



Langley Senior
RESOURCES SOCIETY

**Programs &
Services for
Adults 50+**



In the Loop ^{only} \$2

JULY 2026

**Your Best Summer
Starts Here!**
read what's on the schedule

Stop those
scammers in
their tracks
PAGE 21

July Dinner
featuring
The Lucky
Trappers
PAGE 8

Happy Hour
on August 5th
with Troy Toma
PAGE 8

Registration opens:

Members: Mon, July 6

Non-Members: Thurs, July 9



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

 kelly@thehousemanteam.com



INSIDE

About the Langley Senior Resources Society	4
Membership Information – Join us!	6
Message from Executive Director	5
Adult Day Program	52-53
Leave a Legacy: how you can support the LSRS	49

COMMUNITY SERVICES

Community Bathing Program	52
Caregiver Support Groups	53
Fort Langley Support Groups	42
Housing Navigation Information	50
Better at Home	51

HEALTH & WELLNESS PROGRAMS

Dental Clinic	15
Foot Care Clinic	14
Hearing Clinic	14
Massage Clinic	14
Therapeutic Touch	15

COMMUNITY PARTNERSHIPS

COBS - The LSRS Bread Basket	15
Monday Morning Talk Show	12
Legal Clinics	18

PROGRAMS

Registration Information	22
Regular Programs at a Glance	28-29
Programs	31-37
Cards, Games	39
Yoga, Pilates, Fitness	40-41
Fort Langley Programs	42-43
Bus Trips	23-25
Walking Group Schedule	45
Riverside Ramblers	44

SPECIAL EVENTS

July Special Event Dinner / Happy Hour	8
Make & Take	13

REGULAR FEATURES

Volunteer of the Month	7
McGregor Says	17
Sudoku Puzzles	48

LSRS: STAFF DIRECTORIES

Resource & Recreation Centre	50
Adult Day Program	52-53



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

HOLIDAY CLOSURES:

Canada Day
Wednesday, July 1st

BC Day
Monday, August 3rd



**On behalf of Chef John
and the Team,
Thank you for nominating us
for the Langley Advance
Reader's Choice Award!**

We acknowledge that Langley Senior Resources Society locations are on the shared, unceded, occupied, ancestral, and traditional homelands of the q'w'a:n'á'ən' (Kwantlen), Máthxwi (Matsqui), "q'áyc'ay (Katzie) and se'mya'me (Semiahmoo) First Nations. We are honoured and grateful to conduct our work on their lands.

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



First West Foundation is proud to provide grants through the Civicon Financial Development Fund



Judy De Vries

Rono Holding Company Ltd.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As we welcome the warmth of July and the vibrant red and white of Canada Day, I am filled with deep gratitude for the remarkable community we have built together. On behalf of our entire LSRS team - Happy Canada Day! May this day remind us of the kindness, generosity, and spirit of belonging that makes this country, and this organization, truly special.



Kate Ludlam,
Executive Director,
LSRS

With summer's heat upon us, I want to gently remind everyone to look out for yourselves and the seniors in your lives. Heat affects us more significantly as we age. Please stay hydrated, seek cool spaces during the hottest hours, and check in on neighbours and loved ones. If you notice signs of heat-related distress - dizziness, confusion, or excessive fatigue - please reach out to a health professional. A simple phone call or knock on a door can make all the difference.

Advocacy remains a vital part of our work and right now, we are actively championing a few issues: sustainable, long-term funding for senior's centres, because the programs and connections these spaces offer are not extras - they are essentials; and the formal

designation of Handy DART as an essential service for adult day programs. For many of our clients, transportation is the very thing that gets them through our doors and into community. We will keep raising our voices until these needs are heard.

Now for some truly wonderful news – our A Place to Sit Campaign has been an extraordinary success! We set an ambitious goal of \$25,000 and, thanks to the incredible generosity of our donors, volunteers, and community champions, we raised more than \$38,000! Chairs for our ADP have already been ordered and we're currently researching chair options for the Rec Center. Additional funds will help us replace tables throughout the center, including all our card tables. Every dollar given is a meaningful act of care for the seniors we serve. To each donor - whether you gave \$5 or \$500 - thank you from the bottom of our hearts.

I also want to shine a well-deserved spotlight on our incredible Kitchen Team - John, Shyloh, Svitlana, Parminder, Enrico, Paul, and Holly. From our fantastic pub lunches and dinners to our daily lunch menus, they bring heart, skill, and dedication to everything they do. Thank you for nourishing our community in every sense of the word.

With gratitude and Canada Day cheer!

Looking for HEARING AIDS



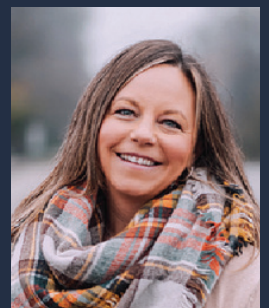
Kim is on site monthly for your hearing needs.
Visit her **Tues, August 11 - 11:30am-1:00pm**
in the LSRS Lounge

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.



Annual General Meeting

Save the Date

Friday, September 4 • 10:00 am - 11:30 am

LSRS Main Hall

Registration at 9:30 am

Exercise your right and obligation as a Society member to learn about the activities of the Board of Directors and vote on relevant resolutions and appointments to the Board.



Langley Senior
RESOURCES SOCIETY

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



A PLACE TO SIT • SPRING FUNDRAISING CAMPAIGN



A heartfelt thank you to the generous donors of our Place to Sit Campaign – your kindness means more than words can express. Every gift, large and small, will bring warmth and comfort to seniors coming to our recreation center and clients in our Adult Day Program who deserve a welcoming, dignified space to rest, connect, and belong. Because of you, the simple act of sitting down becomes a reminder that our community truly cares.

Donor listing as of June 23, 2026

- Anonymous (11)
- Ynolde Adams
- Joan Agnew
- Aldor Acres
- Peter Arnett
- Marnie Bangay
- Mabel Bonderove
- Erin Brocklehurst
- Celia Brown
- Canadian Innovative Services Ltd.
- Robert & Nancy Carpenter
- Roy & Ching Fong Chen
- Brenda Church
- Alvira Cobb
- Theresa Coles
- Ellen Cornish
- Christine Darrah
- Linda Davies
- Judy De Vries
- Raffaella DeBois
- Sheila Dewar
- David Dick
- Louise Dickman
- Lee Douglas
- Denise Douglas
- Robert Dumont
- Karen Dyck
- Wayne Edworthy
- Jack & Judy Falk
- Sheila Fitzpatrick
- Wendy Flint
- Beverly Ann Fox
- Alysse Frazer
- Serina Gabriel
- Barbara Gannon
- Juan (Jenny) Gao
- Mike Gillan
- Elly Gilson
- Adriaan Goedbloed
- Graham Gorling
- Lois Green
- Carol Diane Halls
- Donna Lee Healy-Ogden
- Estelle Hendricks
- Herman Hossl
- Linda Hughes
- Georgina Iv&a
- Raphael Jallot
- Florence Johnston
- Fay Keller
- Joyce King
- Sherrill & Ernie Kurtz
- Lynne Larson
- Mary Gail Legge
- Christine Lewis
- Norma Lorimer
- VK Luangkhoth
- Kate Ludlam
- Frances MacKenzie
- Laura Nan Maione
- David Martens
- Sheila McCrea
- Leila McCreddie
- Jackie Mcmanne
- Andrea Miles
- Monica Newman
- Oasis Consulting Ltd.
- Glenn & Carol Olinek
- Jennifer Peles
- Edward Pentl&
- Judith Polston
- Anjila Puri
- Marlene Quiring
- Joanne Reynolds
- Moneca Richardsen
- Roland Rihela
- Malcolm Robertson
- Rotary Club of Langley
- Rotary Club of Langley Central
- Rotary Club of Langley Sunrise
- Helen Rupcich
- Sheila Scott
- Doreen Searle
- Bethany Dawn Shaw
- Glen & Cathy Simpson
- Joanne Skeates
- Tamara Skladowski
- Loretta Solomon
- Vern Sorensen
- Lorraine Steele
- Elaine Stevens
- Marthe Tetrault
- Janet Patricia Trapp
- Gertrude Tucker
- Julianne Veitch
- Patricia Walton
- Linda Warner



UPCOMING EVENTS



Join us for an evening with

The Lucky Trappers!

This trio from the Fraser Valley plays a variety of Canadian fiddle music. Don't miss this unique fusion of feet tapping tunes!

Wednesday, July 22
4:30 - 7:30 PM

*Pork Schnitzel with Mushroom Gravy
Noodles, Veggies and 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](https://www.facebook.com/seniorslangley)

Join us for

HAPPY HOUR

in the Brock Douglas Room & Lounge

Wednesday, August 5

1:00 - 3:00pm

*Chicken fingers with choice of
Caesar salad or mac & cheese*

with live music by
Troy Toma



LSRS Members \$17 | Non-Members \$22

Cash payments appreciated

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



Langley Senior
RESOURCES SOCIETY

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



Langley



August 8th, 2026

A celebration of our
2SLGBTQIA+ community

FREE EVENT 12 - 10 PM

Over 30 vendors and
community groups, face
painting, drag bingo, and
educational panels

Café open 12-7 PM
19+ beer garden open 5 PM

Live music featuring
Disaster in a Dress and The
Unbranded

Drag show with Scarlett
Rose, Justin Abit, Dandy,
and Beth from Canada's
Drag Race!

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

See more at:
LangleyPrideSociety.ca



Office of Equity
and Inclusive
Communities





FREE
ONLINE
WEBINAR

PRACTICAL TIPS FOR STAYING SAFE AT HOME

During Extreme Heat, Cold & Power Outages

Join us for a friendly and informative session.
You'll learn practical tips to keep your home safe and comfortable:



How to stay cool during extreme heat



Safe heating during cold weather



Safe use of heating and cooling appliances, and generators



What to do during power outages



When to hire a licensed professional & why permits matter



Where to find trusted resources and support

When?

Thursday, July 9th

11:00AM - 12:00PM

Free Event



Attend your way

Join a group viewing at LSRS:
20605 51B Avenue, Langley

Contact the front desk for information

Or attend from home via Zoom
Scan the QR code or
email coalesce@sfu.ca for the link



For more information
please email Marlena at
coalesce@sfu.ca



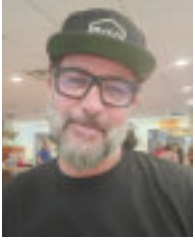
COALESCE
Championing Older Adults for Leadership
in Environmental Sustainability and
Climate Empowerment



**TECHNICAL
SAFETY BC**

First Aid information – keeping you safe!

We have 6 persons trained for First Aid:



Brandon Judd



Connor Kahle



Enrico Peredo



Che Mosely



Laurel Gibbons



Morgan Wilson

Langley Senior Resources society
20605 51B Avenue, Langley



FIRST AID KITS:

4 first aid kits on site:

1. Behind the front desk, in the back office on the wall
2. Room 110 'Facilities Office' hanging on wall
3. Room 120 'Boardroom' (Staff Room) bottom shelf, white storage shelves
4. Kitchen - backside, next to sink & steamer



2 automated external defibrillators on site

1. attached to wall in short hallway by Lounge washrooms
2. In Main Hall beside washrooms

Other: please contact first aid attendant for wheelchair, privacy screen, blanket/pillow.

Join us in the LSRS Sunroom for the
**Monday Morning
TALK SHOW**



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

JULY

6

Extreme Heat Prep

Learn tips to keep cool this summer and how to plan ahead for particularly hot days to protect yourself.

~ Langley City Emergency Management Program

JULY

13

See Something, Say Something

This presentation focuses on identifying risks to older adults who live alone or may be isolated.

~Manisha Cheema, BC Association of Community Response Networks

JULY

20

Perils of Publishing

Join in on a conversation about the challenges with publishing and why people write. Also hear about Nash's latest book 'Wolves of Striker Row.'

~ Larry Nash, author

JULY

27

Library For You

Learn about the FVRL's outreach services and access for people with perceptual disabilities.

~Fraser Valley Regional Library

**Monthly
draws for a
box of
chocolate!**

Generously
sponsored by



Bria

COMMUNITIES



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



Make & Take

Beautiful Decoupage Soaps

Wednesday, July 15 | 1:00-3:00pm
LSRS Sunroom | \$5.00

Makes a great Christmas Gift Idea!



Langley Senior
RESOURCES SOCIETY

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

Home Support Tailored To Your Individual Needs



We offer:

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



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

ICBC Claims Accepted



SafeCareHomeSupport.ca

Dementia - Friendly Adult Day Program

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



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

To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.ca

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, August 11**

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., July 11**

10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

DENTAL CLINIC

Next Clinic: **Monday, Aug. 31**

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.*



BREAD AVAILABLE BY DONATION



The LSRS Bread Basket

Supporting the LSRS HOPE FUND



NEXT LSRS BREAD BASKET DATES:

**Tuesday:
July 14 & July 28**

Thank you to Cobs Bread for supporting our Seniors!

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

Meet the LSRS Ambassadors

Our Ambassadors are dedicated volunteers who are passionate about connecting seniors in Langley with the resources and support they need. Whether it's helping someone discover social and recreational opportunities or providing guidance through life's unexpected challenges, our Ambassadors are committed to making a difference. Above all, they want seniors to know: we are here for you.



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

July 2

1:30pm – 2:30pm Canada Day Celebration – Steve Elliot Elvis Live Performance

July 16

1:30pm – 2:30pm – Out of This World Space Day Lunar Landing Celebration (Space themed snacks and vintage tunes)

Aug 4

1:30pm – 2:30pm – Sip and Paint – Wine/Juice and painting with Dawn (Canvas and equipment provided)

Aug 19

10:30am – 3:00pm Annual Carnival Event (BBQ, Dunk Tank, Exotic Lizard Petting Zoo, Popcorn, Fun Mini Games)

Call to book your spot today!
Michael Amirani
M. 604-307-9066



LANGLEY SENIORS VILLAGE

MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT

20363 65 Ave., Langley | retirementconcepts.com



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

Camping Can Provide Valuable Life Lessons

I was shaking my head reading the controversy about Provincial campsites being reserved and re-sold for higher prices. Eventually only the rich will be able to go camping. That's too bad because, as a young boy, I learned about myself, nature, and people when I went camping.



My Uncle Bob and Aunt Marg never had children of their own but we looked forward to when Uncle Bob took us on one of his exciting fishing trips.

He liked to leave right after work on Friday night and the camper was packed and the boat was hooked up and God forbid anyone who got in our way on the Hope – Princeton or the Fraser Canyon. We had to be there before dark.

We had no map or GPS. Usually it was a hastily drawn map someone had drawn on the back of an envelope. The roads were washboard and it was easy to miss the faded writing on the

weathered sign that said 'Watch for Logging Trucks.'

I fondly recall seeing the cloud of dust in the distance and the massive truck loaded with huge logs up past the bunkers as it bore down on us. Uncle Bob cut to the right and we balanced precariously on the rough shoulder as the truck tore by, air horns blasting.

Once we got to the "Resort," the man in the office would direct us where to park and I don't think we ever had a reservation. But I learned we wanted to be far enough from the outhouses not to smell them but close enough to stumble to them in the dark. I learned the places with the least amenities usually had the best fishing.

When the lines hit the water it was, 'a nickel for the first, a nickel for the biggest, and a nickel for the most.' But whether you caught a fish or not, a lot of wisdom was shared, and being on that lake at sunrise was magic.

A young boy can learn a lot in a fourteen foot boat in the middle of a quiet lake.

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.



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, July 6 | 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

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

LSRS and Executive Director Honoured

Receiving the Healthcare Service Trust Certification and the Global Fred Award for Outstanding Leadership came as a surprise to Executive Director Kate Ludlam, but a welcome one.

Two years ago, Kate had toured Langlely local William Liu, who is a director of the Global Fred Awards, and some of his associates from China who were exploring innovative ways to support seniors in their cities.

“They were wanting to see how our facility operates, and learn about our programs and services,” Kate said. She also connected them with The Village in Langlely, which focuses on independent living for people with dementia and Alzheimer’s, as well as Bria Communities.

Recently, she received an email from William that the Langlely Senior Resources Society was awarded the Healthcare Service Trust Certification, and Kate for outstanding leadership.

At the centre in April, the awards were presented to the LSRS board and Kate.

“I’m so glad to see this organization receiving recognition for the hard work our volunteers, staff, and members put into it,” Kate commented.

The certification is displayed at the front desk.





A Message from Mayor Eric Woodward Township of Langley



On July 16, we celebrate the official opening of a new Fire Hall 5, a milestone moment for Brookwood-Fernridge and for the Township of Langley as a whole.

This \$32 million facility has been years in the making, and I couldn't be prouder of what our team has delivered. From the ground-breaking in October 2024, through concrete foundations in the winter, the steel and mass timber superstructure rising in the spring, and final enclosure and fit-out through the fall, this project was built on schedule and built to last.

What does this mean for residents? It means faster response times. Fire Chief Jason de Roy has made clear that this hall will cut response times by over 3.5 minutes for Brookwood-Fernridge specifically, and approximately 21 seconds on average across many areas of the Township. In an emergency, those seconds save lives and protect property.

Fire Hall 5 is no ordinary building. It's a post-disaster facility built to the highest health, safety, and energy efficiency standards, with four drive-through apparatus bays, decontamination facilities, living quarters, training rooms, and offices. It's staffed by full-time career firefighters and designed to scale with our growing community.

By building this new firehall, we are getting ahead of growth, not chasing it. This fire hall is proof of that commitment.

Warm regards,

Eric Woodward
Mayor, Township of Langley

#1. Don't Be Embarrassed, Be Empowered

A Second Opinion Can Make All the Difference

Recently, we were approached by a member who had a persistent gambling pop-up on their screen. They couldn't find a way to remove it and were embarrassed to ask their family.

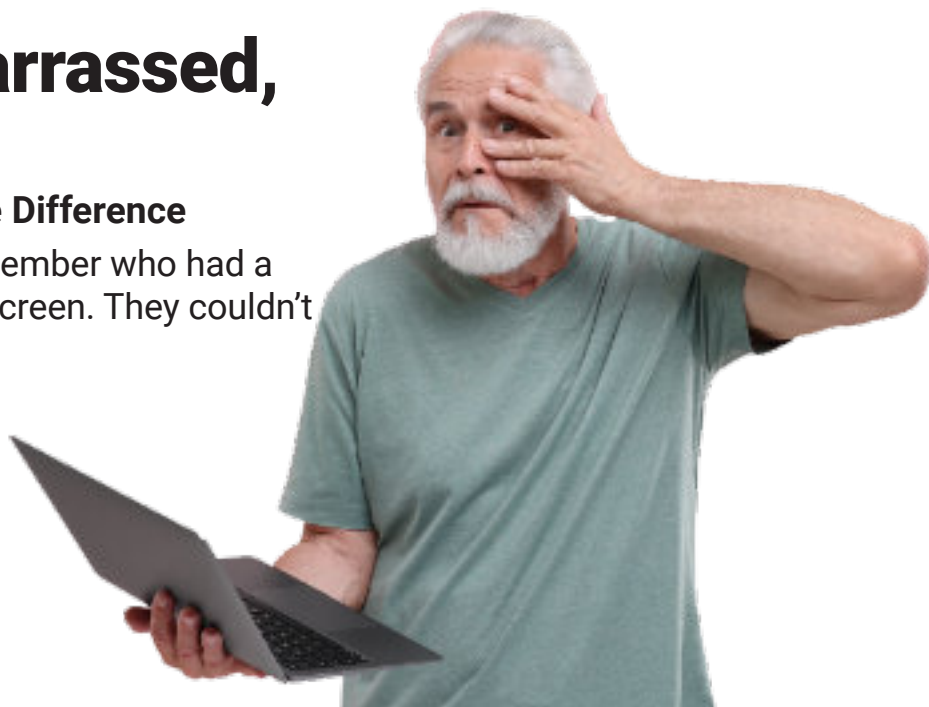
Fortunately in their case, it was an easy fix but it did bring to light a problem many seniors face. Awkwardness, confusion, or embarrassment at falling victim to online scams.

Scams and fraud targeting seniors are becoming more common, and they can often seem very convincing. Fraudsters are skilled and often do their homework before reaching out, using information about your life, family, or interests to gain your trust.

If you receive a request for money, personal information, or even a phone call from someone claiming to be a friend or family member and you're not sure of their intentions, please talk to someone at the Langley Senior Centre (LSRS) before taking action.

Our team is confidential, supportive, and always willing to listen. If we can't provide the help you need, we can connect you with trusted organizations and resources that can. If you're not comfortable reaching out to LSRS, talk to a trusted family member or friend.

Don't be embarrassed, be empowered to ask questions—if something feels off, your instincts are already telling you to be cautious. A quick conversation with someone you trust could save you from becoming a victim of fraud.



When dealing with suspicious emails, pop-ups, or phone calls, remember these rules of thumb:

SLAM Method:

Check the **SENDER** address (if you recognize it),

review **LINKS** (do not open),

avoid **ATTACHMENTS** (do not open),

evaluate the **MESSAGE** for unnatural urgency or fear-mongering.

NEVER use contact info in the message: If an email or pop-up claims a bank account is hacked, never call the number listed in the message. Look up the official number independently.

NO WEIRD PAYMENT TYPES:

Legitimate Canadian organizations, such as the CRA or local banks, will never demand payment in gift cards, cryptocurrency, or wire transfers.

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).

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- Home Nursing Care
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- Respite Care
- Surgery Recovery
- Transition Assistance and Much More!

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SENIOR
Helpers



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

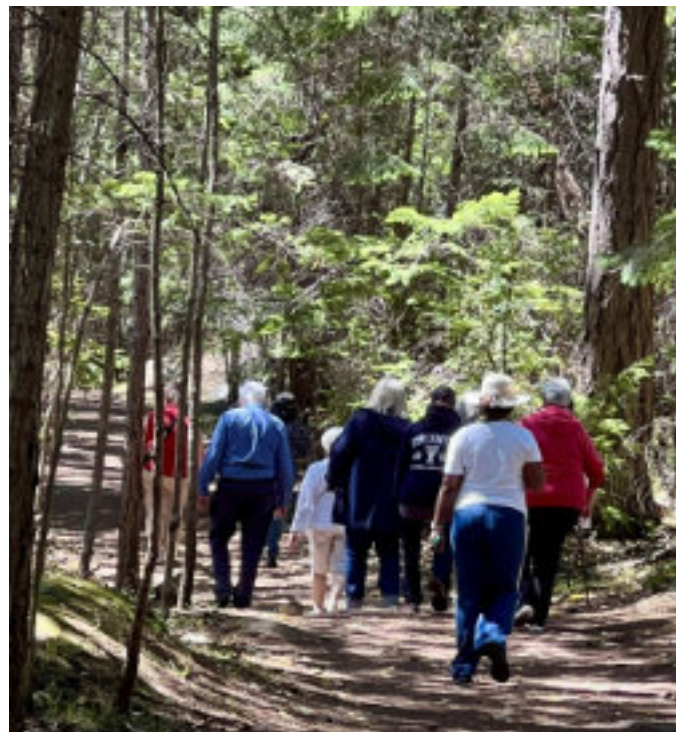
and home. If you are walking home, be aware of the time we will be returning.

- 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.

It was a lovely trip, and beautiful weather too!

Thank you to Carol Sawyer for sharing her photos from the recent Mayne Island bus trip.

"We've lived here all/most of our lives and haven't visited all of the Gulf Islands, and thought this was such a simple way to do it."



PLAN YOUR NEXT BUS TRIP

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

\$189 Members | \$209 Non-Members

SUMMER SIGHTSEEING CRUISE

Set sail aboard Vancouver 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

Wednesday, August 12 | 8:30am - 7:30pm

\$159 Members | \$179 Non-Members

GALIANO ISLAND

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island. Level: Easy

Additional \$36 ferry fee for 65 years and under

PACKAGE INCLUDES:

- Montague Harbour Marine Park
- Gray Peninsula Escorted Walk
- Lunch Woodstone Manor
- Galiano Soap Works
- Galiano Shops
- All Fees and Taxes

Friday, August 21 | 8:45am - 5:00pm

\$159 Members | \$179 Non-Members

SENIORS DRAGON BOAT EXPERIENCE

Enjoy a relaxed seniors' dragon boating experience with Dragon Boat BC! Start with a classroom introduction, engaging stories and Q&A. Continue on the water with two professional paddlers per boat (paddling optional) as you cruise False Creek, spotting sea otters, herons and incredible scenery.

PACKAGE INCLUDES:

- Dragon Boat BC Guides
- 30 Minute Classroom Q&A
- 60 Minute Dragon Boat Ride
- Paddling Optional
- Lunch Gusto A Taste of Italy
- Snack / Refreshment Tent
- All Fees and Taxes



Register for bus tours at the front desk, or by calling 604-530-3020
Cancellation refunds are available up to 7 days prior to trip



BOOK YOUR NEXT
Journey

Old Quebec City

OCTOBER 1-8, 2026

Per Person Rates: Double \$5499 | Single \$6599
per person (Deposit: \$200)

Experience the rich history, culture, and stunning landscapes of Old Quebec City. Join local guides on cultural and colourful tours, meet Quebecois Artisans, and savour Canadian cuisine in an immersive travel experience. Begin in Montreal, explore Quebec's Eastern Townships, and travel by VIA Rail to Quebec City. Spend 5 nights in the heart of Old Quebec City in the charming Hotel Champlain. Stroll through cobblestone streets, explore centuries-old architecture, and take in the lively atmosphere of this UNESCO World Heritage site.



Langley Senior
RESOURCES SOCIETY

Book at the LSRS front desk



BOOK YOUR NEXT
Journey

Treasures of Thailand

JANUARY 11 - 27, 2027

Per Person Rates: Double \$7999 | Single \$9049
per person (Deposit: \$500)

Embark on a captivating journey through Thailand's vibrant landscapes and rich cultural heritage with our meticulously crafted itinerary, "The Treasures of Thailand." Begin your adventure in Bangkok, exploring iconic landmarks like The Grand Palace and Damnoen Saduak Floating Market, then indulge in rejuvenating experiences like traditional Thai massages. Continue your odyssey to the north in Chiang Mai, where you'll uncover hidden gems, visit the elephant nature park, and savor unforgettable culinary delights. Finish south in Phuket, where must-see markets, cultural performances, and exhilarating excursions await.



Langley Senior
RESOURCES SOCIETY

Book at the LSRS front desk





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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

AROUND AND ABOUT LSRS



Dessert Crew whipping up some Mountain Madness during Seniors' Week.



Congratulations to Snooker Club member Wade for winning the Seniors Singles Year End Tournament!

**PLEASE RETURN
TO LSRS LIBRARY**

Our LSRS librarians have requested you look through your shelves and return any books you are finished with.

Sophie visited us during Seniors' Week and showed off her winning smile!



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Monday

- Monday Morning Talk Show**
10am-11am pg.21
- Riverside Ramblers**
10:00am start..... pg.44
- 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-4pmpg.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**
Returns September 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

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

Forest Meditation Walk

June 8 was our second outing. We met at Nicomekl Park and had a great time. It was an amazing experience!

Thank you, Vicky Van Keith



REGULAR PROGRAMS AT A GLANCE

Thursday

Fit and Fab with Stacey

Returns September pg.40

Knit Together

9am-12pm pg.35

Zumba Gold

10:00am-11:00am..... pg.41

Ballroom Dance

10am-12pm pg.31

Chair Yoga Plus with Stacey

Returns September 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

Returns September pg.31

Singing Social Choir

Returns September.....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-2pmpg.37

Card & Board Games

9:15am-1:45pmpg.39

Table Tennis

9:00am-11:00am..... pg.37

Fitness Circuit with Dawn

Returns September 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



Laura absolutely loves gardening at LSRS! She has a community garden as well.



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

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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

Receive one-on-one guidance from instructor Bette Hurd in these creative sessions where everyone paints their subject of choice. Please bring your own supplies.

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:

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 | **FULL**

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 Ieperenl at 778-328-2302 ext. 1, or michellel@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



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Looking for a perfect home? Look no further.

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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, 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.

Tuesday, August 4 | 5:00pm | Dublin Crossing

#101 - 18789 Fraser Hwy. Surrey

Blending traditional Southern hospitality with deep Irish roots, this pub offers a variety of traditional Irish meals and North American foods.



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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 | Musicians are members only | Everyone welcome to listen

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 RETURNS SEPTEMBER

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

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

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 RETURNS SEPTEMBER (new name – Creekside Chorus!)

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.

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

PROGRAMS

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

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

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 advise. Membership not required. Book your timeslot at front desk. (support for Apple products: macbooks, iPads, iPhones is available on Saturdays only)

Fridays / Saturdays

10:00am - 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

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

To be announced. 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

CHAIR YOGA PLUS STRENGTH WITH STACEY RETURNS SEPTEMBER

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 deepend strength and resilience through yoga.

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

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

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

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.

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

DEMENTIA CAREGIVER SUPPORT GROUP

Join us each week in a safe and welcoming space where caregivers, family members, and friends can connect, share, and support one another. This group is led by a Certified Facilitator.

Thursdays | 10:30 – Noon

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

GENTLE YOGA FOR MOVEMENT AND BALANCE WITH JENNIFER

Led by experienced instructor Jennifer, this gentle yet effective class focuses on exercises that improve balance, strength, flexibility, and body awareness—key components in helping to reduce the risk of falls. Movements are low-impact and can be adapted to suit different levels of ability

Tuesdays: July 7 - September 29 | 9am-10am

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



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 | FULL

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

ZUMBA GOLD® WITH YUDY

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



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

Drop in Tuesdays

12:30-2:00

Learn about new services and programs LSRS is planning to bring to Fort Langley!



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

pacificwestaduldaycentre.com

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

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

Walking Group



WALKING GROUP

Enjoy treks through the beautiful trails in the City and Township of Langley. The walks take approximately one hour and the distance varies from 3.5 to 6 kilometers. Our walking group leaves punctually at 10:00am.

LSRS Membership is required to participate.

Walking Group Leader is Al Frost:
 Landline (Preferred): 604-534-1798
 Cell phone: 604-240-3607

Wednesdays at 10:00 am

JULY 1: CANADA DAY

No walk today

JULY 8: MUCKLE CREEK & POWERLINE

Meet at Portage Park, 204 St & 51A Avenue

JULY 15: DEREK DOUBLEDAY ARBORETUM

21177 Fraser Highway

JULY 22: DERBY REACH

Campground Parking Lot, 21801 Allard Crescent

JULY 29: BRAE ISLAND

Meet at 9451 Glover Road, Fort Langley

Fridays at 10:00 am

JULY 3: NOEL BOOTH PARK

20302 36th Avenue

JULY 10: FORT TO FORT TRAIL

Meet at Bedford Plaza

JULY 17: PLEASANTDALE CREEK TRAIL

Walk To Sendall Gardens. Meet at LSRS Centre

JULY 24: LANGLEY REGIONAL PARK

224th St. & approx 5th Ave

JULY 31: PERIMETER TRAIL TO RAVINE

Meet at 200 St./10 Ave. Parking Lot. (trail is approx. 6 km walk)



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



Low Vision Support Group

social connection | educational resources | practical advice

1st Wednesday of each month
1:30-3pm | Sept. 2, Oct. 7, Nov. 4, Dec. 2



Langley Senior
RESOURCES SOCIETY

No Charge. Register at front desk or email info@lsrs.ca



What is AI – how can YOU incorporate it into your everyday life?

Join us for this exciting new 3-part program and learn to harness the power of ai.

2 session dates to choose from:

Session 1: Aug. 5, 12, 19 | 10:30-11:30 | \$15

Session 2: Sept 9, 16, 23 | 10:30-11:30 | \$15

Day 1: **What is AI?**

(Understanding the Basics) A simple, clear introduction to AI—what it is, how it works, and why it has suddenly become such a big part of our lives. We'll look at how AI learns through pattern recognition, the role of data, and the incredible speed and scale behind it—all in plain language.

Day 2: **Using AI in Everyday Life**

(Hands-On) A practical, interactive session where participants use AI tools to assist with everyday tasks such as travel planning, writing emails, meal planning, and problem-solving. This is where participants begin to experience the real value of AI.

Day 3: **Creating and Preserving Memories with AI**

(Hands-On) A fun and meaningful session focused on photos, stories, and personal memories. We'll explore how AI can help organize photos, enhance images, and even assist in capturing and sharing life stories with family and friends.



Langley Senior
RESOURCES SOCIETY

Registration required

Register at front desk or phone 604-530-3020 ext 0

TEASE YOUR BRAIN WITH A SODOKU

- Fill the grid: Every empty cell must be filled with a number from 1 to 9.
- No repeats in rows: Every horizontal row must contain all numbers from 1 to 9 with no duplicates.
- No repeats in columns: Every vertical column must contain all numbers from 1 to 9 with no duplicates.
- No repeats in boxes: Every 3×3 sub-grid (bolder sections) must contain all numbers from 1 to 9 with no duplicates.

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	2		5					

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

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**



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
- Community bathing program

The program is funded primarily by Fraser Health. Privately funded clients are also welcome, including those who may need immediate service, those who do not qualify for Continuing Care funding, or those who are funded through third party agencies such as ICBC, WorkSafe BC and Veterans Affairs Canada.

Contact Michelle Van Ieperen at 778-328-2302 for more details.

COMMUNITY BATHING PROGRAM

Do you or a loved one have difficulty getting in and out of a bathtub? If so, our community bathing service may be an option. Designed for older adults who find it hard to bathe safely at home, baths are provided in a safe and private bathing area with help from a trained care aide. Bathing supplies include towels, hypo-allergenic shampoo and soap.

\$20 per bath.



*Mirarie Fosana,
Community Bathing Supervisor*





CAREGIVER SUPPORT GROUPS

Free and open to members and non-members. For anyone caring for an adult family member or friend with a chronic physical or cognitive health condition.

Tuesdays, 1:15pm-2:15pm (open to MEN)

At our Adult Day Program location -
20256 56th Avenue

Thursdays, 1pm-2:30pm (open to ALL)

At the Recreation and Resource Centre -
20605 51B Avenue



Look at me.



I want to age at home.



Nurse Next Door®
home care services

Recreation and Resource Centre

20605 51B Avenue,
Langley, BC V3A 9H1

604-530-3020 ext. 0

Mon-Fri: 9am-4pm;

Sat: 9am-2pm

Closed Sundays & Holidays

Tuk Shop Thrift Boutique & Creekside Cafe

Mon-Sat: 9am-2pm



EXECUTIVE DIRECTOR

Kate Ludlam

604-530-3020 ext. 321,
katel@lsrs.ca

ACCOUNTING OFFICE

Sunny Choung,
Senior Finance Manager

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

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Laurel Gibbons

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Che Mosely

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KITCHEN AND CATERING SERVICES MANAGER

John Zaminskis

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FACILITIES MANAGER

Brandon Judd

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

FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52



SIX SIMPLE TIPS FOR DECLUTTERING

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

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

PHYSICAL BENEFITS OF A DECLUTTERED HOME

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

MENTAL BENEFITS OF A DECLUTTERED HOME

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

SIX DECLUTTERING TIPS

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

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

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

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

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

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

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



BriaCommunities.ca

Looking for **HEARING AIDS**

Tired of saying “Pardon Me”?

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

MEET KIM GALICK OF EARS HEARING CLINICS

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



SUPPORT LOCAL SMALL BUSINESSES

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

A stylized signature of Kim Galick in black ink. Below the signature, the text "A S H A R I N G C L I N I C S" is written in a smaller, spaced-out font.

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



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