



Langley Senior
RESOURCES SOCIETY

Programs &
Services for
Adults 50+



In the Loop^{only \$2}

AUGUST 2026

Move, Breathe, Stretch!
***find your balance at one of our
Fort Langley Fitness Classes!***

See all of our
Fort Langley
classes &
programs!
PAGES 42-43

Pharma Days
are back in both
Langley & Fort
Langley
PAGE 15

AI
(Artificial
Intelligence)
is here.
Are you ready?
PAGE 9

**Music by Cheek-
to-Cheek, plus
Special Guests:
Silver Diamond
Dancers!**
PAGE 8

Registration opens:

Members: Mon, August 10

Non-Members: Thurs, August 13

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



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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

HOLIDAY CLOSURES:

BC Day

Monday, August 3rd

Labour Day

Monday, September 7th

**NOTE: Saturday, August 8 -
all programs cancelled**

*Please join us for the Pride Day
Community Event, everyone is
welcome!*



**Note: Creekside Café will be
closed Saturdays in August**

We acknowledge that Langley Senior Resources Society locations are on the shared, unceded, occupied, ancestral, and traditional homelands of the q'w'a:n̓'ə'n̓ (Kwantlen), Máthxwi (Matsqui), "q'áyc'əy (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



Judy De Vries

Rono Holding
Company Ltd.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As summer settles in, I find myself reflecting on how much richer our community becomes when everyone feels they belong. I know this will be on full display at our annual Pride event this year. Many of our seniors, staff, volunteers, and families will come together in celebration as a powerful reminder of why inclusivity matters so deeply in the work we do. Growing older can already bring isolation for many people, and for LGBTQ2S+ seniors, that isolation is often compounded by decades of stigma, discrimination, or the simple fear of not being welcomed. Events like Pride aren't just a celebration - they're a statement that LSRS is a place where every senior, regardless of who they are or who they love, can access support, friendship, and dignity.

Looking ahead, I want to make sure our Annual General Meeting is on your calendar: Friday, September 4. This is a wonderful opportunity to hear about the year, celebrate our collective accomplishments, and look together at where we're headed next. We hope as many of you as possible will join us - your voice and presence help shape the direction of this organization.

As temperatures climb, I also want to gently



Kate Ludlam,
Executive Director,
LSRS

remind everyone to take care in the heat. Please seek out cool, shaded, or air-conditioned spaces (like our recreation center) during the hottest parts of the day, stay hydrated, and check in on neighbours, friends, or family members who may be more vulnerable to extreme heat. Our community thrives when we look out for one another.

I also want to extend a heartfelt thank you to our Community Services team. Your unwavering, client-centered approach continues to make a real and lasting difference in the lives of those who need it most. Your compassion is valued and at the heart of this organization.

Finally, I'm pleased to share that we will soon be rolling out a follow-up to our 2023 engagement survey. We want to hear directly from you: have we made meaningful progress on the priorities you told us mattered most? Your feedback will help set our course for the next three years, ensuring our programs and services continue to reflect the needs and hopes of the people we serve. Watch for more details soon, and please consider adding your voice when the survey launches.

August is here - ushering in the end of summer and painting the world in the warm hues of sunflowers and sunset skies; it's also a perfect time to celebrate our beautiful province - Happy BC Day to all!

Looking for **HEARING AIDS**

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



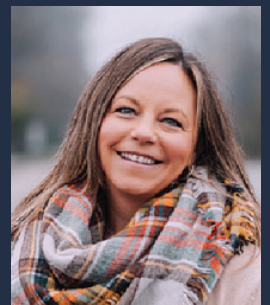
Please Join Us For **Lunch & Learn** **Thursday, September 10 • 10am start time**
Langley Senior Resources Society 20605 - 51B Avenue
Pre-registration required: 604-427-2828

KIM GALICK
EARS HEARING CLINICS

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



Proudly Canadian,
Locally Owned
& Operated!



Kim Galick
RHP/Owner
Over 25 Years of Experience

Our members are 50+ years old

Everyone is welcome

Memberships \$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.



Notice of 2026 Annual General Meeting

When: Friday, September 4 | Registration begins at 9:30 am | Meeting begins at 10:00 am

Where: Main Hall, Recreation & Resource Centre, 20605 51B Avenue, Langley

How: Pre-register by phone 604-530-3020 | or at the Centre Front Desk

Advance registration is encouraged but not required. Continental breakfast will be provided for those who pre-register.

Please Note

The AGM package will be **available by August 14, 2026** on our website, at the Centre Front Desk, and at our Adult Day Program located at 20256 56th Avenue, Langley.

To be eligible to vote at the AGM, individuals must be an LSRS member 45 days prior to the AGM date, which is July 21, 2026.

Proxy Voting Forms are available for a LSRS member in good standing to authorize the appointment of a current LSRS member to vote on their behalf at the AGM. Proxy Voting Forms must be delivered to the front desk at the Recreation and Resource Centre in an envelope addressed to Loretta Solomon, Board President, **no later than 3 pm on Friday, August 28, 2026.**

Written questions can be submitted, attention Loretta Solomon, Board President, our front desk, **before August 28, 2026.** If time permits, verbal questions will be addressed following written questions.

Welcome new board members

Saurabh Seth

Saurabh Seth moved to Canada in 2019 and has called Langley home since 2021, where he lives with his wife and two school-aged boys. A business coach and financial crime compliance professional, Saurabh is the founder and CEO of Ethical Growth Partners Inc., a Langley-based firm specializing in business coaching and leadership development.

Deeply committed to Langley and its future, Saurabh ran for Township of Langley Council in 2024 and currently serves on the boards of the ACAMS Vancouver Chapter and the Better Langley Community Society. He brings over 21 years of experience in strategic leadership, risk management, and stakeholder engagement across Canada and internationally.

Saurabh is passionate about ensuring that all residents, regardless of background, are aware of and connected to the community services available to them. He looks forward to contributing to LSRS's mission and advocating for the needs of seniors across Langley.



Nav Mahal

Nav Mahal is a 32-year-old female currently employed with the Immigration and Refugee Board of Canada, specifically in the Refugee Protection Division. Before joining this division, she spent four years in the Immigration Division, where she handled cases involving individuals referred by the CBSA – particularly those detained for immigration-related reasons or deemed inadmissible to Canada.

Nav is deeply passionate about helping others, particularly those from vulnerable sectors. She holds a Bachelor of Law Enforcement from the Justice Institute of British Columbia and a Master of Arts in Justice Studies from Royal Roads University. Nav is enthusiastic about joining the board and looks forward to collaborating with her colleagues to make positive impactful changes.



**Save
the
Date!**

The Langley Senior Resources Society will hold their Annual General Meeting on Friday, September 4 in the main hall.

Registration is required, please sign up at front desk.

Special Event Dinner + Dance



with feature band
Cheek to Cheek!
Dance-able pop tunes from all eras and styles. Our theme events are too much fun!



and special guests
Silver Diamond Dancers!



Langley Senior
RESOURCES SOCIETY

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

Wed, August 19

4:30 - 7:30

NEW SUMMER MENU!

Grilled Chimichuri Chicken, Garlic Prawns, Corn Succotash, Caesar Salad, Dinner Rolls, & Dessert!

Tickets available at the

Front desk or phone

604-530-3020, ext. 0

LSRS Members \$45

Non-Members \$55

Cash payments appreciated

Special Event Dinner + Dance



with feature band

Sister Todd!

A little bit country A
little bit Rock 'n Roll
And a whole lot of Soul



Langley Senior
RESOURCES SOCIETY

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

Wed, September 16

4:30 - 7:30

SPECIAL EVENT DINNER MENU!

Beef Lasagna, Seasonal Mixed Veggies, Caesar Salad, Garlic Bread, & Dessert!

Tickets available at the

Front desk or phone

604-530-3020, ext. 0

LSRS Members \$45

Non-Members \$55

Cash payments appreciated



Low Vision Support Group

social connection | educational resources | practical advice

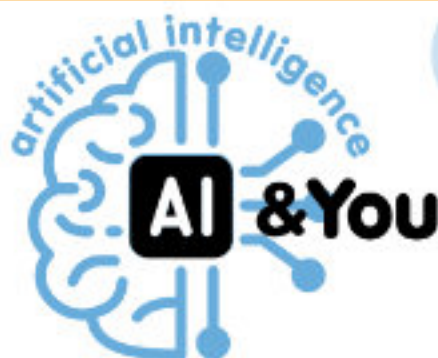
1st Wednesday of each month

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

Bring your cell phone, laptop, or tablet!

Day1: 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 & membership required

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



Make & Take

2 options
to choose
from!

Beautiful Vases

*Join Daphne and
create your choice
of a decoupage or
painted vase.
These vases are
so pretty they
don't even need
flowers!*

**Class size is
limited to 8
persons**



Wednesday, August 19 | 1:00-3:00pm

LSRS Sunroom | \$5.00

All supplies provided.



Langley Senior
RESOURCES SOCIETY

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

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

What is the process to have my loved one attend the LSRS Adult Day Program?

All referrals must come through Fraser Health – the first step is to talk to your care provider and ask for a referral

In order to start the onboarding process an individual must be affiliated with Fraser Health. This begins with a visit from your case manager or community health nurse who will come to your home, give you information about the Day Program, do an assessment and upon your request will send a referral to the Day Program.

The Adult Day Program only on-boards people that have had a referral sent by Fraser Health. Once a referral is received, the Day Program contacts you to book a tour. The tour is

approximately one half hour in length and it's purpose is to get additional historical data, confirm all data in the referral documentation and determine if the applicant is appropriate for the program.

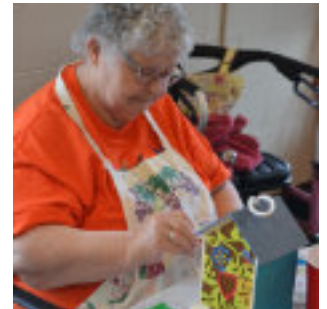
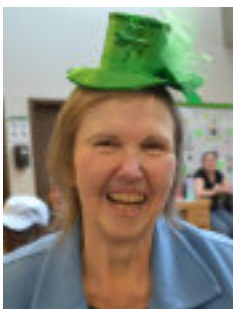
Once the applicant agrees to attend the program, an appropriate day is chosen to attend the program or they are put on a waitlist for their desired day. The applicant will now enjoy a day of programs, socializing, participation and a tasty lunch on their visit to the Adult Day Program.

Happenings at the Adult Day Program

There are always a variety of activities and marking of special dates at the ADP. Here are some photos of recent activities. *We will share more photos in upcoming In The Loop newsletters.*

photos clockwise:

- St. Patrick's Day dance celebration.
- Straw Painting with ADP clients
- Art class (bird house for garden)
- Mother's Day Tea
- St. Patrick's Day smile





Join us in the LSRS Sunroom for the

Monday Morning TALK SHOW

Mondays at 10:00 am
EVERYONE WELCOME!

AUGUST

3

**Closed
for
B.C. Day**

AUGUST

10

AA Stories

Hear from folks who have gone through an alcoholics anonymous program & have your questions answered. Family & friends welcome too.
Brad Wallace, AA

AUGUST

17

Fraud Awareness

Come by to learn ways to keep yourself & loved ones safe amidst a rise in creative scams online and in-person.
Cst. Phil Colter, Langley RCMP

*Enter our
monthly
draw for a
box of
chocolate!*

AUGUST

24

KPU TALK

Learn about upcoming courses in the KPU Third Age Learning program.
*Paul Tyndall & Jean Garnett,
KPU TALK*

AUGUST

31

Annual Presentation

Join us for a presentation about LSRS, how the society has been doing over the last 12 months, & our goals for the future.
Kate Ludlam, Executive Director

Generously
sponsored by



Langley Senior
RESOURCES SOCIETY

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

Bria
COMMUNITIES

EXTREME HEAT AND YOU

Some people are more affected by the heat than others. Older adults, those with chronic health conditions, and those taking certain medicines should take extra care.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy or Faint
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less



Anyone with these signs:

- Move to a cool space.
- Give plenty of water.

Signs of Heat Stroke

- High Body Temperature
- Feel Dizzy or Faint
- Confused
- Less Coordinated
- Very Hot and Red Skin



Anyone with these signs: **Call 9-1-1**

*This is a medical emergency!
This person needs medical help right away.*



JOY IS **HAVING**
BALANCE



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Joy is **ageless**

CHARTWELL LANGLEY GARDENS 8888 202nd Street

Come experience the lifestyle
1-855-461-0685 | [CHARTWELL.COM](https://www.chartwell.com)

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:

"A smile is the shortest distance between two people." – Victor Borge

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., August 15**
10:30am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

PHARMA DAYS

Everyone welcome! Pharma Day is a free, pharmacist-led service that helps older adults understand and manage their medications.

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

We are offering 2 locations:

Langley:

Wellness Room, Tuesdays, 9am-4pm • Sept. 15 & Sept. 29

Fort Langley:

St. Georges Anglican Church - main hall,
Thursdays, 9am-4pm

Sept 10 • Oct 15 • Nov 12 • Dec 10

Please book all appointments at the front desk or by phone: 604 530 3020 ext. 0



Divisions of Family Practice



fraserhealth
better health. that's a real goal.



Langley
Primary Care Network

BREAD AVAILABLE BY DONATION



The LSRS

Bread Basket

Supporting the LSRS HOPE FUND



NEXT LSRS BREAD BASKET DATES:

Tuesday:
August 11 & 25

Thank you to Cobs Bread for supporting our Seniors!

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



BOOK BORROWING

This library is maintained for the enjoyment of our many members. In consideration for ALL of our members who want to enjoy these books, we ask each member to **borrow only a few books** at a time and **return these books within 2 weeks** before selecting more to enjoy from our library. Your consideration for the many other book-loving seniors is appreciated.

We also accept donations of newer books in good condition of the 2000 years. Please leave them in the basket.

*~ Judy & Judy,
library volunteers*



Deal yourself in!

An exclusive Langley Seniors Resource Society event at Langley Seniors Village

Join us for a little friendly competition, a complimentary lunch and a few surprises along the way. You're invited to an exclusive—and sure-to-be spirited—**Crib Tournament** starting at **10:00 am**, with lunch to follow. The tournament winner will take home a **\$150 prize**, with snacks, refreshments and door prizes adding to the fun throughout the day!

This event is open to LSRS members only. Registration is limited to 32 players, so reserve your seat early.

Crib Tournament + Free Lunch
Thursday, August 27
Crib tournament starts at 10:00 am sharp
Lunch to follow

**Limited spots available,
RSVP today!**
Michael Amirani
M. 604-307-9066



**LANGLEY
SENIORS VILLAGE**

MANAGED BY WEST COAST SENIORS HOUSING MANAGEMENT
20363 65 Ave., Langley
retirementconcepts.com

Family Recipes Are the Best

One of the challenges of growing a vegetable garden is that it all seems to come ready at once. Dad always said, whatever you can't eat, you preserve or give it away. I discovered five good sized zucchini hiding under the leaves and I knew I would be hard pressed to think of different ways to make use of those and more to come.

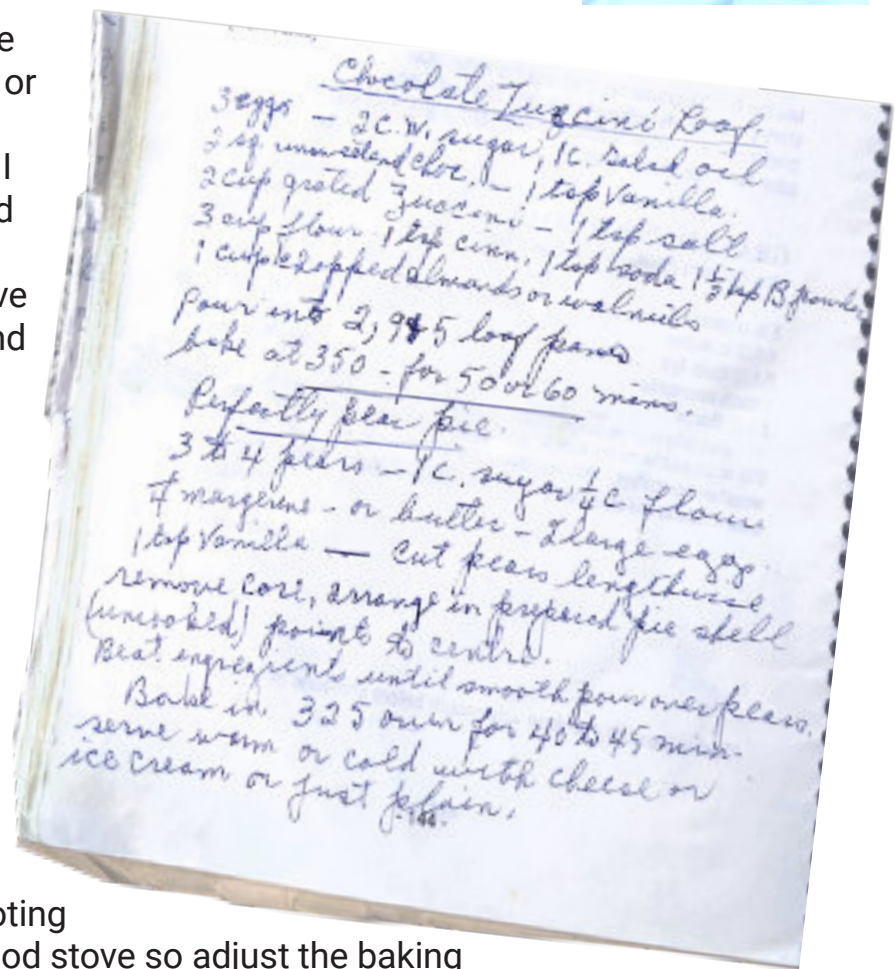
I passed a good sized one over the fence to a grateful neighbour and when my daughter stopped by, I presented her with the largest and challenged her by saying, "I understand some folks have the talent and expertise to turn these into zucchini loaves."

Two days later she called and asked, "Are you coming to get these zucchini loaves or am I bringing them over?" Knowing her husband the way I do I knew the quicker I got there the more would be left. She had two chocolate zucchini loaves sitting on the counter next to my Mom's seventy-five year old recipe book. The recipe was hand written in my Mom's neat cursive hand and tucked neatly into the book.

When Mom passed a few years back, there was a box of books in the kitchen for family to pick through. Like an experienced treasure hunter, my daughter had spied this artifact and claimed it. The book is stained on the cover and on many pages as well with chocolate, jam, custard and who knows what other ingredients.

Many recipes have handwritten notes in the margins suggesting changes or noting that the gas stove is quicker than the wood stove so adjust the baking time or substitutions for diabetics or nut allergies, depending on who she was baking for. Priceless.

I left one of the loaves, much to the delight of my son-in-law, and took the other one home. That evening I cut two thick slices, warmed them up and slathered them with butter. Adding a cup of coffee I felt like I was back in my Mom's kitchen for a while catching up, always a great place to visit and check out recipes.





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, October 5 | 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

November 2, 2026 | December 7, 2026

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

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



**MacCallum
Law Group** LLP

Proud long-time supporters of the LSRS

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

Places to Keep Cool

Know the Symptoms of Heat-related Illness

HeatExhaustion

may include:

- dizziness or fainting
- muscle cramps
- headache
- rash

HeatStroke

may include:

- confusion
- high body temperature
- dizzinessorfainting
- lack ofcoordination

Protect Yourself

- Go to a cool location and stay hydrated.
- Use an air conditioner to cool your home.
- Take a cold shower or bath, or place part of your body in cool water.
- Check on family, friends and neighbours, particularly if they are elderly and/or living alone.

Staying Cool Outside

- Lower your activity level and avoid strenuous activity. If you must do errands or plan to exercise, do so early or late in the day when it is generally cooler.
- Avoid direct sun by staying in the shade and wearing a hat and protective clothing. Use sunscreen and UV-protective eye wear.
- Seek cooler, breezier areas, such as large parks near to trees and water.
- If you work in a hot environment, discuss and act on ways to decrease heat exposure with your employer and coworkers.

Community and Recreation Centres with Cooled Spaces

Aldergrove Community Centre

27032 Fraser Highway

George Preston Recreation Centre

20699 42 Avenue

W.C. Blair Recreation Centre

22200 Fraser Highway

Walnut Grove Community Centre

8889 Walnut Grove Drive

salishan Place by the River

23430 Mavis Avenue

Fraser Valley Regional Libraries with Cooled Spaces

Aldergrove Library

26770 29 Avenue

Brookwood Library

20045 40 Avenue

Dean Drysdale Library

8889 Walnut Grove Drive

Fort Langley Library

23430 Mavis Avenue

Muriel Arnason Library

#130 – 20338 65 Avenue

Murrayville Library

#100 – 22071 48 Avenue

F D 26-102

If you need help

Medical emergencies call 9-1-1

HealthLink BC call 8-1-1



Township of
Langley

tol.ca/keepcool



A Message from Mayor Eric Woodward Township of Langley



Celebrate the natural beauty of our region at the Township of Langley's annual **Forest Fest!** This year, the event will be held on Saturday, September 26, 2026 from 12 to 4pm at Derek Doubleday Arboretum.

Brought to you in collaboration with the Langley Environmental Partners Society (LEPS), this free, family-friendly event celebrates BC National Forest Week and BC Rivers Day with an incredible lineup of nature-inspired activities and entertainment. There will be food trucks and chainsaw carving! Learn more at tol.ca/forestfest.

These organizations are planning to attend:

Explore Science Club	Critter Care Wildlife Society
Metro Vancouver Regional Parks	Learning Farm
Langley Forest School	Lower Fraser Valley Aboriginal Society
Township of Langley Solid Waste Department	BC Bats
Metro Vancouver - Nutrifor	OWL
Parks Canada	Dusty Flowerpot Cabaret
Langley Field Naturalists	Wild Education
Dan's Gold Panning in the Classroom	Fraser Valley Invasive Species Society
Elizabeth's Wildlife Center	Arboretum and Botanical Society of Langley
Nicomekl Enhancement Society	Little Campbell Watershed
Salmon River Enhancement Society	Yorkson Watershed
Langley Stewardship Groups	Glen Valley Watershed
LEPS	Bertrand Creek Enhancement
Fraser Valley Regional Library	Wildsafe BC
Langley Arts Council	

Warm regards,

Eric Woodward
Mayor, Township of Langley

CROSSWORD PUZZLE

ACROSS

1 Rimsky-Korsakov's
"The Tale of Saltan" ____
5 Synthetic silklike fabric
10 Bridge declaration
14 Model Macpherson
15 Sister of Melpomene
16 Cousin of a mandolin
17 Donnybrook
18 Felon
20 Jeopardize
22 Panorama
23 Majors in acting
24 Blew it
27 Hypothesized nuclear
reaction

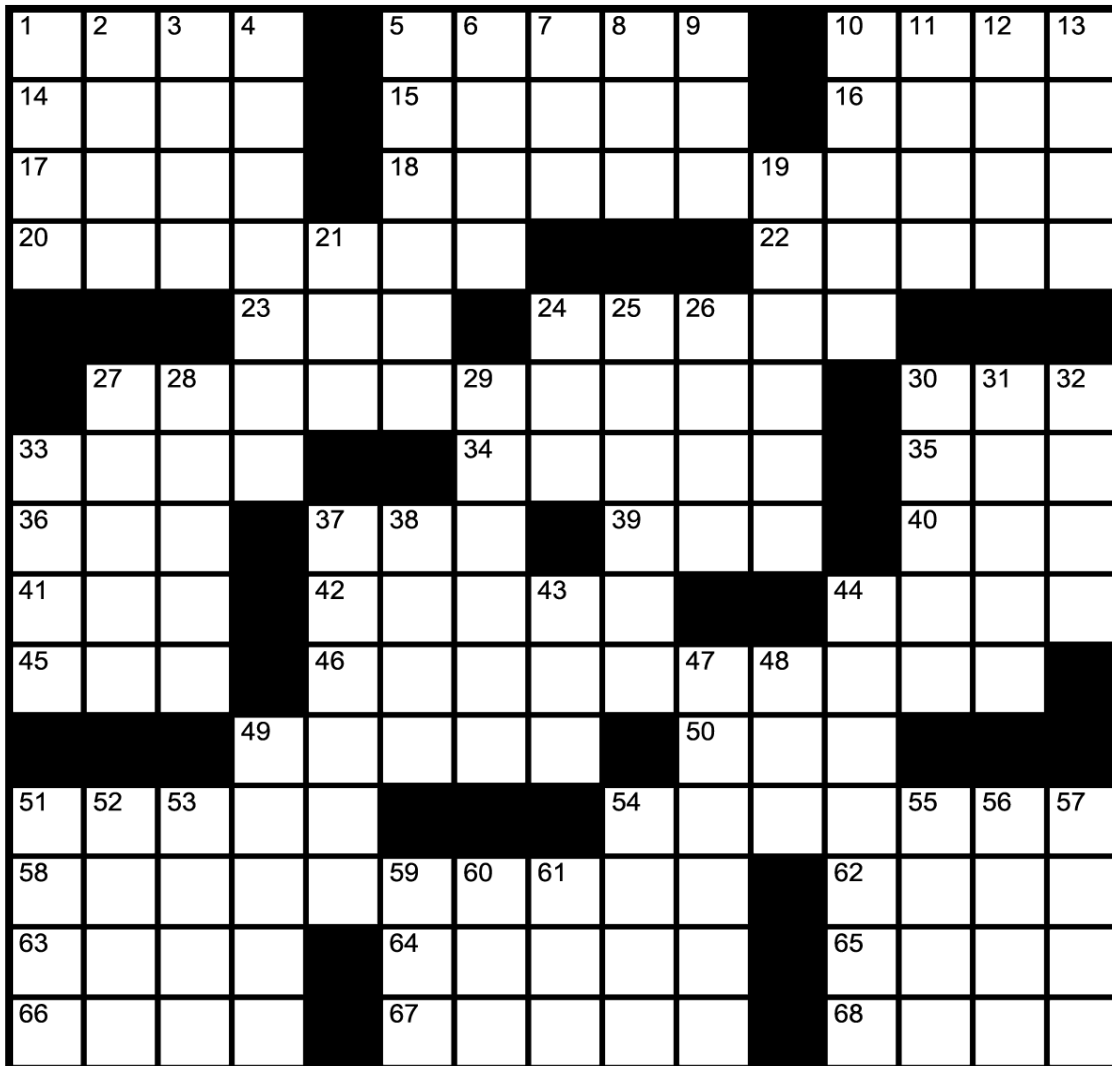
30 Napkin's place
33 Conclusion starter
34 Jewish teacher
35 Start and end of the
Three Musketeers' motto
36 Monopolize
37 Lt.'s subordinate
39 Sack
40 "____ bad!"
41 Tough wood
42 Purple shade
44 Closed
45 Monsoonal
46 Not suitable
49 Important exam
50 Born

51 Light-footed
54 Rather large
58 Sweet cherry
62 Motel employee
63 "Rubáiyát" poet
64 Kernite
65 Designer Schiaparelli
66 Mathematician Descartes
67 Worries
68 500 sheets

DOWN

1 Hatcher of "Lois & Clark"
2 Cowboy actor, ____ Pickens
3 Crooked
4 Recites a story again

5 Bas follower
6 Asian sea name
7 Pilot's problem
8 Gambling inits.
9 Postal creed word
10 Tartan
11 Diving birds of northern
seas
12 Galley notation
13 Some transfusions
19 Made square
21 Checkers color
24 Oahu-to-Maui dir.
25 Poked fun at
26 Choir attire
27 Selected
28 Should, with "to"
29 Actress Andress
30 Shop tool
31 Not silently
32 Connive
33 Take out of the freezer
37 TV awards
38 Indian bread
43 Actress Harper, to her buds
44 Soft-shell clam
47 Negative particles
48 Candy dispenser
49 Danger signal
51 Marc Antony's love
52 Cops and robbers, e.g.
53 Neighbor of Turkmenistan
54 Falling flakes
55 Cotton unit
56 One of the Simpsons
57 Gouda alternative
59 Good buddies use them
60 All the rage
61 Indignation



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

📞 604-977-3235

🌐 seniorhelpers.ca/bc/langley

SENIOR
Helpers



Thinking of taking one of our bus trips?

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.

LSRS Membership has its Benefits!

- Reduced fees for events and programs
- Early registration times
- Reduced prices for Meals to Go from Creekside Cooler
- Member-only activities & programs
- Bus Trip Member-only pricing
and much more!

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

PLAN YOUR NEXT BUS TRIP

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, September 4 | 8:00am - 5:45pm

\$129 Members | \$149 Non-Members

SEA TO SKY GONDOLA

Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola and it's natural surroundings will take your breath away! Activity Level: Easy

PACKAGE INCLUDES:

- Sea to Sky Gondola ticket
- Lunch Watershed Grill
- Shannon Falls
- Squamish River Walk
- All fees and taxes

Thursday, September 10 | 9:30am - 4:45pm

\$109 Members | \$129 Non-Members

SOUTH SURREY SPLENDOR

Enjoy a relaxing day exploring two beautiful Gardens in South Surrey. Visit the charming Darts Hill Garden Park and the peaceful The Glades Woodland Garden, both featuring unique landscapes and seasonal blooms. Midday, enjoy a delicious lunch at NOBLE at the Hills in a lovely countryside setting.

PACKAGE INCLUDES:

- Guided garden visits
- Lunch NOBLE at the Hills
- Garden entry donations
- Transportation

NOTE: Booking for Salt Spring Saturday Market trip doesn't open until September

Saturday, October 24 | 7:15am - 6:45pm

\$129 Members | \$149 Non-Members

SALT SPRING SATURDAY MARKET

With over 140 artisans, this market has earned its reputation as a hotbed for world-class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe. Level: Easy

PACKAGE INCLUDES:

- Salt Spring Saturday Market
- Scenic Gulf Islands Sail
- All Ferry Fees
- Friday, October 30



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

Summer Events in the Township of Langley



Summer Nights

Free outdoor concerts and the Langley Community Farmers Market

Thursdays | 5:30–8:30pm

Willoughby Community Park



Air Fair at Langley Regional Airport

Aircraft displays, family activities, entertainment, local market, and free admission to the Canadian Museum of Flight.

Saturday, August 29 | 10:00am–5:00pm

Find details at tol.ca/events



tol.ca/events

Langley: Many Voices, Shared Place



New exhibit now open daily at salishan Place by the River in Fort Langley. Explore Langley's history through objects, photographs, and community stories.

Learn more at tol.ca/salishan

CA26-117



tol.ca/salishan



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Aldergrove, BC V4W 3L4

AROUND AND ABOUT LSRS



L-R: Ike Toews (Director at Large), Ron Trainor (Treasurer/Secretary), Larry Anderson (Co-Chair), Wade Wutke (Co-Chair),

LSRS Snooker Room Executive Committee

Together, the Executive Committee works to provide enjoyable tournaments, encourage friendly competition, welcome new players, and promote snooker as an active and social sport for all LSRS members.



Paul, a wolfhound-poodle+ enjoys a hug from our resident dog whisperer Wendy



Some of the participants of our Friday Bonsai class showing their creations. L-R: Sharon, James (instructor), Loretta, Pauline, and Diane. The Bonsai Class was formed out of discussions at the Eco-Awareness 101 group, which meets on the 2nd and 4th Wednesday each month at 10:30am.



Thank you to our outstanding volunteers at the Tuk Shop for all the work to make this one of the best thrift shops around!



Tears of laughter, tears of joy, and lots of fun and special moments – the Saturday Social group is fun & supportive. Join them in the Lounge Saturdays 9am-noon!

REGULAR PROGRAMS AT A GLANCE

Monday

Monday Morning Talk Show

10am-11am pg.12

Riverside Ramblers

10:00am start..... pg.44

Table Tennis

10am-12pm pg.37

Spanish - intermediate

11:30-1:00..... pg.35

Spanish - basic

1:30-3:00..... pg.35

Circle of Friends

11:30am-12:30pm..... pg.31

Jam Session

1pm-3pm pg.33

Bridge Partners

1pm-4pm pg.38

Zumba Gold

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

Snooker

9am-4pmpg.35

Tuesday

Fit and Fab with Stacey

9am-10am pg.40

Chair Yoga Plus Strength with Stacey

10:15am-11:15am..... pg.40

Men's Shed Social

10:00am-12:30pm..... pg.35

Flying Solo

11am-12pm pg.33

Senior Pride Social Group

Third Tuesday of each month

11:30am-1:30pm..... pg.35

Line Dancing

11:30am-12:30pm..... pg.35

Canasta

12:30-4pm pg.38

Carpet Bowling

1pm-3pm pg.31

Caregiver Support Group: Men

1:15pm-2:15pm
(ADP location) pg.31

Snooker

9am-4pm pg.35

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.38

Changing Gears

First Wednesday of each month

10:30am-12pm pg.31

Eco-Awareness 101

10:30am-12pm pg.33

Mexican Dominoes

12:30pm-4pm pg.38

Shanghai Rummy

12:30pm-4pm pg.38

Cribbage

1pm-3pm pg.38

Snooker

9am-4pm pg.35

Stay Connected.



Langley Senior
RESOURCES SOCIETY



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

facebook.com/seniorslangley

REGULAR PROGRAMS AT A GLANCE

Thursday

Knit Together

9am-12pm pg.33

Ballroom Dance

10am-12pm pg.30

Zumba Gold

10:00am-11am pg.41

Chair Yoga Plus Strength with Stacey

10:15am-11:15am pg.40

Book Club – **FULL**

First Thursday of each month

12:30pm-2pm pg.30

Tai Chi

Starting September

12:30pm-1:30pm pg.41

Carpet Bowling

1pm-3pm pg.31

Caregiver Support Group

1pm-2:30pm pg.30

Snooker

9am-4pm pg.35

Friday

Walking Group

10am-11am pg.45

Cribbage

10am-12pm pg.38

Samba

11am-3pm pg.38

Mexican Dominoes

12:30pm-4pm pg.38

Bridge

1pm-4pm pg.38

Snooker

9am-4pm pg.35

Tech Help

10:00am-12:00pm pg.37

Saturday

Saturday Social

9am-12pm pg.35

Snooker

9am-2pm pg.35

Card & Board Games

9:15am-12pm pg.38

Table Tennis

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

10 Card Cribbage

10am-12pm pg.38

Adaptive Chair Yoga with Kelli

Starting September

11:15am-12:15pm pg.40

Adaptive Mat Yoga with Kelli

Starting September

12:30pm-1:30pm pg.41

Bingo

12pm-1:30pm pg.30

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 31

PROGRAMS

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

ART CLASS: OIL AND ACRYLIC PAINTING

Receive 1-on-1 guidance from instructor Bette Hurd in these creative sessions where everyone paints their subject of choice. Please bring your own supplies.

Fridays: Sept. 11 - Dec. 11

10am-1pm | Activity Room | 14 Sessions | \$154

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

IN SESSION - Next Registration in September book for Oct-Dec classes

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 - Sept. 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 Ieperen at 778-328-2302 ext. 1, or michellev@lsrs.ca.

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

PROGRAMS

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

CAREGIVER SUPPORT GROUP – MEN ONLY

This support group is open to men only.

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

CARPET BOWLING

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

Tuesdays and Thursdays

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

CHANGING GEARS

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

First Wednesday of each month

10:30am-12pm | Brock Douglas Room

CIRCLE OF FRIENDS

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

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

CREEKSIDE CHORUS

Our Singing-Social Choir has a new name! Join us for a social sing-a-long group with no auditions or requirement to read music. Participants enjoy singing old favourites together and learning new songs. New members welcome - join anytime.

Fridays: Sept. 11 - Dec. 11

10am-12pm | Main Hall | \$28.00 | 14 Sessions | Members only

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, August 4 | 5:00pm | Dublin Crossing

18789 Fraser Hwy.

This pub blends traditional traditional Irish meals and North American foods.

Tuesday, September 1 | 5:00pm | Montana's

20100 Langley Bypass

Enjoy in-house smoked pork ribs, beef brisket, grilled steaks and juicy burgers.



Retirement living in the Park



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

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

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8233 140th Street, Surrey, BC V3W 5K9

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

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

Tuesdays: Sept. 15-Dec 15 | 14 Sessions

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

13 Sessions | \$-- Members | \$-- Non-Members



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Dentist

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Dentist

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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 | Activity Room | Free

PRIDE – SENIOR PRIDE SOCIAL GROUP

Sorry, this group is not for allies except for partners, carers, spouses.



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 companionship over breakfast. LSRS membership not required. Creekside Cafe opens for breakfast at 9am. Contact: seniorpride.lsrs@gmail.com for schedule or information.

No August meeting.

Starting Sept. 12, meet every second Saturday of each month

10am - 11:30am | Recreation & Resource Centre | Brock Douglas Room

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

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 | Club fee \$40/year | LSRS Membership Required

SPANISH LESSONS

IN SESSION - Next Registration in September book for Oct.-Dec. classes

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 - Sept. 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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PROGRAMS

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

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 | Club Fee \$15/year | LSRS Membership Required

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

Fridays / Saturdays

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

TIM'S BITS WOODCARVING

Woodcarving is a time-tested hobby that many find both relaxing and fun. Come and find out what it is all about. Beginners are welcome. Bring your own tools and projects.

Wednesdays

9am-11am | Sunroom | Free

UKULELE

NOTE - Registration for this class does not open until September

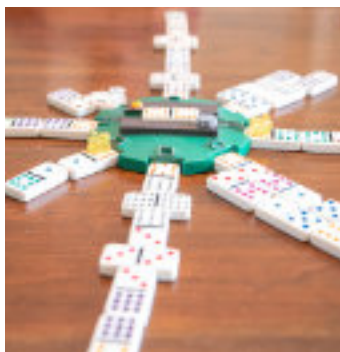
Beginner: This course provides the basics to play a few songs, to understand the basics of music and to use a simple instrument. Previous experience and training not required. You'll learn basic strum patterns and chords necessary for playing folk, country, pop and bluegrass songs. Course material will be provided as well as free online references to allow you to select tunes you may know and like. Teaching and support in tuning, setting up and stringing ukuleles is included. Lessons are 50 minutes long.

Advanced: Participants will have the ability to read chord notation and strum songs in the major keys. This course will review basic theory and chords in major keys including movable chords. Music tabulature for ukulele and diatonic chord triads will be used for developing "Carter Style" or "Chord Melody" tune playing – sounds harder than it is! The course will finish with the fundamentals of folk style finger picking using a few basic finger picking patterns. Course material will be provided as well as free online references to allow you to select tunes you may know and like.

Mondays: Oct 5-Dec 14 | 12 sessions (no session Oct 12)

BEGINNER LEVEL: 9am-10am | Brock Douglas | \$30 | LSRS Membership required

ADVANCED LEVEL: 10am-11am | Brock Douglas | \$30 | LSRS Membership required



NOTE: LSRS Membership is Required for all Card Games, Chess, Mah Jong and Mexican Dominoes

BRIDGE

Fridays

1pm-4pm | Sunroom | Free

BRIDGE - PARTNERS

Mondays

1pm-4pm | Sunroom | Free

CANASTA

Tuesdays

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

CHESS

Wednesdays

10am-12pm | Lounge | Free

CRIBBAGE

Wednesdays

1pm- 3pm | Main Hall | Free

CRIBBAGE

Fridays

10am-12pm | Sunroom | Free

CRIBBAGE — 10 CARD

Saturdays

10am-12pm | Sunroom | Free

EUCHRE — TRADITIONAL

Wednesdays - Looking for players.

Leave name at front desk if interested.

12:30pm-3pm | Lounge | Free

NEW! MAH JONG

Tuesdays - Starting Aug. 11

1pm - 4pm in the lounge

No charge

Register at front desk

MEXICAN DOMINOES

Wednesdays and Fridays - Looking for players.

Leave name at front desk if interested.

12:30pm-4pm | Lounge | Free

SAMBA

Fridays

11am-3pm | Brock Douglas Room | Free

SHANGHAI RUMMY

Wednesdays

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

WHIST

TBA - Looking for players.

Leave name at front desk if interested.

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.

NEW! TRY-IT CLASS! FLOWING WITH BREATHE AND EASE

Take a gentle pause from the demands of daily life and reconnect with yourself in a safe, welcoming space. This class offers an opportunity to slow down, breathe and restore.

Through gentle, healing, meditative yoga movements — practiced either on a mat or from the comfort of a chair — you will be guided to connect with your breath and cultivate inner peace. Mindful movement, guided visualization, and self-compassion practices help calm the mind, ease the body, and support overall well-being.

No previous yoga experience is needed. Everyone is welcome. Each session concludes with a soothing loving-kindness meditation, leaving you feeling grounded and refreshed to face the day with greater ease.

Note: If there is interest we will add this class to our regular programming for October to December.

Mondays: Sept. 14 & Sept. 28 only | No Charge | 2 Sessions

9:00-9:45am | Activity Room | Membership required

ACTIVE CHAIR YOGA WITH STACEY

This upbeat and accessible practice focuses on gentle yet active movement, mindful breath, and improving overall well-being. Enjoy a seated practice that increases flexibility, enhances mobility, and encourages balance—all at a comfortable pace. Balance practice may include standing with safety and comfort prioritized. Healthy movement patterns promote confidence, a greater sense of well-being and ongoing independence.

Tuesdays: Sept. 22-Dec. 15 | 13 Sessions

10:15am-11:15am | Main Hall | Members \$91 | Non-Members \$101 | Max. 30 people

More fitness on following pages

CHAIR YOGA PLUS STRENGTH WITH STACEY

An energizing seated class takes chair yoga to the next level that incorporates hand weights, resistance bands, and body-weight movements. Designed to build muscle tone, boost joint health, and improve balance, explore strength and stability in a safe, supportive environment. A standing balance option is included, always with safety and ease in mind. This class offers an empowering, mindful way to deepen strength and resilience through yoga.

Thursdays: Sept. 17 - Dec. 17 | 14 sessions

10:15am-11:15am | Main Hall | Members \$98 | Non-Members \$108
Max. 30 people

FIT'N'FAB WITH STACEY

A lively, low-impact class designed primarily for standing activity – with seated options to suit all levels and abilities. Set to upbeat music, this energetic and fun workout focuses on aerobic fitness, strength, flexibility, and balance. Using resistance bands, hand weights, and balls, follow a full-body routine that builds endurance and stability. Enjoy safe, confident movement in a supportive environment.

Tuesdays & Thursdays | starts Sept. 17

9am-10am | Main Hall | 10 session punch cards
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: Sept. 16 - Dec. 16 | 12 Sessions *(no Sessions Sept. 30 / Nov. 11)*

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

ADAPTIVE CHAIR YOGA WITH KELLI

Seated yoga class.

Saturdays: Sept. 12 - Dec. 12 | 13 Sessions *(no session Nov. 21)*

10:50-11:50am | Activity Room | Members \$91 | Non-Members \$101
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: Sept. 12 - Dec. 12 | 13 Sessions *(no session Nov. 21)*

12-1:00pm | Activity Room | Members \$91 | Non-Members \$101 | Max. 15 people

FITNESS CIRCUIT WITH DAWN

This is a standing-based fitness program, ideal for those seeking a safe, effective, and energizing workout that supports real-life strength, flexibility, and vitality. Stay strong, confident, and capable with a full-body, 60-minute circuit-style class. You'll move from station to station through a guided sequence of exercises designed to enhance balance, endurance, and mobility for daily living.

Saturdays: Sept. 12 - Dec. 12 | 13 Sessions *(no session Nov. 21)*

9:30 - 10:30am | Activity Room | Members \$91 | Non-Members \$101

TAI CHI

Try the ancient Chinese Martial Art class that involves gentle and flowing movements. The class combines elements of martial arts, philosophy and traditional Chinese Medicine. Tai Chi is often practiced for its health, stress reduction and its meditative benefits.

Thursdays | Sept. 10 - Dec. 10 | 12 Sessions *(no session Oct. 15)*

12:30-1:30pm | No Charge | Activity Room | Max 12 people | Membership Required

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 - Aug. 27 | 10-11am | 8 Sessions **CURRENTLY IN SESSION**

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

Mondays: Aug. 10 - Sept. 28 | 3:15-4:00pm | 7 Sessions *(no session Sept. 7)*

Main Hall | Members \$49 | Non-Members \$59

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 | 10:00 – 11:30am

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 | 10:30am – 12pm

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

GENTLE YOGA FOR MOVEMENT AND BALANCE WITH JENNIFER

IN SESSION - Next Registration in September book for Oct-Dec classes

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 - Sept. 29 | 9 - 10am

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

*Drop in and
say hello!*

You're Invited to LSRS Drop-in!

Tuesdays -12:30 - 2pm

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

Drop in and learn what the Langley Senior Resources Society is planning for Fort Langley. Share your ideas and tell us what you would like to see offered in your neighbourhood. We'll have the coffee on and the cookies ready.

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

CHAIR YOGA

IN SESSION - Next Registration in September book for Oct-Dec classes

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 - Sept. 24 | 9 - 10am

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: Sept. 1 - 29 | 11am - 12pm | 5 Sessions

St. Georges Anglican Church, 9160 Church St, Fort Langley
Main Hall | Members \$35 | Non-Members \$45



Pharma Days
Fort Langley

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



Divisions of Family Practice
An FPSC Initiative

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

Thursdays - 9am-4pm
Sept 10 • Oct 15 • Nov 12 • Dec 10

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

sponsored by



Langley Senior
RESOURCES SOCIETY



Langley
Primary Care Network



fraserhealth
Better health. Best in health care.

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

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Book A Free
Assessment
Today!**

We also offer
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**(604) 427- 4446
(778) 955 -7685**

pacificwestadulthooddaycentre.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 4 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

AUGUST 5: NOEL BOOTH PARK

20302 36 Avenue

AUGUST 12: DERBY REACH

Meet at campground parking lot, 21801 Allard Crescent

AUGUST 19: BRAE ISLAND

Meet at 9451 Glover Road

AUGUST 26: CAMPBELL VALLEY PARK

Meet at 16th Ave. parking lot, River Loop & Racetrack

Fridays at 10:00 am

AUGUST 7: FORT-TO-FORT TRAIL

Meet at Bedford Plaza

AUGUST 14: CAMPBELL VALLEY PARK

Meet at 8th Ave. parking lot, Ravine Trail

AUGUST 21: DEREK DOUBLEDAY ARBORETUM

21177 Fraser Highway

AUGUST 28: PLEASANTDALE CREEK TRAIL

Meet at Centre, walk to Sendall Gardens



BELLEVUE PARK

— SENIOR LIVING —

WELCOME HOME



Join us for our upcoming
Coffee & Conversation series
featuring Crime Stoppers.

Stay informed and connected during these engaging community conversations. Crime Stoppers will share the latest information on today's most common fraud schemes and provide practical tips to help protect yourself and your loved ones.



Discussion Topics:

- ✓ AI & Digital Scams
- ✓ Financial Fraud
- ✓ Investment Scams
- ✓ Emotional Exploitation
- ✓ Current fraud stories and prevention strategies



Enjoy coffee, conversation, and valuable safety information in a welcoming community setting.



**Presentations
at 1:30PM**



AUGUST 6

Coffee & Conversation
featuring Crime Stoppers



SEPTEMBER 3

Coffee & Conversation
featuring Crime Stoppers



*Reserve
your spot today!*



**Independent Living Suites &
Private Pay Full Care Rooms Available.**

Call today to RSVP or book a tour!

604-329-3664

2882 – 272nd Street, Aldergrove | www.bellevuepark.ca



Friendly Visitors

The Friendly Visitor Program is in need of more volunteers.

What is the Friendly Visitor Program:

As a Friendly Visitor volunteer, you'll be matched with a senior living in the community and commit to weekly or bi-weekly visits, phone calls, or walks at a time that works for both of you. Whether you enjoy chatting over coffee, taking a stroll, or simply checking in by phone, your presence can provide comfort, connection, and encouragement.

Many seniors experience loneliness and isolation. A small commitment of your time can help them stay active, engaged, and connected to their community while creating a friendship that is rewarding for both of you.

Volunteers must live in Langley.

Please contact Kenzi at 604-530-3020 Ext. 322 or email volunteer@lsrs.ca if you interested in joining the LSRS team, or would like more information.



Allan (right) one of our volunteers has had his friendly visitor relationship develop into friendship over the years he has been visiting Laverne (left).

Home Support Tailored To Your Individual Needs



We offer:

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



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

ICBC Claims Accepted



SafeCareHomeSupport.ca

Dementia - Friendly Adult Day Program

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



- We incorporate personalized and Montessori programming
- Other Locations Available

To Learn More & Register

778-549-6413 or
info@adulthoodcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.ca

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 (bolded sections) must contain all numbers from 1 to 9 with no duplicates.

		3			7		2	
	6			4				
		1				4		
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		2				1		
5			6					
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			7				4	
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At some point in our lives, we begin to think about the impact we will have on the world after we're gone.

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

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

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



Langley Senior
RESOURCES SOCIETY



Charitable Registration Number: 121924229RR0001

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

Leave a Legacy

Giving Through Your Estate

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

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

Honour Someone Special

In Honour or Tribute giving:

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

The Hope Fund

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

Monthly Giving Donors

Consider Becoming a Monthly Donor

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

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

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

Other Sponsorship Opportunities

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

Giving is easy!

Three ways to give:

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



Langley Senior
RESOURCES SOCIETY

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

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

Information and Referral

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

Social Prescribing

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

Navigation Support

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

Examples are

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

Form Filling:

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

Thank you
to these
partners



Langley Community
Services Society



Stepping Stone
Community Services Society





United Way helping seniors
remain independent.

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

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

Transportation to Appointments

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

Grocery Shopping

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

Light Housekeeping

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

Friendly Visits

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

Telephone Buddies

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



Supporting the non-medical needs of older adults in BC

Contact Community Services for more information

604-530-3020

ADULT DAY PROGRAM



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

ADULT DAY PROGRAM MANAGER

Michelle Van Ieperen

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

LEAD NURSE

Paul Richenberger

778-328-2302 ext. 2 | paulr@lsrs.ca

COMMUNITY BATHING SUPERVISOR

Mirarie Fosana

778-328-2302 ext. 4

At our secondary location, the Adult Day Program provides specialized care and recreation for adults with physical and/or cognitive limitations who live alone or with family caregivers within the Langley area.

- Recreation
- Caregiver support groups
- Health care
- Meal and dietary services
- 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

Flavia Leite

Junior Bookkeeper

604-530-3020 ext.313,
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Debbie Pauls

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Laurel Gibbons

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johnz@lsrs.ca

FACILITIES MANAGER

Brandon Judd

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

FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52

RETIREMENT. LIVING!



"I liked Magnolia Gardens the very first time I saw it. I felt comfortable and that I already knew people...It was amazing."

-LINDA LEE, resident since April 2024

Come for a tour and stay
for complimentary lunch
or dinner. Call Keri today:

604.351.8668



**MAGNOLIA
GARDENS**
A BRIA COMMUNITY

BriaCommunities.ca

Are you curious about Over The Counter Hearing Aids?

Is this the right choice
for you?

Wonder what all the hype is
about over-the-counter
hearing aids?

Come and learn from
Kim Galick, RHIP
of Ears Hearing Clinics
and stay for lunch.

It's on us!



SEMINAR STARTS:
10:00 AM



LIGHT LUNCH WILL BE
SERVED AFTER SEMINAR



THURSDAY
SEPTEMBER 10, 2026



LANGLEY SENIOR RESOURCE SOCIETY
20605 51B Avenue, Langley, BC



JOIN US FOR A
**LUNCH
& LEARN**



KIM GALICK
EARS HEARING CLINICS



YOU MUST RSVP
TO BE INCLUDED FOR LUNCH.
CALL 604-427-2828

We look forward to seeing you!