a reminder of something we believe every single day: older adults are not just recipients of community - they are the community. Your stories, your resilience, your laughter, and your

generosity shape everything we do.

Speaking of making our spaces even better, I am excited to share news of "A Place to Sit", our latest fundraising campaign. We are working to raise \$25,000 to replace worn and outdated chairs across both of our sites. Comfortable, safe seating is something every one of our members deserves. Whether you are settling in for a program, sharing a meal, or simply enjoying the company of friends. Every donation, large or small, brings us closer to that goal. We invite you to be part of this campaign and help ensure that everyone who walks through our doors always has a welcoming place to sit.

Seniors' Week simply would not happen without our amazing facilities team. You work tirelessly behind the scenes by setting up rooms, resetting spaces between programs, and ensuring every corner of our building reflects the care and dignity our seniors deserve. During a week as busy as this one, your dedication is especially felt – thank you!

And to all the fathers and father figures in our community ... whether you are celebrating with family today or holding a treasured memory close, we wish you a warm and joyful Father's Day.

Here's to a wonderful week, together.

## Looking for HEARING AIDS



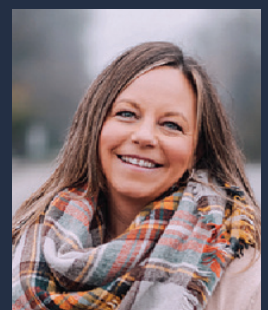
Kim is on site monthly for your hearing needs.  
Visit her **Tues, June 9 - 11:30am-1:00pm**  
in the LSRS Lounge

**KIM GALICK**  
EARS HEARING CLINICS  
PROUDLY CANADIAN

604-427-2828 • [earslangley.com](http://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](mailto:janetm@lsrs.ca).

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



**JOY IS HAVING  
BALANCE**



**CHARTWELL**

**Joy is ageless**

**CHARTWELL LANGLEY GARDENS** 8888 202nd Street

**Come experience the lifestyle**  
1-855-461-0685 | [CHARTWELL.COM](http://CHARTWELL.COM)

## Meet Allan

### Friendly Visitor relationship has developed into friendship

I first met Laverne on July 23, 2024. I was introduced by Debbie Pauls. Susan Vaughan, Laverne's sister-in-law was there as well. Debbie said to Laverne, "You don't have to entertain, make coffee or anything." Laverne said "I sure won't be doing that."

I don't think at the time Laverne was in favour of having a visitor, but now after two years, we have become good friends.

We spend a lot of time looking at Laverne's bird feeder that is attached to the tree in the back yard. Every 10 minutes or so Laverne jumps up and hollers at a black squirrel that has shimmered down to the feeder. The squirrel drops to the ground and runs off. Not long after it is back again and another shout out of Laverne. It almost seems like a game.

Even though Laverne wears hearing aids, he is very hard of hearing. For the past two years I've been speaking extra loudly to him and when I come home, my wife said why are you shouting. I say because I've been talking to Laverne for the past hour or so. A few weeks ago Laverne said, sometimes I have a hard time hearing you because you are speaking so loudly. Who knows? Laverne's family have lived in



*Laverne and Allan on Laverne's back deck overlooking his garden that he is so proud of. Laverne has shared some of his squash and rhubarb with Allan.*

Langley for well over 100 years. In fact, Laverne has been a member of the Langley rod and gun club for 70 years and is very proud to show me the trophies that he has won over the years along with his brother in skeet and trap shooting not only in British Columbia, but Alberta and down into Washington state

Laverne is not able to drive a car but does have a bicycle that he goes into the Village frequently to get his groceries and his bottle of scotch. His 93-year-old brother that

usually drives him around is not driving as much anymore. Laverne loves to cook and enjoys telling me how he prepares all his meals.

In the last two years, Laverne has never asked me one question even though we were both raised on dairy farms and have a number of things in common. I do have to give it some thought before my visit as to what topics we can cover during the hour or so that I'm with him.

# DINNER WITH CLASSIC REWIND

**Wednesday, June 17**

**4:30 - 7:30 PM**

*Ham, mashed potatoes,  
fettuccine, veggies, Caesar salad,  
buns, & Chef's dessert*



  
**Langley Senior**  
RESOURCES SOCIETY

**Ticket Sales  
Open June 1st  
Don't miss out!**

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](http://lsrs.ca) | [facebook.com/seniorslangley](https://facebook.com/seniorslangley)

# 2026 WORLD CUP Watch Party

Join us in the Lounge to catch all the World Cup action on our large screen TV! Bring your friends, cheer on your favorite teams, and enjoy the excitement together in a fun, social atmosphere.  
*Everyone is welcome — don't miss out on the fun!*

## VANCOUVER MATCHES:

*Wednesday, June 24 - 12pm*

*Tuesday, July 7 - 1pm*

## TORONTO MATCHES:

*Friday, June 12 - 12pm*

*Saturday, June 20 - 1pm*

*Friday, June 26 - 12pm*

**CAFE  
SPECIAL:  
Wings &  
Chips**



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RESOURCES SOCIETY

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[www.lsrs.ca](http://www.lsrs.ca) • email: [info@lsrs.ca](mailto:info@lsrs.ca) • 604-530-3020 Ext 0



# Langley



## August 8<sup>th</sup>, 2026

A celebration of inclusion, resilience, and growth for the 2SLGBTQIA+ community

**FREE ALL-AGES**  
**12 - 4 PM**

25+ vendors and community groups, drag bingo, face painting, live music, and more!

**19+ EVENING**  
**SHOW \$25**

**6:00 - 10:00 PM**

Featuring The Unbranded and Disaster in a Dress, plus drag show!

**Creekside Hall**  
**20605 51B Avenue**  
**Langley, BC V3A 9H1**

Evening tickets on Eventbrite  
See more at:

**LangleyPrideSociety.ca**



Office of Equity and Inclusive Communities

Join us to

*celebrate!*

# Seniors' Week JUNE 1-6

## Everyone Welcome!

### MONDAY, JUNE 1

8:30-10:00; *Rise & Shine Breakfast*

\$10 Pre-registration required

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

11:30-12:30; *Bingo*

1:00-3:00; *LSRS Jam Session*

### TUESDAY, JUNE 2

10:00-11:00; *Tai Chi – Try It*

11:30-12:30; *Mountain Madness Dessert with Angie*

1:00-2:00; *Musician Mike Kelly*

### WEDNESDAY, JUNE 3

10:30-12:30; *Marbling Wellness Art Workshop. \$5*

1:00-2:00; *Silver Diamond Dancers*

### THURSDAY, JUNE 4

10:00-12:30; *Lunch & Learn with Ears Hearing*

Registration required 604-427-2828.

11:00-12:00; *Pictionary in the Lounge*

1:00-2:00; *Senior Opus Singers*

### FRIDAY, JUNE 5

12:00-1:00; *Danny Balan*

1:00-2:30; *'Silver Screammers' movie*

### SATURDAY, JUNE 6

9:00-11:00; *Table Tennis Try-it!*

11:00-12:00; *Rock, Step, Swing dance demo*

12:00-1:30; *Bingo*

Sponsored by **VENVI**

RENAISSANCE LANGLEY  
— Retirement Living —

## Join us to watch *Silver Screammers*

on our big screen!

Friday, June 5

1:00-2:30pm

### *Silver Screammers*

is a heartwarming and spine-tingling documentary that follows a group of spirited senior citizens as they embark on an extraordinary adventure far outside their comfort zones: creating a horror film.



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20605 51B Avenue, Langley  
604-530-3020 ext. 0 • [lsrs.ca](http://lsrs.ca)  
[Facebook.com/seniorslangley](https://www.facebook.com/seniorslangley)

# Marbling for Wellness: An Art Workshop for any skill level



**Marbling**

**Wellness**

A Creative Journey of Healing

**Wednesday, June 3 • 10:30am**

- Everyone Welcome
- Pre-registration required at front desk.
- \$5.00 material fee.
- Learn to Create Marbled Art Mindfully
- Take your Marbled Art Home!

**Langley  
Lawn  
Bowling  
Club**

## Seniors' Week: Learn to Play!

*Langley Lawn Bowling Club is offering*  
**Learn-to-Play Sessions during Seniors' Week!**

**Pre-Registration Required: 604-514-2940**

**Session 1: MONDAY, JUNE 1 | 9:30am**

**Session 2: THURSDAY, JUNE 4 | 1:30pm**

**Session 3: SATURDAY, JUNE 6 | 1:30pm**

**Session 4: SUNDAY, JUNE 7 | 1:30pm**

*Proudly supported by*



**Langley Senior  
RESOURCES SOCIETY**

20471 54th Avenue, Langley (Southwest corner of Douglas Park) • Register: 604-514-2940

## 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**

**SENIORS WEEK SPECIAL SCREENING. JOIN US – EVERYONE WELCOME!**



**Friday, June 5 | 1:00-2:30**  
Creekside Hall (at LSRS)

Silver Screammers is a heartwarming and spine-tingling documentary that follows a group of spirited senior citizens as they embark on an extraordinary adventure far outside their comfort zones: creating a horror film.

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**Free  
Popcorn &  
Refreshments!  
Everyone  
Welcome!**

# Pre-CANADA DAY Community Event/BBQ

**by  
donation**

**Tuesday, June 30th • 11:00am - 2:00pm**

**EVERYONE WELCOME!**

Root Beer Floats  
SPONSORED BY:



SPONSORED BY:



Senior Care, Only Better.

- Barbecue Hotdogs & Burgers
- Live Performance by Steve Elliot
- Classic Cars on Display
- A&W Rootbeer Floats
- Tuk Shop Thrift Boutique Sale



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lsrs.ca • facebook.com/seniorslangley

Join us in the LSRS Sunroom for the



# Monday Morning TALK SHOW

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

JUNE

1

### Life Ending Doula

In a contemplative space, explore the Life-Death-Cycle as a process rather than an event over time.

*Tricia Keith*

JUNE

8

### Explore the Stars

Join us on a journey through our galaxy with photos from the Hubble & Webb telescopes.

*Brian Antonson*

JUNE

15

### Coffee with a Cop

*Come by to chat or ask questions with a Langley RCMP member.*

*Cst. Phil Colter, Langley RCMP*



Congratulations to Agnes, winner of the free monthly draw sponsored by Bria Communities

JUNE

22

### Downtown Langley

Learn about upcoming events and ongoing changes happening in Langley City.

*Chris Parsons, Executive Director of Downtown Business Association*

JUNE

29

### Aging in Place

Learn ways to live safely and comfortably at home by identifying environmental stressors.

*Jack Kao, Pathlight Home*

Generously sponsored by



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facebook.com/seniorslangley

**Bria**  
COMMUNITIES

## 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, June 9

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 SMILE FOR THE DAY

a bit of sassy wisdom:

*"With age comes wisdom, but sometimes age comes alone."*

— Oscar Wilde

## 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., June 13**

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.*



# Seniors Teeth Cleaning on Site!

*Bleeding Gums, Sensitive Teeth, Redness, or Swelling?*



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

***The good news?***

**Prevention is possible with care from our team of Dental Hygienists!**



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

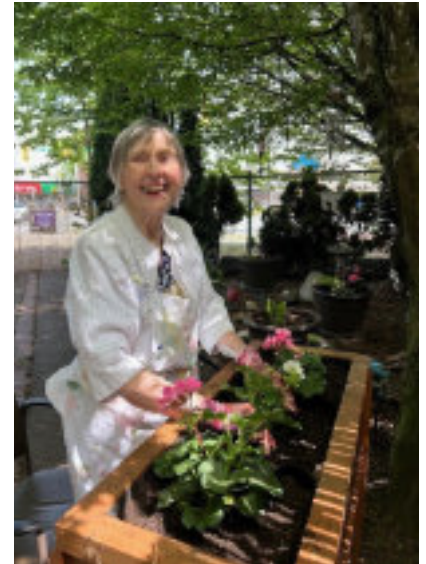
we accept the new **Canadian Government Dental Plan** and direct bill

Langley Senior  
RESOURCES SOCIETY

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

# A breath of fresh air

Thank you to Anna for sharing these photos of a few of our clients enjoying the gardens at the Adult Day Program. As summer progresses we will have more information on this program, but we couldn't wait to share the smiles.



*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**  
**June 2, 16, 30**

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

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



## Conversations With Dad

My Dad has been gone for twenty-four years this summer, but Father's Day still awakens many memories about who he was and what he taught us. There were technical things like how to ride a bike, how to drive a standard shift, how to milk a cow, or how to plant vegetables.



Then there were other lessons about respect, honor, trust and duty. The technical stuff was always taught by hand, the other stuff was mostly taught by example. We always noticed that Dad was welcome everywhere he went. At work, at his lodge or at church he was always given positions of responsibility and he made sure those duties were carried out on time. He expected the same from his children. "You shouldn't have to be told, just do the right thing."

He was a man of few words and thought the telephone was invented by the devil himself. I phoned over one day and Dad answered the

phone in a gruff voice, "Hello?" I was taken aback that Dad had answered and I said, "Holy smokes, is Mom in the hospital?" His reply, "Don't be a smart Aleck, she'll phone you back." Click.

If you phoned on his birthday or Father's Day, Mom would call him to the phone and the conversation went like this "Hi Dad, Happy birthday." "Thanks, here's your Mother."

When kids phone their Dads they usually want something. Maybe money, maybe a ride, or worse yet, maybe advice. Most dads of my dad's generation have really great advice to offer based on their experiences but they are also proud that they 'learned the hard way' and feel their kids will be better off making their own decisions.

Most of my dad's advice was delivered in the car, the garden, around the fire or in the shade of the trees he had planted, not over the phone. It's not that dads don't want to talk, they just prefer to talk in person.

~ Jim McGregor, Langley writer



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



**Langley Senior**  
RESOURCES SOCIETY

### 3 Bean Chili in a Jar

Layering dried beans and spices in a mason jar makes an excellent, cost-effective homemade gift

Wednesday, June 17  
1:00-3:00pm • LSRS Sunroom  
\$5.00



Register at LSRS front desk, 604-530-3020 ext.0

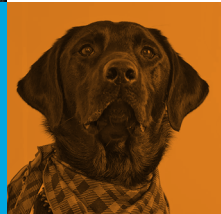


# Goodbye, worry. Hello, peace of mind.

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, June 1 | 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

**July 6, 2026 | October 5, 2026 | November 2, 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](http://maclg.com)

## UPCOMING EVENTS

# Mark your calendars for these future dates!

## Langley Pride is Sat, August 8th

Our free, all-ages festival runs from 12:00–4:00 pm and features 25+ local vendors and community groups, with activities throughout the day such as drag bingo, educational panels, live music, and performances.

The 19+ evening concert and dance begins at 6pm, and tickets are required. **Ticket sales open June 5.**

**Information:** [langleypridesociety.ca/Pride2026](http://langleypridesociety.ca/Pride2026)

**MON. JUNE 1**

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

**WED. JUNE 17**

Dinner 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 by donation. Everyone welcome!

**WED. JULY 1**

Closed for Canada Day

**SAT. AUG. 8**

Langley Pride  
12-4pm: all ages, everyone welcome!  
6-10pm: Ages 19+, Tickets Required

**FRI. AUG. 21**

Dust off that caftan for our Mrs. Roper Romp fundraiser



*at Langley Seniors Village*

## Get ready for an unforgettable Bucket List Summer at Langley Seniors Village!

From June through September, we're turning dreams into reality with exciting events, creative activities, and meaningful moments for our residents and future residents alike.

From our Dreams of Being an Olympian kickoff on June 4 to our World Dream Day Wrap-Up Celebration in September, each month will bring new adventures, surprises, and bucket-list wishes granted.

We'll keep you informed about our monthly events because together, we're creating laughter, memories, and an epic summer.

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](http://retirementconcepts.com)



## A Message from Mayor Eric Woodward Township of Langley



The 2026 Township Budget is the culmination of a four-year plan to complete needed catchups in public safety. In this year's budget, we continued to advance key public safety investments, while also continuing significant infrastructure investments.

### Highlights from Budget 2026

- Continued investment in public safety with 2 new police officers, 16 new firefighters to staff the new firehall in Brookwood/Fernridge, 1 fire life safety educator, and 3 new bylaw officers.
- \$15 million for the Strawberry Hill Reservoir Replacement in Walnut Grove, to provide water.
- \$19.2 million for the 212 Street connector to 77A Avenue for the new middle and high school in Willoughby.
- 208 Street Phase Four improvements from 81 Avenue to 84 Avenue, including the completion of the intersection at 83 Avenue and 208 Street.
- The start of a number of road projects, including the construction of 202 Street from 80 Avenue to 86 Avenue, and 80 Avenue from 201 Street to 203 Street. Phase Three of Fraser Highway is also included, along with the detailed design of 203 Street between 62 Avenue and 67 Avenue, and 80 Avenue from 197 Street to 200 Street.
- \$5 million for Year 1 of 5 for the rural and urban local road reconstruction and rehabilitation program.
- Walnut Grove Community Park improvements for North Langley Diamond Sports.
- Completion of Yorkson Community Park between 80 and 82 Avenue for additional parking, walking track, public washrooms, and play areas.
- Additional RCMP detachment security upgrades.
- New LED video display for Willoughby Stadium and replacement displays for McLeod Athletic Park and Langley Events Centre.

This 2026 budget proves again this year it is possible to invest in our future, enhance safety and service, and keep property taxes low. We're delivering results, maximizing the return on our tax dollars, and making real progress for the Township of Langley. We know exactly what we are getting for our money.

Warm regards,

**Eric Woodward**  
Mayor, Township of Langley



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

**Pause and  
Presence Walk**



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 Nicomekl Park:**  
**Monday, June 8**  
**12:00 - 1:30pm**  
*See map at right for meeting spot*

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



## Program, Event and Trip Cancellation Policy

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

- Membership is required to participate in most of our programs, unless otherwise noted.
- Please register at the Centre's Front Desk, or call 604-530-3020 ext. 0 to register with a credit card.
- You can register yourself and one other person for all programs except fitness programs.

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

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

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

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

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

### Home Support Tailored To Your Individual Needs



**We offer:**

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



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

ICBC Claims Accepted



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

### Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

**778-549-6413** or

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

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

## 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 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

**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. Explore the different gardens at your leisure, visit Sidney by the sea for a waterfront stroll or shopping prior to your departure 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

**Friday, July 24 | 8:30am - 5:15pm**

**\$189 Members | \$209 Non-Members**

### **SUMMER SIGHTSEEING CRUISE**

Set sail aboard Vancity Cruises' 40-seat double-decker catamaran for a fun, narrated tour with a live guide sharing Vancouver's stories and sights. Then savour lunch at The Teahouse in Stanley Park and visit the Nature House at Lost Lagoon. Level: Easy

#### **PACKAGE INCLUDES:**

- 90 Minute Narrated Cruise
- Lunch Teahouse Stanley Park
- Nature House Lost Lagoon
- Main Street Coffee Stop
- All Fees and Taxes

**Thursday, July 30 | 9:00am - 4:45pm**

**\$149 Members | \$169 Non-Members**

### **A DAY IN SPAIN WITH CIRO VIVANCOS**

Spend a day with Spaniard National Ciro Vivancos, a talented vocalist and trumpet player. Savour a Spanish lunch at Bodega on Main then continue to Spanish Banks for Ciro's special afternoon trumpet and vocal performance, complete with seaside picnic table dessert and refreshments. Level: Easy

#### **PACKAGE INCLUDES:**

- Ciro Vivancos Meet & Greet
- Trumpet & Vocal Performance
- Lunch Bodega on Main
- Afternoon Dessert & Refreshments
- Spanish Banks
- Main Street Coffee Stop
- 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

# Angie shares her bus trip experiences

One of Langley Senior Resources Society's members, Angie, regularly partakes on the *Enjoy bus trips* and shares her photos.



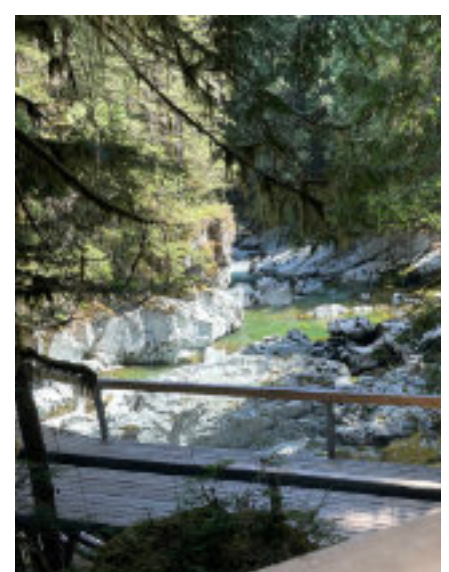
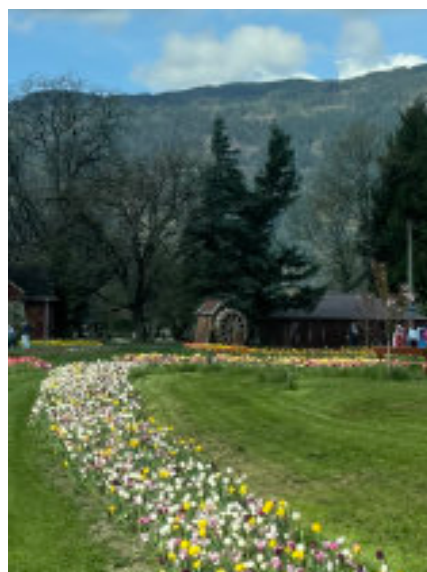
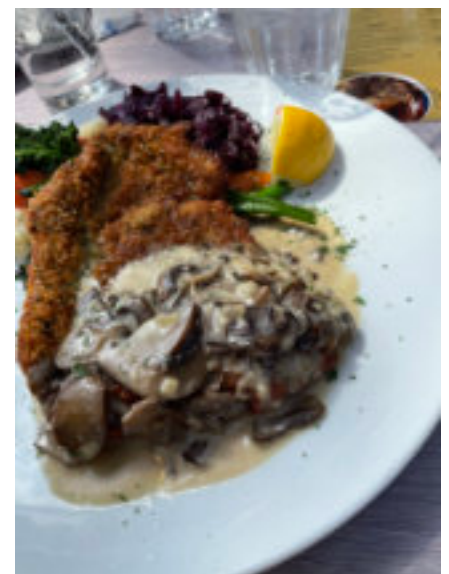
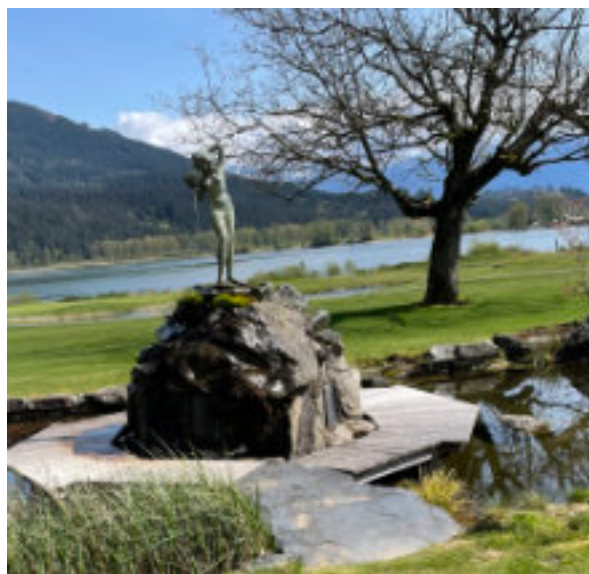
Of the more recent trips offered, she most enjoyed the Harrison Tulip Festival in April. The bus took visitors directly to the festival where two and a half

acres of fields were adorned with 10 million tulips.

Guests were then taken to lunch at River's Edge Restaurant before a stop at Golden Ears Cheesecrafters.

"[Bus trips] are an opportunity to meet new people," Angie shared.

She said the trips capture a sense of community and foster a safe environment while exploring British Columbia.





# Funeral Care, Approached Differently

## A CALM PRESENCE, EVERY STEP OF THE WAY

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

At Alternatives, we start by listening, taking the time to explore your options with you and giving you the space to choose what feels right.

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](http://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

# Keep those bones healthy

The first warning sign of osteoporosis is frequently a fracture.

Osteoporosis is a disease that takes years to develop without any warning symptoms. Bone mineral is gradually lost, making the bones weaker and more prone to fracturing or breaking. These fractures usually happen in the hip, spine, wrist or shoulder, and they are called fragility fractures to indicate that the bone has broken because it has become more fragile.

Because the first warning sign of osteoporosis is frequently a fracture, it is often called “*the silent thief*” as it literally steals bone mass without giving any indication of doing so whatsoever, until a fracture occurs.

Exercise is an important step towards protecting your bones. Exercise is for everyone

including individuals diagnosed with osteoporosis, including those who have had a spine or hip fracture. If you have osteoporosis – you may need to make modifications or choose a different way to stay active entirely depending on your condition so you can stay active.

Physical activity is an important step towards protecting your bones, as it helps protect your spine, slows the rate of bone loss, and builds muscle strength, which can prevent falls.

If you are new to exercise, talk to your doctor before starting any type of program. If you are unsure of how or where to start an exercise program, speak to a physical therapist or kinesiologist to get advice on exercises that are right for you.

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](http://seniorhelpers.ca/bc/langley)

**SENIOR**  
**Helpers**



# 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



**Eco-Awareness 101 info is on page 35**

## **NEW!** Introduction to Bonsai with the Eco-Awareness 101 Group

*Last Friday of each Month*

\$25.00 for startup kit : Covers the core principles of care, styling, and potting for newcomers. Starts Friday, June 26th from 10:30am-12pm. Pre-registration required as limited space available.

## REGULAR PROGRAMS AT A GLANCE

# 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



**Veggies from our gardens!**  
*The Garden Club sells the  
veggies they grow at the front  
desk. Funds are used for  
seeds, soil, and other  
necessities.*

# 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

Su would like to remind everyone that the Diner's club is still meeting the first Tuesday of every month.

*Upcoming destinations are on page 33*

# ESTATE PLANNING

**FLANN FINANCIAL GROUP WITH  
KUYER & ASSOCIATES CHARTERED PROFESSIONAL ACCOUNTANTS**

## **THE EMOTIONAL AND FINANCIAL COST OF SETTLING AN ESTATE**

Flann Financial Group invites you to our third installment of The Emotional and Financial Cost of Settling an Estate seminars.

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 accountants from Kuyer & Associates will be on hand to answer your questions and provide guidance on taxation and how it pertains to estate planning.

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

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  
JULY 15, 2026**



Register by phone  
**604-881-1200**



Register by email  
**INFO@FFGCANADA.CA**

*GUIDING YOUR FUTURE WITH  
CLARITY & CARE*

**KAYLA VAN OENE, FINANCIAL ADVISOR**



## PROGRAMS

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

### **ART CLASS: OIL AND ACRYLIC PAINTING RETURNS SEPTEMBER**

---

#### **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: July 2 - September 24**

*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 Michelle Van Ieperen at 778-328-2302 ext. 1, or michelle@lsrs.ca.

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

---

#### **CAREGIVER SUPPORT GROUP – MEN ONLY**

This support group is open to men only.

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

---



# *Retirement living in the Park*



**Looking for a perfect home? Look no further.**

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

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

**Looking for activities?**

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

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

**Need Extra Assistance? No problem**

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

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

**CALL TODAY TO BOOK YOUR TOUR.**



**604-599-9057 • [Info@BearCreekVilla.com](mailto:Info@BearCreekVilla.com)  
8233 140th Street, Surrey, BC V3W 5K9**

## PROGRAMS

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

### **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, 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.

#### **Tuesday, July 7 | 5:00pm | Boston Pizza**

19700 Langley Bypass

Gourmet pizzas, pasta dishes and a wide variety of, salads, entrées and desserts in a casual atmosphere.

---



# Brookwood Denture Clinic Ltd.

## DENTURE AND IMPLANT SOLUTIONS

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



Better Business Bureau  
A+ Rating!

### OUR SERVICES INCLUDE:

- COMPLETE DENTURES
- PARTIAL DENTURES
- DENTURES ON IMPLANTS
- DENTURE RELINES
- DENTURE REPAIRS WHILE YOU WAIT
- ONSITE DENTAL LAB



Colin Harty R.D.  
Dentist

Adam Wejkszner R.D.  
Dentist

Darren Sailer R.D.  
Dentist

Accepting the  
**CANADIAN DENTAL CARE PLAN.**  
Please call our office for more information.

*Celebrating over 30 years of Creating Great Smiles!*



**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS

**604-530-9936**

102 – 20103 40th Avenue, Langley

Open Monday to Friday

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

*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

#### **NEW! Introduction to Bonsai Last Friday of each Month**

\$25.00 for startup kit : Covers the core principles of care, styling, and potting for newcomers. Starts Friday June 26th. Pre-registration required as limited space available.

---

### **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

---

## PROGRAMS

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

### LINE DANCING RETURNS SEPTEMBER

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#### 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: July 6 - September 28 | 11 Sessions**

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

\$77 Members | \$87 Non-Members (no sessions Aug 3, Sept 7)

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#### PRIDE – SENIOR PRIDE SOCIAL GROUP

*Sorry, this group is not for allies.*



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

##### **Third Tuesday of each month**

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

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#### SATURDAY SOCIAL

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

##### Saturdays

9:00am - 2:00pm | Lounge

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## PROGRAMS

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

### **SINGING SOCIAL CHOIR RETURNS SEPTEMBER**

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#### **SNOOKER**

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

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

Snooker Room | \$40/year

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#### **SPANISH LESSONS**

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: July 6 - September 28 | 11 sessions** (no class Aug. 3, Sept. 7)

INTERMEDIATE LEVEL: 11:30 - 1:00 | Activity Room | \$55 | 11 Sessions | Members only

BASIC LEVEL: 1:30 - 3:00 | Activity Room | \$55 | 11 Sessions | Members only

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#### **TABLE TENNIS**

This light exercise promotes hand-eye coordination and helps keep you fit. Beginners and experienced players are welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.

**Mondays and Wednesdays: 10am-12pm | Saturdays: 9am-11am**

Main Hall | \$15/year

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#### **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

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#### **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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**PLANNING AHEAD IS SIMPLE.**  
*The benefits are immense.*

When you plan ahead, you can design every detail of your own final tribute. That way, your loved ones won't have to guess what you would have wanted, and you'll have true peace of mind.

*Call today for your FREE Personal Planning Guide.*



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**HENDERSON'S LANGLEY**

FUNERAL HOME

20786 Fraser Hwy., Langley, BC V3A 4G6

604-530-6488 [HendersonsLangleyFunerals.com](http://HendersonsLangleyFunerals.com)



<sup>1</sup>Registered Trademark of CARP, used under license.  
Dignity Memorial is a division of Service Corporation International (Canada) ULC.



**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

**MAH JONG**

Starting in July. Looking for players  
Register at front desk  
Free | Membership Required

**CHESS**

**Wednesdays**

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

**MEXICAN DOMINOES**

Wednesdays and Fridays  
12:30pm-4pm | Lounge | Free |  
Membership Required

**CRIBBAGE**

**Wednesdays**

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

**SAMBA**

**Fridays**

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

**CRIBBAGE**

**Fridays**

10am-12pm | Lounge | 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**

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: July 7 - Aug 25 | 8 Sessions**

10:15am-11:15am | Main Hall | Members \$56 | Non-Members \$66 | Max. 30 people

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**CHAIR YOGA PLUS STRENGTH WITH STACEY RETURNS SEPTEMBER**

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**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** (*Thursday class returns in September*)

9am-10am | Main Hall | 10 session punch cards available

Members \$70 | Non-Members \$85 | Drop-in \$8.50 | Max. 36 people

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**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: July 8 - August 26 | 8 Sessions**

9am-10am | Activity Room | Members \$56 | Non-Members \$66 | Max 15 people

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**ADAPTIVE CHAIR YOGA WITH KELLI**

Seated yoga class.

**Saturdays: July 4 - August 1 | 5 Sessions**

10:50-11:50am | Activity Room | Members \$35 | Non-Members \$45

Max. 15 people

**ADAPTIVE MAT YOGA WITH KELLI**

A unique blend of standing poses taking advantage of the chair for strength and stability. Participants must be able to independently transition safely and comfortably down to the floor for stretching and cool-down.

**Saturdays: July 4 - August 1 | 5 Sessions**

12-1:00pm | Activity Room | Members \$35 | Non-Members \$45

Max. 15 people

**FITNESS CIRCUIT WITH DAWN RETURNS SEPTEMBER**

**ZUMBA GOLD® WITH YUDY**

Zumba Gold is a modified, low-impact cardio 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.

**Thursdays: July 9 - August 27 | 10am-11am | 8 Sessions**

Main Hall | Members \$56 | Non-Members \$66

**Mondays: June 1 - July 27 | 3:15-4:00pm | 9 Sessions**

Main Hall | Members \$63 | Non-Members \$73

**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.
- Fitness registrations are not transferable. No cancellation/refunds after session start without doctor note.

Registration for Fort Langley programs is at LSRS:  
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

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## **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

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## **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: July 7 - September 29 | 9am-10am**

St. Georges Anglican Church, 9160 Church St, Fort Langley  
13 Sessions | \$91 Members | \$101 Non-Members

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## FORT LANGLEY PROGRAMS

Registration for Fort Langley programs is at LSRS:  
20605 51B Avenue  
or phone: 604-530-3020 ext 0

### 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: July 9 - September 24 | 9am-10am**

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

### ZUMBA GOLD® WITH YUDI

FORT LANGLEY: 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.

**Tuesdays: July 7 - August 25 | 11am-12pm | 8 Sessions**

St. Georges Anglican Church, 9160 Church St, Fort Langley  
Main Hall | Members \$56 | Non-Members \$66



FORT LANGLEY

**New programs, events, classes are being added in our Fort Langley space at St. George's Anglican Church, 9160 Church Street, Fort Langley**

Keep informed on current offerings on the Fort Langley schedule:

[www.lsr.ca/fort-langley-programs](http://www.lsr.ca/fort-langley-programs) and remember to follow our Facebook page!

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



# 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](mailto: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](http://pacificwestadulthooddaycentre.com)

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

**Mahmoud's Joke Corner**

I said to my wife to try to have peace at home we should leave our problems at the door.  
Now I am locked outside at the door!

—

A wife turned to her husband and said: I was talking to you and you yawned six times. Am I boring you?  
Husband: Those were not yawns. Those were six attempts to speak.

*Mahmoud is one of our LSRS volunteers*

# 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 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

### **JUNE 3: PLEASANTDALE CREEK TRAIL**

Walk to Sendall Gardens, meet at LSRS Centre

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### **JUNE 10: FORT TO FORT TRAIL**

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

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### **JUNE 17: MUCKLE CREEK & POWERLINE**

Meet at Portage Park, 204 Street & 51A Avenue

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### **JUNE 24: CAMPBELL VALLEY PARK**

River Loop & Racetrack, 16 Avenue Parking Lot

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## Fridays at 10:00 am

### **JUNE 5: BRAE ISLAND**

Meet at 9451 Glover Road

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### **JUNE 12: CAMPBELL VALLEY PARK RAVINE TRAIL**

8 Avenue Parking Lot

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### **JUNE 19: DERBY REACH**

Campground Parking Lot, 21801 Allard Crescent

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### **JUNE 26: DEREK DOUBLEDAY ARBORETUM**

21177 Fraser Highway

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**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](http://www.bellevuepark.ca)

# CROSSWORD PUZZLE

## ACROSS

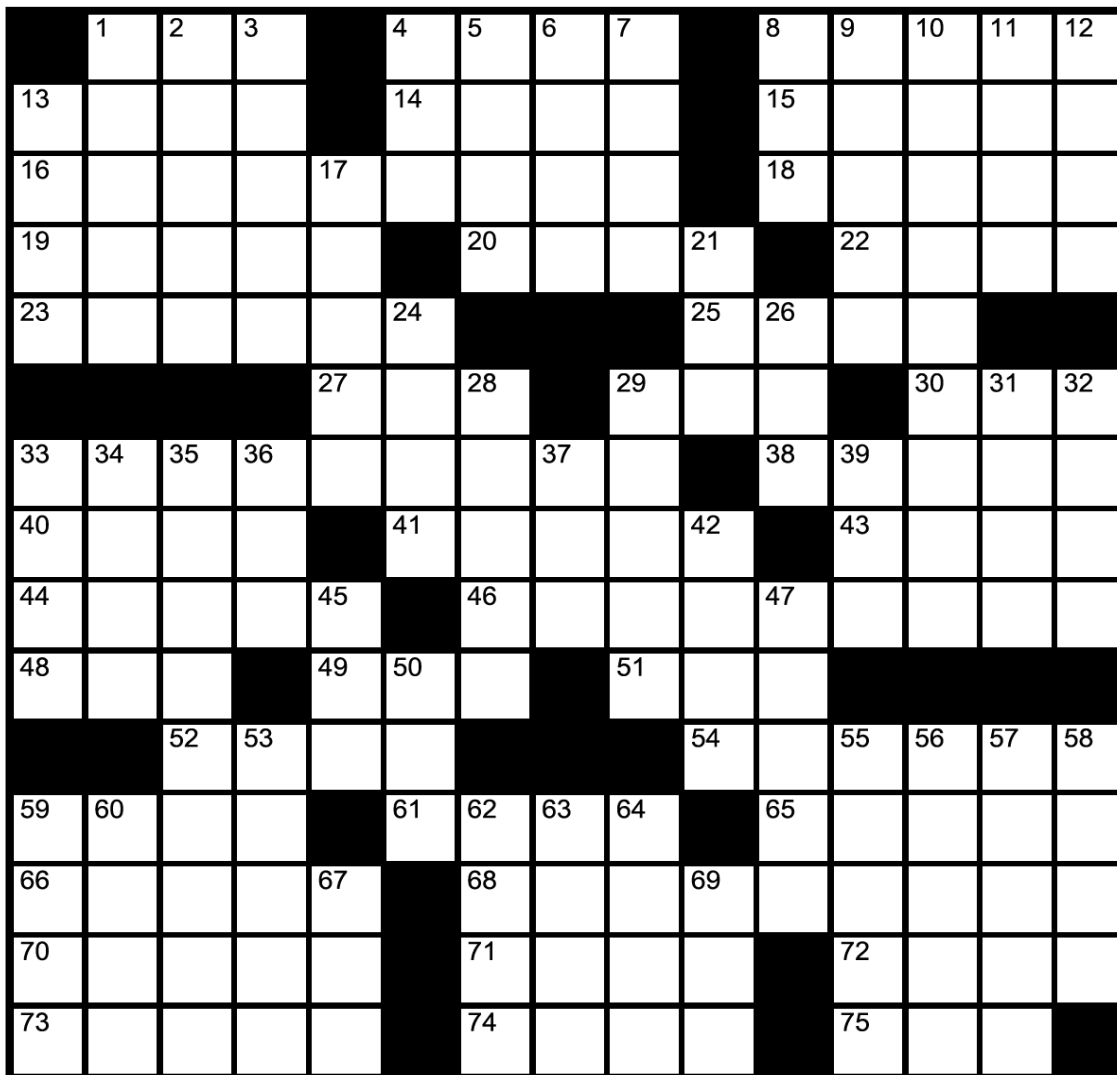
- 1 Roscoe
- 4 After stock or laundry
- 8 Did yard work
- 13 Folk singer Guthrie
- 14 Ballerina Pavlova
- 15 Master, in Swahili
- 16 Baseball handout due to bad weather
- 18 Susan of "Goldengirl"
- 19 Sleeping disorder
- 20 Classic Olds
- 22 Fish caught in pots
- 23 Fortified wine
- 25 Engine sound
- 27 Zodiac animal
- 29 Breathalyzer attachment
- 30 Halloween decoration
- 33 Cheater's forte
- 38 Alpha's opposite
- 40 Mitch Miller's instrument
- 41 Tender spots
- 43 Shangri-la
- 44 Big cats
- 46 Aquarium creatures
- 48 W.W. II vessel
- 49 Beehive State native
- 51 Children's game
- 52 Largest island in the West Indies
- 54 Gives the evil eye
- 59 Like the Sabin vaccine

- 61 London favorites
- 65 Jagged, as a leaf's edge
- 66 Hotel pillow candies
- 68 Most dams have one
- 70 Mites
- 71 Home to Mount Konahuanui
- 72 Played for a sap
- 73 Chill, so to speak
- 74 Exhausted
- 75 French connections

- 5 Lollapalooza
- 6 \_\_\_ in a blue moon
- 7 Ocean menace
- 8 Wharton degree
- 9 Title holder
- 10 Some are heated
- 11 Hydroxyl compound
- 12 Daily and Blocker, e.g.
- 13 Macaws
- 17 Transport
- 21 Watering hole
- 24 Shrill barks
- 26 Actor Tognazzi
- 28 Yellowstone creature
- 29 Sound from the fold
- 31 "The Morning Watch" author
- 32 Beach shades
- 33 Sweetie pie
- 34 Wood stork
- 35 Dentist's suggestion
- 36 Sawbuck
- 37 Smeltery input
- 39 French sea
- 42 Lively old dance
- 45 Grinder
- 47 Like some bodies on a beach
- 50 Listening device
- 53 The "U" in UHF
- 55 Lock horns
- 56 Traditional Sunday fare
- 57 \_\_\_ Park, Colo.
- 58 Spring purchase
- 59 Poet Khayyám
- 60 It may be polished
- 62 Roswell sightings
- 63 Hardly thrilling
- 64 London district
- 67 Half a dozen
- 69 Fully anesthetized

## DOWN

- 1 Profit and loss depiction
- 2 Dress with a flare
- 3 Laser printer powder
- 4 Encouraging word



## TEASE YOUR BRAIN WITH A WORDSEARCH PUZZLE

Instructions: The words in the puzzle may be hidden horizontally, vertically, diagonally, forward, or backward.

### FIND THESE LSRS WORDS:

BROCK DOUGLAS	COFFEE
CREEKSIDE	CRIBBAGE
LANGLEY	MUSIC
YOGA	EUCHRE
SENIORS	CANASTA
DANCE	BRIDGE
SNOOKER	SAMBA
GARDEN	SOCIAL
WALKING	WHIST
VISIT	WOODCARVING



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

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

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

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



**Langley Senior**  
RESOURCES SOCIETY

Charitable Registration Number: 121924229RR0001

**Learn more about supporting Langley Seniors through estate giving.  
Please email [katel@lsrs.ca](mailto:katel@lsrs.ca) or phone 604-530-3020**

## Leave a Legacy

### ***Giving Through Your Estate***

Legacy Giving can change the lives of older adults not just now but in the future. At some point in our lives, we begin to think about the impact we will have on the world after we're gone. What will people remember about us? Have we left our community a better place than when we arrived? How can we ensure the things that are important to us to carry on?

Every day, donors just like you leave meaningful footprints on our world through legacy gifts. Thank you for considering the Langley Senior Resources Society in your estate planning. For more information on how to Leave a Legacy, contact our Executive Director Kate Ludlam at 604-530-3020 ext. 321, or by email: [katel@lsrs.ca](mailto:katel@lsrs.ca)

## Honour Someone Special

### ***In Honour or Tribute giving:***

An *'in honour'* donation is a meaningful way to pay tribute to the life of a loved one and honour their legacy through a gift made in their name to the Langley Senior Resources Society. We can help supply donation forms for use at memorial services and Celebrations of Life and also provide the next-of-kin with a list of those who have made a gift.

## The Hope Fund

Many seniors live on a fixed or limited income and may face difficulties when an unanticipated expense occurs. In some cases, a senior may need immediate short-term support to help them manage in the moment. We have witnessed many occasions where a vulnerable senior cannot afford to meet an urgent need which then puts their physical and mental well-being at risk.

## Monthly Giving Donors

### ***Consider Becoming a Monthly Donor***

Monthly giving allows you to continue your support easily and make a difference year-round.

You only need to sign up once and can spread your donations out over the year, receiving one consolidated tax receipt in February. You are able to change or cancel your payments at any time!

Your monthly gifts also provide us with a consistent source of funding, allowing us to plan programs and initiatives with the comfort of knowing that we have a stable flow of donations. This helps us deliver the best programs and support we can to seniors in our community.

## Other Sponsorship Opportunities

If you would like to sponsor a specific program or service or would like more information about any of these giving programs please contact our Community Fundraiser Bonnie McDonald. She can be reached by phone at 604-530-3020 ext. 323, or by email: [bonniem@lsrs.ca](mailto:bonniem@lsrs.ca).

*Giving is easy!*

### **Three ways to give:**

- 1 Call us at: 604-530-3020**
- 2 Mail your donation to:  
20605 51B Ave, Langley, BC V3A 9H1**
- 3 Visit us online at: [www.lsrs.ca](http://www.lsrs.ca)**



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

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

## Information and Referral

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

## Social Prescribing

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

## Navigation Support

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

*Examples are*

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

## Form Filling:

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

Thank you to these partners



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.

### **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**

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sherrim@lsrs.ca

**MEMBER SERVICES SUPERVISOR**

**Janet Madden**

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janetm@lsrs.ca

**VOLUNTEER SERVICES COORDINATOR**

**Jude Henders**

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**COMMUNITY FUNDRAISER**

**Bonnie McDonald**

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**MANAGER OF COMMUNITY SERVICES**

**Wendy Rachwalski**

604-530-3020 ext. 305,  
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**COMMUNITY SERVICES NAVIGATORS**

**Lisa Gordon**

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lisag@lsrs.ca

**Debbie Pauls**

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debbiep@lsrs.ca

**Laurel Gibbons**

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laurelg@lsrs.ca

**COMMUNITY SERVICES COORDINATOR**

**Carol Meister**

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

**SOCIAL PRESCRIBING COMMUNITY CONNECTORS**

**Che Mosely**

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

**KITCHEN AND CATERING SERVICES MANAGER**

**John Zaminskis**

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

**FACILITIES MANAGER**

**Brandon Judd**

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

**FACILITIES AND GROUNDS WORKER**

**Connor Kahle**

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52

# Let's Celebrate BC Seniors Week

The British Columbia we live in today didn't happen by accident.

You are the ones who invested your time, your energy, and your dreams into this province. You grew the families, started and supported the businesses, and nurtured the neighbourhoods that make BC a *supernatural* province.

Don't stop! Your voice, your insights, and your experience are an essential part of our continued growth and success!

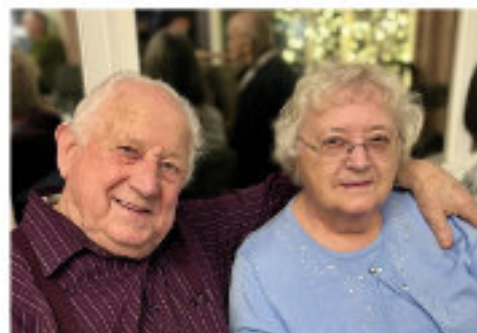
This BC Seniors Week, we don't just celebrate you—we want to say **thank you!**



ALICE & MARGO



TOM, LINO, MARYANN, ROGER



JENS & BENTE



BEERTA & MAXINE



HELEN, RAY, BONNIE & BROOKS



MOE



SUNRIDGE  
GARDENS

A BRIA COMMUNITY



MAGNOLIA  
GARDENS

A BRIA COMMUNITY

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

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](http://www.earslangley.com)