



Langley Senior
RESOURCES SOCIETY

Programs & Services
for Adults 50+

In the Loop

OCTOBER 2026 ^{only} **\$2**



Try out Slot Car
Racing with the
Men's Shed

PAGE 12

We are now
serving
Aldergrove!

PAGE 44

We will be
closed Monday,
October 12 for
Thanksgiving

Registration opens:

Members: Monday, October 5

Non-Members: Thursday, October 8



YOUR TRUSTED LOCAL LANGLEY SENIORS REAL ESTATE SPECIALIST



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kelly@kellyblouin.ca



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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'ay (Katzie) and se'mya'me (Semiahmoo) First Nations. We are honoured and grateful to conduct our work on their lands.



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

Aldergrove: Select Programs
Aldergrove Heritage Hall
3015 273 Street, Aldergrove
Info: LSRS.ca/aldergrove-programs

HOLIDAY CLOSURES:

Thanksgiving

Monday, October 12

Remembrance Day

Wednesday, November 11



JOIN US FOR BREAKFAST

Weekdays: 9 - 10:45am

Saturdays: 9am - 1:30pm

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



Kate Ludlam,
Executive Director,
LSRS

As the leaves turn gold and the air carries that familiar autumn crispness, I find myself reflecting on how much this community means to me - and to everyone who walks through our doors. October is always a special month at Langley Senior Resources Society, full of connection, celebration, and gratitude, and this year is no exception.

We kick things off on October 1st with National Seniors Day, and we're honoured to welcome BC's Seniors Advocate, Dan Levitt, for a special visit. Dan has been a tireless champion for seniors' rights and wellbeing across our province, and this is a wonderful opportunity to hear directly from him, ask questions, and celebrate the wisdom and contributions of our senior's community. We hope you'll join us for this meaningful occasion.

Of course, no October at LSRS would be complete without our beloved Oktoberfest Pub Dinner! We're thrilled to welcome back the band S-BAHN to get everyone on their feet with an evening of great food, music, and community spirit. This event sells out every single year, so I encourage you to get your tickets early — you won't want to miss it.

This season also gives us a chance to pause and express our heartfelt thanks to the many generous donors whose support makes everything we do possible. From our programs and services to our facilities to the everyday moments of connection in our halls, none of it would happen without you. We're already looking forward to our annual Donor Appreciation Lunch on October 23, where we'll have the chance to properly celebrate and thank you in person.

As we move into this beautiful fall season, I wish you all a warm and joyful Thanksgiving surrounded by the people and things you're grateful for. Thank you, as always, for being part of the Langley Senior Resources Society family.

Looking for **HEARING AIDS**



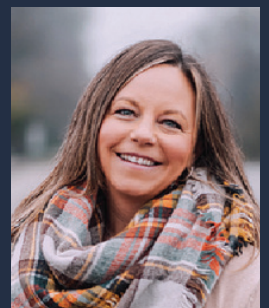
Kim is on site monthly for your hearing needs.
Visit her Tues, October 13 - 11:30am-1:00pm
in the LSRS Lounge

KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

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Unit C, 20568 - 56th Avenue, Langley



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& 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.



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#207 — 20434 64 Ave. Langley, BC V2Y 3B3

www.truevaluefinancial.ca

Guaranteed income and estate benefits referenced above are available through insurance-based solutions, such as variable annuities.

Support for men in a caregiver role

MEN'S SUPPORT GROUP

Caring for a family member or friend with cognitive or physical difficulties or other health related matters can be demanding. If you're doing it by yourself, it's even tougher. It can feel like you're battling both the disease and the person. It drains you emotionally and physically.

The Adult Day Program's Men's Support Group's approach is about helping you reclaim precious moments with your loved one, so instead of worrying about their bad days, you can celebrate their good days. We offer both strategic and medical advice in order that you can make more informed decisions regarding your loved one.



The Men's Support Group meets every Tuesday at 1:00 at the Adult Day Program, 20256- 56th Avenue.

For further information contact Paul at 778-328-2302 ext. 2



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BALANCE**



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THIS ELECTION IS IMPORTANT KEEP LANGLEY CITY INDEPENDENT

Voting Day
Saturday, October 17, 2026
Timms Community Centre



Vote for Mayor

NATHAN PACHAL

Vote for Council



**PAUL
ALBRECHT**



**HEATHER
JENKINS**



**SHAWN
CALDERA**



**MIKE
SOLYOM**



**JEFF
JACOBS**



**ROSEMARY
WALLACE**

www.langleycityfirst.ca

Authorized by Albert Chen, Financial Agent, 778-996-9910



Community First

Every decision we make starts with putting the community first. We do not govern from a distance or rely on assumptions about what residents need. We stay connected, we listen first, and we make sure that the lived experience of the people who call this city home is always at the centre of how we lead.

Safety and Well-Being

A city where people feel safe is a city where people can thrive. That means well-maintained streets, responsive services, and welcoming public spaces. But real safety goes deeper than that. It means access to mental health supports, housing stability, and a community where no one is left behind. We are committed to building a Langley City that feels secure and supportive for everyone, not just some.

Collaboration

We are a team of independent voices, and that is one of our greatest strengths. We each bring different perspectives, different backgrounds, and different ideas to the table. What unites us is a shared commitment to working together with respect and openness, putting progress ahead of politics. When independent leaders choose to pull in the same direction, the whole community benefits.

Integrity

Good leadership means being honest about what you know, transparent about how you decide, and accountable for what you do. We do not govern by ideology or political calculation. We follow the evidence, consult the community, and focus on outcomes that actually make a difference in people's lives. Residents deserve to trust their council, and we take that responsibility seriously.

Resilience and Responsible Stewardship

Langley City has built something worth protecting. Strong infrastructure, reliable services, and sound finances do not happen by accident. They require careful, consistent stewardship from leaders who think about the long term. We are committed to maintaining what makes this city work today while making smart investments that keep it strong through whatever growth and change comes next.

READ OUR FULL PLATFORM AT www.langleycityfirst.ca/our-platform

Authorized by Albert Chen, Financial Agent, 778-996-9910

Oktoberfest Dinner



Wednesday, October 21

4:30 - 7:30

featuring our
**Chef John's Traditional
Oktoberfest Menu**

and dessert!

ALMOST SOLD OUT!
Limited Seats Left

with feature guest performers

S-BAHN

It doesn't get more fun than this!

Celebrate Oktoberfest with a lively oompa band
& traditional menu!



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)

**FUN TIME
IN THE
LOUNGE!**

**MONSTER
MASH**

**WEAR A
COSTUME**

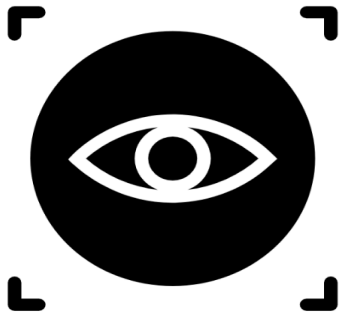
Friday, October 30 | 12-2:00pm

**BEST
COSTUME
CONTEST!**

**SPOOKY & HALLOWE'EN
SNACKS & HYDRATION**

Free Event!
Everyone Welcome!

 **Langley Senior**
RESOURCES SOCIETY



Low Vision Support Group

social connection | educational resources | practical advice

1st Wednesday of each month

1:30-3pm | Oct. 7, Nov. 4, Dec. 2



Langley Senior
RESOURCES SOCIETY

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



Over 40 vendors!

**Saturday
Nov. 21**

9:30am - 3:00pm
Creekside Hall
(inside LSRS)

- Cafe open
- Raffle Prizes
- Christmas Tuk Shop



Langley Senior
RESOURCES SOCIETY

Everyone welcome!
admission by donation

20605 51B Avenue, Langley

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

start with a lesson... and finish with a dance

*save the date for
our first annual*

Ballroom Dancing Event

Friday, October 16

12:30-3:00

light refreshments and dessert



Langley Senior
RESOURCES SOCIETY

**No Charge
Everyone Welcome!
Registration Required**

*Hosted by the
LSRS Ballroom Dancers Group*



SCALEXTRIC, SLOT CAR RACING TOURNAMENT

**Do you want to be
a Champion?
Come and give it a go!**



**Race Day: Wednesday 7th October 2026
Venue: Brock Douglas Lounge**

**Coaching and Time Trials start at 12.30pm
followed by Head to head, seeded races.**

**This is a free, and definitely fun social event !
Grand Prix licences and experience not
required – enthusiasm only.**



Langley Senior
RESOURCES SOCIETY

Refreshments provided to all racers.

Please register at the front desk. Only 20 race slots available.

SAVE THE DATE

Celebrate the **Cranberry Festival on Saturday, October 10**, at Fort Langley National Historic Site. While the village of Fort Langley fills the streets with music, food, and vendors, the National Historic Site will celebrate with a historic twist. Explore the berry's 19th-century history through lively storytelling, heritage demonstrations, and delicious cranberry treats.

The event also kicks off the site-wide Scarecrow Showcase, complete with a fun scavenger hunt where you can cast your vote for a favourite creation.

Volunteers at LSRS decorated their own 'Retired' Spider-Man Scarecrow to enter in the showcase. Be sure to cast your vote for our scarecrow at the celebration!



The LSRS Scarecrow Design Team had a lot of fun creating 'Retired Spider-Man'. Complete with walker, crossword puzzle and all the accoutrements of the retired! Spider-man is on display inside the National Historic Fort Site.

L-R: Su, Loretta, Gail, Debbie, Willie, Heather, Diane

**Don't
Miss
Our**

NOVEMBER PUB LUNCH

Wed, November 18

11:30-1:30

Featuring Live Music with the

Coyote Creek Band

**Chicken Pot Pie
with Fries & Gravy
and Cheesecake!**



Langley Senior
RESOURCES SOCIETY

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

LSRS Members \$25 / Non-Members \$35

Cash payments appreciated



The Coyote Creek Band is a high-energy country rock band blending heartfelt harmonies, driving rhythms, and a down-to-earth sound that gets feet stomping and hearts singing.

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



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

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

OCTOBER

5

Grave Tales

Learn all about The Fort's annual "Grave Tales" after-dark tours through the historic village of Fort Langley, where the past whispers through every corner.

~ Daniel Cram,
Fort Langley National Historic Site

OCTOBER

12

**Closed
for
Thanksgiving**



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

OCTOBER

19

Speed & Pedestrian Safety

Join us for a meaningful conversation about pedestrian safety and speed relative to conditions, just in time for darker hours and the winter season.

~ ICBC's Leanne Cassap &
Sgt. Patrick Davies, Highway Patrol

OCTOBER

26

Introduction to Brain Health

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

~ Sidra Qadeer, Alzheimer's BC

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COMMUNITIES



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

Staying healthy in the fall respiratory season

(NC) As the fall and winter arrive, people spend more time indoors due to the colder weather, and viruses spread more easily. This time of year, also called respiratory season, often brings a rise in illnesses like influenza, COVID-19 and respiratory syncytial virus (RSV), making it an especially important time to protect your health.

Here are a few simple steps you can take now to help you stay ahead of illness and protect yourself and your loved ones:

Get vaccinated: Staying up to date on recommended immunizations is still the most effective way to reduce the risk of severe illness. It helps protect yourself and those around you.

Practice healthy habits: Getting enough sleep, staying active, drinking plenty of water and eating a balanced diet can help keep your body working at its best.

Wash hands frequently: Cleaning hands with alcohol-based hand sanitizer or soap and warm water can help prevent the spread of germs.

Stay home when you're sick: Resting at home helps protect your immune system and reduces the risk of spreading illness to others.

Cover coughs and sneezes: Use a tissue or the crook of your elbow to cover your mouth and nose to prevent spreading viruses to others.

Consider masking: Wearing a well-fitted mask in indoor public spaces can add an extra layer of protection, especially for those at higher risk of severe illness.

Improve indoor air quality: Increasing ventilation by taking steps, like opening your windows to bring in fresh air and using air filtration, can help create a healthier indoor environment.

Staying healthy during respiratory season doesn't have to be a challenge. By combining everyday precautions with vaccination, you can be better prepared and protected from circulating viruses.

You can talk to your healthcare provider or pharmacist about recommended immunizations for influenza, COVID-19.

Keeping up-to-date with your immunizations is important to staying healthy.

Immunizations are not just for children. Some childhood immunizations, such as tetanus and diphtheria, do not give immunity for life – so even if you were immunized as a child, you may require 'booster shots' as an adult. For example, all adults in B.C. can get a booster of tetanus and diphtheria vaccine every 10 years.

Adults who did not complete their vaccines as a child are at risk for infection and can also infect others. For example, adults who are infected with measles or pertussis (whooping cough) can infect infants who may not be fully immunized.

For more information on immunization please visit www.fraserhealth.ca/health-topics-a-to-z/immunizations/adults-immunizations.

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, October 13**

11:30am-1pm

No appointment necessary



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: **Saturday, Oct. 10**
10:00am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

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*

BONE HEALTH CLINIC

Bone health clinic services at LSRS include:

- Review importance of bone health, affect of lifestyle choices and connection to programs and resources.
- Review of risk factors for low BMD, falls and fracture risk.
- Recommendations including BMD testing, bloodwork, initiating pharmacotherapy, and lifestyle modifications.

2-PART COURSE. MUST BOOK FOR BOTH

Monday, Oct. 5, 9-11am

& Thursday, Oct. 8, 9-11am

Call the Front Desk for availability.

Members FREE

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

Fort Langley:

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

October 15 • November 12 • December 10

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



Divisions of Family Practice
An FPSC initiative



Langley Senior
RESOURCES SOCIETY

sponsored by



Langley
Primary Care Network



fraserhealth
Better health. Best in health care.

BREAD AVAILABLE BY DONATION

COBS
BREAD

The LSRS Bread Basket

Supporting the LSRS HOPE FUND



NEXT LSRS BREAD BASKET DATES:

**Tuesday:
October 6 & 20**

Thank you to Cobs Bread for supporting our Seniors!

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



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

AROUND AND ABOUT LSRS



Participants enjoyed a nice afternoon in the sunroom working on Fall Scene Paintings with Artist Dawn. Event was sponsored by Harrison Communities.



PACIFICWEST ADULT DAY CARE

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

Our featured programs:

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

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WALNUT GROVE NOTARIES



Donna Van Beek





Marcella Barbosa

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SAME GREAT TEAM.**

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→ Real Estate Transfers

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Document Notarization ←

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wgnotaries.com

LSRS Teams compete in and out of centre



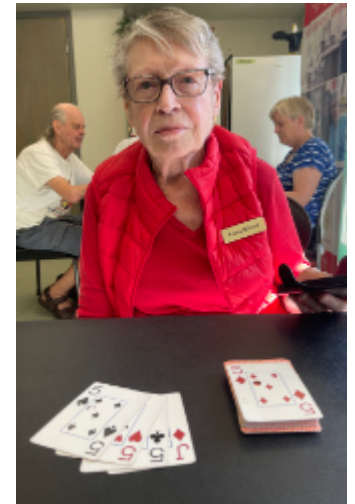
Alice Kennedy, Wayne Markel, and Arlene Pike show off their medals after another successful year competing in table tennis at the BC Seniors Games. Congratulations!



It was a very successful day for our cribbage club on Aug 27. 28 as they visited Langley Seniors Village for a crib tournament and lunch.



The LSRS Snooker Men's Doubles teams hosted Dogwood Green at the start of the season on September 9.



Congratulations to LSRS Crib player Kasey Minard who scored a perfect 29! This hand is extremely rare, making it a celebrated event in cribbage play.

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

AROUND AND ABOUT LSRS



The Langley Senior Resources Society Snooker Room Committee is proud and honored to present Bill Beadle with a **Snooker Room Lifetime Membership** in recognition of his outstanding dedication, generosity, and service to our snooker community.

From the very beginning of his club involvement, Bill has been a strong supporter of the Snooker Room, contributing both financially and personally to its growth and success. His commitment extends far beyond donations. Bill has generously volunteered countless hours providing free lessons, professional coaching, and encouragement to players of all ages and skill levels.

Bill was instrumental in introducing and supporting the Ladies Snooker Program at the LSRS through free instruction and coaching. His patience, knowledge, and passion for the game have helped many new players gain confidence and develop their skills. It is common to find Bill in the Snooker Room sharing tips, mentoring members, and helping others improve their game simply because he enjoys seeing people succeed.

Bill is known not only as an accomplished player and coach but also as a true gentleman, respected friend, and valued member of our club. His willingness to help others and his positive attitude have made a lasting impact on everyone who has had the pleasure of knowing him.

We would also like to recognize Bill's remarkable generosity and support of special club events. Bill is a long-time friend of Canadian snooker legend and former World Champion Cliff Thorburn, who coached Bill when he first became serious about the game of snooker.

Bill played a pivotal role in helping organize and support the highly successful Cliff Thorburn Live Snooker Exhibition and Demonstration held in September 2025. Through his collaboration, encouragement, and financial support, Bill helped bring the event to life. As the event's sole Gold Sponsor, he generously contributed from his own pocket and donated selections from Bill Beadle Fine Wines for fundraising gift baskets. His contributions helped launch the event and contributed significantly to its success.

Bill's dedication to promoting snooker, supporting fellow members, and strengthening our club exemplifies the spirit of community service and volunteerism that makes Langley Senior Resources Society such a special place.

On behalf of the Snooker Room Committee and all our members, we extend our heartfelt thanks to Bill for his years of service, friendship, mentorship, and generosity. We are pleased and proud to recognize his contributions with this well-deserved Lifetime Membership Award.

Congratulations, Bill, and thank you for everything you have done - and continue to do - for our Snooker Club and its members.



awarded to

**Bill
Beadle**



Langley Senior
RESOURCES SOCIETY

Teamwork **ACHIEVES** a Greater Langley City

VOTE VAL VAN DEN BROEK

Langley City Councillor

**#1 Taxes need to be
Reasonable
NOT 38.52% in 4 years**

**#2 Back to core services
Not vanity projects**

**#3 Open communication,
transparency and
public engagement**

#4 Public Safety

**What you get:
Fiscal Accountability
Experience & Knowledge
Straight talk from 25 years of
service to RCMP, Township of
Langley & Langley City Hall**

**Visit
val4langleycity.ca**



**Pledge to Vote
VAN DEN BROEK
Independent
Oct 17th**

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
- Home Nursing Care
- 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

Friday, October 30 | 10:00 am - 5:15 pm

\$129 Members • \$149 Non-Members

WESTHAM ISLAND

Just getting to Westham is fun. Travel across a wooden swing bridge dating back to 1908 and find yourself on a tiny island packed full of natural beauty and brimming with bird life.

Level: Easy

PACKAGE INCLUDES:

- Brunswick Point Trail
- Reifel Migratory Bird Sanctuary
- Snow Geese Guided Tour
- Lunch at Sharkey's Seafood Grill
- Westham Island Herb Farm

Thursday, November 19 | 7:45am - 4:30pm

\$129 Members | \$149 Non-Members

HARRISON BALD EAGLE TOUR

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, separate forested area and the Chehalis River at the Hatchery. Level: Easy

PACKAGE INCLUDES:

- Rivers Edge Restaurant Lunch
- Multiple Eagle Viewing Locations
- Chehalis River at the Hatchery



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

ENJOY THE JOURNEY

ENJOY THE JOURNEY

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



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

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

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



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

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

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

Lending Library at LSRS

The Fraser Valley Regional Library (FVRL) has an outreach program from Langley to Hope.

LSRS is a member of the FVRL Outreach Program that has hard cover and large print books for us to enjoy.

FVRL replenishes this collection every few months.

The next refresh is Nov. 5, 2026.

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 (published between 2000-2026). Please leave them in the basket.

Your Librarians are Judy O., Judy D., and Tarja M.

Two days,
Twice the welcome.

Friday & Saturday

October

23 & 24

12:00 pm – 4:00 pm



You are warmly invited to our upcoming Open House! Come tour our welcoming community, meet our friendly team, and discover the peace of mind that comes with comfortable, maintenance-free living. Seasonal refreshments and genuine hospitality await you.

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**LANGLEY
SENIORS VILLAGE**

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REGULAR PROGRAMS AT A GLANCE

Monday

Monday Morning Talk Show

10am-11am pg.14

Riverside Ramblers

10am start pg.45

Table Tennis

10am-12pm pg.37

Circle of Friends

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

Spanish - advanced

11:30am-1pm pg.35

Spanish - basic

1:30pm-3pm pg.35

Jam Session

1pm-3pm pg.33

Bridge Partners

1pm-4pm pg.38

Snooker

9am-4pm pg.35

Tuesday

Fit n' Fab with Stacey

9am-10am pg.40

Active Chair Yoga with Stacey

10:15am-11:15am pg.39

Men's Shed Social

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

Flying Solo

11am-12pm pg.33

Line Dancing

11:30am-12:30pm pg.33

Canasta

12:30-4pm pg.38

Carpet Bowling

1pm-3pm pg.31

Mah Jong

1pm-4pm pg.38

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

Euchre

12:30-3pm pg.38

Mexican Dominoes

12:30pm-4pm pg.38

Cribbage

1pm-3pm pg.38

Snooker

9am-4pm pg.35

Stay Connected.



Langley Senior
RESOURCES SOCIETY



facebook.com/seniorslangley

Thursday

Fit n' Fab with Stacey

9am-10am pg.40

Knit-2-Gether

9am-12pm pg.33

Ballroom Dance

10am-12pm pg.30

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

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

Tech Help

10am-12pm pg.37

Samba

11am-3pm pg.38

Art Class

10am-1pm pg.30

Creekside Chorus

10am-12pm pg.31

Mexican Dominoes

12:30pm-4pm pg.38

Bridge

1pm-4pm pg.38

Snooker

9am-4pm pg.35

Saturday

Saturday Social

9am-12pm pg.35

Snooker

9am-2pm pg.35

Card & Board Games

9:15am-12pm pg.38

Fitness Circuit with Dawn

9:30am-10:30am..... pg.41

Table Tennis

10am-12pm pg.37

Tech Help

10am-12pm pg.37

10 Card Cribbage

10am-12pm pg.38

Adaptive Chair Yoga with Kelli

10:50am-11:50am..... pg.41

Adaptive Mat Yoga with Kelli

12pm-1pm pg.41

Bingo

12pm-1:30pm pg.30

Senior Pride Social Group

Second Saturday of each month

10am-11:30am pg.35



Some of the LSRS Crib Players enjoy some good natured banter in the Sunroom.

PROGRAMS

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

ART CLASS: OIL AND ACRYLIC PAINTING

Receive 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 | Morning session 9am - 12pm | Afternoon session 12:30 - 3:30pm
Activity Room | 14 Sessions | \$154 | Members only

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: Oct. 22 - Dec. 17

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

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

9 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

12:30-2pm | 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 Sherri Martin sherrim@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. Contact Michelle Van Iepern 778-328-2302 ext.1 / michelle.v@lsrs.ca

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 | Club Fee \$13/year | LSRS Membership required

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, October 6 | 5:00pm | Sushi Ami

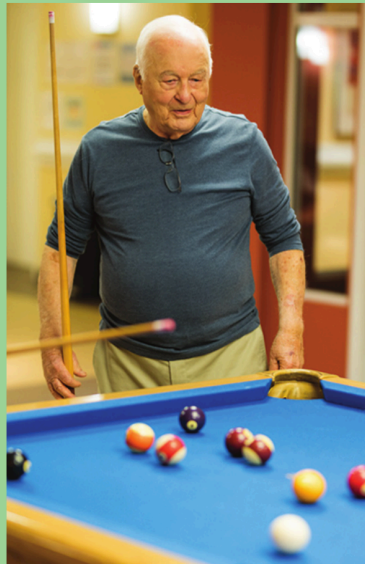
20151 Fraser Highway, Langley

This delightful spot offers a mouthwatering variety of Japanese food.

Tuesday, November 3 | 5:00pm | C-Lovers

20251 Fraser Highway, Langley

This fish and chips restaurant is a local favourite!



Retirement living in the Park



Looking for a perfect home? Look no further.

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

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

Looking for activities?

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

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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 | Brock Douglas

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 | \$98 Members | \$108 Non-Members



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Denturist

Adam Wejksznar R.D.
Denturist

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Call for a Complimentary Consultation



All Dental Plans
Accepted



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

10:00am-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.lsr@gmail.com for schedule or information.

Oct. 10, meets 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 - 12:00pm | 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

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 Advanced classes. Limited spots available. No cancellations or refunds for these classes.

Mondays: Oct. 19 - Dec. 14 | 9 sessions

ADVANCED LEVEL: 11:30am - 1:00pm | Activity Room | \$45 | 9 Sessions | Members only

BASIC LEVEL: 1:30 - 3:00pm | Activity Room | \$45 | 9 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: 10am-12pm

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

10am-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

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.

12:30pm-3pm | Lounge | Free

MAH JONG

Tuesdays

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

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.

FLOWING WITH BREATH AND EASE WITH VICKY

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.

Mondays: Oct. 5-Dec. 14 | 10 Sessions (no session Oct. 12)

9:00-9:45am | Activity Room | Members \$70 | Non-Members \$80

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 | 12 Sessions (no session Nov. 10)

10:15am-11:15am | Main Hall | Members \$84 | Non-Members \$94 | Max. 30 people

More fitness on following pages

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 *(no session Nov. 10)*

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

Members \$70 | Non-Members \$85 | 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

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

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

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

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

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. For more information, or to reserve a space please email: sherrim@lsrs.ca

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. We invite you to join us for a trial session to ensure it is a good fit. For more information, or to reserve a space email: sherrim@lsrs.ca

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

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: Oct. 6 - Dec. 15 | 9 - 10am

St. Georges Anglican Church, 9160 Church St, Fort Langley
11 Sessions | \$77 Members | \$87 Non-Members

CHAIR YOGA

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

Thursdays: Oct. 1 - Dec. 17 | 9 - 10am

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

FORT LANGLEY PROGRAMS

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

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: Oct. 6 - Dec. 15 |
11am - 12pm | 11 Sessions**

St. Georges Anglican Church,
9160 Church St, Fort Langley
Main Hall | Members \$77 | Non-
Members \$87



Big smiles from participants of Yudy's Zumba Gold class. The class enjoyed a fun workout with great music!

PHARMA DAYS - FORT LANGLEY

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

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

- October 15
- November 12
- December 10

BONE HEALTH CLINIC

Bone health clinic services at LSRS include:

- Review importance of bone health, affect of lifestyle choices and connection to programs and resources.
- Review of risk factors for low BMD, falls and fracture risk.
- Recommendations including BMD testing, bloodwork, initiating pharmacotherapy, and lifestyle modifications.

2-PART COURSE. MUST BOOK FOR BOTH

Tues, Oct. 27 & Thurs, Oct. 29

Call the Front Desk for availability.

Members FREE

FORT LANGLEY

Classes take place at:

Aldergrove Heritage Hall, 3015 273 St., Aldergrove

Brought to you by:



&



Langley Senior
RESOURCES SOCIETY

ADAPTIVE YOGA WITH VICKY

An inclusive mind-body practice that modifies traditional floor-based yoga postures, breathing techniques, & relaxation.

Mondays | Oct. 19 - Dec. 14 | 11am - Noon | 9 sessions \$36

(no class Oct. 12)

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

Free
try-it class
Oct. 5th!

CHAIR YOGA WITH TIARA

This class is a gentle, modified form of a traditional yoga practice while sitting in a chair or standing & using support.

Fridays | Oct. 16 - Dec. 18 | 9:30-10:30am | 10 sessions \$40

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

Free
try-it class
Oct. 9th!

MAT PILATES WITH EVGENIIE

This gentle and effective Pilates Mat class focuses on improving joint mobility, stability, and overall strength.

Thursdays | Oct. 15 - Dec. 17 | 9:30-10:30am | 10 sessions \$40

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

Free
try-it class
Oct. 8th!

ZUMBA GOLD® WITH YUDY

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.

Wednesdays: Oct. 7 - Dec. 16 | 11am - 12pm | 10 Sessions \$40

(no class Nov. 11)

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

Free
try-it class
Oct. 7th!

LIFE CHALLENGES SUPPORT GROUP

Tuesdays | Ongoing - begins Oct. 6 | 1:30-3:00pm

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

BEGINNERS WATERCOLORS ART CLASS WITH KATHRYN

Tuesdays: Oct. 20 - Dec. 15 | 11am - 1pm | 8 Sessions \$56

Bring your own supplies. List will be provided

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

Free
try-it class
Oct. 13th!

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 - 6 kilometers. Our walking group leaves punctually at 10am.

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

OCT. 7:

BRAE ISLAND

Meet at 9451 Glover Rd.

OCT. 14:

CAMPBELL VALLEY PARK

Meet at 16th Ave. parking lot,
walk to South Park

OCT. 21:

NOEL BOOTH PARK

20302 36 Ave.

OCT. 28:

PLEASANTDALE CREEK TRAIL

Meet at Centre, walk to Sendall Gardens

Fridays at 10:00 am

OCT. 2:

SENDALL TO BRYDON LAGOON

Meet at Sendall Gardens, 50th Ave. & 201A St.

OCT. 9:

MUCKLE CREEK & POWERLINE

Meet at Portage Park, 204 St. & 51A Ave.

OCT. 16

DERBY REACH

Campground parking lot, 21801 Allard Crescent

OCT. 23:

CAMPBELL VALLET PARK

Perimeter & Ravine Trail,
meet at 8th Ave. parking lot

OCT. 30:

LANGLEY REGIONAL PARK

224th St. & approximately 5th Ave.

The Riverside Ramblers – *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





BELLEVUE PARK
— SENIOR LIVING —

Coffee & Conversation

How to Maintain a Healthy Brain

Thursday, October 15, 2026

Join us at Bellevue Park Senior Living and explore practical ways to support and maintain brain health with Karen Tyrell, leading aging and dementia specialist. Karen will explain what dementia is, share evidence-informed strategies to help reduce your risk of cognitive decline, and discuss the latest statistics such as recommendations from leading organizations, including the World Health Organization.

PRESENTATIONS: 1:30 PM – 2:30 PM

NETWORKING & SOCIALIZING: 2:30 PM onward

LOCATION: Bellevue Park Senior Living | 2882
272nd Street, Aldergrove

PARKING: Free parking at front of building

CHECK IN: Check in at Concierge desk

Complimentary coffee, tea, and refreshments will be provided.

**NOT AVAILABLE
TO ATTEND?**

***Call today to schedule
your private tour.***

*Limited floor plans are
available!*

Exceptional Independent
Living in beautiful Aldergrove

- Chef-inspired meals
- Engaging recreation
- Premium amenities
- Unique park-side living
- Private balconies
- And more..



Dementia
Solutions



Karen Tyrell

CPCA, CDCP – Canada Dementia
Consultant, Educator, and author

Volunteer Drivers

The Volunteer Drivers program is in need of more volunteers.

Once or twice a week, assist a senior to a medical appointment or grocery shopping, using your own vehicle. Mileage paid for driving is 72 cents per kilometer.

Qualifications:

- Minimum 21 years old
- Criminal Record Check
- Drivers Abstract
- Class 5 and own vehicle

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



Duties may include picking up clients from their home, taking them to an appointment, or driving a client back home.

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

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

	3				2			4
1						9		
		4	3		9	6		2
		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!

- 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*

ADULT DAY PROGRAM



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



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,
bookkeeper@lsrs.ca

MANAGER OF PROGRAMS & MEMBER ENGAGEMENT

Sherri Martin

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

MEMBER SERVICES SUPERVISOR

Janet Madden

604-530-3020 ext. 312,
janetm@lsrs.ca

VOLUNTEER SERVICES COORDINATOR

Jude Henders

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

MANAGER OF COMMUNITY SERVICES

Wendy Rachwalski

604-530-3020 ext. 305,
wendyr@lsrs.ca

COMMUNITY SERVICES NAVIGATORS

Lisa Gordon

604-530-3020 ext. 318,
lisag@lsrs.ca

Debbie Pauls

604-530-3020 ext. 304,
debbiep@lsrs.ca

Laurel Gibbons

604-530-3020 ext. 309,
laurelg@lsrs.ca

COMMUNITY SERVICES COORDINATOR

Carol Meister

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

SENIORS COMMUNITY CONNECTOR

Che Mosely

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

Morgan Wilson

604-530-3020 ext. 319,
morganw@lsrs.ca

KITCHEN AND CATERING SERVICES MANAGER

John Zaminskis

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

FACILITIES MANAGER

Brandon Judd

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

FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52

NATIONAL SENIORS DAY

Drive-Thru Pie Pick-Up

Friday, October 9 at 2 PM

FIND OUT
MORE



Chef Roger's Autumn Maple Walnut Cheesecake

23310 Fraser Highway
Use 50th Ave Entrance

First 75 seniors at
get a homemade
8" pie!

No earlybirds,
please. One pie per
household. More info at
BriaCommunities.ca/pie



SUNRIDGE
GARDENS
A BRIA COMMUNITY



Chef Scott's Spicy Creamy Pumpkin Pie

5840 Glover Rd

First 75 seniors at
get a homemade
8" pie!

No earlybirds,
please. One pie per
household. More info at
BriaCommunities.ca/pie



MAGNOLIA
GARDENS
A BRIA COMMUNITY



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!



**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